

**SOAR Student Training Progress Week 19 - 4 Mile Bench, 15 Mile Long**

<b>Student / WK19</b>	<b>8-Feb</b>	<b>10-Feb</b>	<b>12-Feb</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	45:09:00	43:12:00	235:00:00	22	277.85	107:45:00	14:40:00	12:20:00
Veronica Fernandez	45:12:00	31:33:00		7(15)	206.85(15)	38:25:00	11:00:00	10:45:00
Nataly Flores		61:00:00	241:03:00	20(2)	274.8(2)	150:40:00	15:00:00	13:25:00
Vanessa Flores		39:42:00	245:00:00	18(4)	272.6(4)	142:20:00	15:50:00	13:20:00
Jasmine Gill		38:25:00	Sick	3(4)	250.85(4)	38:25:00	9:40:00	9:20:00
Jazmin Gonzalez	39:45:00			4(18)	248.85(18)	39:45:00	9:55:00	9:55:00
Alexandra Medel	49:00:00	32:10:00	164:00:00	22	276.75	81:40:00	11:10:00	10:55:00
Alex Mendez	31:00:00	21:50:00	147:00:00	22	277.85	66:40:00	9:05:00	9:15:00
Zachary Mendoza	40:38:00	29:37:00	193:30:00	22	270.85	87:55:00	12:00:00	11:45:00
Mahsa Motavvef	56:03:00	46:22:00		7(15)	229(15)	49:40:00	14:10:00	13:50:00
Cristian Perez	Injured	Injured	Injured	0	239.1	0:00:00	0:00:00	8:30:00
Gilbert Ruiz		25:02:00	121:00:00	13(9)	269(9)	73:00:00	11:15:00	8:50:00
Charmaine Sadia	46:15:00	46:22:00	210:47:00	22	260.6	101:10:00	13:50:00	12:15:00
Jayme Tan	49:00:00	32:10:00		7(15)	256.7(15)	40:40:00	11:40:00	11:05:00
Carolyn Thio	39:15:00	38:25:00	164:30:00	22	244.75	80:45:00	11:00:00	9:45:00
Bridget Valenzuela	56:03:00	46:22:00		7(15)	248.6(15)	51:15:00	14:40:00	13:40:00
Stephanie Velazquez		38:50:00	168:43:00	18(4)	268(4)	103:45:00	11:30:00	10:50:00
Logan Wilson	33:55:00	23:19:00		7(15)	228.85(15)	28:40:00	8:10:00	9:55:00

**1) Countdown to LA Marathon Week - 4 weeks!**

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

**3) The SOAR 20 Mile LA Marathon Qualifier and Team BBQ rally time is 6:00am, Sunday, March 6th. Meet at Placerita JHS.**

**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, March 3rd at coaches discretion to participate in the SOAR 20 Miler.**

**6) All SOAR 20 Miler permission slips need to be given to Coach Sark by Thursday, March 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!**