

SOAR Student Training Progress Week 13- 5Mile Bench, 10 Mile Long

Student / WK13	27-Dec	29-Dec	31-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	111:10:00	183:00:00	68:23:00	24	147.3(1.2)	120:50:00	15:05:00	13:55:00
Cason, Justyn	53:25:00	80:20:00	35:15:00	20	147.6(4)	56:20:00	8:25:00	8:15:00
Crooks, Keeva	60:00:00	137:00:00	73:00:00	20	147.5	90:00:00	13:30:00	12:10:00
De La Torre, Julia	47:08:00	138:47:00	59:05:00	19	127.3	81:40:00	12:50:00	12:50:00
Flores, Nataly	82:00:00	183:00:00		15(4)	149.5(4)	132:30:00	17:40:00	13:10:00
Garcia, Larry			43:10:00	5(14)	109.5(41)	43:10:00	8:40:00	8:45:00
Gonzalez, Maria	42:10:00	112:00:00		19	128.5(4)	77:05:00	8:10:00	10:10:00
Medina, Fernando	105:10:00	111:15:00	60:30:00	24	170.5	92:20:00	11:30:00	9:55:00
Medina, Jacki	45:15:00	132:38:00	68:23:00	19	152.5	84:10:00	13:15:00	12:00:00
Mena, Brent		160:00:00		10(9)	134.5(14)	160:00:00	16:00:00	11:10:00
Najera, Alex	33:14:00	92:43:00		14(5)	147.5(5)	63:00:00	9:00:00	9:00:00
Padilla, Kimberly	42:22:00	115:03:00		14(5)	142.5(5)	78:40:00	11:15:00	10:40:00
Pierce, Taylor				0(19)	113.7(29)	73:10:00	12:50:00	10:25:00
Ruiz, Gilbert		125:00:00		10(9)	131.5(16)	125:00:00	12:30:00	10:40:00
Velazquez, Stephanie	75:10:00	94:15:00	43:56:00	24	149.5	71:10:00	8:50:00	8:50:00
Yaworski, Bill	33:14:00	88:50:00	63:00:00	19	154.5	61:40:00	9:45:00	8:25:00

1) Remaining physical release forms must be submitted by Thursday January 12th to compete in 13.1 LA.

2) Respect your pre-event regiment! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest!

3) The 13.1 LA Half Marathon departure time is 5:00am, Sunday, January 15th. 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, January 12th at coaches discretion to participate in the 13.1 LA Half Marathon.

6) All 13.1 LA permission slips need to be given to Coach Sark as soon as possible!

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