



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Event Mardi Gras Madness 5K (Bridgeport Market) 5-1pm
3 10.0 Miles 6:00-10am (Loves) Sarkissian	4	5 4.0 Miles 3:30- 5:00p (Loves) Sarkissian	6	7 4.0 Miles 3:30- 5:00p (Loves) Hoffman	8	9 10.0 Miles 6:00-10am (Facey) Sarkissian
10	11	12 4.0 Miles 3:30- 5:00p (Loves) Bingham	13	14 2.0 Miles 3:30- 5:00p (Loves) Hoffman	15	16 Event LA Marathon Expo / SOAR Carbo Dinner 10:00am -4:00pm
17 Event LA Marathon XXVIII 4:00a -4:00p (Loves)	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



SOAR Marathon Training Schedule 2013