

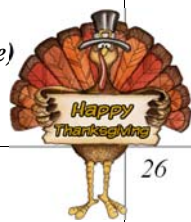



NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 4.0 Miles 3:30-5:30p (Lowe's) Interval	3	4 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	5	6 5.0 Miles 6:00-8:00a (Iron Horse) Moderate Long
7	8	9 4.0 Miles 3:30-5:30p (Lowe's) Interval	10	11 4.0 Miles 3:30-5:30p (Lowe's) Tempo	12	13 5.0 Miles 6:00-8:00a (Facey) SOAR Nutrition Clinic Moderate Long 
14	15	16 4.0 Miles 3:30-5:30p (Lowe's) Interval Group Challenge! 	17	18 5.0 Miles 3:30-5:30p (Iron Horse) Tempo 	19	20 4.5 Miles 6:00-8:00a (Lowe's River Tour) Moderate Long
21 Event Runners Lane Team Shoe Day 10-5p Drop In 	22	23 5.0 Miles 9:00-11:00 (Iron Horse) Interval	24	25 5.5 Miles 7-9a (Towsley Cyn) SOAR Gobble Wobble (Optional)	26	27 5.0 Miles 6:00-8:00a (Facey) Moderate Long
28	29	30 4.0 Miles 3:30-5:30p (Lowe's) Interval			