

SOAR Student Training Progress Week 8 - 5Mile Bench, 10K Event

Student / WK8	8-Dec	10-Dec	12-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	59:30:00	35:02:00	71:16:00	14.2	80.8	55:15:00	11:35:00	12:00:00
Juliet DeAmicis	47:55:00	28:15:00	59:07:00	14.2	81.3	62:20:00	9:30:00	9:50:00
Janette Flores	71:00:00	42:00:00	86:58:00	14.2	82.3	66:35:00	14:05:00	15:10:00
Vanessa Flores	71:00:00	42:16:00	86:22:00	14.2	82.3	66:30:00	14:05:00	15:05:00
Stephanie Garcia	56:26:00	31:33:00	69:51:00	14.2	83.8	52:35:00	11:10:00	11:45:00
Zachary Mendoza	48:00:00	37:50:00	70:06:00	14.2	83.3	52:00:00	11:00:00	12:10:00
Ilian Mondragon	49:42:00	29:43:00	61:30:00	14.2	78.8	47:00:00	9:55:00	10:10:00
Karen Moreno	47:48:00	28:12:00	59:34:00	14.2	83.3	45:10:00	9:35:00	10:10:00
Mahsa Motavvef	65:13:00	36:45:00	74:57:00	14.2	75.8	59:00:00	12:30:00	12:50:00
Cristian Perez	44:50:00	23:50:00	46:19:00	14.2	70.8	38:20:00	8:10:00	9:10:00
Marisol Ramirez	47:45:00	19:00:00	59:02:00	13.2	62.2	41:50:00	9:30:00	10:15:00
Kim Sadia	53:54:00	37:53:00	70:07:00	15.2	38.2	53:50:00	10:40:00	11:10:00
Karinne Smith	54:59:00	39:12:00	67:54:00	14.2	78.8	54:10:00	11:25:00	11:50:00
Madeline Tan	48:58:00	28:28:00	60:01:00	14.2	83.8	45:50:00	9:40:00	10:10:00
Rorie Uribe	53:23:00	30:09:00	Sick	8.0	77.6	41:45:00	10:25:00	11:05:00
Bridget Valenzuela	65:13:00	39:12:00	80:41:00	14.2	84.3	61:45:00	13:05:00	12:25:00
Skyelar Vega	69:10:00	46:30:00	89:35:00	14.2	49.2	68:25:00	14:25:00	13:50:00

1) Permission Slip for the Jingle Bell 10 Miler due by Thursday December 10th!

2) Next Team Event is the SOAR Jingle Bell Run and Team Breakfast. Meet at GVHS at 6:00am, Saturday December 19th!
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 We're proud of you guys! Keep training hard!