





# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Training 6-10am 5.0 Miles Coach Sarkissian
2	3	4 Training 4-6pm 5.0 Miles Coach Sarkissian	5	6 Training 4-6pm 5.0 Miles Coach Bingham	7	8 Event Santa Monica-Venice 10K Pickup is 6:00am
9	10	11 Training 4-6pm 5.0 Miles Coach Mueller	12	13 Training 4-6pm 5.0 Miles Coach Bingham	14	15 Event SOAR Xmas 10 Miler Pickup is 6:00am
16	17	18 Training 1-3pm 5.0 Miles Coach Sarkissian	19	20 Training 3-5pm 5.0 Miles Coach Bingham	21	22 Training 6-10am 10.0 Miles Coach Bingham
23	24 	25 Merry Christmas! 	26	27 Training 8-10am 5.0 Miles Coach Bingham	28	29 Training 6-10am 10.0 Miles Coach Bingham
30	31					



SOAR Training Schedule 2007