

SOAR Student Training Progress Week 7 - 5 Mile Bench, 7 Mile Long

Student / Wk 7	18-Nov	20-Nov	22-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	74:49:00	46:53:00	118:00:00	17.7	70.8	79:50:00	13:30	12:25
Priscilla Deleon	62:00:00	43:07:00	118:00:00	17.7	31.8(5)	74:20:00	12:40	11:25
Skyelar Vega	91:01:00	57:18:00	110:58:00	17.4	70.5	86:25:00	14:50	15:20
Roxana Ramos	76:27:00	52:22:00	118:00:00	17.7	70.8	82:20:00	13:55	12:25
Kelsey Hash	91:51:00	57:53:00	113:00:00	22.4	70.5	83:25:00	14:50	14:20
Antonio Hernandez	72:20:00	46:49:00	103:19:00	17.7	70.8	74:05:00	12:30	12:00
Fernando Flores	Sick	32:18:00	71:00:00	12.0	62.1	51:40:00	8:40	9:30
Karen Moreno	67:00:00	41:15:00	96:57:00	17.7	57.8	68:20:00	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) 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 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!