



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 2.0 Miles 4-5pm (Fosters) Coach Sarkissian	8	9 2.0 Miles 4-5pm (Fosters) Coach Bingham	10	11 3.0 Miles 6-8am (Fosters) Coach Boyle
12	13	14 2.0 Miles 4-5pm (Fosters) Coach Sarkissian	15	16 2.0 Miles 4-5pm (Fosters) Coach Bingham	17	18 4.0 Miles 6-8am (Fosters) Coach Boyle
19	20	21 3.0 Miles 4-5pm (Fosters) Coach Sarkissian	22	23 3.0 Miles 4-5pm (Fosters) Coach Bingham	24	25
Event Race for Rescues 5K 6-Noon (GVHS)	27	28 3.0 Miles 4-5pm (Fosters) Coach Sarkissian	29	30 2.0 Miles 4-5pm (Fosters) Coach Bingham	31	



SOAR Marathon Training Schedule 2008