

Training Wk18 5mls

Student / Wk 18	12-Feb	14-Feb	16-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	63:00:00	53:45:00	115:56:00	20	278.79	77:40:00	11:40	12:10
Priscilla Deleon	61:00:00	125:49:00	122:48:00	24	308.16(11)	103:15:00	12:55	11:25
Priscilla Hernandez	78:00:00	69:00:00	141:51:00	20	293.79	96:15:00	14:25	13:20
Roxana Ramos	78:00:00	69:00:00	122:50:00	20	299.49	89:55:00	13:30	12:55

Please note the following:

1) Saturday, February 23rd is your last Saturday training run! Meet at Fosters Freeze at 6am for a quick 5 miler.

2) Adequate hydration, lots of carbs (Bread, Rice, Cereal, Pasta) and plenty of sleep are an ABSOLUTE MUST for the next two weeks!
If you show up Marathon morning tired, dehydrated, and hungry, we guarantee you're going to have bad day!

3) LA MARATHON AND EXPO Permission Slips needed for Hernandez, ASAP!

4) 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, FEBRUARY 28TH, AND COACH CERTIFIED FOR THE REMAINDER OF THE SEASON! !!!!!!!!! COACHES ARE NOT RESPONSIBLE FOR ARRANGING MAKEUP MILES DUE TO UNEXCUSED ABSENCES !!!!!!!!!

5) View SOAR Race Results, Team Stats, Event Reminders, and More at : <http://www.sctc-storm.org>

6) Projected LA XXIII results: DeBortoli 5:20, DeLeon 4:58, Hernandez 5:51, Ramos 5:38 Rock on!

7) Saturday pickups will be at Golden Valley HS unless noted otherwise for the remainder of the season.
Keep training hard, you're almost there! Just two more weeks! We're proud of you guys!