

SOAR Student Training Progress Week 17- 5 Mile Bench, 10 Mile Hillwork

Student / WK17	21-Jan	23-Jan	25-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	42:28:00	59:27:00	123:52:00	19.0	230.0	4.0	75:15:40	11:53	10:36
Fernandez, Marycruz	48:03:00	62:03:00	137:20:00	19.0	232.5		82:28:40	13:01	11:28
Ford, David	36:20:00	52:26:00	99:00:00	19.0	232.0		62:35:20	9:52	9:11
Ford, Johnathan	29:58:00	40:57:00	87:04:00	19.0	233.0		52:39:40	8:18	8:10
Green, Sarah	43:24:00	62:07:00	120:34:00	24.0	250.5	(+18.5)	75:21:40	9:25	10:38
Gutierrez, Michael	29:58:00	39:20:00	93:30:00	19.0	231.0		54:16:00	8:34	7:58
Jarrell, Halei	44:22:00	149:10:00	152:58:00	24.0	227.0	5.0	115:30:00	14:26	10:20
Javier, Natalie	37:15:00	47:32:00	109:30:00	19.0	231.0		64:45:40	10:13	9:38
Lara, Nadine	32:39:00	50:22:00		9.0	225.5	10.0	41:30:30	9:13	8:42
Malone Brown, Megan	57:00:00	69:22:00	157:00:00	19.0	204.0	4.0	94:27:20	14:54	13:01
Min, Noelle	42:28:00	94:50:00	119:17:00	23.0	231.5	4.0	85:31:40	11:09	10:26
Norteye, Comfort	253:50:00	68:24:00	139:07:00	35.0	220.0	7.0	153:47:00	13:10	12:25
Oregel, Bonnie	128:22:00	75:00:00	136:00:00	24.0	173.9		113:07:20	14:08	12:56
Parks, Helaina	57:00:00	67:10:00	157:00:00	19.0	226.5	4.0	93:43:20	14:47	13:21
Pregozen, Izzy	83:30:00	46:03:00	106:35:00	23.0	217.0		78:42:40	10:16	10:10
Rodriguez, Daniela	60:22:00	73:31:00	172:26:00	19.0	231.0		102:06:20	16:07	15:22
Smith, Avrielle	36:15:00	47:32:00	102:30:00	19.0	237.0		62:05:40	9:48	9:05
Yurcisin, Demi	32:55:00	46:24:00	99:20:00	19.0	246.5		59:33:00	9:24	8:53
Ziemba, Matthew	47:50:00	62:07:00	133:18:00	19.0	231.0		81:05:00	12:48	10:57

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 All proceeds benefit YOU!!!!!!!!!!!!