

SOAR Student Training Progress Week 20 - 4 Mile Bench, 10 Mile Hillwork

Student / WK20	12-Feb	14-Feb	16-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	25:16:00	34:32:00	92:45:00	17.0	280.6	50:50:00	8:55:00	9:05:00
Adams, Monica	32:52:00	47:15:00	126:35:00	17.0	284.6	68:50:00	12:10:00	11:50:00
Baello, Ryan	26:36:00	36:34:00	115:03:00	17.0	280.6	59:20:00	10:30:00	10:20:00
Conant, Nick	25:01:00	33:59:00	98:59:00	17.0	299.6	52:40:00	9:20:00	8:55:00
DeHererra, Sarah		49:00:00	162:50:00	14(3)	300.7(3)	105:50:00	15:10:00	12:55:00
DeJesus, Jessica	29:33:00	41:16:00	108:01:00	17.0	266.5	59:40:00	10:30:00	10:25:00
Ford, David	29:49:00	39:04:00	119:58:00	17.0	300.6	63:20:00	11:10:00	10:20:00
Ford, Jonathan	23:21:00	31:37:00	90:09:00	17.0	299.6	59:40:00	8:30:00	8:15:00
Goldstein, Emily	43:00:00		78:51:00	9(4)	291.6(4)	60:50:00	13:30:00	13:20:00
Javier, Natalie	37:39:00	47:20:00		7(10)	289.6(10)	42:30:00	12:10:00	12:25:00
Mieske, Lauren	30:50:00	44:04:00	115:08:00	17.0	301.6	63:20:00	11:10:00	10:50:00
Pierce, Taylor	24:56:00	36:05:00	125:42:00	17.0	275.5	62:10:00	10:55:00	9:50:00
Smith, Avrielle	29:11:00	40:00:00	110:30:00	17.0	305.6	59:50:00	10:40:00	10:20:00
Wathen, Andrew	23:21:00	31:49:00	92:45:00	17.0	298.6	49:20:00	8:40:00	8:30:00
Yaworski, Sammy	31:32:00		109:23:00	13(4)	285.6(4)	49:55:00	10:50:00	10:30:00
Yurcisin, Demi	25:01:00	35:20:00	100:09:00	17.0	299.6	53:30:00	9:25:00	9:20:00

1) SOAR 20 Miler meeting time is 6:00am, Sunday, February 24th. Meet at Placerita Junior High School.

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 21st at coaches discretion to participate in the SOAR 20 Miler.

6) All SOAR 20 Miler permission slips need to be given to Coach Sarkissian by Thursday February 21st!!

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