

2021 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. Possible last minute changes, check Remind
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
6-Jun		6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun
Location		OFF	El Toro Track 2:30 pm to 4:30 pm	El Toro Track 2:30 pm to 4:30 pm	El Toro Track 2:30 pm to 4:30 pm	El Toro Track 2:30 pm to 4:30 pm	El Toro Track 2:30 pm to 4:30 pm	OFF
13-Jun		13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun
Location		OFF	OFF	OFF	OFF	OFF	OFF	OFF
20-Jun	P1	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun
Location		OFF	EL Toro Track 1st Day of Summer Conditioning 7:00 am to 9:00 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	EL Toro Track 1st Day Varsity Summer Conditioning 7:00 am to 8:30 am	El Toro Track 7:30 am to 9:30 am
27-Jun	1	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul
Location		ROYO or OFF	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:30 am to 9:30 am

Date	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
4-Jul	2	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul
Location		ROYO or OFF	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 1 Mile Time Trial 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:30 am to 9:30 am
11-Jul	3	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
Location		ROYO or OFF	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 7:00 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
18-Jul	4	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul
Location Mammoth Varsity Camp - TBD		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
25-Jul	5	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul
Location		ROYO or OFF	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:30 am	El Toro Track 7:00 am to 8:30 am	La Tierra 24150 Lindley St Mission Viejo 7:30 am to 10:00 am

Date	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2-Aug	6	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
Location		ROYO or OFF	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:30 am	El Toro Track 7:00 am to 8:30 am	La Tierra 24150 Lindley St Mission Viejo 7:30 am to 10:00 am
9-Aug	7	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug
Location		ROYO or OFF	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	El Toro Track 7:00 am to 8:30 am	La Tierra 24150 Lindley St Mission Viejo 7:00 am to 9:30 am	El Toro Track 7:00 am to 8:30 am	La Tierra 24150 Lindley St Mission Viejo 7:30 am to 10:00 am
16-Aug	8	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
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	El Toro Toledo Side 2:30 pm to 4:30 pm	El Toro Toledo Side 7:30 am to 10:00 am
23-Aug	9	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
Location		ROYO or OFF	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	El Toro Toledo Side 2:30 pm to 4:30 pm	El Toro Toledo Side 7:30 am to 10:00 am