

SOAR Student Training Progress Week 19- 4 Mile Bench, 15 Mile Hillwork

Student / WK19	4-Feb	6-Feb	8-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv		40:05:00	197:58:00	18.0	279.0	4.0	119:01:30	13:13	10:47
Fernandez, Marycruz	45:59:00	35:21:00	210:34:00	22.0	281.5		97:18:00	13:16	11:36
Ford, David	38:25:00	26:31:00	174:04:00	22.0	281.0		79:40:00	10:51	9:19
Ford, Johnathan	32:53:00	22:29:00	152:50:00	22.0	282.0		69:24:00	9:27	8:15
Green, Sarah	43:17:00	31:45:00	192:14:00	22.0	281.5		89:05:20	12:08	10:44
Gutierrez, Michael	31:20:00		133:10:00	19.0	277.0	3.0	82:15:00	8:39	7:59
Jarrell, Halei	44:28:00	33:18:00	201:50:00	22.0	281.0		93:12:00	12:42	10:27
Javier, Natalie	39:16:00	28:40:00	169:30:00	22.0	280.0		79:08:40	10:47	9:42
Lara, Nadine	38:03:00	25:17:00	144:30:00	22.0	284.5		69:16:40	9:26	8:48
Malone Brown, Megan			228:00:00	15.0	250.0	7.0	228:00:00	15:12	13:07
Min, Noelle	39:30:00	30:50:00	189:36:00	22.0	280.5		86:38:40	11:48	10:31
Norteye, Comfort	46:44:00	37:14:00	201:09:00	22.0	276.0		95:02:20	12:57	12:27
Oregel, Bonnie		37:14:00	229:00:00	18.0	218.9	4.0	133:07:00	14:47	13:05
Parks, Helaina		40:00:00	221:00:00	18.0	275.5	4.0	130:30:00	14:30	13:25
Pregozen, Izzy	39:52:00	30:02:00	162:45:00	22.0	266.0		77:33:00	10:34	10:10
Rodriguez, Daniela	58:48:00	41:20:00	160:00:00	17.0	275.0	5.0	86:42:40	15:18	15:20
Smith, Avrielle	39:52:00	27:30:00	163:20:00	22.0	286.0		76:54:00	10:29	9:11
Yurcisin, Demi	39:52:00	28:30:00	145:05:00	22.0	295.5		71:09:00	9:42	8:55
Ziemba, Matthew	45:31:00	35:00:00	209:10:00	22.0	280.0		96:33:40	13:10	11:14

1) Countdown to Marathon Week - 3 Weeks! Please submit all permission slips to Coach Sarkissian as soon as possible!

2) SOAR 20 Miler rally time - 6:00am, Saturday, February 15th. Meet at Placerita JHS. Students must complete this final qualifier in under 5:20.

3) A Picture ID is required to pickup your Marathon Packet! School ID is acceptable.

**4) Rally time for Marathon Morning is 4am! Sunday March 9th begins daylight savings which means a 3am rally! Please plan accordingly!
SOAR's Charter bus will pick up all runners at 4am in front of Wholes Foods Market across the street from Facey.**

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, February 13th at coaches discretion to participate in the SOAR's 20 Miler.

6) Pre Marathon Team Carbo Load Dinner - Saturday March 8th - 2pm - Macaroni Grill - Stevenson Ranch.

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

Side Dish

Dessert