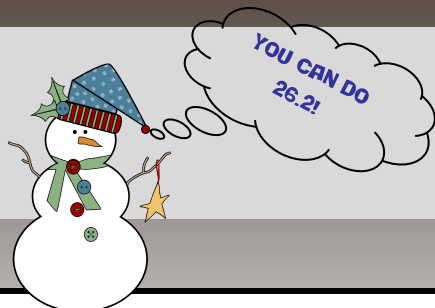
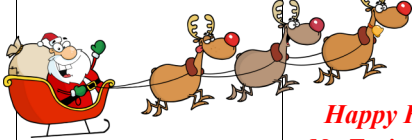
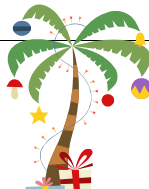




DECEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 4.0 Miles 3:30-5:30p (Lowes) Interval	2 	3 4.5 Miles 3:30-5:30 (Lowes River Run) Tempo	4 <i>Event</i> Runners Lane Team Shoe Weekend 	5 8.0 Miles 6:00-9:00 am (Iron Horse 8 Miler) Moderate Long
6	7	8 5.0 Miles 3:30-5:30p (Iron Horse) Interval	9	10 4.0 Miles 3:30-5:30p (Lowes) Tempo	11	12 <i>Santa Monica Venice Christmas Run</i> Event Santa Monica Christmas 10K 6-11am Santa Monica
13	14	15 5.0 Miles 3:30-5:30p (Iron Horse) Interval <i>Group Challenge!</i>	16	17 4.5 Miles 3:30-5:30p (Lowes River Run) Tempo	18	19 Event SOAR Jingle Bell 10 Miler (Santa Monica) 6-1pm 
20	21	22 <i>Happy Holidays! No Training Today!</i>	23 	24 <i>Happy Holidays! No Training Today!</i>	25  <i>Merry Christmas!</i>	26 8.5 Miles 9:00-11:00 (SOAR Blender) Moderate Long
27	28	29 5.0 Miles 9:00-11:00a (Iron Horse) Strength	30	31  <i>Bring on the NEW YEAR!</i> <i>No Training Today!</i>		

SOAR MARATHON TRAINING SCHEDULE 2026-2027