

wk.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 25, 2008 <i>(revised 6/30/09)</i>	30:00		30:00		30:00	
	May 31	35:00	30:00	30:00	35:00	30:00	
	June 7	45:00	Exams 30:00	Exams 45:00	Exams	Exams <b>Dead Period Starts</b> 40:00	45:00
	<b>On your own group run suggestions: Peter's Cyn, Salt Creek, Whiting Ranch, Woods Cyn., Dartmoor</b>	50:00 on your own	45:00 on your own	60:00 on your own (group run)	45:00 on your own	50:00 on your own	60:00 on your own (group run)
		50:00 on your own	45:00 on your own	60:00 on your own (group run)	50:00 on your own	50:00 on your own	70:00 on your own (group run)
	28	70:00 on your own (group run)	50:00 on your own	60:00 on your own (group run)	Run to O'Neill 70:00 group run)	<b>Varsity only @ my house</b> <b>7:30 AM</b> or 60:00 on your own	<b>Happy 4th!!</b> Run 50:00 on your own or race a 5K
	July 5	<b>1st day of summer prax</b> 1.70 + 3 x 1.25 + .55 mi. @ CI. Rec. 1/3 time of effort <b>Sean &amp; Nathan</b>	Doheny Beach 75:00	50:00 & Circuit Training (CT)	Whiting Ranch 70:00	home course + 6 x 100m hill CT	<b>Varsity only:</b> Peters' Canyon 2 x big loop then little loop. Others 50:00
	12	1.70 + 2 x 2.25 mi. hill circuit @ O'Neill Pk. Rec. 1/3 time of effort <b>Sean &amp; Nathan</b>	Peters' Cyn. 2 x big loop	50:00 & CT	SMHS run to Top of O'Neil	home course + 6 x 100m hill CT	<b>Varsity only:</b> "Pier to Pier"
	19	1.70 + 3 x 1.25 + .55 mi. @ CI. Rec. 1/3 time of effort <b>Sean &amp; Nathan</b>	Woods' Canyon 70:00	50:00 & CT	Doheny Beach 2 loops + basketball cts.	home course + 6 x 100m hill CT	<b>Varsity only:</b> Dartmoor 90:00 Others: 50:00

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	July 26	1.70 + 2 x 2.25 mi. hill circuit @ O'Neill Pk. Rec. 1/3 time of effort <b>Sean &amp; Nathan</b>	Whiting Ranch 70:00	50:00 & CT	SMHS run to Top of O'Neil	Marquis - Marquis (warm up) + 6 x 100m CT	<b>Varsity only</b> "2nd gate" from my house. Others: 50:00 on your own.	
	Aug. 2	Marquis to Marquis time trial at SMHS <b>Sean &amp; Nathan</b>	Doheny Beach 75:00	50:00 & CT	Peters Cyn. 2 x big loop + 1 x small loop	home course + 6 x hill repeats CT	<b>Varsity only:</b> Pier to Pier 75 - 80:00	
	9	1.70 + 3 x 1.25 + .55 mi. @ CI. Rec. 1/3 time of effort <b>Sean &amp; Nathan</b>	<h1>Big Bear</h1>					
	16 return from Big Bear	5 - 6 x (.75/.5 mi.) @ RP. Rec. 1:00 for all <b>Sean</b>	Woods' Canyon 70:00	@ SMHS run to Top of O'Neil + CT	<i>Faculty orientation</i> <b>5:00 PM</b> Doheny Beach 75:00 <b>Sean</b>	OFF	<b>Varsity only:</b> Dartmoor Others 50:00 on your own.	
	23	<i>Soph &amp; Jr. orientation</i> <b>6:15 AM</b> "one lane out" <b>Sean</b>	<i>Senior orientation</i> <b>6:15 AM</b> @ SMHS 50:00 + CT	<i>Frosh orientation</i> <b>6:15 AM</b> "2nd gate" + perimeter	<i>Freshmen orientation</i> <b>6:15 AM</b> 6 x .75 mi. on course @ RP. 2:30 rec. <b>Sean</b>	30:00 + 6 x 100m strides <b>on your own</b>	<b>Varsity only:</b> Hunt. Beach Pier to Pier	
	30	<b>School starts</b> 4 x 1.5 mi. @ CI. Rec. 1/3 time of effort <b>Sean</b>		<b>Yellow = Practice starts @ 6:30am</b>				