

Training Wk4 3mls.xls

Student / Wk 4	6-Nov	8-Nov	10-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	40:30:00	33:02:00	39:55:00	9.4	29.9	37:50:00	12:05	11:55
Priscilla Deleon	40:00:00	31:00:00	34:58:00	9.4	45.6	35:20:00	11:15	12:20
Priscilla Hernandez	45:54:00	37:04:00		7.5(6.8)	21.1	41:30:00	11:05	13:10
Roxana Ramos	42:30:00	Family	42:18:00	6.4	26.9	42:20:00	13:15	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 17th!

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) All Students are registered for the Santa Monica - Venice Christmas 10K. Permission slips are due by Saturday, December 1st!  
Shoe distribution immediately following the race.

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. Pickup is at COC, 6am sharp!