



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Training 8-10am 5.0 Miles (Fosters) Coach Mueller	2	3 Training 8-10am 5.0 Miles (Fosters) Coach Sarkissian	4	5 Event OC Health/Fitness Expo Pickup 10:00am (Home)
6 Event OC Half Marathon Pickup 5:00am (Home)	7	8 Training 8-10am 5.0 Miles (Fosters) Coach Bingham	9	10 Training 8-10am 5.0 Miles (G.V.H.S.) Coach Mueller	11	12 Training 6-11am 10.0 Miles (Balboa) Coach Sarkissian
13	14	15 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Bingham	16	17 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Mueller	18	19 Training 6-11am 13.0 Miles (Balboa) Coach Sarkissian
20	21	22 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Bingham	23	24 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Mueller	25	26 Training 6-11am 15.0 Miles (Balboa) Coach Sarkissian
27	28	29 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Bingham	30	31 Training 4-6pm 5.0 Miles (G.V.H.S.) Coach Mueller		



SOAR Training Schedule 2008