

SOAR Student Training Progress Week 17 - 5 Mile Bench, 10 Mile Hill Work

Student / WK17	25-Jan	27-Jan	29-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	63:00:00	56:05:00	139:00:00	20	233.75	86:00:00	12:50:00	12:05:00
Veronica Fernandez	Sick	Sick	Sick	0	177.75	0:00:00	0:00:00	10:45:00
Nataly Flores		64:45:00	148:48:00	15(5)	227.7(5)	106:45:00	14:15:00	13:20:00
Vanessa Flores		65:40:00	150:00:00	15(5)	227.7(5)	107:50:00	14:20:00	13:10:00
Jasmine Gill	Excused	47:45:00	106:00:00	15	225.75	76:55:00	10:15:00	9:20:00
Jazmin Gonzalez	44:22:00	49:29:00	108:00:00	20	222.75	67:20:00	10:05:00	10:00:00
Alexandra Medel	54:00:00		127:00:00	15(5)	227.65(5)	90:30:00	12:05:00	11:00:00
Alex Mendez	62:00:00			5(15)	218.75(15)	62:00:00	12:20:00	9:20:00
Zachary Mendoza	56:22:00	57:20:00	136:16:00	20	226.75	83:25:00	12:30:00	11:50:00
Mahsa Motavvef	77:00:00	125:45:00	146:10:00	23	194.9(5)	116:20:00	15:10:00	13:50:00
Cristian Perez	43:00:00	Excused	91:50:00	15	217	67:25:00	9:00:00	8:40:00
Gilbert Ruiz	52:30:00		96:00:00	15(5)	226.75(8)	74:15:00	9:55:00	8:50:00
Charmaine Sadia	62:00:00	61:23:00	124:00:00	20	216.5	82:30:00	12:20:00	12:05:00
Leslie Solis	63:00:00			5(15)	201.5(18)	63:00:00	12:40:00	11:00:00
Jayme Tan	54:00:00		127:00:00	15(5)	222.6(5)	90:30:00	12:00:00	11:05:00
Carolyn Thio	39:20:00	Excused	108:00:00	15	200.65	73:40:00	9:50:00	9:40:00
Bridget Valenzuela	72:45:00	152:05:00	136:30:00	25	216.5(3)	120:25:00	14:30:00	13:40:00
Stephanie Velazquez	51:35:00	50:47:00	108:30:00	20	228.75	70:15:00	10:30:00	10:50:00
Logan Wilson	51:27:00	49:30:00	44:20:00	15(5)	194.75(5)	48:30:00	9:40:00	10:00:00

1) Countdown to LA Marathon XXVI - 6 weeks!

2) SOAR Mardi Gras Madness 5K is slated for Saturday March 5th! Proceeds benefit YOU! Tell your friends and family!

3) The Surf City Half Marathon departure time is 4:30am, Sunday, February 6th. Meet at Lowes.

4) Sore legs, ankles, feet, knees, and hips are a normal part of long distance running. Don't forget to include recovery foods (protein carbs, electrolytes, and lots of fluids) in your pre/post workout routine! Try and limit the junk!

5) 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 3rd at coaches discretion to participate in the Surf City Half Marathon.

6) All Surf City permission slips need to be given to Coach Sark by Thursday, February 3rd!

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