





December

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



SOAR Marathon Training Schedule 2012