





# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 III	2 5.0 Miles 3:30-5pm (Fosters) Coach Sarkissian	3	4 5.0 Miles 3:30-5pm (Fosters) Coach Bingham	5	6 9.0 Miles 6-10a (Central Park) Coach Sarkissian 17
7	8 IV	9 5.0 Miles 3:30-5pm (Fosters) Coach Sarkissian	10	11 3.0 Miles 3:30-5pm (Fosters) Coach Bingham	12	13 Event Santa Monica - Venice Xmas 10K 14.2 5:30am - Noon (GVHS)
14	15 V	16 5.0 Miles 3:30-5pm (Fosters) Coach Sarkissian	17	18 3.0 Miles 3:30-5pm (Fosters) Coach Bingham	19	20 Event Coaches Xmas 11 Miler 6:00am - Noon (GVHS) 18
21	22 VI	23 5.0 Miles TBD Coach Sarkissian	24 	25 Merry Christmas! 	26	27 12.0 Miles TBD Coach Sarkissian 10
28	29 VII	30 5.0 Miles TBD Coach Sarkissian	31			



SOAR Training Schedule 2008