

SOAR Student Training Progress Week 3 - 3 Mile Bench, 5K Event

Student / Wk 2	21-Oct	23-Oct	26-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina Deleon	33:51:00	35:12:00	32:35:00	9.1	26.1	33:30:00	11:00	11:45
Priscilla Deleon	XC	XC	25:04:00	3.1	3.1	25:04:00	8:00	8:00
Skyelar Vega	77:20:00	48:50:00	47:32:00	10.1	26.1	57:50:00	17:10	15:30
Roxana Ramos	40:20:00	37:50:00	33:22:00	9.1	26.1	37:10:00	12:15	11:50
Kelsey Hash	45:05:00	47:29:00	44:16:00	9.1	26.1	46:00:00	15:00	13:50
Antonio Hernandez	33:41:00	33:45:00	31:33:00	9.1	26.1	33:00:00	10:50	11:05
Elizabeth Diaz	XC	XC	XC	XC	XC	XC	XC	XC
Fernando Flores	Injured	24:18:00	23:29:00	6.1	23.1	23:50:00	7:50	8:20
Karen Moreno	35:37:00	33:30:00	29:05:00	9.1	13.1	32:35:00	10:45	10:45

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) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) Hydrate! Hydrate! Hydrate !

4) Next event - Road Runner Sports Shoe Clinic, Saturday November 15th in West Hills!

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! Congrats on finishing our first official 5K!