

SOAR Student Training Progress Week 19 - 5 Mile Bench, 10 Mile Long

Student / WK 19	23-Feb	25-Feb	27-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	30:45:00	83:27:00	129:00:00	18.0	262	81:00:00	13:30:00	12:40:00
Juliet DeAmicis	31:20:00	54:00:00	107:00:00	18.0	294.5	64:10:00	10:40:00	10:05:00
Janette Flores	38:30:00		158:50:00	13(5)	280.5(5)	98:40:00	15:10:00	15:15:00
Vanessa Flores	40:30:00		158:30:00	13(5)	280.5(5)	99:30:00	15:30:00	15:10:00
Zachary Mendoza	30:20:00	66:50:00	168:00:00	18.0	296.5	88:20:00	14:45:00	12:30:00
Ilian Mondragon	30:45:00	51:50:00	107:00:00	18.0	284	63:10:00	10:30:00	10:30:00
Karen Moreno	30:45:00	83:27:00		8(10)	279.5(10)	57:10:00	14:15:00	11:10:00
Mahsa Motavvef	36:40:00	80:35:00	SICK	8.0	227	58:40:00	14:40:00	13:40:00
Marisol Ramirez	28:00:00		120:00:00	13(5)	253.3	74:00:00	11:20:00	11:05:00
Kim Sadia	30:20:00	66:50:00	168:00:00	18.0	235	88:20:00	14:45:00	12:20:00
Karinne Smith	38:32:00		168:00:00	13(5)	278(5)	103:15:00	15:50:00	12:50:00
Madeline Tan	27:10:00	79:50:00		8(10)	288(10)	53:25:00	13:20:00	10:20:00
Rorie Uribe	38:12:00		170:00:00	13(5)	277.8(5)	104:00:00	16:00:00	12:10:00
Bridget Valenzuela	INJURED	83:27:00	187:00:00	15.0	234	135:15:00	18:00:00	13:50:00

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

2) Final Team Race Event: LA Marathon XXV. Meet at GVHS 4:00am, Sunday March 21st!
Team Expo Trip and Carbo Load Dinner, Saturday March 20th, 10am departure from GVHS!

3) All Permission Slips for LA and the EXPO need to be given to a Coach by Thursday, March 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!
ALL Miles owed must be made up by the Thursday before Marathon week! NO MAKE UP MILES WILL BE ALLOWED AFTER 3/11/10!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!
Four weeks till LA guys! You're almost there!