

# 2010 SEQUOIA RUNNING SCHEDULE

	Morning Run (7:00 a.m.)	Evening Run (4:30 p.m.)	Daily	Total
<b>SUN.</b>		<b>Muir Grove</b> 5 miles (trail in Dorst Creek) Rolling hills	5	5
<b>MON.</b>	<b>Little Baldy</b> 4-8 miles Mild climb (trails)	<b>4th Annual "Biathlon" Games</b> 2-5 miles (optional) Campground	6-13	11-18
<b>TUE.</b>	<b>Giant Forest/Moro Rock</b> 6-13 miles Rolling hills (trails)	<b>Team Relay #1</b> 2-3 miles Campground	8-15	19-33
<b>WED.</b>	<b>Mehrten Meadow</b> 5-9 miles Hilly -- trail to Alta Peak (11,000 ft.)	<b>Big Baldy (Team Run)</b> 4-6 miles Rolling Hills (slow recovery)	9-15	28-47
<b>THU.</b>	<b>Orienteering Run/TTT</b> 5-12 miles Rolling hills (ability groups)	<b>Team Building</b> Form/Drills/Strategies Coaching Clinic	5-12	33-59
<b>FRI.</b>	<b>Hume Lake</b> 4-8 miles Flat run easy/swim (trails)	<b>(No Scheduled Run)</b>	4-8	37-67
<b>SAT.</b>	<b>Heather Lake/Pear Lake</b> 10 miles Tough hills -- "non-stop" (timed run) "The Hump"	<b>Team Relay #2</b> 1-3 miles Campground	11-17	48-84 (7 days)
<b>SUN.</b>	<b>Sunrise Run: Little Baldy</b> 4 miles Mild climb (trails)		4	52-88