

SOAR Student Training Progress Week 14 - 5 Mile Bench, Half Marathon Event

Student / Wk 14	6-Jan	8-Jan	10-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	126:00:00	38:54:00	159:15:00	26.1	195.1	108:00:00	12:20	12:35
Priscilla Deleon	67:36:00	47:26:00	128:00:00	23.1	157.1	81:00:00	10:30	11:55
Skyelar Vega	70:52:00	41:05:00	181:15:00	21.1	182.8	97:40:00	13:50	14:55
Roxana Ramos	69:19:00	38:57:00	158:45:00	21.1	181.1	89:00:00	12:40	12:55
Kelsey Hash	73:00:00	41:15:00	194:05:00	21.1	194.8	102:45:00	14:40	14:40
Antonio Hernandez	58:00:00	34:22:00	159:25:00	21.1	195.1	83:50:00	11:50	12:10
Fernando Flores	143:38:00	48:29:00	101:45:00	33.1	176.4	97:50:00	8:50	9:25
Karen Moreno	58:21:00	30:32:00	137:06:00	21.1	171.1	75:15:00	10:40	11:55

Please note the following:

1) Congratulations for completing the So Cal Half Marathon! You guys rock!

2) Permission slips for the Surf City Marathon due to Coach Sark by Thursday, January 22nd!

3) Next Team Event: SOAR 18 Miler, Saturday January 17th! This is a Surf City qualifying event! Pickup is at 6:00am at GVHS.
All students must complete this training in under 5 hours to qualify for the Marathon!

4) View race results, training progress, and more at: WWW.SOAR-SC.ORG

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 22nd 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!

7) Quote for the week: "Keep company with those who may make you better" ~ an old English saying.