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!

