

SOAR Student Training Progress Week 13- 5Mile Bench, 10 Mile Long

Student / WK13	24-Dec	26-Dec	28-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	46:30:00	58:30:00	57:20:00	19.0	154.9	5.0	54:06:40	8:32	10:14
Fernandez, Marycruz	Holiday	60:46:00	155:35:00	15.0	158.4		108:10:30	14:25	11:15
Ford, David	46:16:00	48:33:00	94:44:00	20.0	157.9		63:11:00	9:28	8:54
Ford, Johnathan	60:46:00	42:43:00	83:50:00	20.0	161.9		62:26:20	9:21	8:03
Garcia, Anastasia	Holiday	74:20:00	152:25:00	15.0	153.4	3.0	113:22:30	15:07	14:48
Green, Sarah	Holiday	57:47:00	115:13:00	15.0	157.9		86:30:00	11:32	10:38
Gutierrez, Michael	Holiday	41:29:00	79:50:00	15.0	156.9		60:39:30	8:05	7:52
Gutierrez, Rebecca	Holiday	72:21:00	148:02:00	15.0	152.9	4.0	110:11:30	14:41	14:27
Jarrell, Halei	96:10:00	52:19:00	107:52:00	24.0	157.9		85:27:00	10:40	9:57
Javier, Natalie	Holiday		104:23:00	10.0	151.9	5.0	104:23:00	10:26	9:29
Lara, Nadine	81:50:00	45:30:00	105:45:00	24.0	166.9	(+9)	77:41:40	9:42	8:24
Malone Brown, Megan	54:10:00	Waived	Waived	4.0	136.9		54:10:00	13:32	12:54
Min, Noelle	Holiday	58:07:00	109:40:00	15.0	157.4		83:53:30	11:11	10:14
Norteye, Comfort	Holiday	63:07:00	123:00:00	15.0	152.9		93:03:30	12:24	12:18
Oregel, Bonnie	112:50:00	60:50:00	123:00:00	24.0	98.8		98:53:20	12:21	12:55
Parks, Helaina	Holiday	66:00:00	132:00:00	15.0	146.4	10.0	99:00:00	13:12	12:58
Pregozen, Izzy	46:00:00	43:10:00	Injured	9.0	144.9	6.0	44:35:00	9:54	9:06
Rodriguez, Daniela	Holiday	72:21:00	148:02:00	15.0	152.9	4.0	110:11:30	14:41	15:14
Smith, Avrielle	46:23:00	46:45:00	91:40:00	20.0	162.9		61:36:00	9:14	8:57
Yurcisin, Demi	43:39:00	43:47:00	84:20:00	20.0	163.9		57:15:20	8:35	8:32
Ziemba, Matthew	Holiday	62:24:00	128:26:00	15.0	156.9		95:25:00	12:43	10:29

1) Happy New Year from SOAR!!!!!! Afternoon training resumes week of 1/9/14.

2) Honkers Half Marathon departure time is 4:30am, Sunday, January 12th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!

3) A reminder that SOAR maintains a strict 16 minute per mile finish policy.

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) Please be advised. To ensure student safety, scheduled miles cannot be waived during the last eight weeks of training.

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