

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

Student / WK6	8-Nov	10-Nov	13-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	138:55:00	101:45:00	40:42:00	20.1	59.2	93:45:00	14:00:00	14:15:00
Cason, Justyn	29:18:00	32:15:00	20:26:00	11.1	61.2	27:25:00	7:25:00	7:25:00
Crooks, Keeva	58:53:00	83:53:00	36:12:00	13.1	53.2	59:40:00	13:40:00	12:20:00
De La Torre, Julia	52:48:00	38:47:00	38:00:00	10.1	59.2	43:10:00	12:50:00	12:15:00
Flores, Nataly	49:29:00	38:50:00	37:08:00	10.1	59.2	41:50:00	12:25:00	12:55:00
Garcia, Larry	60:00:00	127:25:00	22:46:00	22.1	59.2	70:10:00	9:30:00	8:50:00
Gonzalez, Maria	60:00:00	29:55:00	30:42:00	11.1	57.2	40:10:00	10:50:00	10:05:00
Medina, Fernando	38:00:00	25:50:00	26:19:00	10.1	60.2	30:05:00	8:55:00	9:20:00
Medina, Jacki	49:30:00	36:10:00	38:00:00	10.1	59.2	41:15:00	12:15:00	11:40:00
Mena, Brent	41:42:00	28:51:00	28:43:00	10.1	59.2	33:05:00	9:50:00	10:55:00
Najera, Alex	45:02:00	24:03:00	23:56:00	10.1	59.2	35:15:00	9:10:00	8:40:00
Padilla, Kimberly	41:37:00	31:03:00	30:09:00	10.1	53.2	34:15:00	10:10:00	10:05:00
Pierce, Taylor	38:00:00	34:53:00	26:46:00	10.1	59.2	33:10:00	9:50:00	10:10:00
Ruiz, Gilbert	60:00:00	127:30:00	30:43:00	23.1	59.2	72:45:00	9:25:00	9:15:00
Velazquez, Stephanie	35:00:00	25:33:00	26:08:00	10.1	55.2	28:50:00	8:35:00	8:55:00
Yaworski, Bill	42:00:00	41:30:00	21:41:00	13.1	59.2	35:05:00	8:00:00	8:00:00

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

2) Saturday November 19th is a 5 mile hill run. Meet at Facey / Holy Cross Urgent Care - Corner of McBean and Valencia Blvd, 6am.

3) All team physicals are due Saturday, November 26th! 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, November 10th at coaches discretion to participate in the Calabasas Classic.**

6) All SM-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 We're proud of you guys! Keep training hard!