

SOAR Student Training Progress Week 12 - 5 Mile Bench, 5 Mile Hillwork

Student / WK12	18-Dec	20-Dec	22-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	36:48:00		53:45:00	9(5)	116.5(5)	45:15:00	10:05:00	9:10:00
Adams, Monica	44:07:00		63:23:00	9(5)	135.5(5)	53:45:00	11:55:00	11:25:00
Baello, Ryan	Injured	39:18:00		4(5)	116.5(5)	39:18:00	10:00:00	10:05:00
Conant, Nick	32:10:00	39:50:00	41:43:00	14.0	140.5	37:50:00	8:10:00	8:40:00
DeHererra, Sarah	50:20:00	60:35:00		9(5)	138.6(5)	55:30:00	12:20:00	12:30:00
DeJesus, Jessica	39:49:00	50:05:00	58:09:00	14.0	101.4(4)	49:20:00	10:40:00	10:15:00
Ford, David	37:53:00	54:10:00	104:12:00	19(+5)	146.5(+5)	49:10:00	10:20:00	9:50:00
Ford, Jonathan	30:36:00	38:15:00	82:40:00	19(+5)	145.5(+5)	37:50:00	8:00:00	8:05:00
Goldstein, Emily	51:13:00	66:20:00	69:33:00	14.0	140.5	62:25:00	13:20:00	12:50:00
Javier, Natalie	45:50:00	59:40:00	79:25:00	14.0	140.5	61:40:00	13:10:00	12:05:00
Krizman, David			115:32:00	10(4)	133.5(4)	115:32:00	11:40:00	9:30:00
Mieske, Lauren	38:05:00	117:58:00	53:55:00	19.0	147.5	69:55:00	11:00:00	10:05:00
Pierce, Taylor	42:14:00	57:32:00	47:50:00	14.0	140.5	49:20:00	10:30:00	9:30:00
Smith, Avrielle	36:10:00	49:40:00	58:30:00	14.0	140.5	48:10:00	10:20:00	10:05:00
Wathen, Andrew	28:40:00		44:27:00	9(5)	126.5(15)	36:40:00	8:10:00	8:25:00
Yaworski, Sammy	38:54:00	47:29:00	52:58:00	14.0	140.5	46:25:00	9:55:00	10:15:00
Yurcisin, Demi	32:28:00	47:45:00	46:42:00	14.0	134.5	51:55:00	9:05:00	9:15:00

1) 1) 13.1 LA departure time is 6:00am, Sunday, January 13th. Meet at Lowes.

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

3) SUPPORT SOAR'S MARDI GRAS MADNESS 5K FUNRAISER SATURDAY MARCH 2, 2013! WWW.MGM5K.COM REGISTER TODAY!

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 10th at coaches discretion to participate in 13.1 LA.

6) All 13.1 LA permission slips need to be given to Coach Sarkissian by Thursday January 10th!!

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