

SOAR Student Training Progress Week 1 - 2Mile Bench, 3 Mile Long

Student / WK1	5-Oct	7-Oct	9-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	22:05:00	22:06:00	31:15:00	7	7	25:10:00	10:45:00	10:45:00
Veronica Fernandez	19:05:00	19:05:00	29:43:00	7	7	22:35:00	9:55:00	9:55:00
Nataly Flores	28:30:00	25:53:00	39:56:00	7	7	28:05:00	12:00:00	12:00:00
Vanessa Flores	24:10:00		39:30:00	5(2)	5(2)	31:50:00	12:45:00	12:45:00
Jasmine Gill	17:52:00	17:20:00	26:20:00	7	7	20:30:00	8:50:00	8:50:00
Jazmin Gonzalez		27:00:00	Excused	3(1)	3(1)	27:00:00	9:00:00	9:00:00
Richard Kuehn	15:01:00	15:49:00	Excused	4	4	15:25:00	7:40:00	7:40:00
Alexandra Medel	20:25:00	20:25:00	31:40:00	7	7	24:10:00	10:20:00	10:20:00
Alex Mendez	18:00:00	18:00:00		4(3)	4(3)	18:00:00	9:00:00	9:00:00
Zachary Mendoza	20:25:00	20:25:00	33:33:00	7	7	24:50:00	10:40:00	10:40:00
Mahsa Motavvef	21:15:00	24:48:00	38:20:00	7	7	28:05:00	12:00:00	12:00:00
Cristian Perez	17:05:00	17:05:00	21:55:00	7	7	18:40:00	8:00:00	8:00:00
Gilbert Ruiz	15:04:00	16:00:00	24:16:00	7	7	18:25:00	7:50:00	7:50:00
Charmaine Sadia	24:20:00	24:20:00	35:50:00	7	7	28:10:00	12:05:00	12:05:00
Kim Sadia	19:53:00	19:53:00	33:33:00	7	7	24:30:00	10:30:00	10:30:00
Leslie Solis	20:27:00	20:27:00	30:58:00	7	7	24:00:00	10:20:00	10:20:00
Jayme Tan	20:25:00	20:25:00	31:40:00	7	7	24:10:00	10:20:00	10:20:00
Madeline Tan	18:18:00	19:07:00	28:15:00	7	7	21:50:00	9:20:00	9:20:00
Carolyn Thio	Excused	28:23:00	Excused	3	3	28:23:00	9:30:00	9:30:00
Bridget Valenzuela	23:45:00	23:45:00	38:20:00	7	7	28:35:00	12:15:00	12:15:00
Stephanie Velazquez	21:46:00	22:27:00	31:30:00	7	7	25:15:00	10:50:00	10:50:00
Logan Wilson	15:52:00	15:52:00	26:18:00	7	7	19:05:00	8:10:00	8:10:00

1) The Race for the Rescues 5K departure time is 6:00am, Sunday, October 24th. Meet at Lowes.

2) All team physicals are due Tuesday, December 14th! No exceptions!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) before every big run! Hydrate! Hydrate! Hydrate !

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, October 21st at coaches discretion to participate in the Race for the Rescues 5K.**

6) All SOAR paperwork needs to be given to Coach Sarkissian as soon as possible if you haven't turned it in yet!

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