

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

<b>Student / WK5</b>	<b>30-Oct</b>	<b>1-Nov</b>	<b>3-Nov</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Adame, Garrett	39:47:00	26:50:00	42:40:00	12.0	47.1	34:25:00	9:05:00	9:25:00
Adams, Monica	50:44:00	33:10:00	61:23:00	12.0	51.0	47:45:00	11:55:00	11:20:00
Baello, Ryan		27:57:00	48:11:00	8(4)	43.1(4)	38:10:00	9:30:00	9:40:00
Conant, Nick	34:37:00	24:55:00	46:30:00	12.0	47.1	35:20:00	8:50:00	8:45:00
DeHererra, Sarah	52:50:00	37:30:00	53:35:00	11(1)	46.1(1)	47:55:00	13:05:00	12:45:00
DeJesus, Jessica	46:12:00	31:33:00	53:18:00	12.0	12.0	43:40:00	10:55:00	10:55:00
Ford, David	42:50:00	25:17:00	51:50:00	12.0	48.1	39:55:00	10:00:00	9:40:00
Ford, Jonathan	34:32:00	23:00:00	42:06:00	12.0	47.1	33:10:00	8:20:00	8:05:00
Frye, Daniel	52:45:00	31:07:00	51:53:00	12.0	41.1	45:15:00	11:20:00	11:10:00
Goldstein, Emily	52:50:00	37:00:00	65:50:00	12.0	47.1	51:55:00	13:00:00	12:50:00
Javier, Nataly	51:20:00	33:11:00	70:00:00	12.0	47.1	51:30:00	12:50:00	12:05:00
Krizman, David	42:48:00		45:15:00	9(3)	44.1(3)	29:25:00	9:50:00	8:55:00
Mendez, Lizeth				0(12)	35.1(12)	0:00:00	0:00:00	11:25:00
Mendez, Stephanie				0(12)	35.1(12)	0:00:00	0:00:00	9:55:00
Mieske, Lauren	39:28:00	28:34:00	53:04:00	12.0	47.1	40:25:00	10:05:00	9:40:00
Pierce, Taylor	40:00:00	32:12:00		7(5)	42.1(5)	35:40:00	10:10:00	9:40:00
Smith, Avrielle	41:24:00	29:20:00	51:40:00	12.0	47.1	40:50:00	10:10:00	10:05:00
Steven, Tyler	50:38:00		51:05:00	9(3)	44.1(3)	50:50:00	11:20:00	9:50:00
Wathen, Andrew	34:25:00	43:05:00		8(4)	43.1(4)	25:50:00	9:40:00	8:30:00
Yaworski, Sammy	42:07:00	31:20:00	51:22:00	12.0	47.1	41:40:00	10:25:00	10:25:00
Yurcisin, Demi	38:33:00	26:06:00	50:25:00	12.0	41.1	38:25:00	9:40:00	9:30:00

**1) Congrats on completing your first 5K! Calabasas Classic 5K departure time is 6:00am, Sunday, November 11th. Meet at Lowes.**

**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, November 8th at coaches discretion to participate in the LA Cancer Challenge.**

**6) All CC 5K permission slips need to be given to Coach Sarkissian by Thursday November 8th!!**

**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!**