

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!