

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 40 minute run & 6 Strides (20 Sec)	2 35 minute run	3 40 minute run & 6 Strides (20 Sec)	4 35 minute run	5 40 minute run & 6 Strides (20 Sec)	6 55 minute run
7 Rest Day	8 <b>Camarillo Heights Elem. School (5:00)</b> 45 minute sun & 6 Hill Strides	9 35 minute run	10 <b>Crestview Park (5:00)</b> 45 minute run & 6 Hill Strides	11 35 minute run	12 40 minute run & 8 Strides (20 Sec)	13 <b>Sycamore Canyon (8:00)</b> 60 minute run
14 Rest Day	15 <b>Camarillo Heights Elem School (5:00)</b> 45 minute run & 6 Hill Strides	16 35 minute run	17 <b>Crestview Park (5:00)</b> 45 minute run & 6 Hill Strides	18 35 minute run	19 40 minute run & 8 Strides (20 Sec)	20 <b>Sycamore Canyon (8:00)</b> 60 minute run
21 Rest Day	22 <b>Camarillo Heights Elem School (5:00)</b> 50 minute run & 8 Hill Strides	23 40 minute run	24 <b>Crestview Park 5:00</b> 50 minute run with 15 minutes Tempo & 8 Hill Strides	25 40 minute run	26 40 minute run & 8 Strides (20 Sec)	27 <b>Sycamore Canyon 8:00</b> 70 minute run
28 Rest Day	29 <b>Camarillo Heights Elem School 8:00</b> 50 minute run & 8 Hill Strides	30 40 minute run	31 <b>Rio Mesa 8:00</b> 50 minute run with 15 minutes Tempo & 6 Strides (30 Sec)			

# August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 40 minute run	2 40 minute run & 8 Strides (20 Sec)	3 70 minute run
4 Rest Day	5 <b>Camarillo Heights Elem School 8:00 8 Sets 1 min hard/ 1 min easy &amp; Hills</b>	6 40 minute run	7 <b>Rio Mesa 8:00 4 x 1000 Tempo &amp; 6 Strides (30 Sec)</b>	8 40 minute run	9 45 minute run & 8 Strides (20 Sec)	10 <b>Sycamore Canyon 8:00 70 minute run</b>
11 Rest Day	12 <b>Camarillo Heights Elem School 8:00 10 Sets 1 min hard/ 1 min easy &amp; Hills</b>	13 40 minute run	14 <b>Rio Mesa 8:00 4 x 1000 Tempo &amp; 6 Strides (30 Sec)</b>	15 40 minute run	16 45 minute run & 8 Strides (20 Sec)	17 <b>Sycamore Canyon 8:00 70 minute run</b>
18 Rest Day	19 <b>Camarillo Heights Elem School 8:00 5 Sets of 3 minute repeats</b>	20 40 minute run	21 <b>Rio Mesa 8:00 5 x 1000 Tempo &amp; 6 Strides (30 Sec)</b>	22 40 minute run	23 50 minute run & 8 Strides (20 sec)	24 <b>Sycamore Canyon 8:00 70 minute run</b>
25 Rest Day	26 <b>Camarillo Heights Elem School 8:00 5 Sets of 3 minute repeats</b>	27 First Day of School	28	29	30	31