

SOAR Student Training Progress Week 19 - 4 Mile Bench, 15 Mile Long

Student / WK19	8-Feb	10-Feb	12-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	45:09:00	43:12:00	235:00:00	22	277.85	107:45:00	14:40:00	12:20:00
Veronica Fernandez	45:12:00	31:33:00		7(15)	206.85(15)	38:25:00	11:00:00	10:45:00
Nataly Flores		61:00:00	241:03:00	20(2)	274.8(2)	150:40:00	15:00:00	13:25:00
Vanessa Flores		39:42:00	245:00:00	18(4)	272.6(4)	142:20:00	15:50:00	13:20:00
Jasmine Gill		38:25:00	Sick	3(4)	250.85(4)	38:25:00	9:40:00	9:20:00
Jazmin Gonzalez	39:45:00			4(18)	248.85(18)	39:45:00	9:55:00	9:55:00
Alexandra Medel	49:00:00	32:10:00	164:00:00	22	276.75	81:40:00	11:10:00	10:55:00
Alex Mendez	31:00:00	21:50:00	147:00:00	22	277.85	66:40:00	9:05:00	9:15:00
Zachary Mendoza	40:38:00	29:37:00	193:30:00	22	270.85	87:55:00	12:00:00	11:45:00
Mahsa Motavvef	56:03:00	46:22:00		7(15)	229(15)	49:40:00	14:10:00	13:50:00
Cristian Perez	Injured	Injured	Injured	0	239.1	0:00:00	0:00:00	8:30:00
Gilbert Ruiz		25:02:00	121:00:00	13(9)	269(9)	73:00:00	11:15:00	8:50:00
Charmaine Sadia	46:15:00	46:22:00	210:47:00	22	260.6	101:10:00	13:50:00	12:15:00
Jayme Tan	49:00:00	32:10:00		7(15)	256.7(15)	40:40:00	11:40:00	11:05:00
Carolyn Thio	39:15:00	38:25:00	164:30:00	22	244.75	80:45:00	11:00:00	9:45:00
Bridget Valenzuela	56:03:00	46:22:00		7(15)	248.6(15)	51:15:00	14:40:00	13:40:00
Stephanie Velazquez		38:50:00	168:43:00	18(4)	268(4)	103:45:00	11:30:00	10:50:00
Logan Wilson	33:55:00	23:19:00		7(15)	228.85(15)	28:40:00	8:10:00	9:55:00

1) Countdown to LA Marathon Week - 4 weeks!

2) SOAR Mardi Gras Madness 5K is slated for Saturday March 5th! Proceeds benefit YOU! Tell your friends and family!

3) The SOAR 20 Mile LA Marathon Qualifier and Team BBQ rally time is 6:00am, Sunday, March 6th. Meet at Placerita JHS.

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, March 3rd at coaches discretion to participate in the SOAR 20 Miler.**

6) All SOAR 20 Miler permission slips need to be given to Coach Sark by Thursday, March 3rd!

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