

SOAR Student Training Progress Week 20 - 3 Mile Bench, 20 Mile Long

Student / WK 20	2-Mar	4-Mar	6-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	66:00:00	78:20:00	270:00:00	33.0	295	138:10:00	12:30:00	12:40:00
Juliet DeAmicis	64:12:00	54:28:00	223:19:00	32.0	326.5	114:00:00	10:40:00	10:05:00
Janette Flores	111:20:00	36:20:00	318:35:00	31.0	311.5	155:30:00	15:00:00	15:15:00
Vanessa Flores	114:20:00	38:20:00	318:35:00	31.0	311.5	157:10:00	15:10:00	15:10:00
Zachary Mendoza	38:15:00	31:58:00	273:51:00	26.0	322.5	114:40:00	13:15:00	12:35:00
Ilian Mondragon	28:28:00	28:25:00	238:13:00	26.0	310	98:20:00	11:20:00	10:35:00
Karen Moreno	131:21:00	28:25:00	314:00:00	36.0	315.5	158:00:00	13:10:00	11:20:00
Mahsa Motavvef	36:27:00	33:55:00	317:00:00	26.0	253	129:10:00	14:50:00	13:40:00
Marisol Ramirez	83:56:00	28:32:00	277:00:00	31.0	253.3	129:50:00	12:40:00	11:10:00
Kim Sadia	28:15:00	26:02:00	270:00:00	18.0	253	108:05:00	12:30:00	12:20:00
Karinne Smith	32:21:00	31:50:00	298:00:00	26.0	304	120:40:00	14:00:00	12:50:00
Madeline Tan	131:21:00	26:03:00	242:00:00	36.0	324	133:10:00	11:05:00	10:20:00
Rorie Uribe	83:51:00	31:54:00	292:00:00	31.0	308.8	135:50:00	13:10:00	12:10:00
Bridget Valenzuela	37:31:00	35:40:00	210:00:00	19.0	234	94:15:00	14:50:00	13:50:00

**1) If you get stuck without a ride, make sure to contact a coach the night BEFORE a scheduled practice or an event!**

**2) Final Team Race Event: LA Marathon XXV. Meet at GVHS 4:00am, Sunday March 21st!  
Team Expo Trip and Carbo Load Dinner, Saturday March 20th, 10am departure from GVHS!**

**3) All Permission Slips for LA and the EXPO need to be given to a Coach by Thursday, March 18th!**

**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!  
ALL Miles owed must be made up by the Thursday before Marathon week! NO MAKE UP MILES WILL BE ALLOWED AFTER 3/11/10!**

**7) Final Marathon information posted at [www.SOAR-SC.org](http://www.SOAR-SC.org) Here we go!!!!!!**