



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 2.0 Miles 3:30-5:00p (Lowe's) Sarkissian	3	4 2.0 Miles 3:30-5:00p (Lowe's) Hoffman	5	6 3.0 Miles 6:00-8:00am (Lowe's) Sarkissian
7	8	9 2.0 Miles 3:30-5:00p (Lowe's) Sarkissian	10 Parent Meeting 7:00-8:00p Sequoia Charter	11 3.0 Miles 3:30-5:00p (Lowe's) Hoffman	12	Event SOAR Nutrition Clinic 3.0 Miles (Central Park) 6-10am
14	15	16 3.0 Miles 3:30-5:00p (Lowe's) Sarkissian	17	18 3.0 Miles 3:30-5:00p (Lowe's) Hoffman	19	20 4.0 Miles 6:00-8:00am (Lowe's) Sarkissian
21	22	23 3.0 Miles 3:30-5:00p (Lowe's) Sarkissian	24	25 4.0 Miles 3:30-5:00p (Lowe's) Hoffman	26	27
Event LA Cancer Challenge 5K 3.1 Miles (LA)	29	30 4.0 Miles 3:30-5:00p (Lowe's) Sarkissian	31			



SOAR Marathon Training Schedule 2012