

This is the basic schedule for June (easy read).

Please check the calendar for undated/detailed dates and times!!!

June:

Mon: **OTS:** 9:00AM - 4:00PM

Mon: **TPAH2:** 6:00PM - 8:00PM Aliso Niguel HS (Track Practice; **Block work/Speed**)

Tues: **OTS:** 9:00AM - 4:00PM

Tues: **SATIH:** 4:30PM - 6:15PM Irvine HS (Speed & Agility Training; **Speed/Core/Agility**)

Tues: **WT2:** 7:00PM - 8:30PM TTC GYM (open or **Weight Training** call to schedule time slot)

Weds: **OTS:** 9:00AM - 4:00PM

Weds: **TPNWH:** 6:15PM - 7:30PM Northwood HS (Track Practice; **Speed/Strength endurance Training**)

Thurs: **OTS:** 9:00AM - 4:00PM

Thurs: **SATAH:** 5:00PM - 6:30PM ANHS (Speed & Agility Training; **Speed/Agility/Core**)

Thurs: **WT2:** 7:00PM - 8:30PM TTC GYM (open or **Weight Training** call to schedule time slot)

Fri: **OTS:** 9:00AM - 4:00PM (reserved for private training)

Sat: **TPAH1:** 7:30AM - 9:30AM ANHS (Track Practice or Track meets; **Block work/Speed/Core**)

Sat: **OTS:** 10:00AM - 2:00PM (open/reserved for private training)

Sun: My day off!!!

TPAH1, TPAH2 & SATAH: [Aliso Niguel High School](#)

Open Track Practice (**Track**) or Speed/Agility Training (**Field behind basketball courts**)
28000 Wolverine Way, Aliso Viejo, CA†

SATIH: [Irvine HS](#) Open Speed/Agility Practice

4321 Walnut Avenue, Irvine, CA†

TPNH: [Northwood HS](#) Northwood HS Open Practice

4515 Portola Parkway Irvine, CA 92620-2200

WT1 & WT2: [TTC GYM](#) 10 Key Largo Weight Training sessions

10 Key Largo Aliso Viejo, CA 92656

Starting in July:

YPST: [RCS](#) Renaissance Club Sport Aliso Viejo Speed/Agility Training

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NOTE:

Blue: Tachyon Track Club Members are open to attend all sessions in Blue.

Blue: Non members are allowed to attend all Blue sessions **two** times a week.

Green: Time Slot is Open for private Training.

Red: Private or Closed sessions.

RCS: Private Sessions via Renaissance Club Sport (Contact me for details about joining Club Sport)