

SOAR Student Training Progress Week 15 - 5 Mile Bench, Half Marathon Event

Student / WK15	8-Jan	10-Jan	13-Jan	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	45:40:00	23:07:00	114:10:00	21.1	172.6	60:55:00	8:40:00	9:10:00
Adams, Monica	Injured	32:57:00	158:53:00	16.1	176.6	63:55:00	11:55:00	11:30:00
Baello, Ryan	59:08:00	27:00:00	129:33:00	21.1	172.6	71:55:00	10:10:00	10:05:00
Conant, Nick	44:45:00	23:43:00	115:39:00	21.1	191.6	61:25:00	8:40:00	8:40:00
DeHererra, Sarah	68:32:00	37:54:00	183:24:00	21.1	195.7	84:40:00	12:00:00	12:40:00
DeJesus, Jessica	57:28:00	30:30:00	126:36:00	21.1	157.5	71:30:00	10:10:00	10:20:00
Ford, David	117:25:00	72:30:00	144:45:00	30.1	192.6	66:55:00	11:10:00	9:55:00
Ford, Jonathan	90:10:00	54:35:00	105:55:00	30.1	191.6	50:10:00	8:20:00	8:10:00
Goldstein, Emily	69:20:00	39:07:00	172:34:00	21.1	191.6	93:40:00	13:20:00	13:05:00
Javier, Natalie	66:02:00	33:08:00	151:37:00	21.1	191.6	83:40:00	11:50:00	12:10:00
Mieske, Lauren	52:08:00	28:35:00	127:38:00	21.1	198.6	69:25:00	9:50:00	10:20:00
Pierce, Taylor	Sick	Sick		0(13.1)	170.5(13.1)	0:00:00	0:00:00	9:45:00
Smith, Avrielle	50:30:00	25:30:00	134:57:00	21.1	197.6	70:20:00	10:00:00	10:10:00
Wathen, Andrew	90:00:00	Injured	112:48:00	19.1	190.6	101:25:00	10:40:00	8:40:00
Yaworski, Sammy	55:38:00	27:55:00	136:50:00	21.1	181.6	73:40:00	10:25:00	10:10:00
Yurcisin, Demi	46:02:00	24:35:00	128:04:00	21.1	191.6	66:15:00	9:25:00	9:20:00

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

2) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) the night before every big run! Hydrate! Hydrate! Hydrate !

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, February 7th at coaches discretion to participate in the SRLA Friendship Run.

6) All SRLA Friendship Run permission slips need to be given to Coach Sarkissian by Thursday February 7th!!

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