

Training Wk11 5mils.xls

Student / Wk 11	25-Dec	27-Dec	29-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	OFF	74:14:00	RX	5	124.69	74:14:00	14:55	12:05
Priscilla Deleon	OFF	54:12:00	93:00:00	15	162.06	73:40:00	9:50	11:20
Priscilla Hernandez	OFF	91:43:00	134:54:00	16(9.0)	115.69	113:20:00	14:10	13:05
Roxana Ramos	OFF	67:50:00	130:24:00	15	135.89	99:10:00	13:15	12:35

Please note the following:

1) Saturday, January 5th is a non training day in preparation for the OC Half Marathon.

Departure for the Health and Fitness Expo on the 5th will be at 10am. Pickup and dropoff will be at YOUR HOME.

2) Congratulations on logging your first 100 training miles! Remember, all permission slips and team physicals are due ASAP!

3) Hydrate! Hydrate! Hydrate ! Drink eight glasses of water daily, at least three days before any big run, and see a DRAMATIC performance improvement, 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 YOUR HOME, 5am sharp!

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) Saturday pickups will be at Golden Valley HS unless noted otherwise for the remainder of the season. Happy New Year!