

## San Diego High Schools Cross Country Winter Training Program – 2016/17

**All Saturday runs begin at 8:00 a.m.**

**Saturday runs will be 45-90 minutes of easy-moderate aerobic running.**

| Date       | Location   | Directions  |
|------------|--|---|
| Fri Dec 23 | San Elijo Lagoon (Solana Beach Train Station)        | I-5 > Lomas Santa Fe  |
| Wed Dec 28 | Mountain Run @ Cuyamaca Woods                        | Directions to follow  |
| Fri Dec 30 | Lake Hodges – Across from N. County Fair Escondido   | I-15 N > Via Rancho Pkwy  |
| Sat Jan 7  | Blue Sky Preserve – Poway (Start @ Valle Verde Park) | I-15 N > Rancho Bernardo Road > Turns into Espola > Corner of Valle Verde |
| Sat Jan 14 | San Elijo Lagoon (Solana Beach Train Station)        | I-5 > Lomas Santa Fe  |
| Sat Jan 21 | Mission Bay – Runner’s Bathoom                       | East MB Drive south of Visitor’s Center                                   |
| Sat Jan 28 | Penasquitos Canyon East End                          | Off of Black Mtn. Road  |
| Sat Feb 4  | Blue Sky Preserve – Poway (Start @ Valle Verde Park) | I-15 N > Rancho Bernardo Road > Turns into Espola > Corner of Valle Verde |
| Sat Feb 11 | Lake Hodges – Across from N. County Fair Escondido   | I-15 N > Via Rancho Pkwy  |
| Sat Feb 18 | Mission Bay – Runner’s Bathoom                       | East MB Drive south of Visitor’s Center                                   |