

SOAR Student Training Progress Week 1- 2Mile Bench, 3 Mile Long

Student / WK1	2-Oct	4-Oct	6-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	23:17:00	17:50:00	26:58:00	7.0	7.0	22:40:00	9:40:00	9:40:00
Adams, Monica	25:39:00	21:05:00	33:14:00	7.0	7.0	26:40:00	11:25:00	11:25:00
Baello, Ryan	22:20:00	18:17:00	28:29:00	7.0	7.0	23:05:00	9:50:00	9:50:00
Conant, Nick	17:56:00	18:32:00	28:00:00	7.0	7.0	21:25:00	9:10:00	9:10:00
DeHerrera, Sarah	26:36:00	24:20:00		4(3)	4(3)	25:30:00	12:45:00	12:45:00
Ford, David	23:30:00	18:57:00	28:14:00	7.0	7.0	23:40:00	10:05:00	10:05:00
Ford, Jonathan	17:44:00	15:23:00	25:49:00	7.0	7.0	19:40:00	8:25:00	8:25:00
Frye, Daniel	18:40:00	17:34:00	33:00:00	7.0	7.0	23:05:00	9:50:00	9:50:00
Goldstein, Emily	28:43:00	23:28:00	37:38:00	7.0	7.0	29:55:00	12:50:00	12:50:00
Javier, Nataly	25:39:00	22:04:00	35:30:00	7.0	7.0	27:45:00	11:50:00	11:50:00
Krizman, David	21:52:00	17:05:00	28:12:00	7.0	7.0	22:20:00	9:40:00	9:40:00
Mendez, Lizeth	24:25:00	21:40:00	33:18:00	7.0	7.0	26:45:00	11:25:00	11:25:00
Mendez, Stephanie	21:19:00	20:20:00	30:40:00	7.0	7.0	24:01:00	10:20:00	10:20:00
Mieske, Lauren	19:45:00	17:20:00	29:12:00	7.0	7.0	22:10:00	9:30:00	9:30:00
Pierce, Taylor	18:52:00	16:36:00	26:56:00	7.0	7.0	20:50:00	8:50:00	8:50:00
Smith, Avrielle	22:03:00	20:25:00	30:45:00	7.0	7.0	24:25:00	10:25:00	10:25:00
Steven, Tyler	20:00:00		29:50:00	5(2)	5(2)	24:55:00	10:00:00	10:00:00
Wathen, Andrew	18:00:00	16:29:00		4(3)	4(3)	17:15:00	8:40:00	8:40:00
Yaworski, Sammy	25:17:00	19:53:00	29:56:00	7.0	7.0	25:00:00	10:40:00	10:40:00
Yurcisin, Demi	18:56:00	17:30:00	30:51:00	7.0	7.0	22:25:00	9:40:00	9:40:00

1) Congratulations on completing your first week of training!

2) All team physicals are due Tuesday, November 27th! No exceptions!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) the night 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, October 25th at coaches discretion to participate in the LA Cancer Challenge.

6) The LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 28th. Meet at Lowes. All LACC 5K permission slips need to be given to Coach Sarkissian 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!