

SOAR Student Training Progress Week 17- 5Mile Bench, 10 Mile Hill

Student / WK17	24-Jan	26-Jan	28-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	66:17:00	61:53:00	76:20:00	15	229	68:15:00	13:40:00	13:45:00
Crooks, Keeva	96:00:00	55:35:00	126:00:00	23	228.6	92:30:00	12:05:00	12:10:00
De La Torre, Julia	104:00:00	56:07:00	157:00:00	23	206.4(2)	105:40:00	13:50:00	12:40:00
Flores, Nataly	66:00:00	60:55:00	140:50:00	20	231.6(3)	89:15:00	13:25:00	13:10:00
Gonzalez, Maria	49:20:00	49:27:00	132:00:00	20	206.6	79:55:00	11:30:00	10:25:00
Medina, Fernando	70:00:00	51:13:00	112:44:00	20	251.6	81:20:00	12:10:00	10:10:00
Medina, Jacki	56:40:00	60:03:00	133:20:00	20	233.6	83:20:00	12:30:00	12:00:00
Najera, Alex	60:00:00	42:00:00	90:00:00	20	228.6(5)	64:00:00	9:40:00	9:15:00
Padilla, Kimberly	50:20:00	51:50:00	113:00:00	20	220.6(8)	71:20:00	10:40:00	10:45:00
Pierce, Taylor	70:00:00	44:20:00	132:00:00	20	213.8	82:00:00	12:20:00	11:00:00
Ruiz, Gilbert	47:01:00			5(15)	213.6(15)	47:01:00	9:25:00	10:50:00
Velazquez, Stephanie	42:55:00	42:29:00	91:20:00	20	230.6	58:55:00	8:50:00	8:50:00
Yaworski, Bill	60:00:00	60:00:00	90:00:00	20	235.6	70:00:00	10:30:00	9:00:00

1) Congratulations for completing 200 miles of training! Countdown to LA - 6 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!