

**SOAR Student Training Progress Week 14 - 4 Mile Bench, 10 Mile Long**

<b>Student / WK14</b>	<b>4-Jan</b>	<b>6-Jan</b>	<b>8-Jan</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Keeva Crooks	36:45:00	46:11:00		7(10)	159.65(10)	41:30:00	11:50:00	11:25:00
Veronica Fernandez	29:15:00	30:36:00	110:22:00	17	156.65	56:45:00	10:00:00	10:40:00
Nataly Flores	43:02:00	110:45:00		11(6)	158.6(10)	76:50:00	14:00:00	13:10:00
Vanessa Flores	59:40:00	110:45:00		11(6)	158.6(10)	76:50:00	14:00:00	13:00:00
Jasmine Gill	34:50:00	38:52:00	131:00:00	21	166.65	68:23:00	9:45:00	9:25:00
Jazmin Gonzalez	41:52:00			4(13)	145.65(13)	41:52:00	10:30:00	9:50:00
Alexandra Medel	29:28:00	40:00:00	118:00:00	17	168.55	62:30:00	11:10:00	10:55:00
Alex Mendez		64:00:00	100:00:00	16(1)	157.65(12)	82:00:00	10:15:00	9:00:00
Zachary Mendoza	126:50:00	119:10:00	142:10:00	28	155.65(8)	129:25:00	13:50:00	11:55:00
Mahsa Motavvef	48:07:00	103:50:00	Sick	12	136.8	75:55:00	12:40:00	13:40:00
Cristian Perez	22:22:00	31:40:00	85:00:00	17	157.9	46:20:00	8:10:00	8:40:00
Gilbert Ruiz	34:54:00	35:04:00	103:00:00	18	166.65(4)	57:40:00	9:40:00	8:40:00
Charmaine Sadia	35:23:00	44:57:00	131:00:00	17	152.4	70:25:00	12:20:00	11:50:00
Kim Sadia	66:20:00	49:00:00	119:50:00	18	167.55	78:25:00	13:00:00	11:20:00
Leslie Solis	31:12:00	40:50:00	111:00:00	17	152.4(3)	61:00:00	10:45:00	10:40:00
Jayme Tan	39:53:00	68:00:00	118:00:00	22	159.5(4)	75:20:00	10:15:00	11:05:00
Madeline Tan	48:07:00	69:00:00	119:20:00	21	159.3(1)	78:50:00	11:15:00	11:20:00
Carolyn Thio	28:57:00	38:30:00	111:20:00	17	162.65	59:40:00	10:30:00	9:30:00
Bridget Valenzuela	43:07:00		152:30:00	14(4)	152.4(7)	97:45:00	14:00:00	13:30:00
Stephanie Velazquez	42:06:00	42:16:00	116:30:00	18	163.65(1)	66:50:00	11:10:00	10:50:00
Logan Wilson	30:37:00	44:06:00	131:00:00	17	135.65	68:40:00	12:10:00	10:00:00

**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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**