

SOAR Student Training Progress Week 11- 4Mile Bench, 10 Mile Qualifying Event

Student / WK11	10-Dec	12-Dec	14-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	39:49:00	40:07:00	107:20:00	18.0	130.9		62:25:20	10:24	10:16
Fernandez, Marycruz	43:09:00	43:32:00	124:33:00	18.0	129.4		70:24:40	11:44	10:58
Ford, David		37:25:00	91:24:00	14.0	123.9	4.0	64:24:30	9:12	8:49
Ford, Johnathan	30:58:00	30:45:00	78:57:00	18.0	127.9		46:53:20	7:48	7:54
Garcia, Anastasia	61:38:00	58:28:00	161:00:00	18.0	127.4		93:42:00	15:37	14:43
Green, Sarah	37:47:00	40:07:00	104:55:00	18.0	128.9		60:56:20	10:09	10:30
Gutierrez, Michael	30:20:00	30:15:00	75:40:00	18.0	127.9		45:25:00	7:34	7:48
Gutierrez, Rebecca	60:05:00		160:11:00	14.0	123.9	4.0	110:08:00	15:44	14:13
Jarrell, Halei		40:16:00	96:53:00	14.0	123.9	4.0	68:34:30	9:47	9:50
Javier, Natalie	38:25:00	35:55:00	91:40:00	18.0	127.9		55:20:00	9:13	9:23
Lara, Nadine	30:25:00	31:01:00	78:33:00	18.0	128.9		46:39:40	7:46	8:17
Malone Brown, Megan	55:00:00		150:00:00	14.0	123.9	4.0	102:30:00	14:38	12:49
Min, Noelle	39:49:00	37:16:00	99:26:00	18.0	128.4		58:50:20	9:48	10:07
Norteye, Comfort	48:10:00	46:30:00	120:14:00	18.0	123.9		71:38:00	11:56	12:19
Oregel, Bonnie	49:23:00	49:35:00	127:00:00	18.0	69.8		75:19:20	12:33	13:01
Parks, Helaina	55:00:00	54:00:00	150:00:00	18.0	127.4		86:20:00	14:23	13:03
Pregozen, Izzy	34:26:00	35:20:00	86:48:00	18.0	121.9		52:11:20	8:41	9:03
Rodriguez, Daniela	60:05:00	58:27:00	162:13:00	18.0	127.9		93:35:00	15:35	15:11
Smith, Avrielle	34:41:00	35:40:00	92:12:00	18.0	128.9		54:11:00	9:01	8:53
Yurcisin, Demi	32:09:00	34:25:00	85:35:00	18.0	129.9		50:43:00	8:27	8:31
Ziemba, Matthew	44:33:00	42:40:00	115:30:00	18.0	127.9		67:34:20	11:15	10:14

1) HAPPY HOLIDAYS FROM SOAR!!!!!! HAPPY HOLIDAYS FROM SOAR!!!!!! HAPPY HOLIDAYS FROM SOAR!!!!!!

2) Honkers Half Marathon departure time is 5:00am, Sunday, January 12th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!

3) Saturday December 21st Training moved to Facey - 6am! Remember to bring your Safety Vest!!!

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 TEAM PHYSICALS DUE NOW!!! ALL TEAM PHYSICALS DUE NOW!!! ALL TEAM PHYSICALS DUE NOW!!!!!!

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