

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 45-60min easy, road – Old Folsom DARREN ROB	3	4 Speed, fire rd – Cavitt CARRIE CRAIG	5	6	7 Long run (60-120mins), road – Old Folsom RACHEL GRAEME
8	9 Hills, fire rd – Cavitt LARRY SHANE	10	11 45-60min easy, fire rd – Cavitt CRAIG CARRIE	12	13	14 Long run (60-120mins), road – Old Folsom GRAEME ROCHELLE
15	16 45-60min easy, road – Old Folsom SHANE ROB	17	18 Tempo, fire rd – Cavitt CARRIE CRAIG	19	20	21 NO PRACTICE EASTER
22	23 Speed, fire rd – Cavitt LARRY SHANE	24	25 45-60min easy, fire rd – Cavitt ANABELLA CARRIE	26	27	28 Long run (60-120mins), road – Old Folsom SHANE ROCHELLE
29	30 45-60min easy, road – Old Folsom DARREN ROB					

TUESDAYS: 6:00PM
THURSDAYS: 5:30AM
SUNDAYS: 7:30AM

Darren
Rochelle
Carrie
Craig
Rob

Rachel
Anabella
Larry
Shane
Graeme

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1	Hills, fire rd - Cavitt CARRIE CRAIG	2	3	4	5 Long run (60-120min), road – Old Folsom GRAEME ROCHELLE
6	7 Speed, road – Old Folsom SHANE LARRY	8	9 45-60min easy, fire rd – Cavitt ANABELLA RACHEL	10	11	12 Long run (60-120min), road – Old Folsom RACHEL SHANE	
13	14 45-60min easy, fire rd – Cavitt CARRIE DARREN	15	16 Tempo, fire rd – Cavitt CARRIE CRAIG	17	18	19 Long run (60-120min), road – Old Folsom GRAEME MICHELLE	
20	21 Hills, road – Old Folsom SHANE LARRY	22	23 45-60min easy, fire rd – Cavitt ANABELLA RACHEL	24	25	26 Long run (60-120min), road – Old Folsom ANABELLA LARRY	
27	28 45-60min easy, fire rd – Cavitt ROCHELLE DARREN	29	30 Speed, fire rd – Cavitt CARRIE CRAIG	31			

TUESDAYS: 6:00PM
THURSDAYS: 5:30AM
SUNDAYS: 7:30AM

Darren
Rochelle
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Craig
Graeme

Rachel
Anabella
Larry
Shane
Michelle

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Long run (60-120min), road – Old Folsom ROCHELLE LARRY
3	4 Tempo, road – Old Folsom MICHELLE DARREN	5	6 45-60min easy, fire rd - Cavitt ROCHELLE RACHEL	7	8	9 Long run (60-120min), road – Old Folsom RACHEL SHANE
10	11 45-60min easy, fire rd – Cavitt LARRY MICHELLE	12	13 Hills, fire rd - Cavitt ROCHELLE ROB	14	15	16 Long run (60-120min), road – Old Folsom LARRY SHANE
17	18 Speed, road – Old Folsom MICHELLE DARREN	19	20 45-60min easy, fire rd - Cavitt ROCHELLE RACHEL	21	22	23 Long run (60-120min), road – Old Folsom DARREN RACHEL
24	25 45-60min easy, fire rd - Cavitt MICHELLE SHANE	26	27 Tempo, fire rd – Cavitt CARRIE ROB	28	29	30 Long run (60-120min), road – Old Folsom CRAIG LARRY

TUESDAYS: 6:00PM
THURSDAYS: 5:30AM
SUNDAYS: 7:30AM

Darren
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Craig
Michelle

Rachel
Larry
Shane
Rob

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 Hills, road – Old Folsom MICHELLE LARRY	3	4 NO PRACTICE 4 TH OF JULY	5	6	7 Long run (60-120min), road – Old Folsom ROCHELLE GRAEME
8	9 45-60min easy, fire rd – Cavitt DARREN SHANE	10	11 Speed, fire rd – Cavitt RACHEL CRAIG	12	13	14 Long run (60-120min), road – Old Folsom LARRY RACHEL
15	16 Tempo, road – Old Folsom MICHELLE SHANE	17	18 45-60min easy, fire rd – Cavitt CARRIE ROCHELLE	19	20	21 Long run (60-120min), road – Old Folsom SHANE ROCHELLE
22	23 45-60min easy, fire rd – Cavitt LARRY DARREN	24	25 Hills, fire rd – Cavitt RACHEL CARRIE	26	27	28 Long run (60-120min), road – Old Folsom RACHEL GRAEME
29	30 Speed, road – Old Folsom MICHELLE LARRY	31				

TUESDAYS: 6:00PM
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