

SOAR Student Training Progress Week 2 - 2 Mile Bench, 4 Mile Long

Student / Wk 2	14-Oct	16-Oct	18-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	19:44:00	22:23:00	50:27:00	8	17	30:50:00	11:35	12:10
Priscilla Deleon	XC	XC	XC	XC	XC	XC	XC	XC
Skyelar Vega	48:30:00	47:28:00	65:19:00	10	16(1)	53:45:00	16:10	14:45
Roxana Ramos	20:51:00	24:58:00	50:28:00	8	17	32:05:00	12:00	11:45
Kelsey Hash	28:17:00	27:13:00	54:56:00	8	17	36:50:00	13:50	13:20
Antonio Hernandez	18:26:00	22:28:00	48:14:00	8	17	29:45:00	11:25	11:25
Elizabeth Diaz	XC	XC	XC	XC	XC	XC	XC	XC
Fernando Flores	14:34:00		58:51:00	8	17	36:35:00	9:10	8:35

Please note the following:

1) Race for the Rescues 5K departure time is 6:00am, Sunday October 26th. Meet at GVHS.

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) Sore legs, ankles, feet, knees, and hips are a normal part of long distance running. Don't forget to include recovery foods (protein, carbs, electrolytes, and lots of fluids) in your workout routine! Try a PB & J sandwich, and big glass of milk as a killer post training essential!

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!

5) Keep training hard! We're proud of you guys!