

SOAR Student Training Progress Week 18 - 5 Mile Bench, 15 Mile Hillwork

Student / WK18	Jan 29	31-Jan	2-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	42:03:00	33:10:00	144:00:00	24.0	238.6	61:10:00	7:40:00	9:05:00
Adams, Monica	60:14:00	118:00:00	218:00:00	30.0	238.6(4)	132:00:00	13:10:00	11:45:00
Baello, Ryan	47:04:00	37:27:00	201:00:00	24.0	226.6(12)	96:10:00	11:50:00	10:20:00
Conant, Nick	44:08:00	37:34:00	163:30:00	24.0	257.6	81:40:00	10:10:00	8:50:00
DeHererra, Sarah	61:20:00	43:34:00	209:18:00	24.0	261.7	104:45:00	13:05:00	12:50:00
DeJesus, Jessica	39:05:00	98:00:00	188:20:00	29.0	224.5	108:30:00	11:10:00	10:25:00
Ford, David	51:40:00	87:40:00	173:42:00	29.0	258.6	104:20:00	10:50:00	10:15:00
Ford, Jonathan	39:55:00	29:17:00	139:17:00	24.0	257.6	69:30:00	8:30:00	8:10:00
Goldstein, Emily	68:45:00	54:13:00	234:17:00	24.0	257.6	119:05:00	14:50:00	13:20:00
Javier, Natalie	58:34:00	83:40:00	131:35:00	23.0	252.6(5)	91:15:00	11:50:00	12:25:00
Mieske, Lauren	52:10:00	39:09:00	189:50:00	24.0	259.6	93:40:00	11:40:00	10:40:00
Pierce, Taylor	46:58:00	129:30:00	170:38:00	34.0	233.5	115:40:00	10:10:00	9:50:00
Smith, Avrielle	47:58:00	36:25:00	176:27:00	24.0	263.6	89:55:00	10:50:00	10:20:00
Wathen, Andrew	41:27:00	30:34:00	134:32:00	24.0	256.6	68:50:00	8:40:00	8:35:00
Yaworski, Sammy	158:40:00	40:25:00	186:25:00	34.0	247.6	128:30:00	11:20:00	10:25:00
Yurcisin, Demi	77:20:00	31:19:00	152:58:00	28.0	257.6	63:10:00	9:20:00	9:20:00

1) SRLA Friendship Run departure time is 6:00am, Sunday, February 10th. Meet at Lowes.

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!