

SOAR Student Training Progress Week 14 - 5 Mile Bench, 14 Mile Long

Student / WK 14	19-Jan	21-Jan	23-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar		104:30:00	218:00:00	21.0	179.9	161:15:00	15:20:00	12:50:00
Juliet DeAmicis	43:00:00	128:10:00	132:05:00	31.0	191.4	101:00:00	9:45:00	10:00:00
Janette Flores	71:35:00	63:49:00	209:00:00	24.0	176.4(4)	114:45:00	14:20:00	15:10:00
Vanessa Flores	64:06:00	74:08:00	228:00:00	24.0	176.4(4)	122:00:00	15:15:00	15:10:00
Zachary Mendoza	48:55:00	36:15:00	198:20:00	21.0	181.4	94:30:00	13:30:00	12:25:00
Ilian Mondragon	45:00:00	31:20:00	151:25:00	21.0	177.9	75:50:00	10:50:00	10:20:00
Karen Moreno	50:04:00	196:18:00	166:40:00	32.0	180.4	137:40:00	12:50:00	10:40:00
Mahsa Motavvef	50:04:00	36:40:00	218:00:00	21.0	136.9	101:30:00	14:30:00	13:20:00
Cristian Perez	46:14:00		132:05:00	19(2)	164.9(5)	89:10:00	9:20:00	9:15:00
Marisol Ramirez	47:07:00	76:11:00	168:40:00	24.0	142.2(13)	97:10:00	12:10:00	10:50:00
Kim Sadia	48:55:00	36:15:00	198:20:00	21.0	136.3	94:30:00	13:30:00	12:20:00
Karinne Smith		44:00:00	207:54:00	18(3)	173.9(3)	125:55:00	14:00:00	12:20:00
Madeline Tan	42:34:00	37:10:00	151:46:00	22.0	182.9	77:10:00	10:30:00	10:10:00
Rorie Uribe		42:57:00	218:00:00	18(3)	170.7(7)	130:30:00	14:30:00	11:40:00

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

2) Next Team Event is the Surf City Half Marathon. Meet at GVHS at 5:00am, Sunday February 7th!
All team members need to wear a CLEAN SOAR Training Shirt!

3) A reminder to TXT Coach Sark your shoe information as soon as possible!

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, February 4th at coaches discretion to attend Surf City!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!