

**SOAR Student Training Progress Week 3- 3Mile Bench, 5K Event**

<b>Student / WK3</b>	<b>18-Oct</b>	<b>20-Oct</b>	<b>23-Oct</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Abrego, Merlyn	46:30:00	72:09:00	40:39:00	12.1	24.1	53:05:00	13:10:00	14:45:00
Cason, Justyn	22:07:00	20:36:00	20:57:00	9.1	24.1	21:10:00	7:00:00	7:20:00
Crooks, Keeva	50:30:00	58:34:00	35:21:00	12.1	24.1	48:10:00	11:55:00	11:25:00
De La Torre, Julia	39:06:00	32:34:00	33:40:00	9.1	24.1	35:45:00	11:50:00	12:05:00
Flores, Nataly	59:40:00	72:09:00	38:49:00	12.1	24.1	56:50:00	14:05:00	13:15:00
Garcia, Larry	52:37:00	27:13:00	23:33:00	11.1	24.1	34:30:00	9:20:00	8:50:00
Gonzalez, Maria	32:46:00	29:07:00	27:12:00	9.1	24.1	29:40:00	9:50:00	9:40:00
Medina, Fernando	20:22:00	28:30:00	27:11:00	9.1	24.1	25:20:00	8:20:00	9:20:00
Medina, Jacki	34:00:00	39:00:00	40:20:00	9.1	24.1	37:45:00	12:25:00	10:30:00
Mena, Brent	46:18:00	31:00:00	28:43:00	11.1	24.1	35:20:00	9:30:00	11:40:00
Najera, Alex	26:12:00	24:16:00	23:45:00	9.1	24.1	24:45:00	8:10:00	8:45:00
Padilla, Kimberly	34:48:00	31:08:00	30:09:00	9.1	24.1	32:00:00	10:30:00	9:45:00
Pierce, Taylor	34:48:00	28:19:00	26:46:00	9.1	24.1	33:00:00	10:30:00	10:25:00
Ruiz, Gilbert	31:04:00	81:00:00	23:30:00	14.1	24.1	45:10:00	9:40:00	9:25:00
Velazquez, Stephanie	28:30:00	26:45:00	25:58:00	9.1	25.1	27:10:00	9:00:00	9:05:00
Yaworski, Bill	24:15:00	24:03:00	22:23:00	9.1	24.1	23:55:00	7:45:00	8:05:00

**1) The Calabasas Classic 5K departure time is 6:00am, Sunday, November 13th. Meet at Lowes.**

**2) All team physicals are due Saturday, November 26th! 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 10th 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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**