

**SOAR Student Training Progress Week 12- 5Mile Bench, 5 Mile Hillwork**

<b>Student / WK12</b>	<b>17-Dec</b>	<b>19-Dec</b>	<b>21-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			57:20:00	5.0	135.9	9.0	57:20:00	11:28	10:22
Fernandez, Marycruz	47:20:00	53:08:00	57:00:00	14.0	143.4		52:29:20	11:14	10:59
Ford, David	37:30:00	43:42:00	50:25:00	14.0	137.9	4.0	43:52:20	9:24	8:52
Ford, Johnathan	32:45:00	40:32:00	42:48:00	14.0	141.9		38:41:40	8:17	7:56
Garcia, Anastasia	68:00:00		101:19:00	11.0	138.4	3.0	84:39:30	15:23	14:46
Green, Sarah	42:24:00	56:58:00	56:22:00	14.0	142.9		51:54:40	11:07	10:33
Gutierrez, Michael	36:45:00	40:25:00	40:27:00	14.0	141.9		39:12:20	8:24	7:51
Gutierrez, Rebecca	68:00:00	75:00:00	90:00:00	14.0	137.9	4.0	77:40:00	16:38	14:25
Jarrell, Halei		52:53:00	52:20:00	10.0	133.9	8.0	52:36:30	10:31	9:53
Javier, Natalie	37:30:00	47:20:00	50:30:00	14.0	141.9		45:06:40	9:40	9:25
Lara, Nadine	39:39:00	40:05:00	40:30:00	14.0	142.9		40:04:40	8:35	8:18
Malone Brown, Megan	52:30:00	67:00:00		9.0	132.9	9.0	59:45:00	13:16	12:51
Min, Noelle	42:34:00	51:22:00	54:07:00	14.0	142.4		49:21:00	10:34	10:09
Norteye, Comfort	47:42:00	58:40:00	64:04:00	14.0	137.9		56:48:40	12:10	12:18
Oregel, Bonnie			64:04:00	5.0	74.8	9.0	64:04:00	12:48	12:59
Parks, Helaina	47:00:00			4.0	131.4	10.0	47:00:00	11:45	12:57
Pregozen, Izzy	37:28:00	40:22:00	46:16:00	14.0	135.9		41:22:00	8:51	9:02
Rodriguez, Daniela		75:00:00	90:00:00	10.0	137.9	4.0	82:30:00	16:30	15:17
Smith, Avrielle	37:35:00	46:23:00	47:27:00	14.0	142.9		43:48:20	9:23	8:55
Yurcisin, Demi	33:15:00	42:54:00	46:50:00	14.0	143.9		40:59:40	8:47	8:32
Ziemba, Matthew	52:52:00	52:54:00	48:30:00	14.0	141.9		51:25:20	11:01	10:18

**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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**