

SOAR Student Training Progress Week 22- 4 Mile Bench, 10 Mile Hillwork

Student / WK22	25-Feb	27-Feb	2-Mar	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	45:53:00	43:10:00	119:00:00	18.0	333.0		69:21:00	11:33	10:56
Fernandez, Marycruz	53:04:00	53:30:00	130:00:00	18.0	331.5		78:51:20	13:08	11:50
Ford, David	33:52:00	37:25:00	100:25:00	18.0	331.0		57:14:00	9:32	9:26
Ford, Johnathan	29:07:00	28:48:00	98:50:00	18.0	332.0		52:15:00	8:42	8:22
Green, Sarah	47:06:00	48:03:00	123:10:00	18.0	341.5		72:46:20	12:07	10:55
Gutierrez, Michael	27:05:00	29:08:00	86:14:00	18.0	330.0		47:29:00	7:54	8:01
Jarrell, Halei	38:08:00	42:59:00	53:00:00	13.0	331.0		44:42:20	10:19	10:36
Javier, Natalie	39:39:00	37:20:00	97:30:00	18.0	340.0		58:09:40	9:41	9:45
Lara, Nadine	32:28:00	31:20:00	89:00:00	18.0	334.5		50:56:00	8:29	8:55
Malone Brown, Megan	57:23:00	58:00:00	131:00:00	18.0	307.0		82:07:40	13:41	13:11
Min, Noelle	40:52:00	37:25:00	105:00:00	18.0	330.5		61:05:40	10:10	10:32
Norteye, Comfort	48:14:00	55:14:00	125:00:00	18.0	326.0		76:09:20	12:41	12:33
Oregel, Bonnie	48:14:00	55:14:00	132:30:00	18.0	272.9		78:39:20	13:06	13:15
Parks, Helaina	53:04:00	125:53:00	135:00:00	23.0	330.5		104:39:00	13:39	13:30
Pregozen, Izzy	33:14:00	Waived	102:00:00	14.0	322.0		67:37:00	9:39	10:07
Rodriguez, Daniela	60:13:00	Waived	154:00:00	14.0	326.0		107:06:30	15:18	15:22
Smith, Avrielle	43:50:00	37:20:00	92:30:00	19.0	344.0		57:53:20	9:08	9:14
Yurcisin, Demi	43:30:00	34:10:00	89:00:00	19.0	346.5		55:33:20	8:46	8:55
Ziemba, Matthew	51:54:00	53:04:00	114:00:00	18.0	334.0		72:59:20	12:09	11:23

1) Welcome to Marathon Week!!!!!!!!!! Please submit all permission slips to Coach Sarkissian as soon as possible!

2) LA Marathon Expo rally time - 10am, Saturday, March 8th. Meet at Lowes.

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. NO MAKEUP MILES MARATHON WEEK!

6) Pre Marathon Team Carbo Load Dinner - Saturday March 8th - 2-4pm - Macaroni Grill - Stevenson Ranch.

7) Important information, team updates, race results and more at www.SOAR-SC.org