

SOAR Student Training Progress Week 21 - 3 Mile Bench, 10 Mile Long

Student / WK 21	9-Mar	11-Mar	13-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	61:41:00	35:38:00	Excused	9.0	304	48:40:00	10:50:00	12:40:00
Juliet DeAmicis	61:41:00	48:28:00	Excused	11.0	337.5	55:00:00	10:00:00	10:05:00
Janette Flores	38:55:00	39:52:00	134:52:00	16.0	327.5	71:10:00	13:20:00	15:10:00
Vanessa Flores	38:52:00	39:44:00	153:53:00	16.0	327.5	77:20:00	14:30:00	15:10:00
Zachary Mendoza	28:47:00	30:26:00	147:00:00	16.0	338.5	68:45:00	12:50:00	12:35:00
Ilian Mondragon	30:40:00	29:49:00	107:25:00	16.0	326	55:55:00	10:30:00	10:35:00
Karen Moreno	31:03:00	29:14:00	107:26:00	16.0	331.5	55:55:00	10:30:00	11:15:00
Mahsa Motavvef	34:10:00	35:38:00	163:04:00	16.0	269	77:40:00	14:30:00	13:45:00
Marisol Ramirez		56:55:00	105:00:00	16.0	269.3	80:55:00	10:10:00	11:10:00
Kim Sadia	31:22:00	27:12:00	147:00:00	16.0	269	68:30:00	12:50:00	12:20:00
Karinne Smith	35:53:00	36:04:00	131:00:00	16.0	320	67:40:00	12:40:00	12:50:00
Madeline Tan	Sick	Sick	163:04:00	10.0	334	163:04:00	16:20:00	10:40:00
Rorie Uribe	31:22:00	34:22:00	120:00:00	16.0	324.8	61:55:00	11:40:00	12:10:00
Bridget Valenzuela	34:21:00	35:26:00	163:00:00	16.0	250	77:40:00	14:30:00	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 Here we go!!!!!!