SOAR Student Training Progress Week 23 - 4 Mile Bench, 10 Mile Hillwork

Student / WK23	5-Mar	7-Mar	9-Mar	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	31:20:00	32:14:00	97:33:00	18.0	334.6	53:45:00	8:55:00	9:05:00
Adams, Monica	43:23:00	40:41:00	123:37:00	18.0	332.6	69:20:00	11:30:00	11:50:00
Baello, Ryan	33:51:00	33:02:00	109:14:00	18.0	334.6	58:40:00	9:50:00	10:25:00
Conant, Nick	64:00:00	31:53:00	87:48:00	22.0	348.6	61:25:00	8:20:00	9:00:00
DeHererra, Sarah	44:52:00	46:10:00	151:04:00	18.0	348.7	80:40:00	13:25:00	13:05:00
DeJesus, Jessica	51:20:00	Excused	112:48:00	15.0	308.5	82:10:00	10:55:00	10:30:00
Ford, David	39:56:00	Excused	125:45:00	14.0	341.6	82:50:00	11:50:00	10:25:00
Ford, Jonathan	28:41:00	28:30:00	88:38:00	18.0	344.6	48:40:00	8:05:00	8:20:00
Goldstein, Emily	50:37:00	54:39:00	157:41:00	18.0	340.6	87:40:00	14:40:00	13:30:00
Javier, Natalie	43:42:00	42:25:00	128:17:00	18.0	344.6	71:20:00	11:50:00	12:25:00
Mieske, Lauren	27:11:00	Excused	Excused	2.0	330.6	27:11:00	13:40:00	10:50:00
Pierce, Taylor	44:52:00	46:10:00	107:38:00	18.0	320.5	66:10:00	11:00:00	9:55:00
Smith, Avrielle	36:50:00	36:48:00	110:00:00	18.0	350.6	61:10:00	10:10:00	9:50:00
Wathen, Andrew	31:11:00	28:20:00	84:55:00	18.0	343.6	48:50:00	8:10:00	8:25:00
Yaworski, Sammy	38:29:00	36:28:00	55:44:00	13.0	329.6	43:40:00	10:05:00	10:30:00
Yurcisin, Demi	32:20:00	32:16:00	97:48:00	18.0	344.6	54:10:00	9:00:00	9:20:00

1) CONGRATULATIONS SOAR! Countdown to Marathon Week - 1 Week! CONGRATULATIONS SOAR!

2) Final Team Race Event: LA Marathon XXVIII. Meet at Whole Foods 4:00am, Sunday March 17th!
Team Expo Trip and Carbo Load Dinner, Saturday March 16th, 10am departure from Lowes!

3) All Permission Slips for LA and the EXPO need to be given to a Coach by Thursday, March 14th!

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!
ALL Miles owed must be made up by the Thursday before Marathon week! NO MAKE UP MILES WILL BE ALLOWED AFTER 3/7/12!

6) Tired body + tired mind = poor performance on Marathon day! Get at least 8 hrs sleep before Sunday's race!

**7) Final Marathon info posted at www.SOAR-SC.org HERE WE GO!!!