



February

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--|-----------|--|--------|--|
| | | 1 5.0 Miles 3:30-5:00pm (Lowe's) Bingham | 2 | 3 4.0 Miles 3:30-5:00pm (Lowe's) Garcia | 4 | 5 |
| 6 Event Surf City Half Marathon (Huntington Beach) 5-1pm | 7 | 8 4.0 Miles 3:30- 5:00p (Lowe's) Bingham | 9 | 10 3.0 Miles 3:30-5:00p (Lowe's) Garcia | 11 | 12 15.0 Miles 6:00-10am (Lowe's) Sarkissian |
| 13 | 14 | 15 3.0 Miles 3:30- 5:00p (Lowe's) Bingham | 16 | 17 5.0 Miles 3:30-5:00p (Lowe's) Garcia | 18 | 19 10.0 Miles 6:00-10am (Facey) Sarkissian |
| 20 | 21 | 22 4.0 Miles 3:30- 5:00p (Lowe's) Bingham | 23 | 24 5.0 Miles 3:30-5:00p (Lowe's) Garcia | 25 | 26 10.0 Miles 6:00-10am (Lowe's) Sarkissian |
| 27 | 28 | | | | | |
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SOAR Marathon Training Schedule 2011