



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3.0 Miles 3:30-5:00p (Loves) Hoffman	2	3 5.0 Miles 6:00-8:00am (Loves) Sarkissian
4	5	6 4.0 Miles 3:30-5:00p (Loves) Sarkissian	7	8 4.0 Miles 3:30-5:00p (Loves) Hoffman	9	10
11 Event Calabasas Classic 5K 3.1 Miles (Calabasas) 6-10am	12	13 5.0 Miles 3:30-5:00p (Loves) Sarkissian	14	15 3.0 Miles 3:30-5:00p (Loves) Hoffman	16	17 5.0 Miles 6:00-8:00am (Facey) Sarkissian
18	19	20 5.0 Miles 3:30-5:00p (Loves) Sarkissian	21	22 Thanksgiving Day! Time to Carbo load!	23	24 5.0 Miles 6:00-8:00am (Facey) Sarkissian
25	26	27 5.0 Miles 3:30-5:00p (Loves) Sarkissian	28	29	30	



SOAR Marathon Training Schedule 2012