

**SOAR Student Training Progress Week 16 - 4 Mile Bench, 15 Mile Long**

<b>Student / WK16</b>	<b>15-Jan</b>	<b>17-Jan</b>	<b>19-Jan</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Adame, Garrett	33:51:00	34:00:00	146:15:00	23.0	195.6	71:25:00	9:20:00	9:10:00
Adams, Monica	43:42:00	45:40:00	198:25:00	23.0	199.6	95:50:00	12:30:00	11:40:00
Baello, Ryan	39:50:00	39:57:00	158:10:00	21(2)	193.6(2)	79:20:00	11:20:00	10:10:00
Conant, Nick	32:18:00	34:29:00	153:36:00	23.0	214.6	73:25:00	9:40:00	8:45:00
DeHererra, Sarah	53:15:00	51:29:00	253:30:00	23.0	218.7	119:25:00	15:40:00	12:50:00
DeJesus, Jessica	40:10:00	40:28:00	161:40:00	23.0	180.5	80:45:00	10:30:00	10:20:00
Ford, David	38:39:00	35:33:00	171:31:00	23.0	215.6	81:50:00	10:40:00	10:00:00
Ford, Jonathan	29:35:00	31:02:00	130:01:00	23.0	214.6	63:30:00	8:20:00	8:10:00
Goldstein, Emily	56:10:00	55:03:00	254:10:00	23.0	214.6	121:50:00	15:50:00	13:10:00
Javier, Natalie	48:43:00		215:30:00	19(4)	210.6(4)	132:10:00	13:55:00	12:20:00
Mieske, Lauren	39:16:00	40:58:00	200:22:00	23.0	221.6	93:40:00	12:10:00	10:25:00
Pierce, Taylor	36:20:00	65:00:00	Excused	10.0	180.5(10)	50:40:00	10:10:00	9:45:00
Smith, Avrielle	38:19:00	40:00:00	178:30:00	23.0	220.6	85:40:00	11:10:00	10:15:00
Wathen, Andrew	32:02:00	33:31:00	143:23:00	23.0	213.6	59:55:00	7:50:00	8:30:00
Yaworski, Sammy	40:01:00	41:18:00	186:12:00	23.0	204.6	89:10:00	11:40:00	10:20:00
Yurcisin, Demi	33:55:00		147:07:00	19(4)	210.6(4)	90:30:00	9:30:00	9:20:00

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

**2) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) the night before every big run! Hydrate! Hydrate! Hydrate !**

**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, February 7th at coaches discretion to participate in the SRLA Friendship Run.**

**6) All SRLA Friendship Run permission slips need to be given to Coach Sarkissian by Thursday February 7th!!**

**7) Training and Race Information posted weekly at [www.SOAR-SC.org](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**