

SOAR Student Training Progress Week 10- 4Mile Bench, 10K Event

Student / WK10	6-Dec	8-Dec	10-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	39:12:00	56:08:00		7(6.2)	96.3(6.2)	47:40:00	13:40:00	14:00:00
Cason, Justyn	58:32:00	44:00:00	43:39:00	20.2	108.6	50:40:00	7:30:00	7:40:00
Crooks, Keeva	34:29:00	46:20:00	61:52:00	13.2	100.5	47:40:00	10:50:00	12:00:00
De La Torre, Julia	Injured	Injured	Injured	0	88.3	0:00:00	0:00:00	12:40:00
Flores, Nataly	39:12:00	58:45:00	72:44:00	14.2	107.5	56:55:00	12:00:00	12:40:00
Garcia, Larry		88:00:00	45:18:00	16.2	104.5	66:40:00	8:15:00	8:50:00
Gonzalez, Maria	39:19:00	36:05:00	50:45:00	13.2	105.5	42:00:00	9:40:00	10:05:00
Medina, Fernando	30:00:00	37:00:00	55:10:00	13.2	108.5	40:45:00	9:15:00	9:40:00
Medina, Jacki	33:10:00	45:10:00	69:44:00	13.2	106.5	49:20:00	11:10:00	11:50:00
Mena, Brent	26:24:00	Excused	61:12:00	9.2	102.5	43:50:00	9:30:00	10:30:00
Najera, Alex	22:17:00	41:46:00	47:08:00	14.2	106.5	37:00:00	7:50:00	8:45:00
Padilla, Kimberly	31:00:00	41:46:00	59:06:00	13.2	100.5	43:55:00	10:00:00	10:20:00
Pierce, Taylor	26:24:00	46:58:00	49:32:00	13.2	96.7	40:55:00	9:20:00	10:10:00
Ruiz, Gilbert		62:00:00	51:31:00	13.2	101.5	56:45:00	8:40:00	10:00:00
Velazquez, Stephanie	24:50:00	33:25:00	48:58:00	13.2	102.5	35:45:00	8:10:00	8:50:00
Yaworski, Bill	22:17:00	34:00:00	47:10:00	13.2	103.5	34:30:00	7:50:00	8:10:00

1) The SOAR Jingle Bell 10 Miler and Holiday Breakfast departure time is 6:00am, Saturday, December 17th. Meet at Lowes.

2) Respect your pre-event regiment! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest!

3) All team physicals are due NOW! Training and event participation will be suspended for any student not cleared!

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 12th 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 as soon as possible!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!