



October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Day Off or Shakeout 2-4mi	25 Recovery 6-8mi	26 5-6 x 1k	27 Recovery 6-8mi	28 Hill repeats	29 Recovery 6-8mi	30 Course Preview @ Irvine Regional Park
1 Day Off or Shakeout 2-4mi	2 Recovery 4-5mi	3 Sea View Cluster	4 Recovery 6-8mi	5 1-2 x (16/8/4), 4x150	6 Recovery 6-8mi	7 Clovis Invitational (Top 12)
8 Day Off or Shakeout 2-4mi	9 Recovery 6-8mi	10 6-8 x 800	11 Recovery 6-8mi	12 8-12x200 @mi pace	13 Recovery 6-8mi	14 Orange County Championships
15 Day Off or Shakeout 2-4mi	16 Recovery 6-8mi	17 16/12/8/4/2 150s	18 Recovery 6-8mi	19 Short/med./long Hills	20 Recovery 6-7mi	21 Mt Sac Invite
22 Day Off or Shakeout 2-4mi	23 Recovery 6-7mi	24 3200m Time Trial	25 Recovery 6-7mi	26 1600/800/400 3-4x150	27 Recovery 6-7mi	28 Recovery Long Run 8-10mi
29 Day Off or Shakeout 2-4mi	30 6-8x 400 @mi pace	31 Recovery 6-7mi	1 8/4/2, 4x150	2 Recovery 3-4mi	3 Sea View League Finals	4 Recovery 6-8mi