

Training Wk3 3mls.xls

Student / Wk 3	30-Oct	1-Nov	3-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	30:50:00	37:20:00	42:48:00	9.4	20.5	39:55:00	11:50	11:50
Priscilla Deleon	30:10:00	37:20:00	231:47:00	19.1	36.2	99:45:00	15:40	12:50
Priscilla Hernandez	40:00:00	23:10:00		4.5(4.9)	13.6	31:40:00	14:05	13:55
Roxana Ramos	39:20:00	40:10:00	43:02:00	9.4	20.5	40:50:00	13:00	12:50

Please note the following:

1) Saturday trainings will continue at Balboa Lake unless noted otherwise. Next pickup time is 6am at COC, Saturday November 10th!

2) All team physicals and waivers are due November 29th! No exceptions!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) Hydrate! Hydrate! Hydrate !

4) Sore legs, ankles, feet, knees, and hips are a normal part of long distance running. Remember to include recovery time in your workout schedule (ie. one day on one day off). Good nutrition is an important part of the recovery process. 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). All miles owed must be made up before the next race at coaches discretion to qualify!

6) Keep training hard! Next race is Saturday, December 8th - Santa Monica - Venice Beach 10K.

7) Congrats to Priscila D for completing to Santa Clarita Half Marathon, Sunday November 4th!