

SOAR Student Training Progress Week 1 - 2Mile Bench, 3 Mile Long

Student / WK1	7-Oct	9-Oct	11-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Sabrina DeLeon	24:56:00	23:15:00	37:51:00	7	9	28:40:00	12:20:00	11:35:00
Priscilla DeLeon	XC	XC	XC	XC	XC	XC	XC	XC
Skyelar Vega	27:47:00	27:51:00		4(3)	6(3)	27:45:00	13:55:00	13:15:00
Roxana Ramos	21:37:00	21:05:00	37:51:00	7	9	26:50:00	11:30:00	11:10:00
Kelsey Hash	25:51:00	24:46:00	39:40:00	7	9	29:30:00	12:35:00	12:50:00
Antonio Hernandez	23:37:00	21:30:00	35:05:00	7	9	26:35:00	11:25:00	10:10:00
Elizabeth Diaz	XC	XC	XC	XC	XC	XC	XC	XC
Fernando Flores	17:28:00	15:30:00	24:16:00	7	9	19:05:00	8:10:00	7:50:00

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 are due Tuesday, December 16th! No exceptions!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) before every big run! 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 pre/post workout routine! Try and limit the junk!

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