

SOAR Student Training Progress Week 8- 5Mile Bench, 5 Mile Cross Train Event

Student / WK8	19-Nov	21-Nov	23-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	52:14:00	43:06:00	53:35:00	14.0	89.2		49:38:20	10:38	10:22
Fernandez, Marycruz	48:42:00	40:38:00	56:40:00	14.0	86.2		48:40:00	10:25	10:52
Ford, David	43:25:00	32:57:00	43:45:00	14.0	86.2		40:02:20	8:34	8:41
Ford, Johnathan	42:10:00	30:54:00	42:46:00	14.0	86.2		38:36:40	8:16	7:58
Garcia, Anastasia	76:25:00	56:36:00	71:25:00	14.0	81.2	5.0	68:08:40	14:36	14:40
Green, Sarah	54:00:00	40:38:00	54:00:00	14.0	87.2		49:32:40	10:37	10:36
Gutierrez, Michael	39:44:00	29:15:00	39:00:00	14.0	81.2	5.0	35:59:40	7:42	7:47
Gutierrez, Rebecca	81:55:00	56:22:00	68:00:00	14.0	81.2	5.0	68:45:40	14:44	14:05
Jarrell, Halei	49:10:00	38:30:00	51:59:00	14.0	86.2		46:33:00	9:58	9:53
Javier, Natalie	55:10:00	36:08:00	48:40:00	14.0	86.2		46:39:20	9:59	9:24
Lara, Nadine	43:02:00	33:19:00	43:45:00	14.0	87.2		40:02:00	8:34	8:24
Malone Brown, Megan	67:38:00	51:32:00	63:00:00	14.0	86.2		60:43:20	13:00	12:37
Min, Noelle	53:47:00	39:55:00	53:35:00	14.0	87.2		49:05:40	10:31	10:13
Norteye, Comfort		46:07:00	62:26:00	9.0	77.2	5.0	54:16:30	12:03	12:31
Oregel, Bonnie	66:24:00	54:19:00	Waived	9.0	24.1	2.0	60:21:30	13:24	13:40
Parks, Helaina	65:00:00		63:45:00	10.0	77.2	9.0	64:22:30	12:52	12:45
Pregozen, Izzy	47:30:00	34:22:00	103:30:00	19.0	75.2		61:47:20	9:45	9:07
Rodriguez, Daniela	81:55:00	58:06:00		9.0	76.2	10.0	70:00:30	15:33	15:20
Smith, Avrielle	46:23:00	34:30:00	46:46:00	14.0	87.2		42:33:00	9:07	8:52
Yurcisin, Demi	43:40:00	33:10:00	46:46:00	14.0	87.2		41:12:00	8:49	8:25
Ziemba, Matthew	47:37:00	36:52:00	46:11:00	14.0	86.2		43:33:20	9:20	10:10

1) ALL RAFFLE TICKETS DUE THIS WEEK! HAPPY THANKSGIVING FROM SOAR!!! ALL RAFFLE TICKETS DUE THIS WEEK!!!

2) YogaWorks Strength and Flexibility Clinic, Saturday November 30th, 9:30-11:30am. Meet in front of CPK - Bridgeport Marketplace - 9:30am!

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 We're proud of you guys! Keep training hard!