

SOAR Student Training Progress Week 10 - 5 Mile Bench, 10K Event

Student / Wk 10	9-Dec	11-Dec	13-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	66:09:00	33:30:00	64:00:00	14.2	116	54:40:00	11:30	12:15
Priscilla Deleon	65:02:00	33:30:00	64:00:00	14.2	79	54:10:00	11:25	11:45
Skyelar Vega	73:58:00	38:15:00	78:00:00	14.2	115.7	63:20:00	13:20	15:10
Roxana Ramos	66:58:00	33:29:00	69:38:00	14.2	113	56:40:00	12:00	12:40
Kelsey Hash	74:19:00	39:54:00	82:00:00	17.2	115.7	58:45:00	13:40	14:20
Antonio Hernandez	52:09:00	31:15:00	61:12:00	14.2	116	48:10:00	10:10	12:00
Fernando Flores	41:01:00	21:19:00	43:22:00	14.2	107.3	35:15:00	7:25	9:15
Karen Moreno	48:56:00	26:06:00	51:46:00	23.2	103	44:45:00	9:40	10:50

Please note the following:

1) View race results, training progress, and more at: www.sctc-storm.org/SOAR

2) All team physicals and waivers are due December 16th! No exceptions!

3) Next Team Event: SOAR Jingle Bell Run and Coaches Breakfast, Saturday December 20th! Pickup is at 6am at GVHS.

4) Remember, Carbs, Carbs, Carbs, H2O, H2O, H2O the night before any big run or event for optimum performance!

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 by THURSDAY, DECEMBER 11th at coaches discretion to qualify!

6) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run! Keep training hard guys, we're proud of you!

7) Big congrats for finishing the Santa Monica - Venice Xmas 10K last week guys! SOAR posted stellar results!