



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Event SRLA Friendship Run Pickup 6:00am (GVHS)	4	5 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Mueller	6	7 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Bingham	8	9 Training 6-11am 15.0 Miles (Balboa) Coach Sarkisian
10	11	12 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Mueller	13	14 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Bingham	15	16 Training 6-11am 10.0 Miles (Balboa) Coach Sarkisian
17	18	19 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Mueller	20	21 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Bingham	22	23 Training 6-11am 5.0 Miles (Balboa) Coach Sarkisian
24	25	26 Training 4-6pm 2.0 Miles (G.V.H.S.) Coach Mueller	27	28 Training 4-6pm 2.0 Miles (G.V.H.S.) Coach Bingham	29	



SOAR Training Schedule 2008