

SOAR Student Training Progress Week 9 - 4Mile Bench, 10 Mile Event

| Student / WK9      | 15-Dec   | 17-Dec   | 19-Dec    | Wkly Miles | Total Miles | Avg. Time | Wkly Min / Mile | YTD Min / Mile |
|--------------------|----------|----------|-----------|------------|-------------|-----------|-----------------|----------------|
| Yara Askar         | 46:00:00 |          |           | 3(14)      | 83.8(14)    | 46:00:00  | 15:20:00        | 12:20:00       |
| Juliet DeAmicis    | 46:00:00 | 37:52:00 | 93:00:00  | 17.0       | 98.3        | 59:00:00  | 10:20:00        | 9:50:00        |
| Janette Flores     | 42:35:00 | 62:30:00 | 156:40:00 | 17.0       | 99.3        | 87:15:00  | 15:20:00        | 15:10:00       |
| Vanessa Flores     | 42:35:00 | 62:45:00 | 150:40:00 | 17.0       | 99.3        | 85:20:00  | 15:00:00        | 15:00:00       |
| Stephanie Garcia   | 46:00:00 | 47:50:00 | 100:00:00 | 14(3)      | 97.8        | 64:40:00  | 13:50:00        | 12:00:00       |
| Zachary Mendoza    | 32:43:00 | 45:55:00 | 129:10:00 | 17.0       | 100.3       | 69:15:00  | 12:15:00        | 12:10:00       |
| Ilian Mondragon    | 30:07:00 | 40:06:00 | 102:55:00 | 17.0       | 95.8        | 57:40:00  | 10:10:00        | 10:10:00       |
| Karen Moreno       | 28:18:00 | 50:51:00 | 102:28:00 | 17.0       | 100.3       | 60:35:00  | 10:40:00        | 10:10:00       |
| Mahsa Motavvef     | 35:03:00 | 57:10:00 | 165:11:00 | 17.0       | 92.8        | 85:50:00  | 15:10:00        | 13:05:00       |
| Cristian Perez     | 24:00:00 | 34:35:00 |           | 7(10)      | 77.8(10)    | 29:20:00  | 8:20:00         | 9:05:00        |
| Marisol Ramirez    | 44:30:00 | 40:00:00 | 100:00:00 | 14(3)      | 76.2(3)     | 61:30:00  | 13:10:00        | 10:40:00       |
| Kim Sadia          | 28:19:00 | 45:55:00 | 129:10:00 | 17.0       | 55.2        | 68:10:00  | 12:00:00        | 11:20:00       |
| Karinne Smith      | 34:00:00 | 50:22:00 | 165:11:00 | 17.0       | 95.8        | 83:10:00  | 14:40:00        | 11:50:00       |
| Madeline Tan       | 28:50:00 | 36:40:00 | 100:00:00 | 17.0       | 100.8       | 55:10:00  | 9:45:00         | 10:10:00       |
| Rorie Uribe        | Sick     | 40:43:00 | 111:00:00 | 14.0       | 95.6        | 75:50:00  | 10:50:00        | 11:00:00       |
| Bridget Valenzuela | 35:05:00 | 57:10:00 | 92:00:00  | 14(3)      | 98.3(3)     | 61:20:00  | 13:10:00        | 12:30:00       |

1) Permission Slip for 13.1 LA due by Thursday January 7th!

2) Next Team Event is the 13.1 LA Half Marathon. Meet at GVHS at 5:00am, Sunday January 10th!  
All team members need to wear a CLEAN SOAR Training Shirt!

3) Remaining team physicals are due ASAP, Contact a Coach if you need assistance!

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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!