



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 5.0 Miles 6-8am (Central Park) Coach Sarkissian
2	3	4 3.0 Miles 3:30-5p (Fosters) Coach Sarkissian	5	6 3.0 Miles 3:30-5p (Fosters) Coach Bingham	7	8 5.0 Miles 6-8am (Central Park) Coach Sarkissian
9	10	11 4.0 Miles 3:30-5p (Fosters) Coach Sarkissian	12	13 3.0 Miles 3:30-5p (Fosters) Coach Bingham	14	15 Event RRS Shoe Clinic 6.0 Miles (Balboa) 11-3pm 13
16	17 1	18 6.0 Miles 3:30-5p (Fosters) Coach Sarkissian	19	20 4.0 Miles 3:30-5p (Fosters) Coach Bingham	21	22 7.0 Miles 6-10am (Central Park) Coach Sarkissian 14
23	24 11	25 4.0 Miles 3:30-5p (Fosters) Coach Sarkissian	26	27 Happy Thanksgiving! Time to carb load!	28	29 8.0 Miles 6-10am (Central Park) Coach Sarkissian 11
30						



SOAR Marathon Training Schedule 2008