

**SOAR Student Training Progress Week 21 - 5 Mile Bench, 15 Mile Long**

<b>Student / WK21</b>	<b>22-Feb</b>	<b>24-Feb</b>	<b>26-Feb</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Keeva Crooks	43:32:00	55:10:00	185:00:00	24	319.85	87:50:00	11:50:00	12:20:00
Veronica Fernandez	43:42:00		121:05:00	14(10)	253.85(10)	82:25:00	11:45:00	10:50:00
Nataly Flores	48:58:00	67:23:00	215:27:00	24	307.8(11)	110:40:00	13:50:00	13:25:00
Vanessa Flores	51:53:00	65:18:00	215:35:00	24	305.6(13)	110:50:00	13:50:00	13:20:00
Jasmine Gill	36:00:00	26:43:00	182:00:00	22	288.85(6)	81:30:00	11:10:00	9:30:00
Jazmin Gonzalez		53:30:00	159:00:00	20(4)	268.85(4)	106:15:00	10:40:00	9:55:00
Alexandra Medel	42:00:00	45:30:00	156:00:00	24	308.75	81:10:00	10:10:00	10:55:00
Alex Mendez	32:20:00	46:36:00	169:00:00	21(3)	311.85(3)	82:40:00	11:50:00	9:25:00
Zachary Mendoza	36:12:00	51:02:00	197:00:00	24	312.85	94:45:00	11:50:00	11:40:00
Mahsa Motavvef	92:25:00	65:11:00	217:31:00	27	259(9)	125:00:00	13:50:00	13:30:00
Gilbert Ruiz	32:38:00	43:32:00	140:00:00	24	308(2)	72:00:00	9:00:00	8:50:00
Charmaine Sadia	45:12:00	57:14:00	195:00:00	24	273.6(5)	99:10:00	12:20:00	12:20:00
Jayne Tan	42:00:00	76:00:00	99:00:00	22(2)	297.6(7)	72:20:00	9:50:00	11:00:00
Carolyn Thio	38:05:00	53:30:00	159:00:00	24	268.75	83:30:00	10:25:00	9:50:00
Bridget Valenzuela	83:20:00	71:00:00	217:40:00	27	290.3	124:00:00	13:45:00	13:40:00
Stephanie Velazquez	39:05:00	47:30:00	166:40:00	24	311(2)	84:25:00	10:30:00	10:50:00
Logan Wilson	72:26:00	186:40:00	168:34:00	32	284.8(1)	142:25:00	13:25:00	10:10:00

**1) Countdown to LA Marathon Week - 2 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 Mile LA Marathon Qualifier and Team BBQ rally time is 6:00am, Sunday, March 6th. Meet at Placerita JHS.**

**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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**