

SOAR Student Training Progress Week 12 - 5 Mile Bench, Holiday

Student / WK12	21-Dec	23-Dec	25-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	56:20:00	60:00:00	Holiday	10	132.65	58:10:00	11:35:00	11:20:00
Veronica Fernandez	57:30:00	51:42:00	Holiday	10	125.65	54:40:00	10:55:00	10:45:00
Nataly Flores		74:00:00	Holiday	5(5)	132.6(5)	74:00:00	14:50:00	13:10:00
Vanessa Flores		74:00:00	Holiday	5(5)	132.65(5)	74:00:00	14:50:00	13:00:00
Jasmine Gill	44:10:00	48:58:00	Holiday	10	135.65	46:40:00	9:20:00	9:10:00
Jazmin Gonzalez	48:07:00	52:57:00	Holiday	10	127.65	50:30:00	10:05:00	9:45:00
Alexandra Medel	60:45:00	50:10:00	Holiday	10	137.55	55:30:00	11:05:00	10:50:00
Alex Mendez		70:00:00	Holiday	5(5)	133.65(5)	70:00:00	14:00:00	9:40:00
Zachary Mendoza	72:00:00		Holiday	5(5)	127.65(5)	72:00:00	14:25:00	11:50:00
Mahsa Motavvef	75:10:00		Holiday	5(5)	106.8(8)	75:10:00	15:00:00	13:40:00
Cristian Perez	Excused	49:00:00	Holiday	5	126.9	49:00:00	9:50:00	8:40:00
Gilbert Ruiz		39:00:00	Holiday	5(5)	134.65(5)	39:00:00	7:50:00	8:25:00
Charmaine Sadia	61:05:00		Holiday	5(5)	116.4(5)	61:05:00	12:10:00	11:40:00
Kim Sadia	50:06:00		Holiday	5(5)	130.55(5)	50:06:00	11:10:00	11:20:00
Leslie Solis	50:50:00	51:40:00	Holiday	10	121.4(13)	51:15:00	10:15:00	10:45:00
Jayme Tan	60:45:00		Holiday	5(5)	123.5(9)	60:45:00	12:10:00	11:10:00
Madeline Tan	69:25:00		Holiday	5(5)	124.3(5)	69:25:00	13:55:00	11:10:00
Carolyn Thio	76:57:00	115:16:00	Holiday	18	130.65(1)	76:15:00	8:30:00	9:20:00
Bridget Valenzuela	75:10:00	75:26:00	Holiday	10	124.4(3)	75:25:00	15:05:00	13:30:00
Stephanie Velazquez	62:10:00	55:05:00	Holiday	10	131.65(2)	58:40:00	11:45:00	10:45:00
Logan Wilson	68:00:00	136:45:00	Holiday	14	118.65	102:20:00	14:40:00	9:50:00

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

2) SOAR wishes you and your families a very happy and prosperous New Year!

3) Team physicals are now due! Event participation will be suspended effective 12/31 if you don't 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!