

SOAR Student Training Progress Week 4 - 3 Mile Bench, 5 Mile Long

Student / Wk 4	28-Oct	30-Oct	1-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	36:09:00	23:52:00	77:00:00	10	36.1	33:30:00	13:45	12:15
Priscilla Deleon	XC	XC		0(5)	3.1(5)	NA	NA	8:00
Skyelar Vega	47:40:00	28:27:00	83:00:00	10	36.1	53:05:00	15:55	15:40
Roxana Ramos	36:56:00	22:08:00	65:00:00	10	36.1	41:20:00	12:20	12:05
Kelsey Hash	44:49:00	26:46:00		5(5)	31.1(5)	35:50:00	14:20	14:00
Antonio Hernandez	33:10:00	23:05:00	77:00:00	10	36.1	44:25:00	13:20	11:40
Fernando Flores	24:36:00	16:47:00	70:23:00	10	33.1	37:15:00	11:50	9:15
Karen Moreno	34:08:00	18:47:00		5(5)	18.1(5)	26:40:00	10:55	10:40

Please note the following:

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

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

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

4) Next event - Road Runner Sports Shoe Clinic, Saturday November 15th in West Hills!

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) 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!