



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 4.0 Miles 3:30-5:00p (Loves) Bingham	3	4 3.0 Miles 3:30-5:00p (Loves) Garcia	5	6 5.0 Miles 6:00-8:00am (Facey) Sarkissian
7	8	9 4.0 Miles 3:30-5:00p (Loves) Bingham	10	11 4.0 Miles 3:30-5:00p (Loves) Garcia	12	13
14 Event Calabasas Classic 5K 3.1 Miles (Calabasas) 6-10am	15	16 5.0 Miles 3:30-5:00p (Loves) Bingham	17	18 3.0 Miles 3:30-5:00p (Loves) Garcia	19	20 5.0 Miles 6:00-8:00am (Facey) Sarkissian
21	22	23 5.0 Miles 3:30-5:00p (Loves) Bingham	24	25 Thanksgiving Day! Time to Carbo load!	26	27 5.0 Miles 6:00-8:00am (Facey) Sarkissian
28	29	30 5.0 Miles 3:30-5:00p (Loves) Bingham				



SOAR Marathon Training Schedule 2010