

SOAR Student Training Progress Week 19- 4Mile Bench, 15 Mile Long

Student / WK19	7-Feb	9-Feb	11-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	58:02:00	38:10:00	222:23:00	22	272.1	106:15:00	14:30:00	13:45:00
Crooks, Keeva		31:43:00	173:00:00	17(4)	266.7(4)	102:20:00	12:00:00	12:10:00
De La Torre, Julia	57:28:00	38:41:00	214:00:00	22	249.5	103:20:00	14:05:00	12:45:00
Flores, Nataly	58:02:00	38:10:00	222:23:00	22	278.7	106:10:00	14:30:00	13:15:00
Gonzalez, Maria			207:00:00	15(7)	242.7(7)	207:00:00	13:50:00	10:40:00
Medina, Fernando	Injured	Injured	120:16:00	10	282.7	120:16:00	12:05:00	10:25:00
Medina, Jacki	39:10:00	30:42:00	200:16:00	22	276.7	90:05:00	12:15:00	12:00:00
Najera, Alex	33:47:00	25:25:00	163:30:00	22	250.6	74:10:00	10:05:00	9:20:00
Padilla, Kimberly	39:01:00	28:15:00	164:20:00	22	263.7	77:10:00	10:30:00	10:40:00
Pierce, Taylor	56:20:00		207:00:00	19(3)	275(3)	131:40:00	13:50:00	11:05:00
Ruiz, Gilbert	50:00:00	25:30:00	167:00:00	22	261.7	80:50:00	11:00:00	10:50:00
Velazquez, Stephanie	33:04:00	25:45:00	167:00:00	22	273.7	75:15:00	10:15:00	8:55:00
Yaworski, Bill		25:25:00	163:30:00	17(4)	273.7(4)	94:25:00	11:05:00	9:05:00

1) Countdown to Marathon Week - 3 Weeks! Countdown to Marathon Week - 3 Weeks! Countdown to Marathon Week - 3 Weeks!

2) SOAR Mardi Gras Madness 5K is slated for Saturday March 3rd! Proceeds benefit YOU! Tell your friends and family!

PARENT VOLUNTEERS NEEDED! ***PARENT VOLUNTEERS NEEDED! ***** PARENT VOLUNTEERS NEEDED!**

3) The SOAR 20 Mile LA Marathon Qualifier and Team BBQ rally time is 6:00am, Sunday, February 26th. 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!

ALL Miles owed must be made up by the Thursday before Marathon week! NO MAKE UP MILES WILL BE ALLOWED AFTER 3/8/12!

6) All LA Marathon and 20 Miler permission slips need to be given to a Coach 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!