

SOAR Student Training Progress Week 18 - 4 Mile Bench, 18 Mile Event

Student / WK 18	16-Feb	18-Feb	21-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	49:19:00	31:25:00	238:03:00	25.0	244	102:55:00	12:20:00	12:40:00
Juliet DeAmicis	SICK	41:35:00	185:06:00	21.0	276.5	113:20:00	10:50:00	10:05:00
Janette Flores	59:30:00	93:32:00	288:46:00	26.0	267.5	146:50:00	16:55:00	15:20:00
Vanessa Flores	59:37:00	94:50:00	289:10:00	26.0	267.5	147:45:00	17:00:00	15:10:00
Zachary Mendoza	43:47:00	30:10:00	237:11:00	25.0	278.5	103:40:00	12:20:00	12:20:00
Ilian Mondragon	43:00:00	30:35:00	202:26:00	25.0	266	92:00:00	11:00:00	10:20:00
Karen Moreno	76:37:00	52:28:00	195:56:00	28.0	271.5	108:15:00	11:40:00	11:00:00
Mahsa Motavvef	49:19:00	37:25:00	262:53:00	25.0	219	116:40:00	14:00:00	13:40:00
Cristian Perez	120:13:00	140:00:00	Injured	20.0	232	130:10:00	13:00:00	9:40:00
Marisol Ramirez	76:40:00	80:00:00	195:27:00	29.0	240.3	117:20:00	12:10:00	11:05:00
Kim Sadia	49:19:00	30:10:00	237:15:00	25.0	217.3	105:40:00	12:40:00	12:10:00
Karinne Smith	57:54:00	104:00:00	233:44:00	30.0	265.5	131:50:00	13:10:00	12:40:00
Madeline Tan		91:00:00	198:42:00	25.0	278	144:50:00	11:40:00	10:10:00
Rorie Uribe	100:10:00	90:30:00	233:13:00	34.0	264.8	141:20:00	12:25:00	11:55:00
Bridget Valenzuela		108:00:00	288:13:00	25.0	219	198:15:00	15:50:00	13:30:00

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 TBD, 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 3/17/10!

7) Training and Race Information posted weekly at [www.SOAR-SC.org](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!  
Four weeks till LA guys! You're almost there!