

novenser 2017



sun	mon	TUE	WeD	THU	FRI	Sat
			1	2 4.0 Miles 3:30-5:30p (Lowes) Hallen CPK NIGHT!	3 Nia	4 5.0 Miles 6:00-8:00a (Lowes) Sarkissian
5	6	7 4.0 Miles 3:30-5:30p (Lowes) Sarkissian	8	9 4.0 Miles 3:30-5:30p (Lowes) Hallen	10	11
Event Calabasas Classic 5K 6-10am (Calabasas	sic Run	14 4.0 Miles 3:30-5:30p (Lowes) Sarkissian	15	16 5.0 Miles 3:30-5:30p (Lowes) Hallen	17	5.0 Miles 6:00-8:00a (Facey) SOAR Nutrition Clinic Sarkissian
19	20	21 5.0 Miles 3:30-5:30p (Lowes) Sarkissian	22	HAPPY THANKSGIVING	24	25 5.0 Miles 6:00-8:00a (Facey) Sarkissian
26	27	28 5.0 Miles 3:30-5:30p (Lowes) Sarkissian	29	30 4.0 Miles 3:30-5:30p (Lowes) Hallen	50	AR

SOAR MARATHON TRAINING SCHEDULE 2017-2018