

<u>Week</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	<u>Weekly Mileage</u>
0	1	2	3	4	5	6 Whittier Hills "long" Trail Run 6:30 – 9 AM or Signal Hill w/ Teammates! Miles: V7, M5, RR4	7 Off or make up day or cross-training recovery day!	V 25-30 M 20-25 RR 20
#1	8 FINALS Run on own or with teammates	9 FINALS Run on own or with teammates	10 FINALS (Graduation) Run on own or with teammates	11 Last Day of School Run on own or with teammates	12 9 th Grade Sports Orientation Run @ 8:30am w/ teammates from Poly	13 Whittier Hills "long" Trail Run 6:30 – 9 AM or Signal Hill w/ Teammates! Miles: V9, M7, RR5	14 Off or make up day or cross-training recovery day!	V 30-35 M 25 RR 20 NR 12-15
#2	15 Heartwell Park 4-5:45pm AT Run 1x2 Miles: V6, M6, RR5, NR3	16 Discovery Well Park 4-5:45pm Drills & Sprints Miles: V7, M6, RR5, NR3-4	17 El Dorado Park 4-5:45pm Med Dist.Run Miles: V8, M7, RR4-5	18 Los Cerritos Park 4-5:45pm Tempo...3 "no time time trial" Miles: V6, M5, RR4, NR3	19 Off or make up day or cross-training recovery day!	20 Whittier Hills "long" Trail Run 6:30 – 9 AM or Signal Hill w/ Teammates! OR Var Retreat!! Miles: V10, M8, RR6, NR3	21 Off or make up day or cross-training recovery day!	V 35-40 M 25-30 RR 20-25 NR 12-15
#3	22 Heartwell Park 4-5:45pm Drills & Sprints Miles: V7, M6, RR4-5, NR3	23 Discovery Well Park 4-5:45 AT Run 1x2 New Parent/Booster Meeting/Team Dinner @The Eastly's, 6pm Miles: V6, M5, RR4, NR3-4	24 El Dorado Park 4-6pm Tour de Pool!!! Med Dist.Run Miles: V8-9, M6-7, RR5	25 Los Cerritos Park 4-5:45pm Fartlek 5on/3off x2 Miles: V6, M6, RR5, NR3	26 Off or make up day or cross-training recovery day!	27 Mt. SAC "long" Hilly Trail Run 6:30 – 10 AM or Signal Hill w/ Teammates! Miles: V11, M9, RR6, NR4	28 Off or make up day	V 35-40 M 25-30 RR 20-25 NR 15-18
#4	29 Dead Period Captain-led practices OR on own. AT Run 1x2 Miles: V7, M6, RR4-5, NR3	30 Dead Period Captain-led practices OR on own. Drills & Sprints Miles: V6, M5, RR4, NR3					JUNE 2009	

Daily miles will always be assigned by four groups in the following order: Varsity "V", Mammoth "M", Returning Runners "RR", New Runners "NR".

