



OCTOBER 2026



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 2.0 Miles 3:30-5:00p (Lowes) Interval	7	8 2.0 Miles 3:30-5:00p (Lowes) Tempo	9	10 4.0 Miles 6:00-8:00a (Lowes) Moderate Long
11	12	13 3.0 Miles 3:30-5:00p (Lowes) Interval	14 Event Program Info Night TBD 7-8:30p 	15 3.0 Miles 3:30-5:00p (Lowes) Tempo	16	17 4.5 Miles 6:00-8:00a (Lowes River Tour) Moderate Long
18	19	20 4.0 Miles 3:30-5:00p (Lowes River Run) Group Challenge!	21	22 4.0 Miles 3:30-5:00p (Lowes) Tempo	23	24
25 Event LACC 5K 6-11am (UCLA) 5K 		27 4.5 Miles 3:30-5:00p (Lowes River Run)	28	29 5.0 Miles 3:30-5:00p (Iron Horse) Tempo 	30	31 5.0 Miles 6:00-8:00a (Facey) Moderate Long

SOAR MARATHON TRAINING SCHEDULE 2026-2027