

# Glendora Tartans Cross Country

## 2010 Training Schedule

### 8/28/10

#### Upcoming Schedule

Mon	8/30	3:15	GHS (bring racers if you have them)
Tues		5:00	Bonelli Park
Weds		3:15	GHS (bring racers
Thurs		5:00	Williams School
Fri		3:15	GHS
Sat	9/4	8:00am	Legg Lake – Tartan Top 7 Race
Mon	9/6	7:00am	Chino Hills State Park – Selected Athletes Only
Tues		5:00	Bonelli Park – A Group
		5:00	Williams School – All Others
Weds		3:15	GHS
Thurs		5:00	GHS
Fri		3:15	GHS
Sat	9/11	Varies	Bronco Invitational – Prado Park, Chino
Mon	9/13	3:15	GHS
Tues		TBA	MtSAC – A Group
		5:00	Williams School – All Others
Weds		3:15	GHS
Thurs		5:00	GHS
Fri		3:15	GHS
Sat	9/18	Varies	Woodbridge Invite – Estancia HS, Costa Mesa
Mon	9/20	3:15	GHS
Tues		5:00	Bonelli Park
Weds		3:15	GHS
Thurs		5:00	TBA – A Group
		5:00	Williams School – All Others
Fri		3:15	GHS
Sat	9/25	7:00am	MtSAC – A Group
		7:00am	Legg Lake – All Others

Please note that locations change from week to week, and that parts of our team will train in different places on certain days.

Beginning with the week of 8/30, athletes who have racing flats should bring them to every training session.

This schedule will probably change