

**SOAR Student Training Progress Week 14- 4Mile Bench, 10 Mile Hill Work**

<b>Student / WK14</b>	<b>3-Jan</b>	<b>5-Jan</b>	<b>7-Jan</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	50:25:00	50:25:00	136:50:00	18	165.3	79:10:00	13:10:00	13:50:00
Cason, Justyn				0(17)	147.6(21)	0:00:00	0:00:00	8:15:00
Crooks, Keeva	37:50:00	44:34:00	139:00:00	17	164.5	73:45:00	13:00:00	12:10:00
De La Torre, Julia	37:43:00	46:11:00	140:36:00	17	144.3	62:50:00	11:05:00	12:40:00
Flores, Nataly	61:48:00	50:34:00	136:50:00	19	168.5(2)	83:05:00	13:10:00	13:10:00
Garcia, Larry	76:29:00	136:00:00		16(1)	128.5(42)	106:15:00	13:15:00	9:10:00
Gonzalez, Maria		40:04:00	104:20:00	14(3)	142.5(7)	72:15:00	10:20:00	10:00:00
Medina, Fernando	37:10:00	39:00:00	104:20:00	18	188.5	60:10:00	10:00:00	9:55:00
Medina, Jacki	36:20:00	45:54:00	140:36:00	17	169.5	62:20:00	11:00:00	11:55:00
Mena, Brent		78:40:00	129:47:00	14(3)	148.5(17)	104:10:00	14:50:00	11:30:00
Najera, Alex		50:36:00	93:55:00	14(3)	161.5(8)	10:20:00	9:00:00	9:05:00
Padilla, Kimberly	80:55:00	38:23:00	113:00:00	22	164.5	77:25:00	10:40:00	10:40:00
Pierce, Taylor	116:29:00	53:15:00	136:00:00	22	135.7(14)	101:50:00	13:50:00	10:45:00
Ruiz, Gilbert	58:24:00	64:12:00	129:00:00	20	151.5(13)	83:50:00	12:40:00	10:50:00
Velazquez, Stephanie	25:54:00	34:21:00	94:45:00	17	166.5	51:40:00	9:10:00	8:50:00
Yaworski, Bill	25:30:00	50:36:00	93:55:00	17	171.5	56:40:00	10:00:00	8:30:00

**1) Remaining physical release forms must be submitted by Thursday January 12th to compete in 13.1 LA.**

**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!**