

SOAR Student Training Progress Week 18- 5Mile Bench, Half Marathon Event

| Student / WK18 | 31-Jan | 2-Feb | 5-Feb | Wkly Miles | Total Miles | Avg. Time | Wkly Min / Mile | YTD Min / Mile |
|-----------------------|---------------|--------------|--------------|-------------------|--------------------|------------------|------------------------|-----------------------|
| Abrego, Merlyn | 61:10:00 | 48:30:00 | 176:30:00 | 21.1 | 250.1 | 95:25:00 | 13:40:00 | 13:45:00 |
| Crooks, Keeva | 55:00:00 | 39:00:00 | 153:06:00 | 21.1 | 249.7 | 82:25:00 | 11:40:00 | 12:10:00 |
| De La Torre, Julia | 63:00:00 | 45:07:00 | 154:13:00 | 21.1 | 227.5 | 87:25:00 | 12:25:00 | 12:40:00 |
| Flores, Nataly | 65:21:00 | 85:18:00 | 164:23:00 | 25.1 | 256.7 | 105:00:00 | 12:35:00 | 13:10:00 |
| Gonzalez, Maria | 52:25:00 | 52:00:00 | 132:52:00 | 21.1 | 227.7 | 79:05:00 | 11:15:00 | 10:25:00 |
| Medina, Fernando | 49:00:00 | 35:39:00 | 175:55:00 | 21.1 | 272.7 | 86:20:00 | 12:20:00 | 10:20:00 |
| Medina, Jacki | 61:00:00 | 48:30:00 | 151:32:00 | 21.1 | 254.7 | 87:00:00 | 12:20:00 | 12:00:00 |
| Najera, Alex | Injured | Injured | Injured | 0 | 228.6 | 0:00:00 | 0:00:00 | 9:15:00 |
| Padilla, Kimberly | 50:45:00 | 38:10:00 | 132:40:00 | 21.1 | 241.7 | 73:50:00 | 10:30:00 | 10:45:00 |
| Pierce, Taylor | 44:33:00 | 33:20:00 | 123:41:00 | 21.1 | 256 | 67:10:00 | 9:30:00 | 10:50:00 |
| Ruiz, Gilbert | 74:13:00 | 61:38:00 | 126:56:00 | 26.1 | 239.7 | 87:40:00 | 10:00:00 | 10:50:00 |
| Velazquez, Stephanie | 42:10:00 | 32:40:00 | 113:42:00 | 21.1 | 251.7 | 62:50:00 | 8:55:00 | 8:50:00 |
| Yaworski, Bill | | 83:50:00 | 104:15:00 | 21.1 | 256.7 | 62:40:00 | 8:55:00 | 9:00:00 |

1) Congratulations for completing your second Half Marathon!! Countdown to LA - 4 Weeks!

2) SOAR Mardi Gras Madness 5K is slated for Saturday March 3rd! Proceeds benefit YOU! Tell your friends and family!

PARENT VOLUNTEERS NEEDED! ***PARENT VOLUNTEERS NEEDED! ***** PARENT VOLUNTEERS NEEDED!**

3) The SOAR 20 Mile LA Marathon Qualifier and Team BBQ rally time is 6:00am, Sunday, February 26th. Meet at Placerita JHS.

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!

ALL Miles owed must be made up by the Thursday before Marathon week! NO MAKE UP MILES WILL BE ALLOWED AFTER 3/8/12!

6) All LA Marathon and 20 Miler permission slips need to be given to a Coach 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!