

**SOAR Student Training Progress Week 16 - 5 Mile Bench, 15 Mile Long**

<b>Student / WK16</b>	<b>18-Jan</b>	<b>20-Jan</b>	<b>22-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	42:52:00	63:00:00	216:00:00	23	213.75	107:20:00	14:00:00	11:30:00
Veronica Fernandez	Sick	Sick	Sick	0	177.75	0:00:00	0:00:00	10:45:00
Nataly Flores	42:52:00	71:00:00	232:10:00	23	212.7	115:20:00	15:00:00	13:20:00
Vanessa Flores	40:15:00	67:00:00	232:10:00	23	212.7	113:10:00	14:45:00	13:10:00
Jasmine Gill	39:20:00	51:11:00	155:00:00	23	210.75	81:50:00	10:40:00	9:20:00
Jazmin Gonzalez	39:20:00	51:33:00	177:00:00	23	202.75	89:20:00	11:40:00	9:55:00
Alexandra Medel	25:50:00	56:30:00	178:00:00	23	212.65	86:45:00	11:20:00	10:55:00
Alex Mendez	25:50:00	67:00:00	165:00:00	23	213.75	85:50:00	11:10:00	9:10:00
Zachary Mendoza	30:38:00	48:50:00	169:00:00	23	206.75	82:50:00	10:50:00	11:45:00
Mahsa Motavvef			239:10:00	15(8)	171.9(8)	92:15:00	15:55:00	13:45:00
Cristian Perez	24:30:00	43:50:00	142:00:00	23	202	70:10:00	8:10:00	8:30:00
Gilbert Ruiz		46:00:00	143:00:00	20(3)	211.75(3)	94:30:00	9:25:00	8:40:00
Charmaine Sadia	67:00:00	44:57:00	145:33:00	23	196.5	85:50:00	11:10:00	12:05:00
Kim Sadia	28:36:00			3(20)	191.65(20)	28:36:00	9:30:00	11:20:00
Leslie Solis		71:00:00	197:00:00	20(3)	196.5(3)	134:00:00	13:20:00	10:50:00
Jayme Tan	40:55:00	56:30:00	178:00:00	23	207.6	91:50:00	12:00:00	11:00:00
Madeline Tan				0(23)	181.4(23)	0:00:00	0:00:00	11:30:00
Carolyn Thio	39:20:00	51:33:00	177:00:00	23	185.65	89:20:00	11:40:00	9:40:00
Bridget Valenzuela	71:00:00		143:10:00	15(8)	191.5(8)	107:10:00	14:20:00	13:35:00
Stephanie Velazquez	31:16:00	52:46:00	182:51:00	23	208.75	88:55:00	11:40:00	10:50:00
Logan Wilson	37:06:00	50:00:00	178:00:00	23	179.75	88:20:00	11:30:00	10:00:00

**1) Countdown to LA Marathon XXVI - 7 weeks!**

**2) SOAR Mardi Gras Madness 5K is slated for Saturday March 5th! Proceeds benefit YOU! Tell your friends and family!**

**3) The Surf City Half Marathon departure time is 5:00am, Sunday, February 6th. Meet at Lowes.**

**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, February 3rd at coaches discretion to participate in the Surf City Half Marathon.**

**6) All Surf City permission slips need to be given to Coach Sark by Thursday, February 3rd!**

**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!**