

SOAR Student Training Progress Week 7 - 4Mile Bench, 5 Mile Long

Student / WK7	1-Dec	3-Dec	5-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	47:44:00	46:33:00	76:50:00	13.0	66.6	57:00:00	13:05:00	12:00:00
Juliet DeAmicis	38:03:00	78:00:00	71:00:00	19.0	67.1	62:20:00	9:50:00	9:55:00
Janette Flores	64:01:00	145:00:00	85:25:00	19.0	68.1	98:10:00	15:30:00	15:20:00
Vanessa Flores	64:14:00	139:53:00	85:15:00	19.0	68.1	96:30:00	15:15:00	15:10:00
Stephanie Garcia	49:30:00	43:00:00	80:00:00	13.0	69.6	57:30:00	13:15:00	11:50:00
Zachary Mendoza	61:47:00	49:10:00	71:11:00	13.0	69.1	60:40:00	14:00:00	12:20:00
Ilian Mondragon	38:16:00	39:55:00	54:00:00	13.0	64.6	44:05:00	10:10:00	10:10:00
Karen Moreno	38:02:00	40:20:00	58:40:00	13.0	69.1	45:40:00	10:30:00	10:15:00
Mahsa Motavvef	50:38:00	53:44:00	68:22:00	13.0	61.6	57:40:00	13:15:00	12:50:00
Cristian Perez	61:09:00	63:00:00	50:00:00	18.0	56.6	58:00:00	9:40:00	9:20:00
Marisol Ramirez	67:29:00	58:00:00	57:00:00	19.0	49	60:50:00	9:40:00	10:20:00
Kim Sadia	41:27:00	45:24:00	49:10:00	12(1)	23(1)	45:40:00	11:20:00	11:25:00
Karinne Smith	42:53:00	51:34:00	68:00:00	13.0	64.6	54:10:00	12:30:00	11:55:00
Madeline Tan	38:03:00	40:20:00	50:03:00	13.0	69.6	42:50:00	9:50:00	10:15:00
Rorie Uribe	38:10:00	42:35:00	67:00:00	13.0	69.6	51:40:00	11:25:00	11:10:00
Bridget Valenzuela	50:38:00	53:44:00	67:58:00	13.0	70.1	57:25:00	13:15:00	12:20:00
Skyelar Vega	56:29:00	57:58:00	75:08:00	13.0	35	63:10:00	14:40:00	13:40:00

1) Permission Slip for the Santa Monica Venise Xmas 10K due by Thursday December 10th!

2) Next Team Event is the Santa Monica - Venice Xmas 10K. Meet at GVHS at 5:30am, Saturday December 12th!  
All team members need to wear a CLEAN SOAR Training Shirt!

3) Remaining team physicals are due ASAP, 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 10th at coaches discretion to attend the SM-Venice 10K!

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!