

Training Wk16 5mils.xls

Student / Wk 16	28-Jan	29-Jan	31-Jan	3-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli		65:00:00	70:00:00	261:23:00	33	233.79	132:05:00	12:00	12:10
Priscilla Deleon	135:59:00	65:00:00	76:35:00	239:28:00	39	274.16	129:15:00	13:15	11:20
Priscilla Hernandez	142:58:00	65:00:00	76:35:00	261:32:00	48	248.79	136:30:00	14:00	13:20
Roxana Ramos		65:00:00	70:00:00	257:49:00	28	254.49	130:55:00	14:00	12:50

Please note the following:

1) Saturday, February 9th is a 15 mile training run at Hansen Dam. Pickup is at Golden Valley 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 have met SOAR qualification requirements, and have been registered for Los Angeles Marathon XXIII, Sunday March 2nd!
CONGRATULATIONS!

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, FEBRUARY 28TH, AND COACH CERTIFIED FOR THE REMAINDER OF THE SEASON! !!!!!!!! COACHES ARE NOT RESPONSIBLE FOR ARRANGING MAKEUP MILES DUE TO UNEXCUSED ABSENCES !!!!!!!!

5) LA MARATHON AND EXPO Permission Slips needed for Hernandez, ASAP!

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!