



# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Trouts QVHS 4-5pm 1.0 Miles Coach Sarkissian	3	4	5 Trouts QVHS 4-5pm 1.0 Miles Coach Sarkissian	6
7	8	9 Team Picks 4-5pm Career Visions Office	10	11 Team Registration Race for the Rescue 5K Coach Sarkissian	12	13
14	15	16 Training QVHS 4-5pm 2.0 Miles Coach Mueller	17	18 Training QVHS 4-5pm 2.0 Miles Coach Bingham	19	20 Training QVHS 6-8am 2.0 Miles Coach Sarkissian
21	22	23 Training QVHS 4-5pm 2.0 Miles Coach Mueller	24	25 Training QVHS 4-5pm 2.0 Miles Coach Bingham	26	27
28 Event 6-11am Race for the Rescue 5K Meet at QVHS	29	30 Training QVHS 4-5pm 3.0 Miles Coach Mueller	31			



## SOAR Training Schedule 2007