

SOAR Student Training Progress Week 16- 5Mile Bench, 15 Mile Long

Student / WK16	17-Jan	19-Jan	21-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	38:50:00	69:51:00	226:52:00	23	209.4	111:50:00	14:40:00	13:50:00
Cason, Justyn		56:12:00		5(18)	180.7(18)	56:12:00	11:15:00	8:25:00
Crooks, Keeva		59:00:00	195:00:00	20(3)	205.6(3)	127:00:00	12:40:00	12:10:00
De La Torre, Julia	37:30:00	56:14:00	154:00:00	18(5)	183.4(5)	82:40:00	13:45:00	12:40:00
Flores, Nataly		67:53:00	220:52:00	20(3)	211.6(3)	144:20:00	14:25:00	13:10:00
Gonzalez, Maria	41:05:00	59:00:00	224:00:00	23	186.6	108:00:00	14:05:00	10:20:00
Medina, Fernando	40:30:00	57:10:00	166:00:00	23	231.6	98:55:00	12:50:00	10:05:00
Medina, Jacki	38:50:00	56:10:00	199:10:00	23	213.6	98:05:00	12:50:00	12:00:00
Najera, Alex	54:00:00		180:00:00	18(5)	208.6(5)	117:00:00	13:00:00	9:15:00
Padilla, Kimberly			181:00:00	15(8)	200.6(8)	181:00:00	12:05:00	10:45:00
Pierce, Taylor	25:27:00	56:10:00	220:00:00	23	193.8	100:40:00	13:05:00	10:50:00
Ruiz, Gilbert	25:00:00	55:24:00	222:00:00	23	208.6	100:50:00	13:10:00	10:55:00
Velazquez, Stephanie	24:57:00	44:24:00	148:00:00	23	210.6	72:25:00	9:25:00	8:50:00
Yaworski, Bill	46:24:00	55:24:00	222:00:00	23	215.6	107:55:00	14:05:00	8:55:00

1) Congratulations for completing 200 miles of training! Countdown to LA - 7 Weeks!

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 We're proud of you guys! Keep training hard!