SOAR IS OUT OF THIS WORLD!

FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 **5.0 Miles** **3:30-5:30p** **(Iron Horse)** **Interval**	3	**4** **4.0 Miles** **3:30-5:30p (Lowes)** **Tempo**	5	**6** **10.0 Miles** **6:00-10:00a (Lowes)** **Moderate Long**
7	8	9 **4.0 Miles** **330-5p (Lowes)** **Interval** ***Group Challenge!***	10 	11 **5.0 Miles** **3:30-5:30p** **(Iron Horse)** **Tempo**	12 	13 **Challenge #4** **Heartbreak 1/2 Marathon** **(Ventura Beach)** **6a-2p**
14 	15	16 **4.0 Miles** **330-5p (Lowes)** **Interval**	17	18 **MGM 5K Run Thru** **3:30-5:30p** **(Valencia Town Center)**	19 	20 **Challenge #5** **Mardi Gras Madness 10K** **(Valencia)**
21	22	23 **4.0 Miles** **3:30-5:30p (Lowes)** **Interval**	24	25 **4.0 Miles** **3:30-5:30p (Lowes)** **Tempo**	26	27 **15.0 Miles** **6:00-10:00a (Facey)** **Moderate Long**
28						

SOAR MARATHON TRAINING SCHEDULE 2020-2021