



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5.0 Miles 3:30-5:00pm (Lowe's) Bingham	2	3 4.0 Miles 3:30-5:00pm (Lowe's) Garcia	4	5
6 Event Surf City Half Marathon (Huntington Beach) 5-1pm	7	8 4.0 Miles 3:30- 5:00p (Lowe's) Bingham	9	10 3.0 Miles 3:30-5:00p (Lowe's) Garcia	11	12 15.0 Miles 6:00-10am (Lowe's) Sarkissian
13	14	15 3.0 Miles 3:30- 5:00p (Lowe's) Bingham	16	17 5.0 Miles 3:30-5:00p (Lowe's) Garcia	18	19 10.0 Miles 6:00-10am (Facey) Sarkissian
20	21	22 4.0 Miles 3:30- 5:00p (Lowe's) Bingham	23	24 5.0 Miles 3:30-5:00p (Lowe's) Garcia	25	26 10.0 Miles 6:00-10am (Lowe's) Sarkissian
27	28					



SOAR Marathon Training Schedule 2011