

**SOAR Student Training Progress Week 21 - 4 Mile Bench, 20 Mile Event**

<b>Student / WK21</b>	<b>19-Feb</b>	<b>21-Feb</b>	<b>24-Feb</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	35:40:00	34:32:00	193:17:00	27.0	307.6	87:30:00	9:40:00	9:05:00
Adams, Monica	32:52:00	47:15:00	266:50:00	27.0	311.6	115:40:00	12:50:00	11:50:00
Baello, Ryan	46:33:00	36:34:00	286:15:00	27.0	307.6	123:10:00	13:40:00	10:30:00
Conant, Nick	32:18:00	33:59:00	233:48:00	27.0	326.6	100:00:00	11:10:00	9:05:00
DeHererra, Sarah	47:10:00	87:50:00	318:37:00	30.0	330.7	151:10:00	15:10:00	13:05:00
DeJesus, Jessica	42:00:00	31:30:00	225:08:00	27.0	293.5	99:40:00	11:05:00	10:25:00
Ford, David	40:33:00	25:43:00	255:09:00	27.0	327.6	107:10:00	11:50:00	10:25:00
Ford, Jonathan	30:50:00	21:17:00	194:55:00	27.0	326.6	82:40:00	9:10:00	8:20:00
Goldstein, Emily	52:37:00	89:40:00	307:31:00	31.0	322.6	358:55:00	14:30:00	13:30:00
Javier, Natalie	46:33:00	154:20:00	254:01:00	37.0	326.6	151:40:00	12:20:00	12:25:00
Mieske, Lauren	37:47:00	27:57:00	204:48:00	27.0	328.6	90:10:00	10:00:00	10:45:00
Pierce, Taylor	32:39:00	25:45:00	237:02:00	27.0	302.5	98:25:00	10:55:00	9:55:00
Smith, Avrielle	36:09:00	25:50:00	241:40:00	27.0	332.6	101:10:00	11:15:00	10:20:00
Wathen, Andrew	29:48:00	22:21:00	182:15:00	27.0	325.6	78:10:00	8:40:00	8:30:00
Yaworski, Sammy	46:33:00	71:55:00	266:50:00	31.0	316.6	128:25:00	12:25:00	10:30:00
Yurcisin, Demi	34:00:00	24:04:00	233:48:00	27.0	326.6	97:20:00	10:50:00	9:25:00

**1) Congrats for Completing theSOAR 20! Countdown to Marathon Week - 2 Weeks! Countdown to Marathon Week - 2 Weeks!**

**2) Final Team Race Event: LA Marathon XXVIII. Meet at Whole Foods 4:00am, Sunday March 17th!  
Team Expo Trip and Carbo Load Dinner, Saturday March 16th, 10am departure from Lowes!**

**3) All Permission Slips for LA and the EXPO need to be given to a Coach by Thursday, March 14th!**

**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!  
ALL Miles owed must be made up by the Thursday before Marathon week! NO MAKE UP MILES WILL BE ALLOWED AFTER 3/7/12!**

**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](http://www.SOAR-SC.org) Here we go!!!!!!!**