

**SOAR Student Training Progress Week 20 - 5 Mile Bench, 10 Mile Hillwork**

<b>Student / WK20</b>	<b>15-Feb</b>	<b>17-Feb</b>	<b>19-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	30:33:00	58:08:00	135:00:00	18	295.85	74:40:00	12:25:00	12:20:00
Veronica Fernandez	53:08:00	50:43:00	286:30:00	33	239.85	130:10:00	11:50:00	10:50:00
Nataly Flores	52:00:00	64:04:00		9(9)	283.8(11)	58:10:00	12:55:00	13:25:00
Vanessa Flores	52:00:00	64:35:00		9(9)	281.6(13)	58:20:00	12:55:00	13:20:00
Jasmine Gill	25:11:00	49:29:00	107:00:00	16(2)	266.85(6)	60:40:00	11:20:00	9:25:00
Jazmin Gonzalez	Sick	Sick	Sick	0	248.85	0:00:00	0:00:00	9:55:00
Alexandra Medel	32:10:00	53:50:00	Sick	8	284.75	43:00:00	10:45:00	10:55:00
Alex Mendez	24:08:00	40:30:00	46:00:00	13	290.85	36:50:00	9:05:00	9:15:00
Zachary Mendoza	30:33:00	53:36:00	125:04:00	18	288.85	69:45:00	11:40:00	11:40:00
Mahsa Motavvef	Sick	Sick	46:00:00	3	232(12)	46:00:00	15:20:00	13:30:00
Cristian Perez	Injured	Injured	Injured	0	239.1	0:00:00	0:00:00	8:30:00
Gilbert Ruiz	46:02:00	41:40:00	64:37:00	15	284(2)	50:45:00	10:10:00	8:50:00
Charmaine Sadia		84:00:00	114:00:00	13(5)	273.6(5)	99:00:00	15:15:00	12:20:00
Jayme Tan	Sick	53:50:00	97:46:00	15	271.7(5)	75:50:00	10:10:00	11:05:00
Carolyn Thio	Sick	Sick	Sick	0	244.75	0:00:00	0:00:00	9:45:00
Bridget Valenzuela		78:25:00	144:40:00	15(3)	263.6(3)	111:10:00	14:50:00	13:40:00
Stephanie Velazquez	41:28:00	49:35:00	112:46:00	19	287(3)	67:55:00	10:40:00	10:50:00
Logan Wilson	21:44:00	61:29:00	197:30:00	24	252.8(9)	93:40:00	11:40:00	10:00:00

**1) Countdown to LA Marathon Week - 3 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!**