



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 15.0 Miles 6:00-10am (Lowe's) Sarkissian
3 	4	5 4.0 Miles 3:30- 5:00p (Lowe's) Sarkissian	6	7 3.0 Miles 3:30-5:00p (Lowe's) Hoffman	8	9
10 Event SRLA Friendship Run (Hansen Dam, Sylmar) 6-1pm	11	12 3.0 Miles 3:30- 5:00p (Lowe's) Sarkissian	13	14 4.0 Miles 3:30-5:00p (Lowe's) Hoffman	15	16 10.0 Miles 6:00-10am (Facey) Sarkissian
17	18	19 4.0 Miles 3:30- 5:00p (Lowe's) Sarkissian	20	21 3.0 Miles 3:30-5:00p (Lowe's) Hoffman	22	23
24 Event SOAR 20 Miler (Newhall Park) 6-1pm	25	26 3.0 Miles 3:30- 5:00p (Lowe's) Sarkissian	27	28 MGM 5K Walk Thru No Training Today 3:30-5p (Bridgeport Marketplace)		



SOAR Marathon Training Schedule 2013