



JANUARY 2027

SUN	MON	TUE	WED	THU	FRI	SAT
					1 	2 10.0 Miles 6:00-10:00a (Facey) Moderate Long
3	4	5 4.5 Miles 9:00-11:00 (Lowes River Run) Strength Group Challenge! 	6	7 5.0 Miles 9:00-11:00 (Iron Horse) Tempo	8	9 8.5 Miles 6:00-9:00 (SOAR Blender) Moderate Long
10	11	12 4.5 Miles 330-5p (Lowes River Run) Tempo	13	14 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	15	16 Event Heartbreak 1/2 Marathon (Ventura Beach) 6a-2p 
17	18	19 5.0 Miles 330-5p (Iron Horse) Recovery	20	21 4.0 Miles 330-5p (Lowes) Tempo	22	23 10.0 Miles 6:00-10:00a (Lowes) Mod Long 
24	25	26 5.0 Miles 330-5p (Iron Horse) Easy A Aerobic	27	28 4.0 Miles 330-5p (Lowes) Tempo	29	30/31 Event (1/31/27) Hollywood Trail 12K (Griffith Park) 6a-12p

SOAR MARATHON TRAINING SCHEDULE 2026-2027