

Students Off And Running
Master Training Schedule
2026-2027

Week	Week of	Day 1	Day 2	Long	Weekly Milage	Long Location
1	10/5/2026	2.00	2.00	4.00	8.00	Lowes
2	10/12/2026	3.00	3.00	4.50	10.50	Lowes River Tour
3	10/19/2026 (I)	4.00	4.00	3.10	11.10	LACC 5K
4	10/26/2026	4.50	5.00	5.00	14.50	Facey
5	11/2/2026	4.00	4.50	3.10	11.60	Fidel 5K
6	11/9/2026 (I)	4.00	5.00	4.50	13.50	Lowes River Tour
7	11/16/2026	5.00	4.00	5.00	14.00	East Canyon Trail
8	11/23/2026	4.00	Holiday	8.50	12.50	SOAR Blender
9	11/30/2026 (I)	4.00	4.50	8.00	16.50	Ironhorse 8 Miler
10	12/7/2026	4.00	4.00	6.20	14.20	SM / Venice Xmas 10K
11	12/14/2026 (I)	5.00	4.50	10.00	19.50	Jingle Bell
12	12/21/2026	Holiday	Holiday	8.50	8.50	SOAR Blender
13	12/28/2026	5.00	Holiday	10.00	15.00	Facey
14	1/4/2027 (I)	4.50	5.00	8.50	18.00	SOAR Blender
15	1/11/2027	4.50	5.00	13.10	22.60	Heartbreak 1/2
16	1/18/2027	5.00	4.00	8.50	17.50	Hollywood 12K
17	1/25/2027	5.00	4.00	10.00	19.00	Lowes
18	2/1/2027 (I)	4.50	5.00	13.10	22.60	Surf City 1/2
19	2/8/2027	4.50	4.50	15.00	24.00	Facey
20	2/15/2027	4.00	4.00	20.00	28.00	20 Miler
21	2/22/2027	4.00	6.20	10.00	20.20	Facey
22	3/1/2027	2.00	2.00	26.20	30.20	LA
				Total Miles	371.50	

Interval Training

10/20/2026 (I) Group Interval

Hill Training

Event

Training Locations and Distances				
Lowes Out and Back - 3.0 MI				
Lowes Traditional Circuit - 4.0 MI				
Lowes River Run - 4.5 MI				
Lowes CapUchino Rise and Grind - 5.25 MI				
Iron Horse to Decoro Loop - 5.0 MI				
Heritage Park to Copperhill Loop - 5.0 MI				
Fish Canyon Trail Run Out and Back - 5.5 MI				
Towsley Canyon Loop Trail Run - 5.0 MI				
Heritage to Wildwood Trail Run Out and Back 5.6 MI				
Facey Hill Loop - 5.0 MI				
Iron Horse to Copperhill - 8.0 MI				
SOAR Blender - Iron Horse to Lowes RR to Lowes Traditional - 8.5 MI				
SOAR Ruckus 15K - Iron Horse to Decoro to Lowes Traditional Circuit - 9.3 MI				
Lowes Out and Back to Orchard Village - 10 MI				
Iron Horse to Decoro - 8.0 MI				
Iron Horse Decoro / Copperhill Combo Loops - 13.1 MI				
4 Corners Short from Lost Canyon to Heritage Park - 20 MI				
The Crucible - PJHS to Lowes Out and Back X 2 - 20 MI				
4 Corners Full from Lost Canyon to Heritage Park - 26.2 MI				