

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					31 Hector's Run 5k 3:00pm @Pacifica	1
2 OFF REST	3 Practice 6 th Period @Pacifica	4 Practice 6 th Period @Pacifica	5 Practice 6 th Period @Pacifica	6 Practice 6 th Period @Pacifica	7 Practice 6 th Period @Pacifica	8
9 OFF REST	10 Practice 6 th Period @Pacifica	11 Practice 6 th Period @Pacifica	12 FINALS	13 FINALS	14 FINALS	15 8:30am @Sycamore Canyon Or LSD Run
16 OFF REST	17 8:00am @Arroyo Verde Middle Loop x2 Time Trial Learn	18 8:00am @Pacifica Strength/Flexibility 1 Hour Run	19 8:00am @Seaside Park Var: 35/30 JV: 30/25 (Flat Bike Path)	20 OFF REST	21 8:00am @Pacifica Strength/Flexibility 3 x 1mile (5' rec)	22 @Sycamore Canyon Or LSD Run
23 OFF REST	24 @Arroyo Verde Loop 1, 2, and 3 Try not to stop	25 Strength/Flexibility 1 Hour Run	26 Var: 40/35 JV: 35/30 (Flat)	27 OFF REST	28 Strength/Flexibility 6 x 400 75"-90" (3'rec)	29 @Sycamore Canyon Or LSD Run
30 OFF REST						

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 @Arroyo Verde Loop 3, 2 and 1	2 Strength/Flexibility 1 Hour Run	3 Var: 40/35 JV: 35/30 (Flat)	4 OFF REST	5 Strength/Flexibility 8 x 200 30"-40" (3'rec)	6 @Sycamore Canyon 45' out 45' back Or LSD Run
7 OFF REST	8 @Arroyo Verde V – Loop 1 x 6 JV – Loop 1 x 5	9 Strength/Flexibility 1 Hour Run	10 Var: 40/35 JV: 35/30 (Flat)	11 OFF REST	12 Strength/Flexibility 4 x 1000 (5'rec) 1 Mile Cool Down	13 @Sycamore Canyon 45' out 45' back Or LSD Run
14 OFF REST	15 @Arroyo Verde Loop 1 Warm Up 8 x 40m Hill Sprints BBQ Gate to Fire Rd	16 Strength/Flexibility 1 Hour Run	17 Var: 35/30 JV: 30/25 (Flat)	18 OFF REST	19 Strength/Flexibility 8 Laps Var - 90" JV - 100"	20 @Sycamore Canyon 45' out 45' back Or LSD Run
21 OFF REST	22 @Arroyo Verde Loop 1 Warm Up 6 x 60m Hill Sprints BBQ Gate to Fire Rd	23 Strength/Flexibility 1 Hour Run	24 Var: 35/30 JV: 30/25 (Flat)	25 OFF REST	26 Strength/Flexibility 800, 600, 400, 200, 100, 100 (3' rec)	27 @Sycamore Canyon 45' out 45' back Or LSD Run
28 OFF REST	29 @Arroyo Verde Loop 1 Warm Up 10 x 40m Hill Sprints BBQ Gate to Fire Rd	30 Strength/Flexibility 1 Hour Run	31 Var: 40/35 JV: 35/30 (Flat) Or Seaside Cross Run			

AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 OFF REST	2 Strength/Flexibility Run Straights 15"-20" Jog Turns 8 Laps	3 @Sycamore Canyon 45' out 45' back Or LSD Run
4 OFF REST	5 @Arroyo Verde Loop 1 Warm Up Hill Sprints to Fence Var – 6x JV – 5x	6 Strength/Flexibility 30' recovery run 5 x 150m striders	7 Var: 40/35 JV: 35/30 (Flat) Or Seaside Cross Run	8 OFF REST	9 Strength/Flexibility 3200, 1600 (10' rec) 3 x 100 all out (30" rec)	10 @Sycamore Canyon 45' out 45' back Or LSD Run
11 OFF REST	12 8:00am @Arroyo Verde 2x(3x) Run Jog Up Run Down Grass (10' rec)	13 8:00am @Pacifica Strength/Flexibility 30' recovery run 3 x 200m striders	14 8:00am @Seaside Park Var: Run to Bridge JV: 2 nd Overpass	15 OFF REST	16 8:00am @Pacifica Strength/Flexibility 10 / 10 / 10 Easy / Hard / Easy	17 8:30am @Sycamore Canyon Or LSD Run
18 OFF REST	19 8:00am @Arroyo Verde 3x800 / 3x150 (3' rec)	20 8:00am @Pacifica Strength/Flexibility 30' recovery run	21 8:00am @Seaside Park Beach Strength Run	22 OFF REST	23 Strength/Flexibility 1 Hour Run On your own	24 LSD Run On your own
25 OFF REST	26 OFF REST	27 FIRST DAY OF SCHOOL	28	29	30	31 Gaucho Invitational UCSB

SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO SCHOOL	3	4	5	6 PVL #1 River Ridge 3pm	7
8	9	10	11	12	13	14 Ojai or Laguna Invitational
15	16	17	18	19	20 Raider Invitational College Park 12pm	21
22	23	24	25	26	27	28
29	30					

OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 PVL #2 Mission Oaks 3pm	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 Mt.Sac Invite Walnut, CA
27	28	29	30	31		

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 PVL #3 Finals College Park 2pm	2
3	4	5	6	7	8	9
10	11 NO SCHOOL	12	13	14	15 CIF Prelims	16 CIF Prelims
17	18	19	20	21	22	23 CIF Finals
24	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL Thanksgiving Day	29 NO SCHOOL	30 CIF State

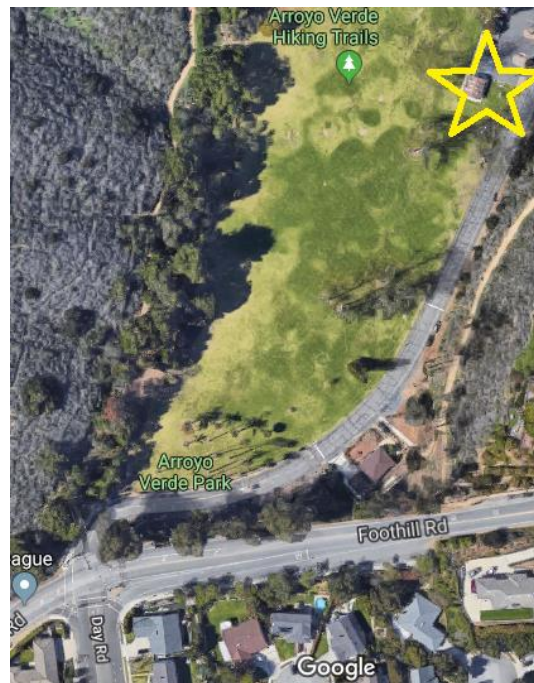
DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL Christmas	26 NO SCHOOL	27 NO SCHOOL	28
29	30 NO SCHOOL	31 NO SCHOOL				

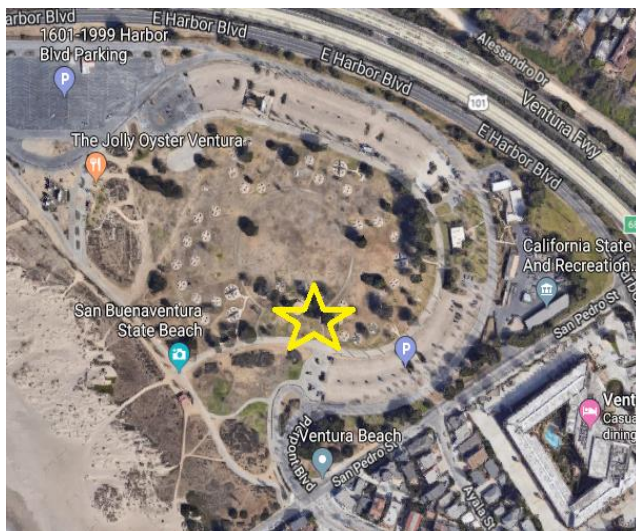


Pacifica High School
600 E. Gonzales Rd
Oxnard, CA 93010

Meet at the scoreboard side of the track



Arroyo Verde Park
Foothill / Day Rd
Ventura, CA 93003
 Meet at the 1st Parking Lot



Seaside Park
1153 Harbor Blvd
Ventura, CA 93001

By the restrooms before the Ventura Pier

Sycamore Canyon (Meet at Pacifica 8am to follow)
PCH / Sycamore Canyon Rd Immediately past
Malibu, CA 90265 sand dune on left

