



# MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> Event <b>SOAR 20 Miler</b> 6:00-3:00p (Newhall) 
2	3	<b>4</b> 4.0 Miles 3:30-5:30p (Lowes) Easy A Aerobic	5	<b>6</b> 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	7	<b>8</b> 10.0 Miles 6:00-10:00a (Facey) Moderate Long 
9		<b>11</b> 2.0 Miles 3:30-5:30p (Lowes) Easy A Aerobic	12	<b>13</b> 2.0 Miles 3:30-5:30p (Iron Horse) Tempo	14	<b>15</b> Event LA Marathon Expo / Team Dinner 10-4pm
<b>16</b> Event LA Marathon XXXVII 3:30a-4pm Tempo		18	19	20	21	22
23	24	25	26	27	28	29
30					 <b>Take the road less traveled.</b>	