

SOAR Student Training Progress Week 23- 5Mile Bench, 10 Mile Hillwork

Student / WK23	6-Mar	8-Mar	10-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn		101:00:00	149:00:00	17	341.1	125:00:00	14:40:00	13:40:00
Crooks, Keeva	41:42:00	60:00:00	123:00:00	19	337.7	74:50:00	11:50:00	12:10:00
De La Torre, Julia	41:38:00	62:00:00	149:20:00	19	313.5	84:20:00	13:20:00	12:45:00
Flores, Nataly	49:08:00	59:24:00	149:20:00	19	345.7	85:55:00	13:40:00	13:15:00
Gonzalez, Maria	36:35:00	55:00:00	157:35:00	19	316.7	83:05:00	13:10:00	10:45:00
Medina, Fernando	37:43:00	48:48:00	113:00:00	19	349.7	66:30:00	10:30:00	9:55:00
Medina, Jacki	41:38:00	57:10:00	149:10:00	19	316.7	56:20:00	13:05:00	12:10:00
Najera, Alex	41:30:00	48:00:00	103:00:00	19	317.7	64:10:00	10:10:00	9:30:00
Padilla, Kimberly	37:39:00	48:57:00	114:00:00	19	303.7	66:50:00	10:40:00	10:40:00
Pierce, Taylor	36:35:00	55:00:00	157:55:00	19	322.7	83:20:00	13:10:00	11:05:00
Ruiz, Gilbert	33:07:00	64:00:00	144:08:00	18	325.7	80:25:00	12:40:00	10:55:00
Velazquez, Stephanie	41:29:00	45:00:00	97:22:00	20	341.7	61:15:00	9:10:00	8:55:00
Yaworski, Bill	41:30:00	40:30:00	104:00:00	19	344.7	62:00:00	9:50:00	9:10:00

1) Welcome to Marathon Week! Welcome to Marathon Week! Welcome to Marathon Week! Welcome to Marathon Week!

**2) Final Team Race Event: LA Marathon XXVII. Meet at Lowes 4:30am, Sunday March 18th!
Team Expo Trip and Carbo Load Dinner, Saturday March 17th, 10am departure from Lowes!**

3) All Permission Slips for LA and the EXPO need to be given to a Coach by Thursday, March 15th!

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) Transportation home from the finish line in Santa Monica is not provided by SOAR on Marathon day. Please plan accordingly!

6) Tired body + tired mind = poor performance on Marathon day! Get at least 8 hrs sleep before Sunday's race!

7) Final Marathon info posted at www.SOAR-SC.org Here we go!!!!!!!