

SOAR Student Training Progress Week 1 - 2Mile Bench, 3 Mile Long

Student / WK1	4-Oct	6-Oct	8-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Merlyn Abrego	26:00:00	25:39:00	41:52:00	7	7	31:05:00	13:20:00	13:20:00
Justyn Cason	13:15:00	12:32:00	20:50:00	7	7	15:30:00	6:40:00	6:40:00
Keeva Crooks	20:43:00	20:39:00	32:29:00	7	7	24:40:00	10:30:00	10:30:00
Julia De La Torre	21:29:00	21:18:00	39:30:00	7	7	27:25:00	11:50:00	11:50:00
Nataly Flores	24:50:00	24:13:00		4(3)	4(3)	24:30:00	12:15:00	12:15:00
Larry Garcia	14:55:00			2(5)	2(5)	14:55:00	7:15:00	7:15:00
Maria Gonzalez	18:34:00	18:17:00	28:44:00	7	7	21:50:00	9:25:00	9:25:00
Fernando Medina	18:15:00	18:04:00	28:17:00	7	7	21:30:00	9:10:00	9:10:00
Jacqueline Medina	23:48:00	25:39:00	41:42:00	7	7	30:25:00	13:00:00	13:00:00
Brent Mena	18:45:00	18:04:00		4(3)	4(3)	18:20:00	9:10:00	9:10:00
Alex Najera		37:37:00	25:18:00	7	7	31:20:00	9:00:00	9:00:00
Kimberly Padilla	18:35:00	18:49:00	30:01:00	7	7	22:25:00	9:40:00	9:40:00
Taylor Pierce	18:37:00	20:39:00	31:23:00	7	7	23:40:00	10:05:00	10:05:00
Gilbert Ruiz	16:48:00	18:17:00	27:10:00	7	7	20:45:00	8:50:00	8:50:00
Stephanie Velazquez	17:11:00	16:50:00	23:17:00	7	7	19:05:00	8:10:00	8:10:00
Bill Yaworski	15:59:00	14:51:00	24:10:00	7	7	18:20:00	7:50:00	7:50:00

1) The Race for the Rescues 5K departure time is 6:00am, Sunday, October 23rd. Meet at Lowes.

2) Training Saturday October 15th will be moved to Central Park near Saugus HS. SOAR Nutrition Clinic scheduled for after training!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) the night 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 20th at coaches discretion to participate in the Race for the Rescues 5K.**

6) SOAR Parent Information Night scheduled for Wednesday October 12th 7pm. 21515 Centre Pointe Pkwy, Santa Clarita 91350.

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