

SOAR Student Training Progress Week 13 - 5 Mile Bench, 10 Mile Long

Student / WK13	25-Dec	27-Dec	29-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	Holiday	42:17:00	89:05:00	15.0	131.5(5)	65:40:00	8:45:00	9:10:00
Adams, Monica	Holiday	56:53:00	116:41:00	15.0	150.5(5)	86:45:00	11:30:00	11:25:00
Baello, Ryan	Holiday	51:01:00	105:42:00	15.0	131.5(5)	78:20:00	10:25:00	10:05:00
Conant, Nick	Holiday		88:55:00	10(5)	150.5(5)	88:55:00	8:50:00	8:40:00
DeHererra, Sarah	Holiday	63:40:00	136:00:00	21.0	159.6	99:50:00	13:10:00	12:40:00
DeJesus, Jessica	Holiday	50:05:00	110:20:00	15.0	116.4(4)	80:15:00	10:40:00	10:15:00
Ford, David	Holiday	57:02:00	120:10:00	16.0	162.5(+6)	86:10:00	10:45:00	9:50:00
Ford, Jonathan	Holiday	42:01:00	101:15:00	16.0	161.5(+6)	71:40:00	8:55:00	8:05:00
Goldstein, Emily	Holiday	64:27:00	155:17:00	15.0	155.5	109:50:00	14:40:00	12:55:00
Javier, Natalie	Holiday	61:00:00	151:12:00	15.0	155.5	106:05:00	14:10:00	12:10:00
Krizman, David	Holiday	56:07:00	102:12:00	15.0	148.5(4)	79:10:00	10:40:00	9:40:00
Mieske, Lauren	Holiday	51:29:00	133:30:00	15.0	162.5	92:30:00	12:20:00	10:15:00
Pierce, Taylor	Holiday	49:50:00	113:12:00	15.0	155.5	81:30:00	10:50:00	9:40:00
Smith, Avrielle	Holiday	51:30:00	111:28:00	21.0	161.5	81:30:00	10:50:00	10:10:00
Wathen, Andrew	Holiday	40:15:00	84:50:00	15.0	141.5(15)	62:30:00	8:20:00	8:25:00
Yaworski, Sammy	Holiday	48:38:00	101:30:00	15.0	155.5	75:05:00	10:00:00	10:10:00
Yurcisin, Demi	Holiday	46:19:00	89:44:00	21.0	155.5	68:00:00	9:05:00	9:15:00

1) 13.1 LA departure time is 5:00am, 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!