

SOAR Student Training Progress Week 11 - 5 Mile Bench, 11 Mile Long

Student / Wk 11	16-Dec	18-Dec	20-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	56:58:00	36:15:00	134:11:00	19.0	135	75:50:00	12:00	12:10
Priscilla Deleon	53:12:00	33:59:00	133:19:00	19.0	98	73:30:00	11:40	11:45
Skyelar Vega	73:20:00	39:54:00	169:40:00	18.0	133.7	94:20:00	15:45	15:10
Roxana Ramos	63:19:00	36:15:00	133:29:00	19.0	132	77:40:00	12:15	12:40
Kelsey Hash	73:20:00	40:23:00	169:40:00	19.0	134.7	94:25:00	14:50	14:20
Antonio Hernandez	54:33:00		134:11:00	16(3)	132(3)	94:25:00	11:50	12:00
Fernando Flores	63:19:00		94:39:00	16(3)	123.3(3)	78:55:00	9:50	9:20
Karen Moreno	73:20:00	40:23:00	125:35:00	19.0	122	79:05:00	12:30	11:00

Please note the following:

1) View race results, training progress, and more at: [www.sctc-storm.org/SOAR](http://www.sctc-storm.org/SOAR)

2) Happy Holidays from SOAR!

3) Next Team Event: Southern California Half Marathon, Saturday January 10th! Pickup is at 5:30am at GVHS.

4) Remember, Carbs, Carbs, Carbs, H2O, H2O, H2O the night before any big run or event for optimum performance!

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 8th at coaches discretion to qualify!

6) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run! Keep training hard guys, we're proud of you!