



NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 4.0 Miles 3:30-5:00p (Lowe's) Strength	4	5 4.5 Miles 3:30-5:00p (Lowe's River Run) Moderate Long	6 	- Special Event Fidel 5K 8-10am (Central Park)
8 		10 4.0 Miles 3:30-5:00p (Lowe's) Strength Group Challenge! 	11	12 5.0 Miles 3:30-5:00p (Iron Horse) Tempo	13	14 4.5 Miles 6:00-8:00a (Lowe's River Run) Moderate Long
15	16	17 5.0 Miles 3:30-5:00p (Iron Horse) Interval	18	19 4.0 Miles 3:30-5:00p (Lowe's) Tempo	20 	21 5.0 Miles 6:00-9:00a (East Canyon Trail) Moderate Long
22	23	24 4.0 Miles 3:30-5:00p (Lowe's) Interval	25	26 5.5 Miles 7-9a (Towsley Cyn) SOAR Gobble Wobble (Optional)		28 8.5 Miles 6:00-8:00a (Iron Horse) SOAR Blender Moderate Long
29	30					

SOAR MARATHON TRAINING SCHEDULE 2026-2027