

**SOAR Student Training Progress Week 22 - 3 Mile Bench, 20 Mile Qualifier**

<b>Student / WK22</b>	<b>1-Mar</b>	<b>3-Mar</b>	<b>5-Mar</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	31:43:00	Excused	273:02:00	23	342.85	152:25:00	13:15:00	12:20:00
Veronica Fernandez	37:00:00	152:45:00	246:00:00	33	286.85	145:15:00	13:10:00	10:50:00
Nataly Flores	76:12:00	73:00:00	302:52:00	34	341.8	150:40:00	13:20:00	13:25:00
Vanessa Flores	76:12:00	73:00:00	315:23:00	36	341.6	154:50:00	12:50:00	13:20:00
Jasmine Gill	18:00:00	46:00:00	255:15:00	29	317.85	106:25:00	11:00:00	9:40:00
Jazmin Gonzalez	28:10:00	46:00:00	254:15:00	27	295.85	109:30:00	12:10:00	10:05:00
Alexandra Medel	27:40:00	Excused	255:40:00	23	331.75	141:35:00	10:10:00	10:50:00
Alex Mendez	53:20:00	Excused		<b>6(20)</b>	<b>317.85(20)</b>	53:20:00	8:55:00	9:25:00
Zachary Mendoza	27:40:00	Excused	256:14:00	23	312.85	94:40:00	12:20:00	11:45:00
Mahsa Motavvef	80:02:00	94:40:00	316:10:00	29	288	163:35:00	16:55:00	13:40:00
Gilbert Ruiz	Excused	Excused	237:00:00	20	328	237:00:00	11:50:00	9:00:00
Charmaine Sadia	60:00:00	46:00:00	286:00:00	29	302.6	130:35:00	13:30:00	12:30:00
Jayne Tan	68:00:00	29:25:00	213:14:00	30	327.6	103:35:00	10:20:00	10:55:00
Carolyn Thio	26:40:00	Excused	255:40:00	23	291.75	141:10:00	12:15:00	9:50:00
Bridget Valenzuela	41:39:00	Excused	316:10:00	23	313.3	178:55:00	15:35:00	13:50:00
Stephanie Velazquez	46:05:00	Excused	232:27:00	25	336	139:20:00	11:10:00	10:50:00
Logan Wilson	34:39:00	Excused	236:00:00	24	308.8	135:20:00	11:15:00	10:15:00

**1) Countdown to LA Marathon Week - 1 week!**

**2) Final Team Race Event: LA Marathon XXVI. Meet at Lowes 4:30am, Sunday March 20th!  
Team Expo Trip and Carbo Load Dinner, Saturday March 19th, 10am departure from Lowes!**

**3) All Permission Slips for LA and the EXPO need to be given to a Coach by Thursday, March 17th!**

**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!  
ALL Miles owed must be made up by the Thursday before Marathon week! NO MAKE UP MILES WILL BE ALLOWED AFTER 3/10/11!**

**6) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run!**

**7) Final Marathon info posted at [www.SOAR-SC.org](http://www.SOAR-SC.org) Here we go!!!!!!!**