

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

Student / WK5	2-Nov	4-Nov	6-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	51:45:00	33:28:00	Excused	7	42.1	42:35:00	11:45:00	11:20:00
Veronica Fernandez	Excused	78:59:00	Excused	7	35.1	78:59:00	11:15:00	10:45:00
Nataly Flores	56:39:00	60:30:00	70:42:00	13	46.1(1)	62:35:00	14:25:00	13:00:00
Vanessa Flores	56:40:00	57:30:00	70:42:00	13	43.1(4)	61:35:00	14:10:00	12:45:00
Jasmine Gill	38:45:00	30:47:00	47:00:00	12	42.6	38:50:00	9:40:00	9:20:00
Jazmin Gonzalez	43:15:00	27:53:00	Excused	7	39.1	35:35:00	10:10:00	9:40:00
Alexandra Medel	48:30:00	47:20:00	57:41:00	13	46(1)	51:10:00	11:50:00	11:10:00
Alex Mendez	34:00:00	28:50:00	39:40:00	11	46.1	34:20:00	9:20:00	9:50:00
Zachary Mendoza	52:43:00	32:40:00	Excused	7	42.1	42:40:00	12:10:00	11:55:00
Mahsa Motavvef	52:20:00	47:38:00	71:46:00	12	41	57:15:00	14:20:00	13:50:00
Cristian Perez	40:10:00	28:50:00	Excused	7	42.1	34:35:00	9:50:00	8:40:00
Gilbert Ruiz	40:10:00	24:27:00	44:32:00	12	49.1	36:25:00	9:10:00	8:35:00
Charmaine Sadia	57:00:00	36:32:00	121:15:00	17	49.1	71:35:00	12:35:00	11:35:00
Kim Sadia	57:00:00	33:40:00	66:30:00	12	40(5)	52:20:00	13:05:00	11:10:00
Leslie Solis	47:28:00	49:00:00	52:05:00	13	41.1(3)	49:30:00	11:20:00	10:50:00
Jayme Tan	48:30:00	35:05:00	57:41:00	12	47.1	47:10:00	11:50:00	11:15:00
Madeline Tan	41:15:00	38:20:00	Excused	7	39	39:50:00	11:25:00	10:10:00
Carolyn Thio	41:35:00	30:08:00	54:03:00	12	43.1	41:50:00	10:30:00	9:45:00
Bridget Valenzuela	57:35:00	72:00:00	74:00:00	14	47.1	67:50:00	14:30:00	13:25:00
Stephanie Velazquez	43:16:00	32:15:00	52:19:00	12	47.1	42:40:00	10:40:00	10:40:00
Logan Wilson	47:00:00	28:00:00	52:17:00	12	47.1	42:25:00	10:35:00	9:30:00

1) The Calabasas Classic 5K departure time is 6:00am, Sunday, November 14th. Meet at Lowes.

2) Thursday November 11th training time changed to 9am for Veterans' Day. Training location is still at Lowes.

3) All team physicals are due Tuesday, December 14th! No exceptions!

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!