

SOAR Student Training Progress Week 9 - 4Mile Bench, 10 Mile Event

Student / WK9	15-Dec	17-Dec	19-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	46:00:00			3(14)	83.8(14)	46:00:00	15:20:00	12:20:00
Juliet DeAmicis	46:00:00	37:52:00	93:00:00	17.0	98.3	59:00:00	10:20:00	9:50:00
Janette Flores	42:35:00	62:30:00	156:40:00	17.0	99.3	87:15:00	15:20:00	15:10:00
Vanessa Flores	42:35:00	62:45:00	150:40:00	17.0	99.3	85:20:00	15:00:00	15:00:00
Stephanie Garcia	46:00:00	47:50:00	100:00:00	14(3)	97.8	64:40:00	13:50:00	12:00:00
Zachary Mendoza	32:43:00	45:55:00	129:10:00	17.0	100.3	69:15:00	12:15:00	12:10:00
Ilian Mondragon	30:07:00	40:06:00	102:55:00	17.0	95.8	57:40:00	10:10:00	10:10:00
Karen Moreno	28:18:00	50:51:00	102:28:00	17.0	100.3	60:35:00	10:40:00	10:10:00
Mahsa Motavvef	35:03:00	57:10:00	165:11:00	17.0	92.8	85:50:00	15:10:00	13:05:00
Cristian Perez	24:00:00	34:35:00		7(10)	77.8(10)	29:20:00	8:20:00	9:05:00
Marisol Ramirez	44:30:00	40:00:00	100:00:00	14(3)	76.2(3)	61:30:00	13:10:00	10:40:00
Kim Sadia	28:19:00	45:55:00	129:10:00	17.0	55.2	68:10:00	12:00:00	11:20:00
Karinne Smith	34:00:00	50:22:00	165:11:00	17.0	95.8	83:10:00	14:40:00	11:50:00
Madeline Tan	28:50:00	36:40:00	100:00:00	17.0	100.8	55:10:00	9:45:00	10:10:00
Rorie Uribe	Sick	40:43:00	111:00:00	14.0	95.6	75:50:00	10:50:00	11:00:00
Bridget Valenzuela	35:05:00	57:10:00	92:00:00	14(3)	98.3(3)	61:20:00	13:10:00	12:30:00

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) Remaining team physicals are due ASAP, Contact a Coach if you need assistance!

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!