October

	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	L	3
5	L Recruit AOC 3:30-4:30pm TBD	7	8 Recruit GVHS 3:30-4:30pm Room # 410	9	10
12	17 Tryouts #1 GVHS 3:30-4:30pm Track	<i>14</i> Tryouts #2 GVHS 3:30-4:30pm Track	15 Tryouts #3 COC 3:30-4:30pm Track	16	17
19	2.0 Miles 3:30-4:30p (Lowes) Sarkissian/Holcomb	21	2.0 Miles 3:30-4:30p (Lowes) Bingham/Garcia	2.3	2.4 3.0 Miles 6:00-7:00a (C. Park) Held
26	2.7 2.0 Miles 3:30-4:30p (Lowes) Sarkissian/Holcomb	28	<i>2.</i> 9 3.0 Miles 3:30-4:30p (Lowes) Bingham/Garcia	30	<i>31</i> 3.0 Miles 6:00-7:00a (C. Park) Held
	, 12. 19	Recruit AOC 3:30-4:30pm TBD12.13 Tryouts #1 GVHS 3:30-4:30pm Track19.2.0 2.0 Miles 3:30-4:30p (Lowes) Sarkissian/Holcomb2.62.7 2.0 Miles 3:30-4:30p (Lowes)	Recruit AOC 3:30-4:30pm TBD14121714Tryouts #1 GVHS 3:30-4:30pm TrackTryouts #2 GVHS 3:30-4:30pm Track1920 2.0 Miles 3:30-4:30p (Lowes) Sarkissian/Holcomb2.12.62.7 2.0 Miles 3:30-4:30p (Lowes)	Recruit AOC 3:30-4:30pm TBDRecruit GVHS 3:30-4:30pm Room # 4101213141514Tryouts #1 GVHS 3:30-4:30pm TrackTryouts #2 GVHS 3:30-4:30pm TrackTryouts #3 COC 3:30-4:30pm Track19202.0 Miles 3:30-4:30p (Lowes) Sarkissian/Holcomb212.22.62.7 2.0 Miles 3:30-4:30p (Lowes)282.92.62.7 2.0 Miles 3:30-4:30p (Lowes)3.0 Miles 3:30-4:30p (Lowes)	5678956789Recruit AOC 3:30-4:30pm TBD7891213141516141514151615191417171013:30-4:30pm Track1616192.0 Miles 3:30-4:30p Track2.12.22.0 Miles 3:30-4:30p (Lowes) Sarkissian/Holcomb2.82.92.62.7 2.0 Miles 3:30-4:30p (Lowes)2.92.0 Miles 3:30-4:30p (Lowes) 3:30-4:30p (Lowes)2.9

SOAR Marathon Training Schedule 2009