

SOAR Student Training Progress Week 13 - 4Mile Bench, 10 Mile Long

Student / WK 13	12-Jan	14-Jan	16-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	32:35:00	51:00:00	151:00:00	17.0	158.9	78:10:00	13:50:00	12:40:00
Juliet DeAmicis	33:30:00	41:00:00	92:22:00	18.0	160.4	55:40:00	9:15:00	10:00:00
Janette Flores			165:00:00	10(7)	152.4(7)	165:00:00	16:30:00	15:15:00
Vanessa Flores			165:00:00	10(7)	152.4(7)	165:00:00	16:30:00	15:10:00
Zachary Mendoza	30:08:00	48:32:00	151:00:00	17.0	160.4	76:30:00	13:30:00	12:20:00
Ilian Mondragon	30:40:00	43:45:00	107:48:00	17.0	156.9	60:40:00	10:40:00	10:15:00
Karen Moreno	30:14:00	38:12:00		7(10)	148.4(10)	34:15:00	9:50:00	10:35:00
Mahsa Motavvef	36:55:00	60:30:00	151:00:00	17.0	136.9	82:50:00	14:40:00	13:15:00
Cristian Perez	36:30:00		92:20:00	14(3)	145.9	64:25:00	9:15:00	9:10:00
Marisol Ramirez				0(17)	118.2(17)	0:00:00	0:00:00	10:40:00
Kim Sadia	32:35:00	48:32:00	150:40:00	17.0	115.3	77:15:00	13:40:00	12:10:00
Karinne Smith	37:47:00	60:30:00	120:48:00	17.0	155.9	73:05:00	12:50:00	12:10:00
Madeline Tan	29:40:00		152:08:00	17.0	160.9	90:50:00	10:40:00	10:07:00
Rorie Uribe	38:08:00		123:28:00	13(4)	152.7(4)	80:50:00	12:20:00	11:20:00

1) If you get stuck without a ride, make sure to contact a coach the night BEFORE a scheduled practice or an event!

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) A reminder to TXT Coach Sark your shoe information as soon as possible!

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!