





JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
SOAR			1 	2 8.0 Miles 9-11a (Iron Horse) Tempo	3	4 10.0 Miles 6:00-10:00a (Facey) Moderate Long
5	6	7 5.0 Miles 9-11a (Loves) Interval	8	9 4.0 Miles 9-11a (Loves) Tempo	10	11 Event Irvine 1/2 Marathon (Irvine) 5a-2p 
12	13	14 4.0 Miles 3:30-5p (Loves) Interval Group Challenge!	15	16 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	17	18 10.0 Miles 6:00-10:00a (Loves) Moderate Long
19	20	21 5.0 Miles 3:30-5p (Loves) Easy A Aerobic	22	23 5.0 Miles 3:30-5:30p (Loves) Tempo	24	25 15.0 Miles 6:00-11:00a (Facey) Moderate Long
26	27	28 5.0 Miles 3:30-5p (Loves) Interval	29	30 4.0 Miles 3:30-5p (Loves) Tempo	31	