



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year!	2 10.0 Miles 6:00-10:00a (C. Park) Held
3 Week #12 Total: 20.1 Long: 13.1	4	5 4.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	6	7 3.0 Miles 3:30-5:00p (Loves) Bingham/Garcia	8	9
10 Event 13.1 LA Half Marathon 5:00am -Noon (GVHS)	11	12 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	13	14 4.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	15	16 10.0 Miles 6:00-10:00a (Loves) Held
17 Week #14 Total: 21.0 Long: 13	18	19 5.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	20	21 3.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	22	23 13.0 Miles 6:00-10:00a (C. Park) Held
24 Week #15 Total: 22.0 Long: 14	25	26 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	27	28 5.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	29	30 14.0 Miles 6:00-10:00a (Loves) Held
31						

SOAR Marathon Training Schedule 2010

