

SOAR Student Training Progress Week 20- 5Mile Bench, 10 Mile Hillwork

Student / WK20	14-Feb	16-Feb	18-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	34:36:00	100:00:00	141:08:00	22	294.1	91:40:00	12:30:00	13:40:00
Crooks, Keeva	28:26:00	52:36:00	115:00:00	18	288.7	65:20:00	10:55:00	12:10:00
De La Torre, Julia	33:39:00	62:43:00	139:00:00	18	267.5	78:25:00	13:05:00	12:50:00
Flores, Nataly		62:11:00	141:47:00	15(3)	293.7(3)	67:55:00	13:40:00	13:15:00
Gonzalez, Maria	26:10:00	63:36:00		8(10)	257.7(10)	44:45:00	11:10:00	10:40:00
Medina, Fernando	24:40:00	35:27:00	105:17:00	17(1)	299.7(1)	55:10:00	9:40:00	10:25:00
Medina, Jacki	29:51:00	54:36:00	139:00:00	18	294.7	77:50:00	12:55:00	12:00:00
Najera, Alex		73:00:00	91:00:00	15(3)	265.6(3)	82:00:00	10:55:00	9:20:00
Padilla, Kimberly	28:10:00	54:36:00	108:36:00	18	281.7	63:50:00	10:40:00	10:40:00
Pierce, Taylor	24:11:00	63:36:00	93:28:00	18	296	60:25:00	10:05:00	11:00:00
Ruiz, Gilbert		73:59:00		5(13)	266.7(13)	73:59:00	14:50:00	10:55:00
Velazquez, Stephanie		39:02:00	96:45:00	15(3)	288.7(3)	67:50:00	9:05:00	8:55:00
Yaworski, Bill	54:32:00	73:00:00	95:38:00	22	295.7	74:25:00	10:10:00	9:10:00

1) Countdown to Marathon Week - 3 Weeks! Countdown to Marathon Week - 3 Weeks! Countdown to Marathon Week - 3 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!