

## 2022 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 30-60 min shorter.** Please practice your recovery fueling on runs over 60 minutes

Date	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5-Jun		5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
<b>Location</b>		OFF	OFF	OFF	OFF	OFF	OFF	OFF
12-Jun		12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
<b>Location</b>		OFF	OFF	OFF	OFF	OFF	OFF	OFF
19-Jun	P1	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
<b>Location</b>		OFF	<b>EL Toro</b> Gym Side <b>1st Day of Summer Conditioning</b> 7:00 am to 8:00 am	<b>OFF</b>	<b>El Toro</b> Gym Side 7:00 am to 8:15 am	<b>El Toro</b> Gym Side 7:00 am to 8:30 am	<b>OFF</b>	<b>El Toro</b> Gym Side 7:00 am to 8:30 am
26-Jun	1	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul
<b>Location</b>		OFF	<b>El Toro</b> Gym Side 7:00 am to 8:30 am	<b>OFF</b>	<b>El Toro</b> Gym Side 7:00 am to 8:30 am	<b>El Toro</b> Gym Side 7:00 am to 8:30 am	<b>OFF</b>	<b>El Toro</b> Gym Side 7:00 am to 8:30 am

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

Date	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
31-Jul	6	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
<b>Location</b>	ROYO or OFF		<b>La Tierra</b> 24150 Lindley St Mission Viejo 7:30 am to 10:00 am	<b>El Toro</b> Track 7:00 am to 8:30 am	<b>El Toro</b> Track 7:00 am to 8:30 am	<b>La Tierra</b> 24150 Lindley St Mission Viejo 7:00 am to 9:30 am	<b>El Toro</b> Track 7:00 am to 8:30 am	<b>La Tierra</b> 24150 Lindley St Mission Viejo 7:30 am to 10:00 am
7-Aug	7	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
<b>Location</b>	ROYO or OFF		<b>La Tierra</b> 24150 Lindley St Mission Viejo 7:30 am to 10:00 am	<b>El Toro</b> Track 7:00 am to 8:30 am	<b>El Toro</b> Track 7:00 am to 8:30 am	<b>La Tierra</b> 24150 Lindley St Mission Viejo 7:00 am to 9:30 am	<b>El Toro</b> Track 7:00 am to 8:30 am	<b>El Toro</b> Gym Side 7:30 am to 10:00 am
14-Aug	8	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
<b>Location</b>	ROYO or OFF		<b>First Day of School</b> <b>El Toro</b> Toledo Side 2:30 pm to 4:50 pm	<b>El Toro</b> Toledo Side 2:50 pm to 4:50 pm	<b>El Toro</b> Toledo Side 2:50 pm to 4:50 pm	<b>El Toro</b> Toledo Side 2:50 pm to 4:50 pm	<b>El Toro</b> Toledo Side 2:50 pm to 4:50 pm	<b>El Toro</b> Gym Side 7:30 am to 10:00 am
21-Aug	9	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
<b>Location</b>	ROYO or OFF		<b>El Toro</b> Toledo Side 2:30 pm to 4:50 pm	<b>El Toro</b> Toledo Side 2:50 pm to 4:50 pm	<b>El Toro</b> Toledo Side 2:50 pm to 4:50 pm	<b>El Toro</b> Toledo Side 2:50 pm to 4:50 pm	<b>El Toro</b> Toledo Side 2:50 pm to 4:50 pm	<b>El Toro</b> Gym Side 7:30 am to 10:00 am