

**SOAR Student Training Progress Week 15- 5Mile Bench, Half Marathon Qualifying Event**

<b>Student / WK15</b>	<b>10-Jan</b>	<b>12-Jan</b>	<b>15-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	61:40:00	41:05:00	173:32:00	21.1	186.4	93:05:00	13:15:00	13:50:00
Cason, Justyn	92:20:00	24:17:00	105:22:00	28.1	175.7	73:55:00	7:50:00	8:15:00
Crooks, Keeva	55:38:00	31:05:00	153:26:00	21.1	185.6	80:00:00	11:25:00	12:10:00
De La Torre, Julia	52:31:00	31:05:00	164:16:00	21.1	165.4	82:40:00	11:05:00	12:40:00
Flores, Nataly	61:30:00	61:00:00	173:14:00	23.1	191.6	98:40:00	12:50:00	13:10:00
Gonzalez, Maria	37:10:00	56:00:00	132:51:00	21.1	163.6	75:20:00	10:40:00	10:05:00
Medina, Fernando	37:10:00	40:00:00	131:50:00	20.1	208.6	69:40:00	10:25:00	9:55:00
Medina, Jacki	59:51:00	32:05:00	167:11:00	21.1	190.6	83:40:00	12:15:00	11:55:00
Najera, Alex	68:01:00	41:00:00	108:55:00	29.1	190.6	72:40:00	7:30:00	9:00:00
Padilla, Kimberly	51:04:00	29:30:00	134:39:00	21.1	185.6	71:45:00	10:10:00	10:40:00
Pierce, Taylor	147:07:00	91:00:00	132:51:00	35.1	170.87	123:40:00	10:40:00	10:40:00
Ruiz, Gilbert	171:05:00	43:00:00	139:00:00	34.1	185.6	117:40:00	10:20:00	10:45:00
Velazquez, Stephanie	47:03:00	24:54:00	114:21:00	21.1	187.6	62:00:00	8:50:00	8:50:00
Yaworski, Bill	44:50:00	44:10:00	108:59:00	21.1	192.6	66:00:00	9:25:00	8:40:00

**1) Congratulations for completing your first Half Marathon!**

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

**3) The Surf City Half Marathon departure time is 5:00am, Sunday, February 5th. 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 Surf City 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!**