## 変数等数字数字数字数字 3 October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	?
		2.0 Miles 3:30-5:00p (Lowes) Bingham	Parent Meeting 7:00-8:00p Sequoia Charter	2.0 Miles 3:30-5:00p (Lowes) Garcia		3.0 Miles 6:00-8:00am (Lowes) Sarkissian
70	11	1.2. 2.0 Miles 3:30-5:00p (Lowes) Bingham	13	14 3.0 Miles 3:30-5:00p (Lowes) Garcia	15	3.0 Miles 6:00-8:00am (Central) Sarkissian
7	18	19 3.0 Miles 3:30-5:00p (Lowes) Bingham	20	2.1 3.0 Miles 3:30-5:00p (Lowes) Garcia	2.2.	23
	25	26	27	28	29	30
Event Race for Rescues 5K 3.1 Miles (Pasadena) 3-10am		4.0 Miles 3:30-5:00p (Lowes) Bingham		3.0 Miles 3:30-5:00p (Lowes) Garcia		5.0 Miles 6:00-8:00am (Lowes)
31						

SOAR Marathon Training Schedule 2010