

SOAR Student Training Progress Week 22- 3Mile Bench

Student / WK22	28-Feb	1-Mar	3-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	36:52:00	Excused	Excused	3	324.1	36:52:00	12:20:00	13:45:00
Crooks, Keeva	32:26:00	Excused	Excused	3	318.7	32:26:00	10:50:00	12:10:00
De La Torre, Julia	31:47:00	Excused	Excused	3	2947.5	31:47:00	10:30:00	12:50:00
Flores, Nataly	36:52:00	Excused	Excused	3	326.7	36:52:00	12:15:00	13:20:00
Gonzalez, Maria	27:11:00	Excused	Excused	3	297.7	27:11:00	9:05:00	10:40:00
Medina, Fernando	25:36:00	Excused	Excused	3	330.7	25:36:00	8:30:00	10:30:00
Medina, Jacki	31:15:00	Excused	Excused	3	297.7	31:15:00	10:25:00	12:10:00
Najera, Alex	24:17:00	Excused	Excused	3	298.6	24:17:00	8:05:00	9:20:00
Padilla, Kimberly	27:32:00	Excused	Excused	3	284.7	27:32:00	9:10:00	10:40:00
Pierce, Taylor	25:22:00	Excused	Excused	3	311.7	25:22:00	8:30:00	11:00:00
Ruiz, Gilbert	25:10:00	Excused	Excused	3	309.7	25:10:00	8:25:00	11:00:00
Velazquez, Stephanie	24:46:00	Excused	Excused	3	321.7	24:46:00	8:15:00	8:55:00
Yaworski, Bill	24:17:00	Excused	Excused	3	325.7	24:17:00	8:05:00	9:10:00

1) Congrats for Completing theSOAR 20! Countdown to Marathon Week - 1 Week! Countdown to Marathon Week - 1 Week!

**2) Final Team Race Event: LA Marathon XXVII. Meet at Lowes 4:30am, Sunday March 18th!
Team Expo Trip and Carbo Load Dinner, Saturday March 17th, 10am departure from Lowes!**

3) All Permission Slips for LA and the EXPO need to be given to a Coach by Thursday, March 15th!

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) Transportation home from the finish line in Santa Monica is not provided by SOAR on Marathon day. Please plan accordingly!

6) Tired body + tired mind = poor performance on Marathon day! Get at least 8 hrs sleep before Sunday's race!

7) Final Marathon info posted at www.SOAR-SC.org Here we go!!!!!!!