





# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3.0 Miles 3:30-5:30 (Loves) Sarkissian	2	3 Event YogaWorks Clinic 8:30-10:30 (Bridgeport) Sarkissian
4	5	6 3.0 Miles 3:30-5:30 (Loves) Bingham	7	8 4.0 Miles 3:30-5:30 (Loves) Sarkissian	9	10 Event SM-Venice Xmas 10K 5:00-12:00 (Santa Monica)
11	12	13 3.0 Miles 3:30-5:30 (Loves) Bingham	14	15 4.0 Miles 3:30-5:30 (Loves) Sarkissian	16	17 Event SOAR Jingle Bell Run 6:00-12:00 (Encino)
18	19	20 5.0 Miles 3:30-5:30 (Loves) Bingham	21	22 5.0 Miles 3:30-5:30 (Loves) Sarkissian	23	24 
25 Merry Christmas! 	26	27 4.0 Miles 9:00-11:00 (Loves) Bingham	28	29 10.0 Miles 9:00-11:00 (Loves) Sarkissian	30	31 5.0 Miles 6:00-10:00 (Loves) Sarkissian



## SOAR Marathon Training Schedule 2011