







# January 2016

| Sun   | Mon | Tue  | Wed | Thu   | Fri  | Sat   |
|---|-----|--|-----|---|--|---|
|  |     |  |     |   | 1<br> | 2<br>15.0 Miles<br>6:00-8:00a<br>(Facey)<br>Sarkissian  |
| 3   | 4   | 5<br>4.0 Miles<br>9-11a (Iron Horse)<br>Sarkissian | 6   | 7<br>4.0 Miles<br>9-11a (Loves)<br>Sarkissian       | 8  | 9<br>Event<br>So Cal<br>Half Marathon<br>(Irvine)  |
| 10  | 11  | 12<br>3.0 Miles<br>330-5p (Loves)<br>Sarkissian    | 13  | 14<br>5.0 Miles<br>3:30-5:30p (Loves)<br>Sarkissian | 15   | 16<br>10.0 Miles<br>6-10a (Facey)<br>Sarkissian   |
| 17  | 18  | 19<br>4.0 Miles<br>330-5p (Loves)<br>Sarkissian    | 20  | 21<br>5.0 Miles<br>3:30-5:30p (Loves)<br>Sarkissian | 22   | 23<br>15.0 Miles<br>6:00-10:00a (Loves)<br>Sarkissian   |
| 24  | 25  | 26<br>5.0 Miles<br>330-5p (Loves)<br>Sarkissian    | 27  | 28<br>4.0 Miles<br>3:30-5:30p (Loves)<br>Sarkissian | 29   | 30<br>Event<br>SOAR 20 Miler<br>(Newhall)        |