



MARCH 2023

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



Take the road less traveled.