

SOAR Student Training Progress Week 6 - 5Mile Bench, 6 Mile Long

Student / WK6	24-Nov	26-Nov	28-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	60:21:00	Holiday!	68:56:00	11.0	53.6	64:40:00	11:45:00	11:50:00
Juliet DeAmicis	49:17:00	Holiday!		5(6)	48.1(6)	49:17:00	9:55:00	9:55:00
Janette Flores		Holiday!	95:00:00	6(5)	49.1(5)	95:00:00	15:50:00	15:20:00
Vanessa Flores		Holiday!	94:00:00	6(5)	49.1(5)	94:00:00	15:35:00	15:10:00
Stephanie Garcia	56:38:00	Holiday!	79:43:00	11.0	56.6	68:15:00	12:25:00	11:40:00
Zachary Mendoza	56:36:00	Holiday!	71:11:00	11.0	56.1	63:55:00	11:40:00	12:00:00
Ilian Mondragon	Sick	Holiday!	68:18:00	6.0	51.6	68:18:00	11:15:00	10:10:00
Karen Moreno	55:20:00	Holiday!	60:29:00	11.0	56.1	57:55:00	10:30:00	10:15:00
Mahsa Motavvef	69:32:00	Holiday!	79:04:00	11.0	48.6	74:15:00	13:30:00	12:45:00
Cristian Perez	48:30:00	Holiday!		5(6)	38.6(6)	48:30:00	9:40:00	9:20:00
Marisol Ramirez		Holiday!	70:00:00	6(5)	30(5)	70:00:00	11:40:00	10:25:00
Roxana Ramos	Sick	Holiday!	79:43:00	6.0	50.6	79:43:00	13:15:00	12:40:00
Kim Sadia	56:20:00	Holiday!	71:11:00	11.0	11	63:45:00	11:40:00	11:40:00
Karinne Smith	Sick	Holiday!	84:22:00	6.0	51.6	84:22:00	14:00:00	11:50:00
Madeline Tan	49:20:00	Holiday!	60:26:00	11.0	56.6	54:55:00	10:00:00	10:15:00
Rorie Uribe	56:48:00	Holiday!	75:00:00	11.0	56.6	65:50:00	12:00:00	11:05:00
Bridget Valenzuela	69:32:00	Holiday!	75:00:00	11.0	57.1	72:15:00	13:10:00	12:10:00
Skyelar Vega	70:00:00	Holiday!	75:00:00	11.0	22	72:30:00	13:10:00	13:10:00

1) Permission Slips for RRS Shoe Clinic and Santa Monica Venise Xmas 10K due by Thursday December 3rd!

2) Next Team Event is the Road Runner Sports Shoe Clinic. Meet at GVHS at 8:30am, Saturday December 5th!
 Check out your new shoes at www.roadrunnersports.com .
 Please note! This is a training day as well! We will be doing 5 miles at Balboa Lake after the Clinic!

3) All team physicals are due Friday, November 27th! No exceptions! Contact a Coach if you need assistance!

4) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run!

5) 80 Ounces a day keeps fatigue away! Drink at least 8-10 glasses of water daily in order to maintain healthy hydration levels and adequate blood volume needed to support a positive training experience!

6) All weekly and total mile results highlighted in RED indicate miles owed. The number of miles shows as: (2).
 YOU are responsible for arranging all makeup miles with a coach!
 Miles owed must be made up by Thursday, December 3rd at coaches discretion to attend the RRS Shoe clinic.

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!