

**SOAR Student Training Progress Week 6 - 4 Mile Bench, 5K Event**

<b>Student / WK6</b>	<b>9-Nov</b>	<b>11-Nov</b>	<b>14-Nov</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Keeva Crooks	41:49:00	47:20:00	32:24:00	11.1	53.2	40:35:00	10:50:00	11:15:00
Veronica Fernandez	42:47:00	39:35:00	32:04:00	11.1	46.2	39:50:00	10:45:00	10:45:00
Nataly Flores	65:45:00	50:30:00	38:01:00	12.1	58.2	51:25:00	12:45:00	12:55:00
Vanessa Flores	65:45:00	81:43:00	38:00:00	15.1	58.2	61:50:00	12:20:00	12:40:00
Jasmine Gill	35:50:00	35:50:00	24:55:00	11.1	53.7	32:10:00	8:40:00	9:10:00
Jazmin Gonzalez	36:54:00	37:52:00	25:49:00	11.1	50.2	33:35:00	9:05:00	9:35:00
Alexandra Medel	50:00:00	42:30:00	31:32:00	12.1	58.1	41:20:00	10:15:00	11:00:00
Alex Mendez	39:10:00	34:50:00	24:22:00	11.1	57.2	32:45:00	8:50:00	9:40:00
Zachary Mendoza	49:24:00	51:26:00	32:34:00	11.1	53.2	44:30:00	12:00:00	11:55:00
Mahsa Motavvef	35:40:00	47:14:00	34:23:00	11.1	52.1	39:10:00	10:35:00	13:30:00
Cristian Perez	31:00:00	32:00:00	22:29:00	11.1	53.2	28:30:00	7:40:00	8:40:00
Gilbert Ruiz	33:47:00	32:08:00	23:21:00	11.1	60.2	29:40:00	8:00:00	8:30:00
Charmaine Sadia	44:53:00	42:28:00	32:06:00	11.1	60.2	39:50:00	10:45:00	11:30:00
Kim Sadia	106:05:00	51:21:00	32:05:00	16.1	56.1	63:10:00	11:50:00	11:20:00
Leslie Solis	49:37:00	59:30:00	29:52:00	14.1	55.2	46:20:00	9:50:00	10:40:00
Jayme Tan	44:25:00	42:30:00	31:12:00	11.1	58.2	39:20:00	10:35:00	11:10:00
Madeline Tan	36:50:00	37:49:00	30:44:00	11.1	50.1	35:05:00	9:30:00	10:00:00
Carolyn Thio	37:27:00	38:06:00	28:10:00	11.1	54.2	34:40:00	9:20:00	9:40:00
Bridget Valenzuela	52:36:00	51:26:00	37:30:00	11.1	58.2	47:10:00	12:45:00	13:20:00
Stephanie Velazquez	48:40:00	39:39:00	29:51:00	12.1	59.2	39:20:00	9:45:00	10:30:00
Logan Wilson	36:43:00	34:36:00	24:49:00	11.1	58.2	32:05:00	8:40:00	9:25:00

**1) The Santa Monica - Venice Christmas 10K departure time is 5:30am, Saturday, December 11th. Meet at Lowes.**

**2) Saturday November 20th training time changed to 7:30am for YogaWorks Clinic. Training location is Bridgeport Marketplace.**

**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, December 9th at coaches discretion to participate in the SM-Venice Xmas 10K.**

**6) All Santa Monica Venice 10K 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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**