



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #16 Total: 23.0 Long: 13.1		2 5.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	3	4 5.0 Miles 3:30-5:00p (Loves) Bingham/Garcia	5	6
7 Event Surf City 1/2 Marathon 5:30am -Noon (GVHS)	8	9 5.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	10	11 4.0 Miles 3:30-5:00p (Loves) Bingham/Garcia	12	13 15.0 Miles 6:00-10:00a (Loves) Held
14 Week #18 Total: 22.0 Long: 15.0	15	16 4.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	17	18 3.0 Miles 3:30-5:00p (Loves) Bingham/Garcia	19	20
21 Event SRLA Friendship Run 7:00am -Noon (GVHS) (Shoes #2)	22	23 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	24	25 5.0 Miles 3:30-5:00p (Loves) Bingham/Garcia	26	27 10.0 Miles 6:00-10:00a (Loves) Held
28						



## SOAR Marathon Training Schedule 2010