

**SOAR Student Training Progress Week 12- 5Mile Bench, Holiday Break**

<b>Student / WK12</b>	<b>20-Dec</b>	<b>22-Dec</b>	<b>24-Dec</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Abrego, Merlyn	67:09:00	62:23:00	Holiday	10	123.3(6.2)	64:50:00	12:55:00	13:50:00
Cason, Justyn	71:00:00		Holiday	5(5)	127.6(5)	71:00:00	14:10:00	8:15:00
Crooks, Keeva	67:09:00	56:50:00	Holiday	10	127.5	62:00:00	12:25:00	12:00:00
De La Torre, Julia	71:00:00	62:23:00	Holiday	10	108.3	66:40:00	13:20:00	12:50:00
Flores, Nataly	71:00:00	62:23:00	Holiday	10	134.5	66:40:00	13:20:00	12:45:00
Garcia, Larry			Holiday	0(10)	104.5(27)	0:00:00	0:00:00	8:50:00
Gonzalez, Maria	64:45:00	53:55:00	Holiday	10	128.5(4)	59:20:00	11:50:00	10:10:00
Medina, Fernando	58:29:00	58:27:00	117:00:00	20	146.5	58:30:00	11:40:00	9:45:00
Medina, Jacki	62:35:00	59:34:00	Holiday	10	133.5	61:10:00	12:10:00	11:50:00
Mena, Brent	60:08:00	56:50:00	119:40:00	19	124.5(5)	61:10:00	12:50:00	10:50:00
Najera, Alex	61:00:00	54:12:00	Holiday	10	133.5	57:40:00	11:30:00	9:00:00
Padilla, Kimberly	58:33:00	58:27:00	64:03:00	15	128.5	60:20:00	12:05:00	10:40:00
Pierce, Taylor			Holiday	0(10)	113.7(10)	73:10:00	12:50:00	10:25:00
Ruiz, Gilbert	61:00:00	51:40:00	Holiday	10	121.5(7)	56:20:00	11:15:00	10:30:00
Velazquez, Stephanie		43:24:00	Holiday	5(5)	124.5(5)	43:24:00	8:40:00	8:50:00
Yaworski, Bill	61:00:00	54:12:00	43:50:00	15	135.5	53:00:00	10:40:00	8:20:00

**1) Happy Holidays from SOAR! Practice is scheduled for 6am this Saturday, December 31st at Lowes.**

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

**3) The 13.1 LA Half Marathon departure time is 5:00am, Sunday, January 15th. 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, 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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**