



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 4.0 Miles 3:30-5:00pm (Lowe's) Sarkissian	3	4
5 Event Surf City Half Marathon (Huntington Beach) 5-1pm	6	7 4.0 Miles 3:30- 5:00p (Lowe's) Bingham	8	9 3.0 Miles 3:30-5:00p (Lowe's) Sarkissian	10	11 15.0 Miles 6:00-10am (Lowe's) Sarkissian
12	13	14 3.0 Miles 3:30- 5:00p (Lowe's) Bingham	15	16 5.0 Miles 3:30-5:00p (Lowe's) Sarkissian	17	18 10.0 Miles 6:00-10am (Facey) Sarkissian
19	20	21 4.0 Miles 3:30- 5:00p (Lowe's) Bingham	22	23 5.0 Miles 3:30-5:00p (Lowe's) Sarkissian	24	25 Event SOAR 20 Miler (Newhall Park) 6-1pm
26	27	28 3.0 Miles 3:30- 5:00p (Lowe's) Bingham	29			



## SOAR Marathon Training Schedule 2012