

2018 El Toro Cross Country Summer Conditioning Schedule

Practice Time: 7:00 am (7:30 am on Sat), please be on time, ready to run with a positive attitude

Beginners practices will be appx 30-45 min shorter. Please practice your recovery fueling on runs over 60 minutes

Date	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10-Jun	P	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Location		OFF	ROYO	ROYO	ROYO	ROYO	ROYO	ROYO
17-Jun	P	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
Location		OFF	ROYO	ROYO	ROYO	ROYO	ROYO	ROYO
24-Jun	1	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Location		ROYO or OFF	Senior Lead Practice El Toro Toledo Side 7:00 am to 9:00 am	Senior Lead Practice 7:00 am to 9:00 am Training Nutrition Seminar 7:00 PM - MPR	Senior Lead Practice El Toro Toledo Side 7:00 am to 9:00 am	Senior Lead Practice 7:00 am to 9:00 am	Senior Lead Practice El Toro Toledo Side 7:00 am to 9:00 am	Senior Lead Practice El Toro Toledo Side 7:30 am to 9:30 am
1-Jul	2	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
Location		ROYO or OFF	EL Toro Toledo Side 1st Day of Summer Conditioning 7:00 am to 9:30 am	El Toro Toledo Side 7:00 am to 9:30 am	Lake Forest 5K	El Toro Toledo Side 7:00 am to 9:30 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:30 am to 10:00 am

Date	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
8-Jul	3	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
Location		ROYO or OFF	El Toro Toledo Side 7:00 am to 9:30 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:00 am to 9:30 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:30 am to 10:00 am
15-Jul	4	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
Location		ROYO or OFF	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 10:00 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:00 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:00 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:00 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:00 am	Time Trial Mammoth Roster El Toro Toledo Side 7:30 am to 10:00 am
22-Jul	5	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
Location		ROYO or OFF	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 10:00 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 9:00 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 9:00 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 9:00 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 9:00 am	LF Sport Park 7:30 am to 10:00 am Make Up TT El Toro HS Only for those needing to make up
29-Jul	6	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug
Location		ROYO or OFF	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 10:00 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 9:00 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 9:00 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 9:30 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:00 am to 9:00 am	LF Sport Park 28000 Rancho Pkwy Lake Forest 7:30 am to 10:00 am

Date	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5-Aug	7	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
Location		ROYO or OFF	El Toro Toledo Side 7:00 am to 9:30 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:00 am to 9:30 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:30 am to 10:00 am
12-Aug	8	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
Location		ROYO or OFF	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 10:00 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:30 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:00 am	Try Out - Roster La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:30 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:00 am	La Tierra 24150 Lindley St Mission Viejo 7:30 am to 10:00 am
19-Aug	9	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Location* Mammoth Week		ROYO or OFF	El Toro Toledo Side 7:00 am to 10:00 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:00 am to 9:30 am	El Toro Toledo Side 7:00 am to 9:00 am	El Toro Toledo Side 7:30 am to 10:00 am
26-Aug	10	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Location		ROYO or OFF	First Day of School El Toro Toledo Side 2:30 pm to 4:30 pm	El Toro Toledo Side 2:30 pm to 4:30 pm	El Toro Toledo Side 2:30 pm to 4:30 pm	El Toro Toledo Side 2:30 pm to 4:30 pm	DUAL MEET ET/TH Saddleback Cup Challenge at El Toro HS	El Toro Toledo Side 7:30 am to 10:00 am