

**SOAR Student Training Progress Week 16- 4 Mile Bench, 15 Mile Long**

<b>Student / WK16</b>	<b>14-Jan</b>	<b>16-Jan</b>	<b>18-Jan</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		46:15:00	179:23:00	19.0	211.0	4.0	112:49:00	11:52	10:31
Fernandez, Marycruz	51:06:00	49:04:00	181:33:00	23.0	213.5		93:54:20	12:14	11:22
Ford, David	40:32:00	37:50:00	153:54:00	23.0	213.0		77:25:20	10:05	9:08
Ford, Johnathan	31:42:00	29:54:00	133:11:00	23.0	214.0		64:55:40	8:28	8:09
Green, Sarah	46:34:00	93:15:00	170:49:00	28.0	226.5	(+13.5)	103:32:40	11:05	10:43
Gutierrez, Michael	31:30:00	32:01:00	128:03:00	23.0	212.0		63:51:20	8:19	7:55
Jarrell, Halei	44:37:00	87:10:00	164:55:00	27.0	203.0	10.0	98:54:00	10:59	10:04
Javier, Natalie	39:15:00	37:35:00	158:00:00	23.0	212.0		78:16:40	10:12	9:36
Lara, Nadine	36:15:00	33:18:00	145:37:00	23.0	216.5		71:43:20	9:21	8:41
Malone Brown, Megan		52:21:00	194:00:00	19.0	185.0	4.0	123:10:30	12:57	12:54
Min, Noelle	40:17:00	40:20:00	163:46:00	23.0	208.5	4.0	81:27:40	10:37	10:23
Norteye, Comfort				0.0	185.0	23.0	#DIV/0!	#DIV/0!	12:22
Oregel, Bonnie	47:13:00		196:00:00	19.0	149.9	4.0	121:36:30	12:48	12:50
Parks, Helaina	57:00:00		206:00:00	19.0	207.5	4.0	131:30:00	13:50	13:16
Pregozen, Izzy	52:46:00	44:16:00	164:55:00	23.0	194.0		87:19:00	11:23	10:10
Rodriguez, Daniela	59:40:00	60:15:00	235:27:00	23.0	212.0		118:27:20	15:27	15:19
Smith, Avrielle	38:25:00	37:25:00	149:06:00	23.0	218.0		74:58:40	9:46	9:02
Yurcisin, Demi	38:25:00	35:30:00	145:37:00	23.0	227.5		73:10:40	9:32	8:52
Ziemba, Matthew	58:10:00	48:56:00	185:14:00	23.0	212.0		97:26:40	12:42	10:50

**1) LA Marathon Countdown - 6 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](http://www.mgm5k.com) All proceeds benefit YOU!!!!!!!!!!!!**