



November

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



SOAR Marathon Training Schedule 2011