

SOAR Student Training Progress Week 17 - 5 Mile Bench, 10 Mile Long

Student / WK 17	9-Feb	11-Feb	13-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	61:57:00	33:15:00	125:05:00	18.0	219	73:20:00	12:15:00	12:40:00
Juliet DeAmicis	51:00:00	40:01:00	114:00:00	19.0	255.5	68:20:00	10:50:00	10:00:00
Janette Flores		44:50:00	143:00:00	12(1)	241.5(1)	93:50:00	15:40:00	15:10:00
Vanessa Flores		44:50:00	130:25:00	12(1)	241.5(1)	87:40:00	14:40:00	15:05:00
Zachary Mendoza	56:23:00	32:15:00	124:55:00	18.0	253.5	71:10:00	11:50:00	12:20:00
Ilian Mondragon	53:01:00	32:17:00	109:08:00	18.0	241	64:50:00	10:50:00	10:20:00
Karen Moreno	56:27:00		152:15:00	15(3)	243.5(3)	104:25:00	13:50:00	11:00:00
Mahsa Motavvef	61:57:00	36:51:00	161:00:00	18.0	194	85:40:00	14:20:00	13:40:00
Cristian Perez	45:01:00			5(13)	212(13)	45:01:00	9:00:00	9:20:00
Marisol Ramirez		30:26:00	135:00:00	13(5)	211.3(5)	82:40:00	12:40:00	11:00:00
Kim Sadia	56:25:00	216:15:00	SICK	21.0	192.3	90:50:00	13:00:00	12:10:00
Karinne Smith		43:22:00	160:00:00	13(5)	235(5)	101:40:00	15:40:00	12:40:00
Madeline Tan	47:30:00	26:26:00	41:20:00	12(4)	253(4)	38:20:00	9:40:00	10:05:00
Rorie Uribe		44:50:00	134:00:00	13(5)	230.8(5)	89:20:00	13:45:00	11:50:00
Bridget Valenzuela	76:48:00	43:22:00	161:00:00	18.0	194.4	93:45:00	15:40:00	13:25:00

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!
 Optional Team Carbo Load Dinner at Sequoia Charter School, Saturday February 20th, 5pm!
 All team members need to wear a CLEAN SOAR Training Shirt to Sunday's event!

3) All Permission Slips need to be given to a Coach by Thursday, February 18th!

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!