

# August 2014

July 2014							August 2014							September 2014									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
			1	2	3	4	5						1	2				1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13			
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20			
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27			
27	28	29	30	31			24	25	26	27	28	29	30	28	29	30							
							31																

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 12M Trail Run 8:00 AM Parktrail Drive	28 7:00 PM 1932 Yolo Court, SR	29 Lawn Repeats: 6x500m 5:30 PM SRJC 5:30 PM Heart & Sole Run	30 5:30 PM Fleet Feet Run	31 7M at Medium Pace 5:30 PM Howarth Park	1	2 8:30 AM Railroad Square, SR
3 10:00 AM Salmon Creek Beach 5M & 2M	4 7:00 PM 1932 Yolo Court, SR	5 5:30 PM Heart & Sole Run 6:30 PM Summer Track Series	6 5:30 PM Fleet Feet Run	7 5.6M at Easy Pace 5:30 PM Howarth Park	8	9 8:30 AM Railroad Square, SR
10 11M at Medium Pace 7:00 AM Water to Wine Half-Marathon 8:00 AM Parktrail Drive	11 7:00 PM 1932 Yolo Court, SR	12 Hill Reps: 10x80 sec. 5:30 PM Heart & Sole Run 5:30 PM Interval Training	13 5:30 PM Fleet Feet Run	14 8M at Medium Pace 5:30 PM 3390 Princeton Drive 5:30 PM Howarth Park	15	16 8:30 AM Railroad Square, SR 9:00 AM PA XC: Santa Cruz 4M
17 9M at Medium Pace 8:00 AM Channel Drive	18 7:00 PM 1932 Yolo Court, SR	19 Lawn Repeats: 6x500m 5:30 PM Interval Training 5:30 PM Heart & Sole Run	20 5:30 PM SRJC 5:30 PM Fleet Feet Run	21 7M at Medium Pace 5:30 PM Howarth Park	22	23 8:30 AM Railroad Square, SR 9:00 AM PA XC: Rebels 5K/8K
24 8M at Medium Pace 7:00 AM Santa Rosa Marathon/Half-M/5K 8:00 AM Parktrail Drive	25 7:00 PM 1932 Yolo Court, SR	26 2x1600m at 2M Pace 5:30 PM Heart & Sole Run 5:30 PM Interval Training	27 5:30 PM Fleet Feet Run	28 5.6M w/2.8M Tempo 5:30 PM Howarth Park 7:30 PM ER Club Meeting	29	30 8:30 AM Railroad Square, SR
31 9M at Medium Pace 8:00 AM Channel Drive	1 7:00 PM 1932 Yolo Court, SR	2 Lawn Repeats: 6x500m 5:30 PM SRJC 5:30 PM Heart & Sole Run	3 5:30 PM Fleet Feet Run	4 4.6M w/8x1min. reps 5:30 PM Howarth Park	5	6 8:30 AM Railroad Square, SR