

SOAR Student Training Progress Week 3- 3Mile Bench, 5K Event

Student / WK3	19-Oct	21-Oct	24-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	35:38:00	30:09:00	32:16:00	9.1	23.1	35:40:00	11:45:00	11:20:00
Veronica Fernandez	33:46:00	33:00:00	28:34:00	9.1	24.1	31:50:00	10:30:00	10:25:00
Nataly Flores	40:31:00	39:05:00	41:18:00	9.1	23.1	40:15:00	13:15:00	12:40:00
Vanessa Flores	40:00:00	39:05:00	39:39:00	9.1	23.1	39:35:00	13:00:00	12:40:00
Jasmine Gill	27:05:00	26:46:00	26:34:00	9.1	24.6	26:50:00	8:50:00	9:15:00
Jazmin Gonzalez	27:05:00	26:46:00	28:16:00	9.1	20.1	27:35:00	9:00:00	9:30:00
Alexandra Medel	32:00:00	33:12:00		6(3.1)	20(3.1)	32:40:00	10:50:00	10:50:00
Alex Mendez	27:45:00	26:45:00	26:09:00	9.1	23.1	26:55:00	8:50:00	9:50:00
Zachary Mendoza	34:00:00	38:25:00	34:40:00	9.1	23.1	35:40:00	11:45:00	11:45:00
Mahsa Motavvef	40:30:00	RX	Excused	3	17	40:30:00	13:30:00	14:00:00
Cristian Perez	21:50:00	21:50:00	21:55:00	9.1	23.1	21:50:00	7:10:00	8:20:00
Gilbert Ruiz	25:08:00	24:17:00	23:01:00	9.1	25.1	24:10:00	7:55:00	8:30:00
Charmaine Sadia	34:38:00	32:36:00	32:01:00	9.1	23.1	33:00:00	10:50:00	11:35:00
Kim Sadia	29:56:00	33:12:00	31:47:00	7	14	31:30:00	10:25:00	10:45:00
Leslie Solis	30:48:00	Sick	29:53:00	6.1	20.1	30:20:00	9:55:00	10:30:00
Jayme Tan	33:50:00	33:12:00	32:42:00	9.1	23.1	33:15:00	11:00:00	11:00:00
Madeline Tan	29:35:00	29:01:00	Excused	6	20	29:20:00	9:45:00	9:40:00
Carolyn Thio	36:15:00	26:49:00	28:36:00	10.1	19.1	30:40:00	9:00:00	9:25:00
Bridget Valenzuela	50:00:00	41:45:00	39:15:00	9.1	23.1	43:40:00	14:15:00	13:40:00
Stephanie Velazquez	32:10:00	30:32:00	29:53:00	9.1	23.1	30:50:00	10:10:00	11:00:00
Logan Wilson	35:00:00	24:00:00	23:39:00	9.1	23.1	27:40:00	9:00:00	8:55:00

1) The Calabasas Classic 5K departure time is 6:00am, Sunday, November 14th. 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, November 11th at coaches discretion to participate in the Calabasas Classic.

6) All Calabasas Classic permission slips need to be given to Coach Sark as soon as possible!

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