

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

Student / WK4	26-Oct	28-Oct	30-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	43:50:00	29:43:00	57:23:00	12	35.1	43:40:00	10:55:00	11:15:00
Veronica Fernandez	44:00:00	Sick	Sick	4	28.1	44:00:00	11:00:00	10:40:00
Nataly Flores	55:10:00	42:10:00	26:57:00	10(2)	33.1(2)	41:30:00	12:25:00	12:40:00
Vanessa Flores		53:40:00	26:57:00	7(5)	30.1(5)	40:20:00	11:30:00	12:25:00
Jasmine Gill	Sick	27:06:00	26:57:00	6	30.6	27:00:00	9:00:00	9:10:00
Jazmin Gonzalez	40:10:00	26:47:00	53:52:00	12	32.1	40:20:00	10:00:00	9:40:00
Alexandra Medel	45:05:00	44:43:00	56:10:00	13	33(2.1)	48:40:00	11:10:00	10:50:00
Alex Mendez	39:49:00	25:45:00	52:53:00	12	35.1	39:30:00	9:50:00	9:50:00
Zachary Mendoza	47:18:00	32:27:00	66:35:00	12	35.1	49:05:00	12:15:00	11:50:00
Mahsa Motavvef	49:40:00	39:00:00	64:47:00	12	29	51:10:00	12:45:00	13:40:00
Cristian Perez	33:40:00	25:35:00	45:06:00	12	35.1	34:45:00	8:40:00	8:20:00
Gilbert Ruiz	33:40:00	25:35:00	45:06:00	12	37.1	34:45:00	8:40:00	8:30:00
Charmaine Sadia	42:00:00	34:30:00		7(5)	32.1(5)	38:15:00	10:50:00	11:25:00
Kim Sadia	42:42:00	32:05:00		7(5)	28(5)	37:25:00	10:40:00	10:40:00
Leslie Solis	40:53:00	53:15:00		8(4)	28.1(4)	47:00:00	11:45:00	10:50:00
Jayme Tan	45:10:00	35:05:00	56:10:00	12	35.1	45:30:00	11:20:00	11:05:00
Madeline Tan	41:06:00	28:14:00	51:55:00	12	32	40:25:00	10:05:00	9:50:00
Carolyn Thio	37:04:00	27:27:00	54:21:00	12	31.1	39:40:00	9:50:00	9:30:00
Bridget Valenzuela	50:00:00	41:45:00	26:57:00	10(2)	33.1(2)	39:40:00	11:50:00	13:10:00
Stephanie Velazquez	38:16:00	29:40:00	45:46:00	12	35.1	37:50:00	9:30:00	10:40:00
Logan Wilson	40:13:00	26:47:00	54:25:00	12	35.1	40:25:00	10:10:00	9:15:00

1) The Calabasas Classic 5K departure time is 6:00am, Sunday, November 14th. 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, November 11th at coaches discretion to participate in the Calabasas Classic.**

6) All Calabasas Classic permission slips need to be given to Coach Sark as soon as possible!

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