



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Recruit AOC 3:30-4:30pm TBD	7	8 Recruit GVHS 3:30-4:30pm Room # 410	9	10
11	12	13 Tryouts #1 GVHS 3:30-4:30pm Track	14 Tryouts #2 GVHS 3:30-4:30pm Track	15 Tryouts #3 COC 3:30-4:30pm Track	16	17
18 Week #1 Total : 7 Long: 3	19	20 2.0 Miles 3:30-4:30p (Loves) Sarkissian/Holcomb	21	22 2.0 Miles 3:30-4:30p (Loves) Bingham/Garcia	23	24 3.0 Miles 6:00-7:00a (C. Park) Held
25 Week #2 Total : 8 Long: 3	26	27 2.0 Miles 3:30-4:30p (Loves) Sarkissian/Holcomb	28	29 3.0 Miles 3:30-4:30p (Loves) Bingham/Garcia	30	31 3.0 Miles 6:00-7:00a (C. Park) Held



SOAR Marathon Training Schedule 2009