

Training Wk9 5mls.xls

Student / Wk 9	11-Dec	13-Dec	15-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	53:34:00	52:06:00	110:56:00	20.66	99.29	72:10:00	10:30	11:50
Priscilla Deleon	RX	52:06:00	105:06:00	15.66	126.66	78:30:00	10:00	11:35
Priscilla Hernandez	RX	60:11:00	130:15:00	15.66	94.69	95:15:00	12:10	13:05
Roxana Ramos	54:54:00	61:05:00	123:16:00	20.66	100.49	79:25:00	11:30	12:40

Please note the following:

1) Saturday, December 22nd is a 10 mile training. Meet at Starbucks (in front of Lowes) at 7am. Coach Bingham will be covering!

2) Congratulations on completing your 1st 10 mile run! Remember, all permission slips and team physicals are due ASAP!

3) Hydrate! Hydrate! Hydrate ! Drink eight glasses of water daily, starting this Wednesday and see a DRAMATIC performance improvement for Saturday's 10 miler, GUARENTEED!

4) All Students are registered for the Orange County Half Marathon, Sunday January 6th 2008. Please note: The start time for this race is 7:30am. Pickup is at COC, 5am sharp! Pickup for the Health and Fitness Expo, Saturday January 5th will be at 10am.

5) All weekly and total mile results highlighted in red indicate miles owed. The number of miles shows as: ( 2 ). All miles owed must be made up BY THURSDAY, January 3rd at coaches discretion to qualify.

6) Saturday pickups will be at Golden Valley unless noted otherwise for the remainder of the season. Merry Christmas!