

SOAR Student Training Progress Week 13 - 5 Mile Bench, 14 Mile Long

Student / Wk 13	30-Dec	2-Jan	3-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon		35:06:00	195:36:00	17(5)	169(5)	115:20:00	13:30	12:35
Priscilla Deleon		33:53:00	206:20:00	19(3)	134(3)	120:10:00	12:40	12:10
Skyelar Vega	Sick	39:07:00	206:59:00	17.0	161.7	123:00:00	14:30	15:00
Roxana Ramos	66:58:00	35:06:00	198:16:00	22.0	160	100:00:00	13:40	12:55
Kelsey Hash	74:19:00	39:08:00	207:00:00	22.0	173.7	106:45:00	14:40	14:40
Antonio Hernandez	52:09:00	36:52:00	171:58:00	22.0	174	87:00:00	11:50	12:10
Fernando Flores	41:01:00	Excused	176:34:00	20.0	143.3(16)	108:45:00	10:50	9:25
Karen Moreno	48:56:00	33:15:00	174:00:00	22.0	150	85:20:00	11:40	12:05

Please note the following:

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

2) 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. Expo Departure, Friday January 9th at 2:00pm from GV.

4) View race results, training progress, and more at: 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!