

Training Wk20 5mls

Student / Wk 20	26-Feb	28-Feb	2-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	23:19:00	NA	404:23:00	30.2	323.99	213:50:00	14:10	12:10
Priscilla Deleon	19:40:00	NA	317:44:00	30.2	360.36	168:40:00	11:10	11:25
Priscilla Hernandez	26:38:00	NA	442:05:00	30.2	338.99	234:20:00	15:30	13:20
Roxana Ramos	26:38:00	NA	377:57:00	30.2	308.49	202:20:00	13:20	12:50

Please note the following:

1) Congratulations on completing LA Marathon XXIII ! We're all very proud of you!

2) Post Marathon recovery includes a few short runs (2-3 miles) during week after LA to help remove excess lactic acid that built up during the race. Supplement your recovery with plenty of H2O and aspirin to minimize pain and maximize blood flow!

3) SOAR's first, post season 5K will be The Great Race of Agoura Hills, Saturday, April 5th. Details at: <http://greatraceofagoura.com/>

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

5) SOAR Team 2008 Celebration Dinner to be held in May, 2008. Visit the SOAR website for updates.