





# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 3.0 Miles 3:30-5:00p (Lowe's) Garcia	3	4 8.0 Miles 6:00-10:00 (Lowe's) Sarkissian
5	6	7 3.0 Miles 3:30-5:00p (Lowe's) Bingham	8	9 4.0 Miles 3:30-5:00p (Lowe's) Garcia	10	11 Event SM-Venice Xmas 10K (Santa Monica) 5:30-1pm
12	13	14 3.0 Miles 3:30-5:00p (Lowe's) Bingham	15	16 4.0 Miles 3:30-5:00p (Lowe's) Garcia	17	18 Event SOAR Jingle Bell Run (Encino) 8-1pm
19	20	21 5.0 Miles 9-11am (Central) Bingham	22	23 5.0 Miles 9-11am (Central) Garcia	24 	25 Merry Christmas! 
26	27	28 4.0 Miles 9-11am (Lowe's) Bingham	29	30 10.0 Miles 9-1pm (Lowe's) Garcia	31	



## SOAR Marathon Training Schedule 2010