

SOAR Student Training Progress Week 14- 5Mile Bench, 5 Mile Hillwork

Student / WK14	31-Dec	2-Jan	4-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	58:41:00	61:34:00	59:03:00	15.0	169.9		59:46:00	11:57	10:21
Fernandez, Marycruz	Holiday	59:31:00	58:19:00	10.0	168.4		58:55:00	11:47	11:17
Ford, David	Holiday	50:34:00		5.0	162.9	5.0	50:34:00	10:06	8:59
Ford, Johnathan	Holiday	42:43:00	Waived	5.0	166.9		42:43:00	8:32	8:05
Garcia, Anastasia	Holiday	76:00:00		5.0	158.4	8.0	76:00:00	15:12	14:49
Green, Sarah	100:07:00	56:13:00	55:23:00	18.5	176.4	+8.5	70:34:20	11:26	10:41
Gutierrez, Michael	Holiday	41:36:00	42:10:00	10.0	166.9		41:53:00	8:22	7:54
Gutierrez, Rebecca	Holiday			0.0	152.9	4.0	#DIV/0!	#DIV/0!	14:27
Jarrell, Halei	Holiday	54:43:00	140:00:00	18.1	176.0	+8.1	97:21:30	10:45	10:00
Javier, Natalie	51:47:00	52:15:00	50:05:00	15.0	166.9		51:22:20	10:16	9:33
Lara, Nadine	Holiday	46:20:00	107:00:00	13.5	180.4	+12.5	76:40:00	11:21	8:37
Malone Brown, Megan	Holiday	23:17:00	66:02:00	7.0	143.9		44:39:30	12:45	12:54
Min, Noelle	Holiday	59:48:00	140:00:00	18.1	175.5	+8.1	99:54:00	11:02	10:18
Norteye, Comfort	Holiday	72:56:00	60:26:00	10.0	162.9		66:41:00	13:20	12:23
Oregel, Bonnie	Holiday	69:10:00	59:40:00	10.0	108.8		64:25:00	12:53	12:54
Parks, Helaina	Holiday	63:00:00	66:00:00	10.0	156.4	10.0	64:30:00	12:54	12:58
Pregozen, Izzy	Holiday	44:30:00	40:40:00	4.0	148.9		42:35:00	21:17	9:58
Rodriguez, Daniela	Holiday	76:00:00	77:22:00	10.0	162.9	4.0	76:41:00	15:20	15:15
Smith, Avrielle	Holiday	46:50:00	46:00:00	10.0	172.9		46:25:00	9:17	8:58
Yurcisin, Demi	107:00:00	49:25:00	42:20:00	18.5	182.4		66:15:00	10:44	8:42
Ziemba, Matthew	Holiday	69:20:00	56:53:00	10.0	166.9		63:06:30	12:37	10:38

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!