

SOAR Student Training Progress Week 13 - 4 Mile Bench, 10 Mile Long

Student / WK13	28-Dec	30-Dec	1-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	139:36:00	108:00:00	Holiday	20	152.65	123:50:00	12:20:00	11:20:00
Veronica Fernandez	44:05:00	108:25:00	Holiday	14	139.65	76:15:00	10:50:00	10:45:00
Nataly Flores	55:20:00	132:49:00	Holiday	15	147.6(4)	94:10:00	12:30:00	13:10:00
Vanessa Flores	59:40:00	140:00:00	Holiday	15	147.6(4)	96:10:00	12:50:00	13:00:00
Jasmine Gill		101:00:00	Holiday	10(4)	145.65(4)	101:00:00	10:05:00	9:10:00
Jazmin Gonzalez	40:35:00	104:46:00	Holiday	14	141.65	72:40:00	10:20:00	9:50:00
Alexandra Medel	39:40:00	106:00:00	Holiday	14	151.55	72:50:00	10:20:00	10:50:00
Alex Mendez	88:00:00		Holiday	8(6)	141.65(11)	88:00:00	11:00:00	9:45:00
Zachary Mendoza			Holiday	0(14)	127.65(19)	0:00:00	0:00:00	11:50:00
Mahsa Motavvef	60:45:00	143:00:00	48:33:00	18	124.8.8(4)	84:00:00	14:00:00	13:40:00
Cristian Perez	30:50:00	90:33:00	Holiday	14	140.9	60:40:00	8:40:00	8:40:00
Gilbert Ruiz	46:56:00	94:00:00	Holiday	14	148.65(5)	70:25:00	10:00:00	8:40:00
Charmaine Sadia	46:02:00	126:40:00	59:30:00	19	135.4	77:20:00	12:10:00	11:40:00
Kim Sadia	43:05:00	124:15:00	53:40:00	19	149.55	73:40:00	11:40:00	11:20:00
Leslie Solis	37:05:00	105:00:00	Holiday	14	135.4(3)	71:00:00	10:10:00	10:40:00
Jayme Tan	39:04:00	106:00:00	Holiday	14	137.5(9)	72:40:00	10:20:00	11:05:00
Madeline Tan	60:10:00	138:31:00	Holiday	14	138.3(5)	99:20:00	14:10:00	11:20:00
Carolyn Thio	47:21:00	104:00:00	Holiday	15	145.65	75:40:00	10:05:00	9:25:00
Bridget Valenzuela	75:10:00	143:00:00	Holiday	14	138.4(3)	91:55:00	13:05:00	13:25:00
Stephanie Velazquez	40:49:00	119:47:00	Holiday	14	145.65(2)	80:15:00	11:25:00	10:50:00
Logan Wilson	40:45:00		Holiday	4(10)	118.65(10)	40:45:00	10:20:00	9:55:00

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

2) SOAR wishes you and your family 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!