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

Student / WK2	12-Oct	14-Oct	16-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	25:35:00	22:29:00	32:43:00	7	14	26:55:00	11:35:00	11:10:00
Veronica Fernandez	36:08:00	19:55:00	32:05:00	8	15	29:15:00	10:55:00	10:25:00
Nataly Flores	25:06:00	25:49:00	39:09:00	7	14	30:00:00	12:50:00	12:25:00
Vanessa Flores	29:10:00	41:05:00	39:09:00	9	14	36:30:00	12:10:00	12:25:00
Jasmine Gill	17:39:00	38:06:00	29:20:00	8.5	15.5	28:20:00	10:00:00	9:20:00
Jazmin Gonzalez	36:33:00	17:15:00	29:20:00	8	11	27:40:00	10:25:00	9:40:00
Richard Kuehn	16:50:00	15:05:00		4(3)	8(3)	16:00:00	8:00:00	7:50:00
Alexandra Medel	25:05:00	22:30:00	32:29:00	7	14	26:40:00	11:25:00	10:55:00
Alex Mendez	64:00:00	21:00:00	31:10:00	10	14	38:40:00	11:35:00	10:20:00
Zachary Mendoza	27:12:00	21:05:00	41:00:00	7	14	29:45:00	12:45:00	11:40:00
Mahsa Motavvef	43:10:00	32:00:00	40:45:00	7	14	38:40:00	16:30:00	14:15:00
Cristian Perez		43:05:00	25:06:00	7	14	34:10:00	9:45:00	8:50:00
Gilbert Ruiz	16:18:00	43:00:00	28:00:00	9	16	29:05:00	9:40:00	8:45:00
Charmaine Sadia	24:20:00	24:20:00	35:50:00	7	14	27:25:00	11:45:00	11:55:00
Kim Sadia	19:53:00	19:53:00	33:33:00	7	14	26:30:00	11:20:00	10:55:00
Leslie Solis	29:10:00	19:25:00	29:29:00	7	14	26:00:00	11:10:00	10:45:00
Jayme Tan	25:05:00	22:31:00	34:20:00	7	14	27:20:00	11:40:00	11:00:00
Madeline Tan	20:25:00	20:25:00	29:10:00	7	14	23:10:00	9:55:00	9:40:00
Carolyn Thio	36:30:00	26:25:00		6(1)	9(1)	31:25:00	10:30:00	9:40:00
Bridget Valenzuela	32:00:00	27:15:00	40:43:00	7	14	33:20:00	14:15:00	13:15:00
Stephanie Velazquez	23:05:00	20:30:00	30:31:00	7	14	28:20:00	12:10:00	11:30:00
Logan Wilson	17:32:00	21:00:00	30:00:00	7	14	22:50:00	9:50:00	8:55:00

- 1) The Race for the Rescues 5K departure time is 6:00am, Sunday, October 24th. Meet at Lowes.
- 2) All team physicals are due Tuesday, December 14th! 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, October 21st at coaches discretion to participate in the Race for the Rescues 5K.
- 6) All RFR 5K permission slips need to be given to Coach Sark 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!