

**SOAR Student Training Progress Week 7- 5Mile Bench, 5 Mile Hill Work**

<b>Student / WK7</b>	<b>15-Nov</b>	<b>17-Nov</b>	<b>19-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	65:08:00	38:15:00	82:51:00	14	73.2	62:05:00	13:10:00	14:05:00
Cason, Justyn	36:38:00		61:55:00	<b>10(3)</b>	<b>71.2(3)</b>	49:15:00	9:50:00	7:45:00
Crooks, Keeva	64:00:00	31:50:00	62:00:00	13	66.2	52:40:00	12:10:00	12:20:00
De La Torre, Julia	64:15:00	33:44:00	61:55:00	13	72.2	53:20:00	12:20:00	12:15:00
Flores, Nataly	65:08:00	36:14:00	64:00:00	13	72.2	55:10:00	12:40:00	12:55:00
Garcia, Larry	43:05:00	24:50:00	75:40:00	16	75.2	48:10:00	9:00:00	8:55:00
Gonzalez, Maria	50:37:00	28:28:00	76:00:00	14	71.2	51:40:00	11:05:00	10:10:00
Medina, Fernando	56:20:00	28:25:00	76:00:00	14	74.2	53:40:00	11:30:00	9:40:00
Medina, Jacki	65:00:00	33:10:00	64:00:00	13	72.2	54:00:00	12:30:00	11:50:00
Mena, Brent	50:36:00	26:32:00	55:10:00	13	72.2	44:05:00	10:10:00	10:50:00
Najera, Alex	45:45:00			<b>5(8)</b>	<b>64.2(8)</b>	45:45:00	9:10:00	8:45:00
Padilla, Kimberly	52:54:00	29:50:00	60:00:00	13	66.2	47:40:00	11:00:00	10:10:00
Pierce, Taylor	47:45:00	26:33:00	76:00:00	14	72.2	50:05:00	10:45:00	10:15:00
Ruiz, Gilbert	64:15:00	29:43:00		<b>8(5)</b>	<b>67.2(5)</b>	47:00:00	11:45:00	9:40:00
Velazquez, Stephanie	44:20:00	24:52:00	47:10:00	13	68.2	38:50:00	8:55:00	8:55:00
Yaworski, Bill	45:45:00	22:00:00		<b>8(5)</b>	<b>67.2(5)</b>	33:55:00	8:45:00	8:05:00

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

**2) Saturday November 26th 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, December 7th at coaches discretion to participate in the Santa Monica-Venice Xmas 10K.**

**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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**