

**SOAR Student Training Progress Week 10- 5Mile Bench, 10K Event**

<b>Student / WK10</b>	<b>3-Dec</b>	<b>5-Dec</b>	<b>7-Dec</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Average Training Time / WK</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Buckley, Liv	50:10:00	32:58:00	59:20:00	15.2	112.9		47:29:20	9:22	10:16
Fernandez, Marycruz	53:00:00	42:50:00	62:33:00	15.2	111.4		52:47:40	10:25	10:53
Ford, David	35:34:00	35:39:00	60:40:00	14.2	109.9		43:57:40	9:17	8:46
Ford, Johnathan	40:54:00	31:01:00	46:49:00	15.2	109.9		39:34:40	7:48	7:55
Garcia, Anastasia	71:00:00	99:10:00	80:34:00	18.2	109.4		83:34:40	13:46	14:37
Green, Sarah	55:19:00	43:17:00	58:05:00	15.2	110.9		52:13:40	10:18	10:32
Gutierrez, Michael	39:20:00	37:55:00	42:00:00	15.2	109.9		39:45:00	7:50	7:49
Gutierrez, Rebecca	60:11:00	132:00:00	80:50:00	20.2	109.9		91:00:20	13:30	14:04
Jarrell, Halei	45:00:00	38:44:00	54:34:00	15.2	109.9		46:06:00	9:05	9:50
Javier, Natalie	46:54:00	36:30:00	55:07:00	15.2	109.9		46:10:20	9:06	9:24
Lara, Nadine	41:01:00	31:22:00	48:35:00	15.2	110.9		40:19:20	7:57	8:20
Malone Brown, Megan	54:20:00	56:02:00	75:39:00	15.2	109.9		62:00:20	12:14	12:38
Min, Noelle	53:03:00	35:06:00	58:03:00	15.2	110.4		48:44:00	9:37	10:09
Norteye, Comfort	119:40:00	46:03:00	70:40:00	20.2	105.9		78:47:40	11:42	12:21
Oregel, Bonnie	112:40:00	48:19:00	70:47:00	19.2	51.8		77:15:20	12:04	13:07
Parks, Helaina	109:00:00	69:20:00	75:40:00	21.2	109.4		84:40:00	11:58	12:55
Pregozen, Izzy	45:32:00	33:05:00	50:05:00	15.2	103.9		42:54:00	8:28	9:05
Rodriguez, Daniela	135:00:00	57:25:00	82:14:00	20.2	109.9		91:33:00	13:35	15:08
Smith, Avrielle	46:22:00	35:30:00	53:03:00	15.2	110.9		44:58:20	8:52	8:52
Yurcisin, Demi	62:00:00	36:04:00	50:57:00	16.2	111.9		49:40:20	9:11	8:31
Ziemba, Matthew	46:08:00	41:14:00	59:20:00	15.2	109.9		48:54:00	9:39	10:08

**1) CONGRATS ON COMPLETING YOUR FIRST 100 MILES! YOU ARE AWESOME !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

**2) SOAR Jingle Bell 10 Miler and Holiday Breakfast, Saturday December 14th, Meet at Lowes 6:00am!**

**3) ALL TEAM PHYSICALS DUE NOW!!! ALL TEAM PHYSICALS DUE NOW!!! ALL TEAM PHYSICALS DUE NOW!!!!!!**

**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. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, January 9th at coaches discretion to participate in the Honkers Motivational Half Marathon.**

**6) All Students will be transported to SOAR's Jingle Bell 10 Miler by Coaching Staff. Pickup / Dropoff will be at Lowes.**

**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!**