

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

Student / WK7	12-Nov	14-Nov	16-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	56:13:00	28:08:00	53:35:00	13.0	75.2		45:58:40	10:36	10:20
Fernandez, Marycruz	57:19:00	30:55:00	56:40:00	13.0	72.2		48:18:00	11:08	10:56
Ford, David	49:36:00	24:26:00	43:45:00	13.0	72.2		39:15:40	9:03	8:42
Ford, Johnathan	42:10:00	23:09:00	42:46:00	13.0	72.2		36:01:40	8:18	7:55
Garcia, Anastasia	78:34:00	45:32:00		8.0	67.2	5.0	62:03:00	15:30	14:41
Green, Sarah	59:15:00	30:33:00	54:00:00	13.0	73.2		47:56:00	11:03	10:36
Gutierrez, Michael	43:15:00	22:25:00		8.0	67.2	5.0	32:50:00	8:12	7:48
Gutierrez, Rebecca		47:55:00	68:00:00	13.0	72.2	5.0	57:57:30	8:55	14:00
Jarrell, Halei	55:55:00	27:30:00	51:59:00	13.0	72.2		45:08:00	10:24	9:53
Javier, Natalie	50:00:00	27:40:00	48:40:00	13.0	72.2		42:06:40	9:43	9:19
Lara, Nadine	47:58:00	24:18:00	43:45:00	13.0	73.2		38:40:20	8:55	8:23
Malone Brown, Megan	70:00:00	36:30:00	63:00:00	13.0	72.2		56:30:00	13:02	12:34
Min, Noelle	52:25:00	29:13:00	53:35:00	13.0	73.2		45:04:20	10:24	10:11
Norteye, Comfort	67:19:00	36:59:00	62:26:00	13.0	68.2		55:34:40	12:49	12:35
Oregel, Bonnie	36:00:00	Injured	75:23:00	8.0	15.1	2.0	55:41:30	13:55	13:49
Parks, Helaina	69:00:00	34:00:00		8.0	67.2	5.0	51:30:00	12:52	12:44
Pregozen, Izzy	46:01:00	25:29:00		8.0	56.2	5.0	35:45:00	8:56	9:01
Rodriguez, Daniela	80:00:00	47:56:00		8.0	67.2	5.0	63:58:00	15:59	15:18
Smith, Avrielle	47:35:00	26:25:00	46:46:00	13.0	73.2		40:15:20	9:17	8:50
Yurcisin, Demi	43:01:00	25:24:00	46:46:00	13.0	73.2		38:23:40	8:51	8:22
Ziemba, Matthew	57:15:00	31:23:00	46:11:00	13.0	72.2		44:56:20	10:22	10:18

**1) Spokes Spin Clinic rally time is 6:00am, Saturday, November 23rd. Meet at Spokes. Permission slips to Coach Sarkissian ASAP!**

**2) Road Runner Sports Team Shoe Event, Sunday November 24th, 4-6pm. Meet at Lowes 2:30pm!**

**3) Santa Monica Venice 10K rally time is 5:30am, Saturday, December 7th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!**

**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. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, December 5th at coaches discretion to participate in the Santa Monica-Venice Christmas Run.**

**6) All team physicals are due Friday, December 6th! No exceptions!**

**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!**