

SOAR Student Training Progress Week 12 - 5 Mile Bench, 12 Mile Long

Student / Wk 12	23-Dec	25-Dec	27-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	69:59:00	Ho Ho Ho!	188:30:00	17.0	152	129:15:00	15:25	12:30
Priscilla Deleon	65:00:00	Ho Ho Ho!	184:41:00	17.0	115	124:50:00	14:45	12:00
Skyelar Vega	Sick	Ho Ho Ho!	86:23:00	6.0	139.7	86:20:00	14:25	15:00
Roxana Ramos	77:19:00	Ho Ho Ho!	16:30:00	6.0	138	46:50:00	15:45	12:50
Kelsey Hash	77:20:00	Ho Ho Ho!	223:00:00	17.0	151.7	150:25:00	17:45	14:40
Antonio Hernandez	69:59:00	Ho Ho Ho!	159:40:00	20.0	152	114:45:00	13:30	12:10
Fernando Flores	Mexico	Ho Ho Ho!	Mexico	0(20)	123.3(20)			9:20
Karen Moreno	Injured	Ho Ho Ho!	134:55:00	6.0	128	134:55:00	22:30	12:25

Please note the following:

1) Watch those splits! Team Physicals still needed from Flores, Hernandez, and Hash ASAP!

2) Happy New Year! Permission slips for the So Cal 1/2 Marathon due to Coach Sark by Thursday, January 8th!

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

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

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!