

Training Wk17 5mls.xls

Student / Wk 17	5-Feb	7-Feb	9-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	55:00:00	51:16:00	185:09:00	25	258.79	97:05:00	11:40	12:10
Priscilla Deleon	65:00:00	42:30:00		10(15)	284.16(15)	53:45:00	10:45	11:20
Priscilla Hernandez	65:00:00	74:00:00	215:35:00	25	273.79	118:10:00	14:10	13:20
Roxana Ramos	55:00:00	74:00:00	215:35:00	25	279.49	114:50:00	13:50	12:50

Please note the following:

1) Saturday, February 16th is a 10 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) LA MARATHON AND EXPO Permission Slips needed for Hernandez, ASAP!

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) 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!