

SOAR Student Training Progress Week 8 - 4 Mile Bench, 8 Mile Long

Student / Wk 8	25-Nov	27-Nov	29-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	44:58:00	Holiday		4.0(8)	74.8(8)	44:58:00	11:15	12:25
Priscilla Deleon	52:53:00	Holiday		4.0(8)	35.8(13)	52:53:00	13:15	11:50
Skyelar Vega	59:59:00	Holiday	129:50:00	12.0	82.5	95:00:00	15:50	15:20
Roxana Ramos	52:53:00	Holiday		4.0(8)	74.8(8)	52:53:00	13:15	12:35
Kelsey Hash	59:59:00	39:54:00	132:40:00	15(+3)	85.5	77:30:00	15:30	14:30
Antonio Hernandez	44:40:00	Holiday	124:36:00	12.0	82.8	84:40:00	14:05	12:15
Fernando Flores	31:48:00	Holiday		4.0(8)	66.1(8)	31:48:00	8:40	9:25
Karen Moreno	39:19:00	Holiday	102:50:00	12.0	69.8	71:00:00	11:50	11:10

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) Next Team Race Event: Santa Monica Venice Xmas 10K, Saturday December 13th! Pickup is at 6am at GVHS.

4) All students are registered for the Surf City Marathon, Sunday February 1st, 2009. Permission slips due by 1/23/09.

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!