





December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #7 Total: 13 Long: 5		1 4.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	2	3 4.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	4	5 Event RRS Shoe Clinic 5.0 Miles 8:30-2:00pm Held (Shoes #1)
6 Week #8 Total: 14.2 Long: 6.2	7	8 5.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	9	10 3.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	11	12 Event Santa Monica - Venice Xmas 10K 5:30am -Noon (GVHS)
13 Week #9 Total: 17 Long: 10	14	15 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	16	17 4.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	18	19 Event SOAR Jingle Bell Run & Holiday Breakfast! 6:00am -Noon (GVHS)
20 Week #10 Total: 5 Long: 5	21	22 5.0 Miles 8:00-10:00a (Loves) Sarkissian/Holcomb	23	24 	25 Merry Christmas! 	26
27 Week #11 Total: 19 Long: 11	28	29 3.0 Miles 8:00-10:00a (Loves) Sarkissian/Holcomb	30	31 5.0 Miles 8:00-10:00a (C. Park) Bingham/Garcia		2 11.0 Miles 6:00-10:00a (C. Park) Held



SOAR Marathon Training Schedule 2009