

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

Student / WK4	25-Oct	27-Oct	29-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	61:52:00	41:20:00	64:00:00	12	36.1	55:45:00	13:55:00	14:30:00
Cason, Justyn	30:30:00	21:27:00	37:50:00	12	36.1	29:55:00	7:30:00	7:25:00
Crooks, Keeva	44:58:00		64:14:00	9(3)	33.1(3)	54:40:00	12:10:00	11:40:00
De La Torre, Julia	46:00:00	34:36:00	64:00:00	12	36.1	48:10:00	12:05:00	12:05:00
Flores, Nataly	51:12:00	39:52:00	64:14:00	12	36.1	51:50:00	12:55:00	13:10:00
Garcia, Larry	34:46:00	26:06:00		7(5)	31.1(5)	30:20:00	8:40:00	8:45:00
Gonzalez, Maria	38:00:00	29:00:00	49:00:00	12	36.1	38:40:00	9:40:00	9:40:00
Medina, Fernando	38:08:00	38:30:00	48:00:00	13	37.1	41:40:00	9:40:00	9:20:00
Medina, Jacki	61:52:00	35:30:00	64:35:00	12	36.1	54:00:00	13:30:00	11:15:00
Mena, Brent	40:00:00	28:49:00		7(5)	31.1(5)	34:20:00	9:50:00	11:30:00
Najera, Alex	31:20:00	24:22:00	42:10:00	12	36.1	32:40:00	8:10:00	10:40:00
Padilla, Kimberly	38:30:00	30:55:00	61:00:00	12	36.1	43:25:00	10:50:00	10:00:00
Pierce, Taylor	38:00:00	29:00:00	49:00:00	12	36.1	38:40:00	9:40:00	10:10:00
Ruiz, Gilbert	37:07:00		46:05:00	9(3)	33.1(3)	41:40:00	9:15:00	9:25:00
Velazquez, Stephanie	34:50:00	26:14:00	Excused	7	32.1	30:30:00	8:40:00	8:55:00
Yaworski, Bill	31:30:00	22:22:00		7(5)	31.1(5)	26:55:00	7:40:00	7:55:00

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 We're proud of you guys! Keep training hard!