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#4			1 Dead Period Captain-led practices OR on own. Med Dist.Run Miles: V9, M7-8, RR5-6, NR3	2 Dead Period Captain-led practices OR on own. Tempo...4 Or EZ if Racing! Miles: V7, M6, RR4-5, NR3	3 Dead Period Captain-led practices OR on own. Drills & Road Run Miles: V4, M3, RR0, NR0	4th of July! Dead Period Captain-led practices OR on own. Long Run w/ Hills! Miles: V11, M9, RR6, NR4	5 Off or make up day or cross-training recovery day!	V 40-45 M 30-35 RR 25-30 NR 15-18
#5	6 Dead Period Captain-led practices OR on own. AT Run 2x2 (or 2 1) Miles: V8, M6-7, RR5-6, NR4	7 Dead Period Captain-led practices OR on own. Drills & Sprints Miles: V7, M6, RR4-5, NR3	8 Dead Period Captain-led practices OR on own. Med Dist.Run Miles: V9, M7-8, RR5-6, NR4	9 Dead Period Captain-led practices OR on own. Fartlek 5on/3off x3 Miles: V7, M6, RR4-5, NR3	10 Dead Period Captain-led practices OR on own. Drills & Road Run Miles: V4, M3, RR0, NR0	11 Dead Period Captain-led practices OR on own. Long Run w/ Hills! Miles: V11-12, M9-10, RR6, NR4-5	12 Off or make up day or cross-training recovery day!	V 40-45 M 30-35 RR 25-30 NR 18-20
#6	13 Dead Period Captain-led practices OR on own. Drills & Sprints Miles: V7, M6, RR4-5, NR4	14 Dead Period Captain-led practices OR on own. AT Run 2x2 Miles: V8, M6-7, RR5-6, NR4	15 Dead Period Captain-led practices OR on own. Med Dist.Run Miles: V9, M7-8, RR5-6, NR4	16 Dead Period Captain-led practices OR on own. Tempo...5 Miles: V7, M6, RR4-5, NR3	17 Dead Period Captain-led practices OR on own. Drills & Road Run Miles: V5, M4, RR0, NR0	18 Dead Period Captain-led practices OR on own. Run w/ Hills! Miles: V11-12, M9-10, RR6, NR4-5	19 Off or make up day or cross-training recovery day!	V ~45 M 30-35 RR 25-30 NR 18-20
#7	20 Heartwell Park 4-6 AT 2x2 Miles: V8, M6-7, RR5-6, NR4	21 Discovery Well Park 4-5:45 Drills & Sprints Miles: V7, M6, RR4-5, NR3	22 El Dorado Park 4-6 Med Dist.Run Miles: V9-10, M7-8, RR5-6, NR4	23 Los Cerritos Park 4-6 Fartlek 5on/3off x4 Miles: V8, M6, RR4-5, NR3	24 CSULB 8 – 10 AM Drills & Road Run Miles: V5, M4, RR0, NR0	25 Whittier Hills “long” Trail Run 6:30–9 or S HI w/ Teammates! Miles: V12, M10, RR6, NR4-5	26 Off or make up day or cross-training recovery day!	V 45-50 M 40 RR 25-30 NR 18-20
#8	27 Heartwell Park 4-6 AT 3x2 Miles: V9, M6-7, RR6, NR5	28 Discovery Well Park 4-6 Drills & Sprints Miles: V7, M6, RR4-5, NR3	29 El Dorado Park 4-6 Beach Run!!! V10, M8, RR5-6, NR4-5	30 Los Cerritos Park 4-6 Tempo...6 Miles: V8, M6, RR4-5, NR4	31 CSULB 8 – 10 AM Drills & Road Run Miles: V5, M4, RR0, NR0		JULY 2009	V 45-50 M 40 RR 30-35 NR 20

