

**SOAR Student Training Progress Week 23 - 5 Mile Bench, 5 Mile Long**

<b>Student / WK23</b>	<b>8-Mar</b>	<b>10-Mar</b>	<b>12-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	36:00:00	62:05:00	60:33:00	13	355.85	52:50:00	12:10:00	12:20:00
Veronica Fernandez	35:47:00	63:43:00	58:47:00	13	299.85	52:45:00	12:10:00	11:00:00
Nataly Flores	43:42:00	66:10:00	68:00:00	13	354.8	59:20:00	13:40:00	13:25:00
Vanessa Flores	36:53:00	66:10:00	68:00:00	13	354.6	57:00:00	13:40:00	13:20:00
Jasmine Gill	39:55:00	24:00:00	41:56:00	9	326.85	35:15:00	11:00:00	9:40:00
Jazmin Gonzalez	Injured	Injured	Injured	0	295.85	0:00:00	0:00:00	10:05:00
Alexandra Medel	35:17:00	70:47:00	53:32:00	13	344.75	53:10:00	10:10:00	10:50:00
Alex Mendez	240:00:00	53:30:00	72:00:00	33	350.85	121:50:00	11:00:00	9:25:00
Zachary Mendoza	34:49:00	54:50:00	63:25:00	13	322.85	51:00:00	11:45:00	11:45:00
Mahsa Motavvef	Excused	74:10:00	73:50:00	10	298	51:00:00	15:20:00	13:40:00
Gilbert Ruiz	49:55:00	41:00:00	58:16:00	13	341	49:40:00	11:30:00	9:10:00
Charmaine Sadia	36:00:00	62:05:00	63:25:00	13	315.6	53:50:00	12:20:00	12:30:00
Jayne Tan	35:23:00	70:47:00	53:32:00	13	340.6	53:10:00	12:15:00	11:00:00
Carolyn Thio	34:00:00	50:00:00	49:36:00	13	304.75	44:50:00	10:15:00	9:50:00
Bridget Valenzuela	36:53:00	74:10:00	65:00:00	13	326.3	58:40:00	13:30:00	13:50:00
Stephanie Velazquez	27:31:00	51:20:00	46:33:00	13	349	41:50:00	9:40:00	10:50:00
Logan Wilson	36:33:00	81:47:00	46:33:00	13	321.8	54:50:00	12:40:00	10:20:00

**1) Welcome to LA Marathon Week! Congratulations for completing SOAR 2011!**

**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!!!!!!!**