



# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 2.0 Miles 3:30-5:00p (Loves) Bingham	5	6 2.0 Miles 3:30-5:00p (Loves) Sarkissian	7	8 3.0 Miles 6:00-8:00am (Loves) Sarkissian
9	10	11 2.0 Miles 3:30-5:00p (Loves) Bingham	12 Parent Meeting 7:00-8:00p Sequoia Charter	13 3.0 Miles 3:30-5:00p (Loves) Sarkissian	14	15 3.0 Miles 6:00-8:00am (Loves) Sarkissian
16	17	18 3.0 Miles 3:30-5:00p (Loves) Bingham	19	20 3.0 Miles 3:30-5:00p (Loves) Sarkissian	21	22
Event Race for Rescues 5K 3.1 Miles (Pasadena) 6-10am	24	25 4.0 Miles 3:30-5:00p (Loves) Bingham	26	27 3.0 Miles 3:30-5:00p (Loves) Sarkissian	28	29 5.0 Miles 6:00-8:00am (Loves) Sarkissian
30	31					



## SOAR Marathon Training Schedule 2011