

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

<b>Student / WK5</b>	<b>1-Nov</b>	<b>3-Nov</b>	<b>5-Nov</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		39:40:00		<b>3(10)</b>	<b>39.1(10)</b>	39:40:00	13:10:00	14:20:00
Cason, Justyn	28:30:00	29:05:00	44:45:00	14	50.1	34:10:00	7:20:00	7:25:00
Crooks, Keeva	56:00:00	39:40:00	Excused	7	<b>40.1(3)</b>	47:50:00	13:40:00	12:05:00
De La Torre, Julia	48:54:00	34:33:00	77:40:00	13	49.1	53:40:00	12:25:00	12:10:00
Flores, Nataly	54:14:00	39:40:00	70:26:00	13	49.1	54:50:00	12:40:00	13:05:00
Garcia, Larry			52:15:00	<b>6(7)</b>	<b>37.1(12)</b>	52:15:00	8:40:00	8:45:00
Gonzalez, Maria	47:03:00		63:00:00	<b>10(3)</b>	<b>46.1(3)</b>	55:05:00	11:00:00	9:55:00
Medina, Fernando	40:59:00	25:25:00	54:30:00	13	50.1	40:20:00	9:20:00	9:20:00
Medina, Jacki	56:00:00	34:35:00	76:30:00	13	39.1	55:40:00	12:50:00	11:40:00
Mena, Brent	47:23:00	92:40:00	56:45:00	18	49.1	65:40:00	10:55:00	11:10:00
Najera, Alex	34:58:00	25:10:00	50:25:00	13	39.1	38:50:00	8:30:00	8:40:00
Padilla, Kimberly	41:19:00	30:14:00	Excused	7	43.1	35:45:00	10:10:00	10:05:00
Pierce, Taylor	44:40:00	28:08:00	63:00:00	13	49.1	45:15:00	10:25:00	10:15:00
Ruiz, Gilbert		25:46:00		<b>3(10)</b>	<b>36.1(13)</b>	25:46:00	8:40:00	9:15:00
Velazquez, Stephanie	36:35:00	25:45:00	54:50:00	13	45.1	39:05:00	9:00:00	8:55:00
Yaworski, Bill	32:32:00	39:00:00	50:27:00	15	<b>46.1(3)</b>	40:40:00	8:10:00	8:00:00

**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!**