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#8	AUG. 2009					1 Whittier Hills "long" Trail Run 6:30-9 or SH w/ Teammates! Miles: V12, M10, RR6, NR4-5	2 Off or make up day or cross-training recovery day!	V 45-50 M 40 RR 30-35 NR 20
#9	3 Heartwell Park 4-6 Drills & Sprints Miles: V7, M6, RR4- 5, NR4	4 Discovery Well Park 4-5:45 AT 3x2 Miles: V9, M6-7, RR6, NR5	5 El Dorado Park 4-6 Med Dist.Run V8, M6, RR5, NR4	6 Los Cerritos Park 4-6 Fartlek 5on/3off x5 Miles: V8, M6, RR4- 5, NR3	7 MAMMOTH OFF!! Others El Dorado Park 8-10 AM w/ Poly Girls XC Team	8 MAMMOTH Run w/ a teammate or on own!	9 MAMMOTH Others off or make up day or cross-train recovery day!	V 50+ M 45 RR 30-35 NR 20-25
#10	10 MAMMOTH Marine Vista Park 4 – 6 PM w/ The Poly Girls XC Team	11 MAMMOTH Heartwell Park 4 – 6 PM w/ The Poly Girls XC Team	12 MAMMOTH Discovery Well Park 4 – 6 PM w/ The Poly Girls XC Team	13 MAMMOTH Los Cerritos Park 4 – 6 PM w/ The Poly Girls XC Team	14 MAMMOTH El Dorado Park 4 – 6 PM w/ The Poly Girls XC Team	15 MAMMOTH Run w/ a teammate or on own!	16 MAMMOTH Others off or make up day or cross-train recovery day!	V 65-70 M 55-65 RR 30-35 NR 20-25
#11	17 MAMMOTH OFF!! Others @ Marine Vista Park 4 – 6 PM w/ Poly Girls XC Team	18 Discovery Well Park 4-6 Drills & Sprints Miles: V7, M6, RR4- 5, NR3	19 El Dorado Park 4-6 AT 3x2 Miles: V9, M6-7, RR6, NR5	20 Los Cerritos Park 4 – 6 PM Recovery Run V6, M5, RR4, NR3	21 CSULB 8 – 10 AM 3-4 miles Tempo! V5, M4, RR0, NR0 Meet @ Poly Noon for Lockers!	22 Whittier Hills "long" Trail Run 6:30 – 9 AM or SH w/ Teammates! Miles: V12, M10, RR6, NR5	23 Off or make up day or cross- training recovery day!	V 40 M 30-35 RR 30-35 NR 20-25
#12	24 Heartwell Park 4-6 Intervals Milers 3-5x1 3 min rest Miles: V9, M7-8, RR5-6, NR5	25 Discovery Well Park 4-6 Drills & Sprints Miles: V7, M6, RR4- 5, NR4	26 El Dorado Park 4-6 Med Dist.Run V8, M6, RR5, NR4	27 Gahr 2 miler... V8, M7, RR5, NR4	28 CSULB 8 – 10 AM Drills & Road Run Miles: V5, M4, RR0, NR0NR4.5	29 Mt. SAC AT Run 2x2 & 2x1 6:30 – 9 AM or SH w/ Teammates! Miles: V10, M8, RR6, NR5	30 Off or make up day or cross- training recovery day!	V 50+ M 40 RR 30-35 NR 25-30

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#13	31 Heartwell Park 4-6 Intervals Milers 6-10x800 2 min rest Miles: V9, M7-8, RR5-6, NR5	1 Discovery Well Park 4-6 Drills & Sprints Miles: V7, M6, RR4- 5, NR4	2 Coach Phillipow's House 4-7 INFAMOUS DROP OFF RUN & TEAM DINNER!! Tempo! Miles: V10, M8, RR6, NR6	3 Los Cerritos Park 4 – 6 PM Recovery Run V6, M5, RR4, NR3	4 CSULB 8 – 10 AM Drills & Road Run Miles: V5, M4, RR0, NR0	5 Bun Run!!! Miles: V6, M4, RR3, NR3	6 Off or make up day or cross- training recovery day!	V 50+ M 40 RR 30-35 NR 25-30
#1	8 Whittier Hills "long" Trail Run 6:30 – 9 AM or SH w/ Teammates! Miles: V12, M10, RR6, NR5	9 Discovery Well Park 4-6 Drills & Sprints Miles: V7, M6, RR4- 5, NR4	10 1st Day of School Practice @ Heartwell 4-6 Intervals 12-20 x 400's 1 min rest	11 1 st Poly Practice 2-4 Beach Run	12 Pre-Meet at POLY 2 – 3:00 PM Miles: V6, M4, RR3, NR3	13 Great Cow Run Invites. Var Training in Whitter	14 Off or make up day or cross- training recovery day!	V 50+ M 40 RR 30-35 NR 25-30
#2	15 SEPT. 2009	16	17	18	19	20 Woodbridge Invites	21 Off or make up day or cross- training recovery day!!	V 50+ M 40 RR 30-35 NR 25-30
#3	22	23	24	25	26	27 Whittier Hills "long" Trail Run 6:30 – 9 AM or SH w/ Teammates!	28 Off or make up day or cross- training recovery day!	V 50+ M 40 RR 30-35 NR 25-30
#4	29	30	1	2 Moore League #1 El Dorado Park 3pm	3	4 Non Var @ Warren Stauffer Invites. Var in Whitteir Hills!	5 Off or make up day or cross- training recovery day!	V 50+ M 40 RR 30-35 NR 25-30

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