

SOAR Student Training Progress Week 18 - 5 Mile Bench, Half Marathon

Student / WK18	1-Feb	3-Feb	6-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	60:30:00	51:10:00	172:32:00	22.1	255.85	94:40:00	12:50:00	12:10:00
Veronica Fernandez	53:45:00	43:00:00	131:26:00	22.1	199.85	76:00:00	10:30:00	10:45:00
Nataly Flores	134:00:00	53:40:00	156:31:00	27.1	254.8	114:40:00	12:40:00	13:20:00
Vanessa Flores	132:00:00	52:50:00	167:51:00	27.1	254.6	117:30:00	13:00:00	13:10:00
Jasmine Gill	47:00:00	37:40:00	113:46:00	22.1	247.85	66:10:00	9:00:00	9:20:00
Jazmin Gonzalez	50:30:00	40:20:00	124:07:00	22.1	244.85	71:40:00	9:40:00	10:00:00
Alexandra Medel	108:00:00	44:00:00	131:23:00	27.1	254.75	94:30:00	10:25:00	11:00:00
Alex Mendez	188:00:00	37:40:00	108:25:00	37.1	255.85	111:20:00	9:00:00	9:15:00
Zachary Mendoza	50:00:00	42:00:00	139:28:00	22.1	248.85	77:10:00	10:30:00	11:50:00
Mahsa Motavvef	138:00:00	55:20:00	183:45:00	27.1	222	125:40:00	13:55:00	13:50:00
Cristian Perez	43:00:00	34:20:00	97:50:00	22.1	239.1	58:25:00	7:55:00	8:30:00
Gilbert Ruiz	44:00:00	105:40:00	110:47:00	30.1	256.85	86:50:00	8:40:00	8:45:00
Charmaine Sadia	60:30:00	48:20:00	181:47:00	22.1	238.6	96:50:00	13:10:00	12:05:00
Jayne Tan	108:00:00	44:00:00	131:23:00	27.1	249.7	94:30:00	10:25:00	11:05:00
Carolyn Thio	48:00:00	38:20:00	124:07:00	22.1	222.75	70:10:00	9:30:00	9:40:00
Bridget Valenzuela	108:50:00	54:20:00	163:46:00	25.1	241.6	109:00:00	13:00:00	13:40:00
Stephanie Velazquez	54:00:00	43:40:00	128:10:00	22.1	250.85	75:15:00	10:10:00	10:50:00
Logan Wilson	100:00:00	40:00:00	138:29:00	27.1	221.85	92:50:00	10:15:00	10:00:00

1) Countdown to LA Marathon Week - 5 weeks!

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

3) The SOAR 20 Miler and Team BBQ rally time is 6:00am, Sunday, March 6th. Meet at Placerita Junior High School.

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, March 3rd at coaches discretion to participate in the SOAR 20 Miler.

6) All SOAR 20 Miler permission slips need to be given to Coach Sark by Thursday, March 3rd!

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