

September 1995

S	M	T	W	T	F	S
	Quito Run 3-4 mi	Blaney Loop 4 mi	Cox Run 5.5 mi	C'tino HS Loop 4.5 mi	¹ 5-6 Mi	² Alt W/O or 4 - 5 Mi
³	⁴ <u>Holiday</u> 4 - 5 Mi	⁵ Intervals @ Murdock Pk	⁶ 4 - 5 Mi (Wts) I/C	⁷ Lynbrook Meet 2.1	⁸ 5 - 6 Mi (Wts)	⁹ Alt W/O or 4 - 5 Mi
¹⁰	¹¹ Intervals @ Lynbrk (Wts)	¹² 5 - 6 Mi	¹³ Pre-Meet (Wts)	¹⁴ Fremont Invitational	¹⁵ Country Club (Wts)	¹⁶ Alt W/O or 5 - 6 Mi
¹⁷	¹⁸ Priya's Hill (2)	¹⁹ Pre-Meet (Wts)	²⁰ Central Park	²¹ 5 - 7 Mi (Wts)	²² Hills @ St Jo's	²³ Alt W/O or 5 - 6 Mi
²⁴	²⁵ Intervals @ S'toga Crk Pk	²⁶ 4 - 5 Mi (Wts)	²⁷ Big Hills!!	²⁸ 5 - 7 Mi	²⁹ Pre-Meet (Wts)	³⁰ Stanford Invitational

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S	M	T	W	T	F	S
1	2 5 - 7 Mi (Wts)	3 Intervals	4 5 - 7 Mi (Wts)	5 Fart-Lecht	6 Pre-Meet	7 Artichoke Invitational
8	9 Intervals @ Scully Pk	10 6 - 7 Mi (Wts)	11 Pre-Meet	12 Cntr Meet @ Crystal	13 Hash Run (Wts)	14 6 - 7 Mi
15	16 Intervals @ Foothill JC	17 6 - 8 Mi (Wts)	18 Priya's Hill (3)	19 Pre-Meet (Wts)	20 St Francis Invitational	21 7 - 8 Mi
22	23 6 - 7 Mi (Wts)	24 Hills	25 Pre-Meet (Wts)	26 Lynbrook Invitational	27 9 MILES !!	28 7 - 8 Mi
29	30 Pre-Meet	31 DAL @ Crystal				

November 1995

S	M	T	W	T	F	S
			1 5 - 6 Mi	2 Intervals @ Scully Pk	3 Country Club	4 5 - 7 Mi
5	6 Intervals @ Murdock Pk	7 5 - 6 Mi	8 Light Hills	9 5 - 6 Mi	10 Pre-Meet	11 CCS @ Crystal
12	13	14	15	16	17	18
19	20	21	22	23	24 Pre-Meet	25 State @ Woodard
26	27	28	29	30		