

**SOAR Student Training Progress Week 14 - 5 Mile Bench, 10 Mile Hillwork**

<b>Student / WK14</b>	<b>1-Jan</b>	<b>3-Jan</b>	<b>5-Jan</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Adame, Garrett	45:27:00	44:40:00	94:50:00	20.0	151.5	61:40:00	9:15:00	9:10:00
Adams, Monica	Holiday	64:40:00	Injured	5.0	<b>160.5(5)</b>	64:40:00	12:55:00	11:30:00
Baello, Ryan	47:49:00	54:40:00	111:20:00	20.0	151.5	71:15:00	10:40:00	10:05:00
Conant, Nick	42:40:00	47:35:00	98:58:00	20.0	170.5	63:05:00	9:30:00	8:40:00
DeHererra, Sarah	Holiday	63:40:00	147:15:00	15.0	174.6	105:20:00	14:05:00	12:40:00
DeJesus, Jessica	53:48:00	54:38:00	112:05:00	20.0	136.4	73:30:00	11:00:00	10:20:00
Ford, David	Holiday			<b>0(15)</b>	<b>162.5 (9)</b>	0:00:00	0:00:00	9:50:00
Ford, Jonathan	Holiday			<b>0(15)</b>	<b>161.5(9)</b>	0:00:00	0:00:00	8:05:00
Goldstein, Emily	Holiday	70:30:00	154:11:00	15.0	170.5	112:20:00	15:00:00	13:05:00
Javier, Natalie	Holiday	60:04:00	124:40:00	15.0	170.5	92:20:00	12:20:00	12:15:00
Mieske, Lauren	Holiday	56:42:00	120:10:00	15.0	177.5	88:20:00	11:50:00	10:20:00
Pierce, Taylor	Holiday	43:40:00	129:21:00	15.0	170.5	86:30:00	11:30:00	9:45:00
Smith, Avrielle	Holiday	50:30:00	111:28:00	15.0	176.5	81:00:00	10:50:00	10:10:00
Wathen, Andrew	42:25:00	138:30:00	95:38:00	30.0	171.5	92:10:00	9:10:00	8:30:00
Yaworski, Sammy	Holiday	50:30:00		<b>5(10)</b>	<b>160.5(10)</b>	50:30:00	10:05:00	10:10:00
Yurcisin, Demi	Holiday	44:35:00	99:05:00	15.0	170.5	71:50:00	9:40:00	9:20:00

**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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**