

SOAR Student Training Progress Week 11 - 5Mile Bench, 10 Mile Long

Student / WK 11	29-Dec	31-Dec	2-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	35:59:00	65:06:00	132:12:00	18.0	120.8	77:45:00	13:00:00	12:30:00
Juliet DeAmicis	87:00:00	54:30:00	99:00:00	23.0	121.3	80:10:00	10:30:00	10:00:00
Janette Flores	45:10:00	78:24:00	156:08:00	18.0	122.3	93:15:00	15:30:00	15:10:00
Vanessa Flores	45:32:00	70:55:00	154:55:00	18.0	122.3	90:30:00	15:00:00	15:00:00
Stephanie Garcia	77:40:00	62:00:00	132:00:00	21.0	123.8	90:40:00	10:20:00	11:50:00
Zachary Mendoza	37:33:00	65:06:00	123:00:00	18.0	123.3	75:10:00	12:30:00	12:30:00
Ilian Mondragon	30:54:00	56:50:00	106:29:00	18.0	118.8	64:45:00	10:50:00	10:10:00
Karen Moreno	Sick	65:17:00	156:08:00	15.0	120.3	110:40:00	14:45:00	10:40:00
Mahsa Motavvef	Sick	41:40:00	50:27:00	7.0 (Injured)	99.8	46:00:00	13:10:00	13:10:00
Cristian Perez	26:40:00	102:00:00	166:40:00	27.0	109.8(1)	98:25:00	11:00:00	9:10:00
Marisol Ramirez		119:11:00	123:00:00	21.0	97.2(5)	121:10:00	11:30:00	10:45:00
Kim Sadia	37:33:00		123:00:00	13(5)	73.2(5)	80:15:00	13:20:00	12:00:00
Karinne Smith	36:00:00	65:56:00	136:46:00	18.0	118.8	67:50:00	12:20:00	12:05:00
Madeline Tan	29:40:00	54:25:00	108:10:00	18.0	123.8	64:00:00	10:40:00	10:05:00
Rorie Uribe	33:24:00	62:00:00	106:29:00	18.0	118.6	67:20:00	12:20:00	11:15:00
Bridget Valenzuela	40:16:00	72:39:00		8(10)	114.3(10)	56:25:00	14:05:00	12:50:00

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!