## SOAR Student Training Progress Week 22 - 4 Mile Bench, 5K Team Fundraiser

Student / WK22	26-Feb	28-Feb	2-Mar	Wkly Miles	<b>Total Miles</b>	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	26:47:00	EVENT	EVENT	9.0	316.6	26:47:00	8:50:00	9:05:00
Adams, Monica	39:40:00	EVENT	EVENT	3.0	314.6	39:40:00	13:10:00	11:50:00
Baello, Ryan	27:39:00	EVENT	EVENT	9.0	316.6	27:39:00	9:10:00	10:25:00
Conant, Nick		EVENT	EVENT	0(3)	326.6(3)	0:00:00	0:00:00	9:05:00
DeHererra, Sarah		EVENT	EVENT	0(3)	330.7(3)	0:00:00	0:00:00	13:05:00
DeJesus, Jessica		EVENT	EVENT	0(3)	293.5(3)	0:00:00	0:00:00	10:25:00
Ford, David	29:29:00	EVENT	EVENT	3.0	327.6	29:29:00	9:50:00	10:25:00
Ford, Jonathan	23:49:00	EVENT	EVENT	3.0	326.6	23:49:00	8:55:00	8:20:00
Goldstein, Emily	39:40:00	EVENT	EVENT	3.0	322.6	39:40:00	13:10:00	13:30:00
Javier, Natalie	39:40:00	EVENT	EVENT	3.0	326.6	39:40:00	13:10:00	12:25:00
Mieske, Lauren	34:47:00	EVENT	EVENT	3.0	328.6	34:47:00	11:40:00	10:50:00
Pierce, Taylor	27:46:00	EVENT	EVENT	3.0	302.5	27:46:00	9:15:00	9:55:00
Smith, Avrielle	29:50:00	EVENT	EVENT	9.0	332.6	29:50:00	9:55:00	9:50:00
Wathen, Andrew	21:57:00	EVENT	EVENT	3.0	325.6	21:57:00	7:20:00	8:30:00
Yaworski, Sammy	30:05:00	EVENT	EVENT	3.0	316.6	30:05:00	10:05:00	10:30:00
Yurcisin, Demi	25:20:00	EVENT	EVENT	9.0	326.6	25:20:00	8:30:00	9:20:00

- 1) CONGRATULATIONS SOAR! Countdown to Marathon Week 1 Week! CONGRATULATIONS SOAR!
- 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!