

SOAR Student Training Progress Week 10 - 5Mile Bench, Holiday

| Student / WK10 | 21-Dec | 22-Dec | 27-Dec | Wkly Miles | Total Miles | Avg. Time | Wkly Min / Mile | YTD Min / Mile |
|--------------------|-----------|----------|-----------|------------|-------------|-----------|-----------------|----------------|
| Yara Askar | 58:00:00 | 62:00:00 | 137:30:00 | 19.0 | 102.8 | 85:50:00 | 13:30:00 | 12:30:00 |
| Juliet DeAmicis | | | | 0.0 | 98.3(5) | | | 9:50:00 |
| Janette Flores | 74:00:00 | | | 5.0 | 104.3 | 74:00:00 | 14:50:00 | 15:10:00 |
| Vanessa Flores | 74:23:00 | | | 5.0 | 104.3 | 74:00:00 | 14:55:00 | 15:00:00 |
| Stephanie Garcia | 56:59:00 | | | 5.0 | 102.8(3) | 56:59:00 | 12:00:00 | 12:00:00 |
| Zachary Mendoza | 66:36:00 | | | 5.0 | 105.3 | 66:36:00 | 13:20:00 | 12:30:00 |
| Ilian Mondragon | 51:15:00 | | | 5.0 | 100.8 | 51:15:00 | 10:15:00 | 10:10:00 |
| Karen Moreno | 51:15:00 | | | 5.0 | 105.3 | 51:15:00 | 10:15:00 | 10:10:00 |
| Mahsa Motavvef | Injured | | | Injured | 92.8 | 85:50:00 | Injured | 13:05:00 |
| Cristian Perez | 40:40:00 | | | 5.0 | 82.8(10) | 40:40:00 | 8:10:00 | 9:00:00 |
| Marisol Ramirez | | | | 0(8) | 76.2(8) | | | 10:40:00 |
| Kim Sadia | 66:36:00 | | | 5.0 | 60.2 | 66:36:00 | 13:20:00 | 11:40:00 |
| Karinne Smith | 67:50:00 | | | 5.0 | 100.8 | 67:50:00 | 13:40:00 | 12:00:00 |
| Madeline Tan | 51:50:00 | | | 5.0 | 105.8 | 51:50:00 | 10:20:00 | 10:00:00 |
| Rorie Uribe | 62:00:00 | | | 5.0 | 100.6 | 62:00:00 | 12:20:00 | 11:05:00 |
| Bridget Valenzuela | 117:50:00 | | | 8.0 | 106.3 | 117:50:00 | 14:45:00 | 12:45:00 |

1) Permission Slip for 13.1 LA due by Thursday January 7th!

2) Next Team Event is the 13.1 LA Half Marathon. Meet at GVHS at 5:00am, Sunday January 10th!
All team members need to wear a CLEAN SOAR Training Shirt!

3) Congratulations on logging your first 100 miles! Countdown to LA ...T-minus 11 weeks!

4) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run!

5) 80 Ounces a day keeps fatigue away! Drink at least 8-10 glasses of water daily in order to maintain healthy hydration levels and adequate blood volume needed to support a positive training experience!

6) All weekly and total mile results highlighted in RED indicate miles owed. The number of miles shows as: (2).
YOU are responsible for arranging all makeup miles with a coach!
Miles owed must be made up by Thursday, January 7th at coaches discretion to attend 13.1 LA!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!