

Training Wk8 5mls.xls

Student / Wk 8	4-Dec	6-Dec	8-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	61:44:00	57:18:00	65:27:00	16.2	78.63	61:30:00	11:20	11:55
Priscilla Deleon	43:11:00	57:18:00	344:00:00	36.2	111	148:10:00	12:15	11:45
Priscilla Hernandez	63:25:00	61:06:00	81:09:00	16.2	79.03	68:40:00	12:40	13:10
Roxana Ramos	63:33:00	61:08:00	73:04:00	16.2	79.83	65:50:00	12:10	12:45

Please note the following:

1) Saturday, December 15th is a 10 mile training at Balboa Lake. Coaches Christmas Breakfast right after the run!

2) Congratulations on completing your 1st 10K! Remember, all team physicals are due ASAP!

3) Hydrate! Hydrate! Hydrate ! Drink eight glasses of water daily, starting this Wednesday and see a DRAMATIC performance improvement for Saturday's 10 miler, GUARENTEED!

4) All Students are registered for the Orange County Half Marathon, Sunday January 6th 2008. Please note: The start time for this race is 7:30am. Pickup is at COC, 5am sharp! Pickup for the Health and Fitness Expo, Saturday January 5th will be at 10am.

5) All weekly and total mile results highlighted in red indicate miles owed. The number of miles shows as: (2). All miles owed must be made up BY THURSDAY, January 3rd at coaches discretion to qualify.

6) Pickup time for Saturday's training is 6am at COC. We're proud of you guys! Keep training hard!