## November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Week #3 Total: 9 Long: 4	Z	3.0 Miles   3:30-5:00p (Lowes)   Sarkissian/Holcomb	4	5 2.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	6	7 4.0 Miles 6:00-8:00a (Lowes Held
<i>8</i> Week #4 Total: 10.1 Long: 4	?	10 3.0 Miles 3:30-5:00p (Lowes) Sarkissian/Holcomb	11	12 4.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	13	14 Event Hip Hop 5K 3.1 Miles (Pasadena 6-10am
<i>15</i> Week #5 Total: 12 Long: 5	16	17 3.0 Miles 3:30-5:00p (Lowes) Sarkissian/Holcomb	18	19 3.0 Miles 3:30-5:00p (C. Park) Bingham/Garcia	20	<i>L1</i> 5.0 Miles 6:00-8:00a (C. Park Held
<i>LL</i> Week #6 Total: 11 Long: 6	2.3	2.4 5.0 Miles 3:30-5:00p (Lowes) Sarkissian/Holcomb	25	Lb Happy Thankrgiving! Time to carbo load!	\$ 27	<i>2.8</i> 6.0 Miles 6:00-8:00a (C. Park Held
29	30					
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SOAR Marathon Training Schedule 2009

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