

SOAR Student Training Progress Week 12 - 5Mile Bench, Half Marathon Event

Student / WK 12	5-Jan	7-Jan	10-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	47:08:00	41:07:00	165:19:00	20.1	140.9	84:30:00	12:40:00	12:30:00
Juliet DeAmicis	40:00:00	37:17:00	164:08:00	21.1	142.4	80:25:00	11:25:00	10:08:00
Janette Flores	56:30:00	44:20:00	196:16:00	20.1	142.4	99:05:00	14:50:00	15:10:00
Vanessa Flores	56:30:00	41:57:00	196:10:00	20.1	142.4	98:10:00	14:40:00	15:00:00
Stephanie Garcia	47:21:00	42:38:00	156:22:00	21.1	144.9	82:00:00	11:40:00	11:50:00
Zachary Mendoza	46:40:00	31:16:00	164:08:00	20.1	143.4	80:40:00	12:00:00	12:15:00
Ilian Mondragon	39:30:00	39:53:00	140:13:00	21.1	139.9	73:10:00	10:20:00	10:10:00
Karen Moreno	37:23:00	37:17:00	140:13:00	21.1	141.4	71:40:00	10:25:00	10:35:00
Mahsa Motavvef	49:50:00	41:07:00	177:11:00	20.1	119.9	89:40:00	13:00:00	13:05:00
Cristian Perez	48:55:00	36:20:00	125:25:00	22.1	131.9	70:10:00	9:30:00	9:10:00
Marisol Ramirez	74:28:00	63:00:00	131:40:00	25.1	118.2	89:40:00	10:42:00	10:40:00
Kim Sadia	94:40:00	43:14:00	164:05:00	25.1	98.3	100:40:00	12:00:00	12:00:00
Karinne Smith	55:45:00	37:03:00	161:19:00	20.1	138.9	84:40:00	12:40:00	12:05:00
Madeline Tan	39:30:00	27:29:00	131:22:00	20.1	143.9	66:10:00	9:50:00	10:05:00
Rorie Uribe	55:45:00	55:11:00	139:34:00	21.1	139.7	83:30:00	11:50:00	11:20:00
Bridget Valenzuela	90:00:00	133:07:00		17(13.1)	131.3 (13.1)	111:40:00	13:10:00	12:50:00

1) Congratulations on completing your first Half! Check out our Jan 10th posting to the Signal: www.signalcommunitysports.com

2) Next Team Event is the Surf City Half Marathon. Meet at GVHS at 5:00am, Sunday February 7th!
All team members need to wear a CLEAN SOAR Training Shirt!

3) Countdown to LA ...T-minus 10 weeks!

4) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run!

5) 80 Ounces a day keeps fatigue away! Drink at least 8-10 glasses of water daily in order to maintain healthy hydration levels and adequate blood volume needed to support a positive training experience!

6) All weekly and total mile results highlighted in RED indicate miles owed. The number of miles shows as: (2).
YOU are responsible for arranging all makeup miles with a coach!
Miles owed must be made up by Thursday, January 7th at coaches discretion to attend 13.1 LA!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!