



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Week #3 Total: 9 Long: 4	2	3 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	4	5 2.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	6	7 4.0 Miles 6:00-8:00a (Loves) Held
8 Week #4 Total: 10.1 Long: 4	9	10 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	11	12 4.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	13	14 Event Hip Hop 5K 3.1 Miles (Pasadena) 6-10am
15 Week #5 Total: 12 Long: 5	16	17 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	18	19 3.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	20	21 5.0 Miles 6:00-8:00a (C. Park) Held
22 Week #6 Total: 11 Long: 6	23	24 5.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	25	26 Happy Thanksgiving! Time to carbo load!	27	28 6.0 Miles 6:00-8:00a (C. Park) Held
29	30					



SOAR Marathon Training Schedule 2009