




# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  <b>Happy New Year!</b>	2	3 3.0 Miles 9-11am (Lowe's) Bingham	4	5 4.0 Miles 9-11am (Lowe's) Sarkissian	6	7 10.0 Miles 6:00-10am (Facey) Sarkissian
8	9	10 5.0 Miles 3:30-5:00pm (Lowe's) Bingham	11	12 3.0 Miles 3:30-5:00pm (Lowe's) Sarkissian	13	14
15 Event 13.1 LA Half Marathon (Santa Monica) 5-1pm	16	17 3.0 Miles 3:30- 5:00p (Lowe's) Bingham	18	19 5.0 Miles 3:30-5:00p (Lowe's) Sarkissian	20	21 15.0 Miles 6:00-11am (Lowe's) Sarkissian
22	23	24 5.0 Miles 3:30- 5:00p (Lowe's) Bingham	25	26 5.0 Miles 3:30-5:00p (Lowe's) Sarkissian	27	28 10.0 Miles 6:00-10am (Facey) Sarkissian
29	30	31 5.0 Miles 3:30-5:00pm (Lowe's) Bingham				

## SOAR Marathon Training Schedule 2012

