

SOAR Student Training Progress Week 11 - 5 Mile Bench, 10 Mile Long

Student / WK11	11-Dec	13-Dec	15-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	36:15:00	33:18:00	84:11:00	18.0	107.5	50:50:00	8:30:00	9:10:00
Adams, Monica	44:38:00	Excused	115:47:00	14.0	126.5	80:10:00	11:25:00	11:20:00
Baello, Ryan	44:30:00	Injured	Injured	4.0	112.5	44:30:00	11:10:00	10:05:00
Conant, Nick	33:25:00	32:33:00	80:43:00	18.0	126.5	49:15:00	8:10:00	8:40:00
DeHererra, Sarah	44:52:00	44:40:00	120:43:00	18.0	129.6	70:05:00	11:40:00	12:30:00
DeJesus, Jessica	39:04:00		87:33:00	14(4)	87.4(4)	63:25:00	9:00:00	10:10:00
Ford, David	40:35:00	35:58:00	97:30:00	18.0	127.5	58:05:00	9:40:00	9:45:00
Ford, Jonathan	30:07:00	29:37:00	83:39:00	18.0	126.5	50:10:00	8:20:00	8:00:00
Goldstein, Emily	51:00:00	53:05:00	129:30:00	18.0	126.5	77:50:00	12:55:00	12:45:00
Javier, Natalie	45:51:00	51:25:00	122:39:00	18.0	126.5	73:15:00	12:10:00	11:55:00
Krizman, David	37:23:00	35:30:00	103:47:00	18.0	123.5	58:50:00	9:50:00	9:20:00
Mieske, Lauren	40:00:00	45:04:00	104:25:00	18.0	128.5	63:10:00	10:30:00	10:00:00
Pierce, Taylor	33:55:00	42:19:00	92:12:00	18.0	126.5	56:10:00	9:20:00	9:25:00
Smith, Avrielle	37:50:00	38:16:00	102:15:00	18.0	126.5	59:25:00	9:55:00	10:05:00
Wathen, Andrew	33:20:00	30:50:00		8(10)	117.5(10)	32:10:00	8:00:00	8:25:00
Yaworski, Sammy	38:53:00	37:16:00	94:18:00	18.0	126.5	56:50:00	9:30:00	10:15:00
Yurcisin, Demi	34:09:00	33:47:00	87:59:00	18.0	120.5	51:55:00	8:40:00	9:30:00

1) Happy Holidays from SOAR! Happy Holidays from SOAR! Happy Holidays from SOAR! Happy Holidays from SOAR!

2) TEAM PHYSICALS DUE NOW! NO EXCEPTIONS! YOUR TRAINING WILL BE SUSPENDED THIS WEEK IF YOU DON'T HAVE ONE!

3) SUPPORT SOAR'S MARDI GRAS MADNESS 5K FUNRAISER SATURDAY MARCH 2, 2013! WWW.MGM5K.COM REGISTER TODAY!

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 10th at coaches discretion to participate in the SOAR Jingle Bell Run.

6) All Jingle Bell Run permission slips need to be given to Coach Sarkissian by Thursday December 13th!!

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