



# NOVEMBER 2019



SUN	MON	TUE	WED	THU	FRI	SAT
<b>SOAR</b>					1	2 5.0 Miles 6:00-8:00a (Facey) Moderate Long
3	4	5 4.0 Miles 3:30-5:30p (Lowe's) Interval	6	7 4.0 Miles 3:30-5:30p (Lowe's) Interval	8	9 5.0 Miles 6:00-8:00a (Iron Horse) Moderate Long
10	11	12 4.0 Miles 3:30-5:30p (Lowe's) Interval Group Challenge!	13	14 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	15	16 5.0 Miles 6:00-8:00a (Iron Horse) SOAR Nutrition Clinic Moderate Long
17	18	19 5.0 Miles 3:30-5:30p (Lowe's) Interval	20	21 4.0 Miles 3:30-5:30p (Lowe's) Tempo	22	23 5.0 Miles 6:00-8:00a (Facey) Moderate Long
24	25	26 5.0 Miles 3:30-5:30p (Lowe's) Interval	27	28 5.0 Miles 7-9a (Towsley Cyn) SOAR Gobble Wobble (Optional)		
						30 8.0 Miles 6:00-8:00a (Iron Horse) Moderate Long