



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Event Mardi Gras Madness 5K (Bridgeport Market) 5-1pm
4 10.0 Miles 6:00-10am (Loves) Sarkissian	5	6 3.0 Miles 3:30- 5:00p (Loves) Bingham	7	8 3.0 Miles 3:30-5:00p (Loves) Sarkissian	9	10 10.0 Miles 6:00-10am (Facey) Sarkissian
11	12	13 4.0 Miles 3:30- 5:00p (Loves) Bingham	14	15 5.0 Miles 3:30-5:00p (Loves) Sarkissian	16	17 Event LA Marathon Expo / SOAR Carbo Dinner 10:00am -4:00pm
18 Event LA Marathon XXVI 5:00a -4:00p (Loves)	19	20	21	22	23	24
25	26	27	28	29	30	31



SOAR Marathon Training Schedule 2012