



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy New Year!
2	3	4 3.0 Miles 9-11am (Loves) Bingham	5	6 4.0 Miles 9-11am (Loves) Garcia	7	8 10.0 Miles 6:00-10am (Facey) Sarkissian
9	10	11 5.0 Miles 3:30-5:00pm (Loves) Bingham	12	13 3.0 Miles 3:30-5:00pm (Loves) Garcia	14	15
16 Event 13.1 LA Half Marathon (Santa Monica) 5-1pm	17	18 3.0 Miles 3:30- 5:00p (Loves) Bingham	19	20 5.0 Miles 3:30-5:00p (Loves) Garcia	21	22 15.0 Miles 6:00-11am (Loves) Sarkissian
23	24	25 5.0 Miles 3:30- 5:00p (Loves) Bingham	26	27 5.0 Miles 3:30-5:00p (Loves) Garcia	28	29 10.0 Miles 6:00-10am (Facey) Sarkissian
30	31					

SOAR Marathon Training Schedule 2011

