

SOAR Student Training Progress Week 5 - 3Mile Bench, 5 Mile Long

Student / WK5	17-Nov	19-Nov	21-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	36:05:00	34:55:00	68:56:00	11.0	42.6	46:40:00	12:40:00	11:55:00
Juliet DeAmicis	27:50:00	29:10:00	55:16:00	11.0	43.1	37:25:00	10:10:00	9:55:00
Janette Flores	43:34:00	43:40:00	82:00:00	11.0	43.1	56:25:00	15:20:00	15:10:00
Vanessa Flores	45:27:00	43:40:00	84:00:00	11.0	43.1	57:40:00	15:45:00	15:05:00
Stephanie Garcia	38:13:00	33:30:00	61:00:00	11.0	45.6	44:15:00	12:00:00	11:45:00
Zachary Mendoza	39:05:00	40:23:00	67:38:00	11.0	45.1	49:00:00	13:15:00	12:10:00
Ilian Mondragon	30:36:00	28:57:00	54:15:00	11.0	45.6	37:55:00	10:05:00	9:50:00
Karen Moreno	47:27:00	34:45:00	27:40:00	11.0	45.1	36:40:00	10:00:00	10:10:00
Mahsa Motavvef	37:47:00	44:30:00	67:53:00	11.0	37.6	50:00:00	13:40:00	12:30:00
Cristian Perez	23:54:00	23:25:00	46:05:00	11.0	33.6	31:10:00	8:30:00	9:10:00
Marisol Ramirez	Excused	31:16:00	55:46:00	8.0	24	43:30:00	10:50:00	10:10:00
Roxana Ramos	33:00:00	36:20:00	68:25:00	11.0	45.6	45:55:00	12:30:00	12:30:00
Karinne Smith	33:34:00	44:30:00	70:00:00	11.0	45.6	49:20:00	13:25:00	11:25:00
Madeline Tan	28:46:00	28:51:00	54:10:00	11.0	45.6	37:15:00	10:10:00	10:20:00
Rorie Uribe	38:40:00	33:36:00	61:00:00	11.0	45.6	44:00:00	12:00:00	10:55:00
Bridget Valenzuela	38:08:00	51:38:00	38:17:00	11.0	46.1	42:40:00	12:35:00	12:00:00
Skyelar Vega	37:46:00	36:39:00	70:00:00	11.0	11	48:10:00	13:10:00	13:10:00

1) Permission Slips for RRS Shoe Clinic and Santa Monica Venise Xmas 10K due by Thursday December 3rd!

2) Next Team Event is the Road Runner Sports Shoe Clinic. Meet at GVHS at 8:30am, Saturday December 5th! Please note! This is a training day as well! We will be doing 5 miles at Balboa Lake after the Clinic!

3) All team physicals are due Friday, November 27th! No exceptions! Contact a Coach if you need assistance!

4) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run!

5) 80 Ounces a day keeps fatigue away! Drink at least 8-10 glasses of water daily in order to maintain healthy hydration levels and adequate blood volume needed to support a positive training experience!

6) 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, December 3rd at coaches discretion to attend the RRS Shoe clinic.

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