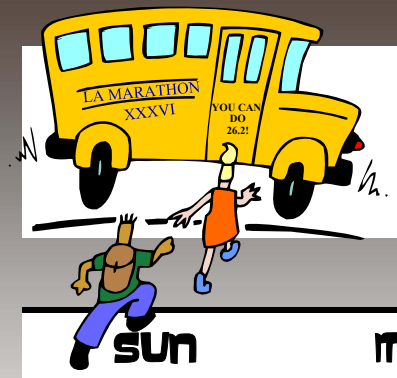

MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 **4.0 Miles** **3:30-5:30p (Lowes)** **Easy A Aerobic**	3	4 **4.0 Miles** **3:30-5:30p (Lowes)** **Easy A Aerobic**	5	**6** **16.0 Miles** **6:00-10:00a** **(Iron Horse)** **Moderate Long**
7	8	9 **4.0 Miles** **3:30-5:30p (Lowes)** **Easy A Aerobic**	10	**11** **2.0 Miles** **3:30-5:30p** **(Iron Horse)** **Tempo**	12	**13** **Challenge #6** **SOAR** **20 Miler** **(Newhall)**
14	15	**16** **4.0 Miles** **3:30-5:30p (Lowes)** **Easy A Aerobic**	17	**18** **5.0 Miles** **3:30-5:30p** **(Iron Horse)** **Tempo**	19	**20** **10.0 Miles** **6:00-10:00a (Facey)** **Moderate Long**
21	22	23 **4.0 Miles** **3:30-5:30p (Lowes)** **Easy A Aerobic**	24	25 **2.0 Miles** **3:30-5:30p** **(Iron Horse)** **Easy A Aerobic**	26 **Event** **Team Carbo Load** **Dinner TBD**	27 **Challenge #7** **SOAR Marathon** **6:00a-4pm** **Tempo**
28	29	30				

SOAR

Take the road less traveled.

SOAR MARATHON TRAINING SCHEDULE 2020-2021