




January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Happy New Year!	2	3 14.0 Miles 6-10a (Central Park) Coach Sarkissian 14
4	5 VIII	6 5.0 Miles 6-8a (Central Park) Coach Sarkissian	7	8 3.0 Miles 6-8a (Central Park) Coach Bingham	9	10 Event So Cal 1/2 Marathon 5:30am -Noon (GVHS) 21
11	12 IX	13 5.0 Miles 3:30-5pm (Fosters) Coach Sarkissian	14	15 3.0 Miles 3:30-5pm (Fosters) Coach Bingham	16	17 18.0 Miles 6-10a (GVHS) Coach Sarkissian 26
18	19 X	20 5.0 Miles 3:30-5pm (Fosters) Coach Sarkissian	21	22 5.0 Miles 3:30-5pm (Fosters) Coach Bingham	23	24 9.0 Miles 6-10a (GVHS) Coach Sarkissian 25
25	26 XI	27 2.0 Miles 3:30-5pm (Fosters) Coach Sarkissian	28	29 3.0 Miles 3:30-5pm (Fosters) Coach Bingham	30	31 Surf City Marathon Fitness Expo 10:00am (GVHS) 31

SOAR Training Schedule 2009

