

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

Student / WK1	20-Oct	22-Oct	24-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	23:45:00	22:06:00	36:26:00	7	7	27:20:00	11:45:00	11:45:00
Gabriela Arias	30:17:00			2(5)	2(5)	30:17:00	15:10:00	15:10:00
Juliet DeAmicis	18:29:00	18:19:00	Excused	4	4	18:25:00	9:10:00	9:10:00
Janette Flores				0(7)	0(7)	NA	NA	NA
Vanessa Flores	29:30:00		43:00:00	5(2)	5(2)	36:15:00	14:30:00	14:30:00
Stephanie Garcia	20:50:00	22:00:00	37:50:00	7	7	26:55:00	11:30:00	11:30:00
Zachary Mendoza	25:02:00	24:31:00	37:11:00	7	7	28:50:00	12:20:00	12:20:00
Ilian Mondragon	19:23:00	18:37:00	31:38:00	7	7	23:10:00	9:55:00	9:55:00
Karen Moreno	18:25:00	18:17:00	30:15:00	7	7	22:20:00	9:35:00	9:35:00
Marisol Ramirez	19:05:00			2(5)	2(5)	19:05:00	19:05:00	9:35:00
Roxana Ramos	23:48:00	32:34:00	38:00:00	7	7	31:25:00	13:30:00	13:30:00
Karinne Smith	22:00:00	22:00:00	33:09:00	7	7	25:40:00	11:00:00	11:00:00
Madeline Tan	19:35:00	20:29:00	32:32:00	7	7	24:10:00	10:20:00	10:20:00
Rorie Uribe	20:45:00		30:30:00	5(2)	5(2)	25:40:00	10:15:00	10:15:00
Bridget Valenzuela	22:50:00	22:05:00	37:27:00	7	7	27:25:00	11:45:00	11:45:00

1) The Hip Hop Classic 5K departure time is 7:00am, Saturday, November 14th. Meet at GVHS.

2) All team physicals are due Friday, November 27th! 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!

5) All weekly and total mile results highlighted in RED indicate miles owed. The number of miles shows as: (2). YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, November 12th at coaches discretion to participate in the Hip Hop Classic.

6) All SOAR paperwork needs to be given to Coach Sarkissian as soon as possible if you haven't turned it in yet!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!