

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

Student / Wk 5	4-Nov	6-Nov	8-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	30:50:00	31:52:00	79:00:00	11	47.1	47:15:00	12:50	12:20
Priscilla Deleon	XC	XC	76:00:00	5	8.1(5)	76:00:00	15:15	11:40
Skyelar Vega	46:26:00	28:27:00	87:00:00	11	47.1	59:20:00	16:10	15:45
Roxana Ramos	35:08:00	33:31:00	80:28:00	11	47.1	49:40:00	13:30	12:20
Kelsey Hash	43:20:00	41:39:00	88:00:00	11	42.1(5)	57:40:00	15:45	14:10
Antonio Hernandez	30:45:00	30:00:00	78:00:00	11	47.1	46:15:00	12:40	11:50
Fernando Flores	27:36:00	22:34:00	75:00:00	11	44.1	41:45:00	11:25	9:35
Karen Moreno	53:50:00	57:00:00	75:30:00	16	34.1	62:10:00	11:40	10:55

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) Pickup time for the Road Runner Sports Shoe Clinic, Saturday November 15th is 11am at GVHS!

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!