

SOAR Student Training Progress Week 7 - 5 Mile Bench, 5 Mile Long

Student / WK7	16-Nov	18-Nov	20-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	57:03:00	56:35:00	32:50:00	13.25	66.45	48:50:00	11:00:00	11:10:00
Veronica Fernandez	53:22:00	52:47:00	32:24:00	13.25	59.45	46:40:00	10:25:00	10:40:00
Nataly Flores	68:09:00	65:25:00	40:08:00	13.25	71.45	60:30:00	13:40:00	13:00:00
Vanessa Flores		65:25:00	40:30:00	8.25(5)	66.45(5)	53:00:00	12:50:00	12:40:00
Jasmine Gill	46:02:00	47:00:00	29:29:00	13.25	66.95	40:50:00	9:15:00	9:10:00
Jazmin Gonzalez	47:07:00	47:41:00	32:46:00	13.25	63.45	40:50:00	9:15:00	9:35:00
Alexandra Medel	54:00:00	62:45:00	34:39:00	13.25	71.35	50:30:00	11:25:00	11:00:00
Alex Mendez	42:15:00	57:59:00	27:30:00	15.25	72.45	42:30:00	8:20:00	9:30:00
Zachary Mendoza	54:50:00	52:22:00	39:10:00	13.25	66.45	48:50:00	11:00:00	11:50:00
Mahsa Motavvef		Sick	Sick	0(5)	52.1(5)	0:00:00	0:00:00	13:30:00
Cristian Perez	41:45:00			5(8)	58.2(8)	41:45:00	8:20:00	8:30:00
Gilbert Ruiz	46:02:00	41:30:00	26:37:00	13.25	73.45	38:05:00	8:40:00	8:40:00
Charmaine Sadia	56:43:00	58:57:00		10	70.2	57:50:00	11:40:00	11:30:00
Kim Sadia	54:50:00	57:03:00	39:30:00	13.25	69.35	50:30:00	11:20:00	11:20:00
Leslie Solis		52:25:00		5(8)	60.2(8)	52:25:00	10:30:00	10:35:00
Jayme Tan	54:00:00	63:35:00	34:39:00	11.1	69.3	50:45:00	11:30:00	11:10:00
Madeline Tan	55:40:00			5(8)	55.1(8)	55:40:00	11:10:00	10:10:00
Carolyn Thio	50:25:00	45:40:00	32:46:00	13.25	67.45	42:55:00	9:40:00	9:40:00
Bridget Valenzuela		65:25:00		5(8)	63.2(8)	62:25:00	12:25:00	13:10:00
Stephanie Velazquez	49:28:00	50:50:00	30:54:00	13.25	72.45	43:45:00	9:50:00	10:25:00
Logan Wilson	53:12:00	57:58:00	32:44:00	15.25	73.45	48:00:00	9:25:00	9:25:00

1) The Santa Monica - Venice Christmas 10K departure time is 5:30am, Saturday, December 11th. Meet at Lowes.

2) Saturday November 27th is a 5 mile hill run. Meet at Facey / Holy Cross Urgent Care - Corner of McBean and Valencia Blvd, 6am.

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

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, December 9th at coaches discretion to participate in the SM-Venice Xmas 10K.

6) All Santa Monica Venice 10K 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!