



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 2.0 Miles 3:30-5:00p (Lowe's) Bingham	6 Parent Meeting 7:00-8:00p Sequoia Charter	7 2.0 Miles 3:30-5:00p (Lowe's) Garcia	8	9 3.0 Miles 6:00-8:00am (Lowe's) Sarkissian
10	11	12 2.0 Miles 3:30-5:00p (Lowe's) Bingham	13	14 3.0 Miles 3:30-5:00p (Lowe's) Garcia	15	16 3.0 Miles 6:00-8:00am (Central) Sarkissian
17	18	19 3.0 Miles 3:30-5:00p (Lowe's) Bingham	20	21 3.0 Miles 3:30-5:00p (Lowe's) Garcia	22	23
Event Race for Rescues 5K 3.1 Miles (Pasadena) 6-10am	25	26 4.0 Miles 3:30-5:00p (Lowe's) Bingham	27	28 3.0 Miles 3:30-5:00p (Lowe's) Garcia	29	30 5.0 Miles 6:00-8:00am (Lowe's) Sarkissian
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SOAR Marathon Training Schedule 2010