



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Happy New Year!	2	3 5.0 Miles 9-11am (Lowe's) Hoffman	4	5 10.0 Miles 6:00-10am (Facey) Sarkissian
6	7	8 5.0 Miles 9-11am (Lowe's) Sarkissian	9	10 4.0 Miles 3:30-5:00pm (Lowe's) Hoffman	11	12
13 Event 13.1 LA Half Marathon (Santa Monica) 5-1pm	14	15 4.0 Miles 3:30-5:00pm (Lowe's) Sarkissian	16	17 4.0 Miles 3:30-5:00pm (Lowe's) Hoffman	18	19 15.0 Miles 6:00-11am (Lowe's) Sarkissian
20	21	22 4.0 Miles 3:30-5:00pm (Lowe's) Sarkissian	23	24 5.0 Miles 3:30-5:00pm (Lowe's) Hoffman	25	26 10.0 Miles 6:00-10am (Facey) Sarkissian
27	28	29 5.0 Miles 3:30-5:00pm (Lowe's) Sarkissian	30	31 4.0 Miles 3:30-5:00pm (Lowe's) Hoffman		

SOAR Marathon Training Schedule 2013

