



# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #20 Total: 26.0 Long: 20.0	1	2 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	3	4 3.0 Miles 3:30-5:00p (Loves) Bingham/Garcia	[Blacked out]	
7 Week #21 Total: 18.0 Long: 10.0	8	9 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	10	11 5.0 Miles 3:30-5:00p (Loves) Bingham/Garcia	12	13 10.0 Miles 6:00-10:00a (Loves) Held
14 Week #22 Total: 32.2 Long: 26.2	15	16 3.0 Miles 3:30-5:00p (Loves) Sarkissian/Holcomb	17	18 3.0 Miles 3:30-5:00p (Loves) Bingham/Garcia	19	20 Event LA Marathon Expo / SOAR Carbo Dinner 10:00am -4:00pm
21 Event LA Marathon XXV 5:00a -4:00p (GVHS)	22	23	24	25	26	27
28	29	30	31			



## SOAR Marathon Training Schedule 2010