



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3.0 Miles 3:30- 5:00p (Loves) Bingham	2	3 3.0 Miles 3:30-5:00p (Loves) Garcia		Event Mardi Gras Madness 5K (Bridgeport Market) 5-1pm
6 Event SOAR 20 Miler (Newhall Park) 6-1pm	7	8 3.0 Miles 3:30- 5:00p (Loves) Bingham	9	10 5.0 Miles 3:30-5:00p (Loves) Garcia	11	12 10.0 Miles 6:00-10am (Facey) Sarkissian
13	14	15 4.0 Miles 3:30- 5:00p (Loves) Bingham	16	17 3.0 Miles 3:30-5:00p (Loves) Garcia	18	19 Event LA Marathon Expo / SOAR Carbo Dinner 10:00am -4:00pm
20 Event LA Marathon XXVI 5:00a -4:00p (GVHS)	21	22	23	24	25	26
27	28	29	30	31		



SOAR Marathon Training Schedule 2011