

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

Student / WK2	27-Oct	29-Oct	31-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	21:30:00	34:29:00	34:53:00	8	15	30:20:00	11:20:00	11:30:00
Gabriela Arias	29:20:00	46:00:00		5(3)	7(8)	37:40:00	15:00:00	15:05:00
Juliet DeAmicis	18:03:00	28:07:00	30:17:00	8	12	25:05:00	9:20:00	9:25:00
Janette Flores	30:00:00	48:05:00	45:23:00	8	8(7)	41:05:00	15:25:00	15:25:00
Vanessa Flores	29:20:00	48:05:00	45:23:00	8	13(2)	40:55:00	15:20:00	14:50:00
Stephanie Garcia	20:46:00	33:12:00	32:16:00	8	15	28:45:00	10:50:00	11:10:00
Zachary Mendoza	23:35:00	36:11:00	37:10:00	8	15	32:20:00	12:10:00	12:15:00
Ilian Mondragon	19:49:00	28:45:00	30:58:00	8	15	26:30:00	9:55:00	9:55:00
Karen Moreno	18:00:00	28:07:00	30:15:00	8	15	25:25:00	9:35:00	9:35:00
Mahsa Motavvef	NA	34:27:00	35:52:00	6	6	35:10:00	11:40:00	11:40:00
Cristian Perez	NA	NA	34:30:00	3	3	34:30:00	11:30:00	11:30:00
Marisol Ramirez				0(8)	2(13)	19:05:00	19:05:00	9:35:00
Roxana Ramos	21:00:00	34:20:00	36:26:00	8	15	30:40:00	11:30:00	12:30:00
Karinne Smith	21:31:00	31:50:00	31:00:00	8	15	28:10:00	10:35:00	10:45:00
Madeline Tan	18:45:00	29:30:00	31:32:00	8	15	26:40:00	9:55:00	10:10:00
Rorie Uribe	18:03:00	52:49:00	30:24:00	9	14(1)	33:45:00	11:15:00	10:45:00
Bridget Valenzuela	21:57:00	34:02:00	34:38:00	8	15	30:15:00	11:20:00	11:30:00

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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!