

Training Wk13 5mils.xls

Student / Wk 13	8-Jan	10-Jan	12-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	65:26:00	54:33:00	Injured	10	157.79	60:00:00	12:00	12:10
Priscilla Deleon	64:48:00	50:40:00	103:00:00	20	195.16	72:50:00	10:55	11:15
Priscilla Hernandez				0(20)	147.79(20)	0:00:00	0:00	13:10
Roxana Ramos	66:30:00	57:14:00	123:25:00	19.5	178.49	82:40:00	12:40	12:40

Please note the following:

1) Saturday, January 19th is a 13 mile training run at Balboa Lake. Pickup will be at Golden Valley High School at 6am.

2) Hydrate! Hydrate! Hydrate ! Drink eight glasses of water daily, at least three days before any big run, and see a DRAMATIC performance improvement, GUARANTEED!

3) All Students are registered for the SRLA Friendship 18 Miler, Sunday February 3rd 2008. Please note: This race is your official qualifier for Los Angeles Marathon XXIII, SUNDAY March 2nd. All students MUST finish the race in under 4:50:00 to qualify for LA!

2ND SHOE DISTRIBUTION IMMEDIATELY FOLLOWING THE 18 MILER.

4) 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 31st AT COACHES DISCRETION TO QUALIFY.

5) Coach Mueller and Bingham will be switching training days beginning January 8th. See revised training calendar for more info!

6) Saturday pickups will be at Golden Valley HS unless noted otherwise for the remainder of the season. Keep training hard, you're almost there! We're proud of you guys!