

WINTER BREAK WORKOUT

DATE	DAY	TIME	LOCATION
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DISTANCE:

12/27/2018	Thursday	8am	LosAl High School
12/27/2018		4pm	Rush Park (easy social run)
12/28/2018	Friday	8am	LosAl High School
12/29/2018	Saturday	8am	Signal Hill (Discovery Park) 90 min w/o
1/2/2019	Wednesday	3pm	Rush Park (easy run)
1/3/2019	Thursday	8am	LosAl Track
1/4/2019	Friday	8am	LosAl Track
1/5/2019	Saturday	8am	Seal Beach
1/7/2019	Monday	2pm	LosAl Track

HURDLES:

12/26/2018	Wednesday	8am	LosAl Track
12/27/2018	Thursday	8am	LosAl Track
12/28/2018	Friday	8am	LosAl Track
12/31/2018	Monday	8am	LosAl Track
1/2/2019	Wednesday	8am	LosAl Track
1/3/2019	Thursday	8am	LosAl Track
1/4/2019	Friday	8am	LosAl Track

JUMPS:

12/28/2018	Friday	10:30am	LosAl Track
12/31/2018	Monday	10:30am	LosAl Track
1/2/2019	Wednesday	9am	LosAl Track
1/3/2019	Thursday	9am	LosAl Track

SPRINTS:

12/27/2018	Thursday	9am	LosAl Track
12/28/2018	Friday	9am	LosAl Track
12/31/2018	Monday	9am	LosAl Track
1/3/2019	Thursday	9am	LosAl Track
1/4/2019	Friday	9am	LosAl Track

THROWS:

12/27/2018	Thursday	9am	LosAl Track
12/28/2018	Friday	9am	LosAl Track
1/3/2019	Thursday	9am	LosAl Track
1/4/2019	Friday	9am	LosAl Track