

SOAR Student Training Progress Week 15- 5Mile Bench, Half Marathon Event

Student / WK15	7-Jan	9-Jan	12-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	57:30:00	45:38:00	151:34:00	22.1	192.0		84:54:00	11:31	10:26
Fernandez, Marycruz	57:30:00	47:08:00	152:44:00	22.1	190.5		85:47:20	11:38	11:18
Ford, David	78:34:00	36:08:00	162:03:00	27.1	190.0		92:15:00	10:12	9:04
Ford, Johnathan	41:56:00	48:40:00	123:54:00	24.1	191.0		71:30:00	8:54	8:08
Garcia, Anastasia	Waived	65:27:00	206:15:00	17.1	175.5		135:51:00	15:53	14:54
Green, Sarah	53:32:00	40:47:00	142:47:00	22.1	198.5	(+8.5)	79:02:00	10:43	10:41
Gutierrez, Michael	39:30:00	30:57:00	98:55:00	22.1	189.0		56:27:20	7:39	7:54
Gutierrez, Rebecca	78:03:00	151:59:00	207:28:00	26.1	179.0		145:50:00	16:45	14:36
Jarrell, Halei				0.0	176.0	14.0	#DIV/0!	#DIV/0!	10:00
Javier, Natalie	48:34:00	39:00:00	130:35:00	22.1	189.0		72:43:00	9:52	9:34
Lara, Nadine			116:00:00	13.1	193.5		116:00:00	8:51	8:38
Malone Brown, Megan	69:34:00	47:02:00	167:46:00	22.1	166.0		94:47:20	12:52	12:53
Min, Noelle	55:00:00	59:47:00		10.0	185.5	4.0	57:23:30	11:28	10:22
Norteye, Comfort	61:59:00	47:08:00	160:34:00	22.1	185.0		89:53:40	12:12	12:22
Oregel, Bonnie	66:06:00	46:50:00	157:10:00	22.1	130.9		90:02:00	12:13	12:50
Parks, Helaina	178:32:00	201:00:00	167:46:00	32.1	188.5		182:26:00	17:02	13:14
Pregozen, Izzy	74:35:00	56:13:00	129:58:00	22.1	171.0		86:55:20	11:47	10:05
Rodriguez, Daniela	77:35:00	140:00:00	207:50:00	26.1	189.0		141:48:20	16:17	15:19
Smith, Avrielle	47:00:00	36:15:00	119:46:00	22.1	195.0		67:40:20	9:11	8:59
Yurcisin, Demi	44:22:00	37:48:00	150:44:00	22.1	204.5		77:38:00	10:32	8:49
Ziemba, Matthew	65:40:00	46:00:00	150:18:00	22.1	189.0		87:19:20	11:51	10:43

1) LA Marathon Countdown - 7 Weeks! Please see Coach Sarkissian to order your LA Marathon Uniform as soon as possible!

2) SRLA Friendship Run departure time is 6:00am, Sunday, February 2nd. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!

3) A reminder that SOAR maintains a strict 16 minute per mile finish policy. No miles waived during the last 8 weeks of training!

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 30th at coaches discretion to participate in the SRLA Friendship Run.

6) Rest and Recovery are super important in maintaining a healthy workout regiment! Try for 8 hours of sleep every night!

7) Support SOAR's Mardi Gras Madness 5K! www.mgm5k.com All proceeds benefit YOU!!!!!!!!!!!!