

**SOAR Student Training Progress Week 17 - 5 Mile Bench, 10 Mile Hillwork**

<b>Student / WK17</b>	<b>22-Jan</b>	<b>24-Jan</b>	<b>26-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	33:26:00	44:02:00	96:34:00	19.0	214.6	58:00:00	9:10:00	9:10:00
Adams, Monica	49:15:00	62:21:00		9(10)	208.6(10)	55:50:00	12:25:00	11:40:00
Baello, Ryan	37:20:00	54:50:00		9(10)	202.6(12)	46:10:00	10:15:00	10:10:00
Conant, Nick	32:59:00	43:12:00	103:45:00	19.0	233.6	60:00:00	9:30:00	8:45:00
DeHererra, Sarah	49:58:00	59:59:00	143:41:00	19.0	237.7	84:30:00	13:20:00	12:50:00
DeJesus, Jessica		55:10:00	106:18:00	15(4)	195.5(4)	80:45:00	10:45:00	10:20:00
Ford, David	43:28:00		140:16:00	14(5)	229.6(5)	91:50:00	13:10:00	10:10:00
Ford, Jonathan	29:57:00	39:09:00	99:21:00	19.0	233.6	56:10:00	8:50:00	8:10:00
Goldstein, Emily	55:08:00	64:19:00	150:24:00	19.0	233.6	89:55:00	14:10:00	13:20:00
Javier, Natalie	49:25:00	69:15:00	140:17:00	19.0	229.6(4)	86:20:00	13:40:00	12:20:00
Mieske, Lauren	47:36:00		135:00:00	14(5)	235.6(5)	91:20:00	13:00:00	10:40:00
Pierce, Taylor	36:24:00	47:53:00	111:18:00	19.0	199.5(10)	65:10:00	10:20:00	9:50:00
Smith, Avrielle	38:07:00	48:06:00	107:00:00	19.0	239.6	64:25:00	10:10:00	10:15:00
Wathen, Andrew	30:25:00	42:47:00	93:27:00	19.0	232.6	55:30:00	8:45:00	8:35:00
Yaworski, Sammy	44:01:00	54:30:00		9(10)	213.6(10)	49:15:00	10:55:00	10:20:00
Yurcisin, Demi	34:30:00	44:35:00	110:16:00	19.0	229.6(4)	63:10:00	9:55:00	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!**