

Training Wk6 4mls.xls

Student / Wk 6	20-Nov	22-Nov	24-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Amanda DeBortoli	54:00:00	50:00:00	50:00:00	12.6	53.1	51:20:00	12:15	12:00
Priscilla Deleon	47:02:00	60:00:00	42:41:00	17.6 (1.4)	66.8	49:50:00	10:15	11:40
Priscilla Hernandez	60:52:00			4.4 (13.4)	37.5	60:52:00	13:50	13:20
Roxana Ramos	60:52:00	45:50:00	46:53:00	12.4	50.3	51:15:00	12:25	12:45

Please note the following:

1) Last day to make up "Miles Owed" is Thursday, December 6th to qualify for the Santa Monica - Venice XMAS 10K!

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

3) Hydrate! Hydrate! Hydrate ! Drink eight glasses of water daily, starting Wednesday before the Santa Monica - Venice 10K and see a DRAMATIC performance improvement, GUARENTEED!

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) Saturday, December 1st, will be a 5.0 mile training run at Balboa Lake. Training will include an additional 2.0 hour training window for any student wishing to log "Miles Owed". Pickup time is 6am sharp, at COC!

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