

Training Wk5 3mls.xls

Student / Wk 5	13-Nov	15-Nov	17-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	41:06:00	35:58:00	56:12:00	11	40.9	44:45:00	12:05	11:55
Priscilla Deleon		41:41:00		4 (7.0)	49.6	41:41:00	10:25	12:00
Priscilla Hernandez	59:17:00	40:57:00	62:58:00	12 (5.8)	33.1	54:25:00	13:40	13:20
Roxana Ramos	43:43:00	40:27:00	57:55:00	11	37.9	47:25:00	12:55	12:50

Please note the following:

1) This week includes TWO, "Train on Your Own" runs. Use your Student Running Log to record times and distances! Submit your log to Coach Sarkissian, on Tuesday November 27th for milage credit!

2) All team physicals and waivers are due November 29th! No exceptions!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) Hydrate! Hydrate! Hydrate !

4) All Students are registered for the Santa Monica - Venice Christmas 10K. PLEASE NOTE: Event start time is 7:30a.m.! Permission slips are due by Saturday, December 1st! Shoe distribution immediately following the race.

5) All weekly and total mile results highlighted in red indicate miles owed. The number of miles shows as: (2). All miles owed must be made up BY THURSDAY, DECEMBER 6th at coaches discretion to qualify!

6) Keep training hard! Next race is Saturday, December 8th - Santa Monica - Venice Beach 10K. Pickup is at COC, 6am sharp!

7) Have a great Thanksgiving!