

SOAR Student Training Progress Week 11 - 4 Mile Bench, 10 Mile Long

Student / WK11	14-Dec	16-Dec	18-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	31:03:00	44:00:00	126:00:00	17	122.65	67:05:00	11:50:00	11:15:00
Veronica Fernandez	29:30:00	39:30:00	115:00:00	17	115.65	61:20:00	10:50:00	10:45:00
Nataly Flores	38:04:00	54:30:00	125:25:00	17	127.6	72:40:00	12:50:00	13:05:00
Vanessa Flores	37:20:00	50:40:00	130:00:00	17	127.65	72:40:00	12:50:00	12:50:00
Jasmine Gill	25:52:00	35:45:00	96:00:00	17	125.65	52:40:00	9:15:00	9:05:00
Jazmin Gonzalez	26:35:00	42:50:00	104:08:00	17	117.65	57:50:00	10:10:00	9:45:00
Alexandra Medel	30:00:00	38:51:00	105:00:00	17	127.55	58:00:00	10:15:00	10:50:00
Alex Mendez	24:10:00	33:15:00	93:00:00	17	128.65	50:05:00	8:50:00	9:15:00
Zachary Mendoza	31:03:00	47:10:00	116:00:00	17	122.65	64:45:00	11:20:00	11:40:00
Mahsa Motavvef		Excused	117:00:00	10(3)	101.8(3)	58:30:00	11:40:00	13:20:00
Cristian Perez	21:44:00	36:00:00	86:00:00	17	121.9	47:55:00	8:25:00	8:30:00
Gilbert Ruiz	25:30:00	33:50:00	86:48:00	17	129.65	49:20:00	8:40:00	8:30:00
Charmaine Sadia	33:49:00	45:50:00	135:00:00	17	111.4	71:40:00	12:40:00	11:40:00
Kim Sadia	28:50:00	47:10:00	134:45:00	17	125.55	70:40:00	12:20:00	11:20:00
Leslie Solis		45:00:00		4(13)	111.4(13)	45:00:00	11:15:00	10:50:00
Jayme Tan	Injured		108:00:00	10(4)	118.5(4)	108:00:00	10:50:00	11:00:00
Madeline Tan	29:35:00	40:10:00	108:00:00	17	119.3	59:15:00	10:25:00	10:55:00
Carolyn Thio	27:45:00	48:10:00		8(9)	112.65(9)	38:00:00	9:30:00	9:30:00
Bridget Valenzuela		57:00:00	117:00:00	14(3)	114.4(3)	58:00:00	12:25:00	13:20:00
Stephanie Velazquez		57:00:00	52:00:00	10(2)	121.65(2)	54:30:00	10:50:00	10:40:00
Logan Wilson	Sick	Sick	Sick	0	104.65	0:00:00	0:00:00	9:25:00

1) The 13.1 LA Half Marathon departure time is 5:00am, Sunday, January 16th. Meet at Lowes.

2) Congratulations on completing your first 100 miles of training!

3) All team physicals are now due! No exceptions! Your training will be restricted 12/21 if you do not have a current physical on file!

4) Sore legs, ankles, feet, knees, and hips are a normal part of long distance running. Don't forget to include recovery foods (protein carbs, electrolytes, and lots of fluids) in your pre/post workout routine! Try and limit the junk!

**5) 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 13th at coaches discretion to participate in the 13.1 LA Half Marathon.**

6) All 13.1 LA permission slips need to be given to Coach Sark by Thursday, January 13th!

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