



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Training GVHS 4-5pm 3.0 Miles Coach Bingham	2	3 Training COC 6-8am 3.0 Miles Coach Sarkisian
4	5	6 Training GVH 4-5pm(4) 3.0 Miles Coach Mueller	7	8 Training GVHS 4-5pm 3.0 Miles Coach Bingham	9	10 Training COC 6-8am 3.0 Miles Coach Sarkisian
11	12	13 Training GVH 4-5pm(5) 3.0 Miles Coach Mueller	14	15 Training GVHS 4-5pm 3.0 Miles Coach Bingham	16	17 Training COC 6-8am 4.0 Miles Coach Sarkisian
18	19	20 Training GVH 4-5pm(6) 4.0 Miles Coach Mueller	21	22 Happy Turkey Day! 4.0 Miles Train On Your Own	23	24 Still eating Turkey?! 4.0 Miles Train On Your Own
25	26	27 Training GVH 4-5pm(7) 4.0 Miles Coach Mueller	28	29 Training GVH 4-5pm 4.0 Miles Coach Bingham	30	



SOAR Training Schedule 2007