



MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Event SOAR 20 Miler 6:00-3:00p (Newhall)
3	4	5 4.0 Miles 3:30-5:30p (Lowes) Easy A Aerobic	6	7 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	8	9 10.0 Miles 6:00-10:00a (Facey) Moderate Long
10	11	12 2.0 Miles 3:30-5:30p (Lowes) Easy A Aerobic	13	14 2.0 Miles 3:30-5:30p (Iron Horse) Tempo	15	16 Event LA Marathon Expo / Team Dinner 10-4pm
17 Event LA Marathon XXXVIX 3:30a-4pm Tempo			20	21	22	23
24	25	26	27	28	29	30
						<p>Take the road less traveled.</p>



Take the road less traveled.