





# NOVEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 5.0 Miles 3:30-5:00p (Iron Horse) Tempo	3	4 5.0 Miles 6:00-10:00a (Facey) Moderate Long
5	<b>SOAR</b>	7 4.0 Miles 3:30-5:00p (Lowe's) Strength	8	9 4.0 Miles 3:30-5:00p (Lowe's) Tempo	10	 Special Event Fidel 5K 8-10am (Central Park)
12		13	14 4.0 Miles 3:30-5:00p (Lowe's) Interval Group Challenge!	15 	16 5.0 Miles 3:30-5:00p (Iron Horse) Tempo	17
19 Event Runners Lane Team Shoe Day 10-5p Drop In 	20	21 5.0 Miles 3:30-5:00p (Iron Horse) Interval	22	23 5.5 Miles 7-9a (Towsley Cyn) SOAR Gobble Wobble (Optional) 	24	25 5.5 Miles 6:00-10:00a (Lowe's CupUchino Rise and Grind) Moderate Long
26	27	28 4.0 Miles 3:30-5:00p (Lowe's) Interval	29	30 4.0 Miles 3:30-5:00p (Lowe's) Tempo		