

SOAR Student Training Progress Week 10 - 5 Mile Bench, 10K Event

Student / WK10	4-Dec	6-Dec	8-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	45:46:00	33:40:00	51:48:00	15.2	89.5	43:40:00	8:40:00	9:10:00
Adams, Monica	60:29:00	45:42:00	64:27:00	15.2	112.5	56:50:00	11:10:00	11:20:00
Baello, Ryan	96:15:00	86:40:00	51:51:00	26.2	108.5	78:10:00	8:55:00	9:55:00
Conant, Nick	76:05:00	31:46:00	48:48:00	19.3	108.5	52:10:00	8:10:00	8:40:00
DeHererra, Sarah	59:47:00	46:20:00	65:50:00	15.2	111.6	57:20:00	11:20:00	12:40:00
DeJesus, Jessica	49:10:00	37:15:00	61:33:00	15.2	73.4	49:20:00	9:45:00	10:20:00
Ford, David	51:36:00	40:16:00	60:40:00	15.2	109.5	50:50:00	10:00:00	9:45:00
Ford, Jonathan	40:54:00	31:14:00	48:41:00	15.2	108.5	40:15:00	7:55:00	8:00:00
Goldstein, Emily	62:15:00	52:00:00	76:45:00	15.2	108.5	63:40:00	12:30:00	12:45:00
Javier, Natalie	61:50:00	47:00:00	66:24:00	15.2	108.5	58:25:00	11:30:00	11:55:00
Krizman, David	64:45:00	70:30:00	52:55:00	20.2	105.5	63:05:00	9:25:00	9:15:00
Mieske, Lauren	51:52:00	39:42:00	61:03:00	15.2	110.5	50:50:00	10:00:00	9:55:00
Pierce, Taylor	46:00:00	33:15:00	49:23:00	15.2	108.5	42:50:00	8:30:00	9:25:00
Smith, Avrielle	52:24:00	37:15:00	61:38:00	15.2	108.5	50:20:00	9:55:00	10:10:00
Wathen, Andrew	49:25:00	46:26:00	46:14:00	18.3	109.5	47:25:00	7:45:00	8:25:00
Yaworski, Sammy	65:00:00	38:10:00	59:06:00	15.2	108.5	54:05:00	10:40:00	10:30:00
Yurcisin, Demi	44:47:00	35:42:00	56:37:00	15.2	102.5	45:40:00	9:00:00	9:25:00

1) SOAR Jingle Bell Run departure time is 6:00am, Saturday, December 15th. Meet at Lowes.

2) TEAM PHYSICALS DUE NOW! NO EXCEPTIONS! YOUR TRAINING WILL BE SUSPENDED THIS WEEK IF YOU DON'T HAVE ONE!

3) Congrats on completing your first 100 miles of training!

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, December 13th at coaches discretion to participate in the SOAR Jingle Bell Run.

6) All Jingle Bell Run permission slips need to be given to Coach Sarkissian by Thursday December 13th!!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!