

SOAR Student Training Progress Week 9- 5Mile Bench, 5K Mile Cross Train Event

Student / WK9	26-Nov	28-Nov	30-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Buckley, Liv	55:00:00	Holiday	32:58:00	8.5	97.7		43:59:00	10:20	10:22
Fernandez, Marycruz	54:25:00	Holiday	61:10:00	10.0	96.2		57:47:30	11:33	10:56
Ford, David	56:02:00	Holiday	29:00:00	9.5	95.7		42:31:00	8:57	8:43
Ford, Johnathan	40:06:00	Holiday	25:21:00	8.5	94.7		32:43:30	7:42	7:56
Garcia, Anastasia	74:16:00	77:03:00		10.0	91.2	3.0	75:39:30	15:07	14:43
Green, Sarah	54:45:00	Holiday	32:22:00	8.5	95.7		43:33:30	10:14	10:34
Gutierrez, Michael	40:07:00	45:06:00	25:21:00	13.5	94.7		36:51:20	8:11	7:49
Gutierrez, Rebecca	74:00:00	Holiday	49:55:00	8.5	89.7	5.0	61:57:30	14:34	14:08
Jarrell, Halei	54:06:00	Holiday	32:15:00	8.5	94.7		43:10:30	10:09	9:55
Javier, Natalie	53:36:00	Holiday	29:55:00	8.5	94.7		41:45:30	9:49	9:26
Lara, Nadine	42:40:00	Holiday	26:42:00	8.5	95.7		34:41:00	8:09	8:22
Malone Brown, Megan	70:00:00	Holiday	42:01:00	8.5	94.7		56:00:30	13:10	12:41
Min, Noelle	51:17:00	Holiday	30:22:00	8.0	95.2		40:49:30	10:12	10:13
Norteye, Comfort	60:05:00	Holiday	39:38:00	8.5	85.7	5.0	49:51:30	11:43	12:25
Oregel, Bonnie	67:00:00	Holiday	39:40:00	8.5	32.6	2.0	53:20:00	12:32	13:23
Parks, Helaina	70:00:00	98:00:00		11.0	88.2	6.0	84:00:00	15:16	13:02
Pregozen, Izzy	48:16:00	51:46:00	28:34:00	13.5	88.7		42:52:00	9:31	9:09
Rodriguez, Daniela	74:52:00	76:55:00	50:05:00	13.5	89.7	5.0	67:17:20	14:57	15:18
Smith, Avrielle	46:03:00	Holiday	29:28:00	8.5	95.7		37:45:30	8:53	8:52
Yurcisin, Demi	44:26:00	Holiday	29:28:00	8.5	95.7		36:57:00	8:41	8:27
Ziemba, Matthew	58:16:00	Holiday	29:21:00	8.5	94.7		43:48:30	10:18	10:11

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

2) SOAR Jingle Bell 10 Miler and Holiday Breakfast, Saturday December 14th, Meet at Lowes 6:00am!

3) ALL TEAM PHYSICALS DUE THIS WEEK!!! ALL TEAM PHYSICALS DUE THIS WEEK!!! ALL TEAM PHYSICALS DUE THIS WEEK!!!

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!