

SOAR Student Training Progress Week 10 - 5 Mile Bench, 10K Event

Student / WK10	7-Dec	9-Dec	11-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	31:30:00	45:18:00	64:59:00	13.2	105.65	47:15:00	10:45:00	11:15:00
Veronica Fernandez	30:50:00	40:54:00	60:27:00	13.2	98.65	45:45:00	10:20:00	10:45:00
Nataly Flores	53:28:00	79:20:00	73:34:00	16.2	110.6	68:50:00	12:45:00	13:05:00
Vanessa Flores	56:41:00	140:00:00	75:09:00	21.2	110.65	90:40:00	12:40:00	12:50:00
Jasmine Gill	24:30:00	33:30:00	51:02:00	13.2	108.65	36:20:00	8:15:00	9:05:00
Jazmin Gonzalez	Sick	36:00:00	54:11:00	10.2	100.65	45:10:00	8:50:00	9:40:00
Alexandra Medel	47:30:00	116:10:00	58:07:00	21.2	110.55	73:55:00	10:25:00	11:00:00
Alex Mendez	24:59:00	35:10:00	51:07:00	13.2	111.65	37:10:00	8:25:00	9:15:00
Zachary Mendoza	34:25:00	38:55:00	58:01:00	13.2	105.65	44:10:00	10:00:00	11:40:00
Mahsa Motavvef	161:10:00	66:00:00	72:15:00	20.7	91.8	99:50:00	14:25:00	13:40:00
Cristian Perez	123:15:00	32:00:00	42:30:00	26.2	104.9	65:15:00	7:30:00	8:35:00
Gilbert Ruiz	23:40:00	33:00:00	47:05:00	13.2	112.65	34:50:00	7:55:00	8:30:00
Charmaine Sadia	59:00:00	48:26:00	56:49:00	14.2	94.4	54:50:00	11:40:00	11:35:00
Kim Sadia	34:27:00	48:00:00	60:27:00	13.2	108.55	47:40:00	10:50:00	11:10:00
Leslie Solis	50:55:00	54:42:00	61:07:00	16.2	107.4	55:10:00	10:10:00	10:45:00
Jayme Tan	47:30:00	116:10:00	58:07:00	21.2	108.5	73:55:00	10:25:00	11:05:00
Madeline Tan	132:50:00	61:00:00	69:47:00	22.2	102.3	87:50:00	11:50:00	10:55:00
Carolyn Thio	Excused	34:00:00	53:50:00	10.2	104.65	43:50:00	8:40:00	9:30:00
Bridget Valenzuela	109:10:00	61:00:00	72:01:00	17.2	100.4	80:45:00	14:05:00	13:20:00
Stephanie Velazquez	30:28:00	43:35:00	59:53:00	13.2	111.65	44:40:00	10:10:00	10:40:00
Logan Wilson	24:47:00	37:11:00	46:58:00	13.2	104.65	36:20:00	8:15:00	9:25:00

1) The SOAR Jingle Bell 10 Miler and Coaches Breakfast departure time is 6:00am, Saturday, December 18th. Meet at Lowes.

2) Congratulations on completing your first 100 miles of training!

3) All team physicals are now due! No exceptions! Your training will be restricted 12/21 if you do not have a current physical on file!

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. 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, January 13th at coaches discretion to participate in the 13.1 LA Half Marathon.

6) All Jingle Bell permission slips need to be given to Coach Sark by Saturday, December 18th!

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