

SOAR Student Training Progress Week 9 - 5 Mile Bench, 9 Mile Long

Student / Wk 9	2-Dec	4-Dec	6-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	63:35:00	57:43:00	112:00:00	27.0	101.8	44:58:00	12:10	12:20
Priscilla Deleon	64:52:00	56:12:00	112:00:00	29.0	64.8(3)	52:53:00	11:40	11:50
Skyelar Vega	67:30:00	72:18:00	130:46:00	19.0	101.5	95:00:00	14:15	15:20
Roxana Ramos	64:52:00	58:19:00	120:49:00	24.0	98.8(3)	52:53:00	14:20	12:45
Kelsey Hash	68:00:00	68:57:00		13(3)	98.5(3)	77:30:00	13:40	14:25
Antonio Hernandez	63:07:00	53:54:00	105:38:00	19.0	101.8	84:40:00	11:40	12:15
Fernando Flores	51:12:00	40:46:00	77:40:00	27.0	93.1	31:48:00	10:15	9:30
Karen Moreno	47:36:00	51:59:00		10(9)	79.8(9)	71:00:00	10:00	10:55

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 Race Event: Santa Monica Venice Xmas 10K, Saturday December 13th! 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!