

SOAR Student Training Progress Week 16 - 5 Mile Bench, Half Marathon Event

Student / WK 16	2-Feb	4-Feb	7-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	SICK	SICK	153:38:00	13.1	201	158:38:00	11:44:00	12:40:00
Juliet DeAmicis	47:40:00	43:34:00	129:33:00	23.1	236.5	73:30:00	9:35:00	10:00:00
Janette Flores	105:52:00	126:50:00	197:24:00	29.1	229.5	142:10:00	14:40:00	15:10:00
Vanessa Flores	102:09:00	127:25:00	193:32:00	29.1	229.5	141:00:00	14:30:00	15:05:00
Zachary Mendoza	60:00:00	61:18:00	158:42:00	23.1	235.5	93:20:00	12:05:00	12:25:00
Ilian Mondragon	50:36:00	49:30:00	139:53:00	23.1	223	79:50:00	10:20:00	10:20:00
Karen Moreno	60:00:00	52:23:00	139:54:00	23.1	225.5	84:00:00	10:50:00	10:50:00
Mahsa Motavvef	66:23:00	107:02:00	189:51:00	26.1	176	120:55:00	13:50:00	13:30:00
Cristian Perez	46:47:00	212:36:00	177:52:00	37.1	207	145:45:00	11:50:00	9:20:00
Marisol Ramirez	102:20:00	174:40:00	131:38:00	38.1	198.3	136:10:00	10:40:00	10:50:00
Kim Sadia	68:29:00	62:20:00		14(13.1)	171.3(13.1)	65:25:00	9:20:00	12:00:00
Karinne Smith	70:02:00	149:05:00	151:14:00	26.1	222	123:25:00	14:10:00	12:20:00
Madeline Tan	47:40:00	93:00:00	124:14:00	28.1	241	88:20:00	9:25:00	10:10:00
Rorie Uribe	190:30:00	116:00:00	141:50:00	37.1	217.8	149:30:00	12:00:00	11:45:00
Bridget Valenzuela	79:00:00	71:40:00	189:50:00	23.1	176.4	113:30:00	14:45:00	13:15:00

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 SRLA Friendship Run. Meet at GVHS at 6:30am, Sunday February 21st!
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 18th at coaches discretion to attend the Friendship Run!

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