

SOAR Student Training Progress Week 15 - 5 Mile Bench, 14 Mile Long

Student / WK 15	26-Jan	28-Jan	30-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	32:36:00	57:54:00	SICK	8.0	187.9	45:15:00	11:20:00	12:40:00
Juliet DeAmicis	37:54:00	54:04:00	149:15:00	22.0	213.4	80:20:00	10:55:00	10:00:00
Janette Flores	72:00:00	68:00:00	226:46:00	24.0	200.4(2)	122:15:00	15:15:00	15:10:00
Vanessa Flores	72:00:00	71:00:00	229:15:00	24.0	200.4(2)	124:10:00	15:30:00	15:10:00
Zachary Mendoza	34:56:00	192:54:00	173:32:00	31.0	212.4	133:25:00	12:50:00	12:25:00
Ilian Mondragon	29:56:00	54:29:00	171:59:00	22.0	199.9	85:25:00	11:40:00	10:20:00
Karen Moreno	32:22:00	54:24:00	207:20:00	22.0	202.4	98:00:00	12:50:00	10:50:00
Mahsa Motavvef		63:14:00	237:30:00	19(3)	149.9(3)	100:40:00	15:50:00	13:30:00
Cristian Perez	45:00:00	SICK		5(14)	169.9(13)	45:00:00	9:00:00	9:10:00
Marisol Ramirez	33:00:00	54:28:00	121:00:00	18(4)	160.2(16)	69:30:00	11:40:00	10:50:00
Kim Sadia	75:25:00	57:54:00	121:30:00	21(1)	157.3(1)	84:45:00	12:05:00	12:20:00
Karinne Smith	40:02:00	65:00:00	164:00:00	22.0	195.9(3)	89:40:00	12:10:00	12:20:00
Madeline Tan	53:00:00	102:45:00	152:50:00	30.0	212.9	102:50:00	10:15:00	10:10:00
Rorie Uribe	61:00:00	75:36:00		10(12)	180.7(19)	68:20:00	13:40:00	11:45:00
Bridget Valenzuela	40:02:00	75:36:00	237:30:00	22.0	153.3	117:40:00	16:00:00	13:05:00

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 4:30am, 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, February 4th at coaches discretion to attend Surf City!

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!