

Summer 2017 Training Schedule

6/12: 7:30A Nimbus Flats	6/13: 8:00A Village Park	6/14: 7:30A Bannister Park	6/15: ROYO or XTrain	6/16: 7:30A Willow Hills	6/17: ROYO (30 min + 4 strides)	6/18: Cross- Train/OFF
6/19: 7:30A Nimbus Flats	6/20: 8:00A Village Park	6/21: 7:30A Bannister Park	6/22: ROYO or XTrain	6/23: 7:30A Fleet Feet Folsom	6/24: ROYO (30 min + 4 strides)	6/25: Cross- Train/OFF
6/26: 7:30A Nimbus Flats	6/27: 8:00A Village Park	6/28: 7:30A Bannister Park	6/29: ROYO or XTrain	6/30: 7:30A BV Track	7/1: 7:30A Village Park	7/2: Cross- Train/OFF
7/3: 7:30A Nimbus Flats	7/4: 4 th of July run at Glen Hall Park	7/5: 7:30A Bannister Park	7/6: ROYO or XTrain	7/7: 7:30A Willow Hills	7/8: 7:30A Fish Hatchery	7/9: Cross- Train/Off
7/10: 7:30A Nimbus Flats	7/11: - 8:00A Village Park	7/12: 7:30A Bannister Park	7/13: ROYO or XTrain	7/14: 7:30 A Fleet Feet Folsom	7/15: 7:30A Village Park	7/16: Cross- Train/Off
7/17 7:30A Nimbus Flats	7/18: 8:00A Village Park	7/19: 7:30A Bannister Park	7/20: ROYO or XTrain	7/21: 7:30 A BV Track	7/22: Auburn Adventure Run	7/23: Cross- Train/Off
7/24: 7:30A Nimbus Flats	7/25: 8:00A Village Park	7/26: 7:30A Bannister Park	7/27: ROYO or XTrain	7/28: 7:30A BV Track	7/29: YOYO (40 min + 4 strides)	7/30: Cross- Train/OFF
7/31: TBD: Switch to PM practices. Sign up to be on email list.	8/1:	8/2:	8/3:	8/4:	8/5:	8/6: