

SOAR Student Training Progress Week 8 - 5 Mile Bench, 5 Mile Hillwork

Student / WK8	23-Nov	25-Nov	27-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	56:26:00	Holiday	57:47:00	10	76.45	57:05:00	11:25:00	11:15:00
Veronica Fernandez	54:05:00	Holiday	53:51:00	10	69.45	53:55:00	10:50:00	10:40:00
Nataly Flores	68:15:00	Holiday		5(5)	76.45(5)	68:15:00	13:40:00	13:05:00
Vanessa Flores	68:15:00	Holiday		5(5)	71.45(10)	68:15:00	13:40:00	12:50:00
Jasmine Gill	49:39:00	60:00:00	47:35:00	16.5	83.45	48:40:00	9:40:00	9:15:00
Jazmin Gonzalez	49:39:00	Holiday	61:00:00	11	74.45	55:20:00	10:00:00	9:35:00
Alexandra Medel		Holiday	56:34:00	5(5)	76.35(5)	56:34:00	11:20:00	11:05:00
Alex Mendez	42:50:00	Holiday		5(5)	77.45(5)	42:50:00	8:30:00	9:20:00
Zachary Mendoza	51:42:00	Holiday	65:21:00	10	76.45	58:40:00	11:40:00	11:50:00
Mahsa Motavvef	71:01:00	Holiday	Sick	5	57.1(5)	71:01:00	14:10:00	13:25:00
Cristian Perez		Holiday	28:34:00	3(7)	61.2(15)	28:34:00	9:30:00	8:40:00
Gilbert Ruiz	45:27:00	Holiday	47:02:00	10	83.45	46:15:00	9:15:00	8:40:00
Charmaine Sadia	57:57:00	Holiday	62:00:00	10	80.2	60:00:00	12:00:00	11:35:00
Kim Sadia	51:01:00	Holiday	59:45:00	10	79.35	55:20:00	11:00:00	11:15:00
Leslie Solis	56:50:00	Holiday	53:55:00	10	70.2(8)	55:20:00	11:05:00	10:40:00
Jayme Tan		Holiday	56:00:00	5(5)	74.3(5)	56:00:00	11:10:00	11:05:00
Madeline Tan	63:05:00	Holiday	60:50:00	10	65.1(8)	61:55:00	12:25:00	10:25:00
Carolyn Thio	48:10:00	Holiday		6(4)	73.45(4)	48:10:00	8:00:00	9:30:00
Bridget Valenzuela	63:00:00	Holiday	68:17:00	10	63.2(8)	65:40:00	13:10:00	13:10:00
Stephanie Velazquez	56:50:00	Holiday	54:10:00	10	82.45	55:30:00	11:05:00	10:30:00
Logan Wilson	51:40:00	Holiday	49:40:00	10	83.45	50:40:00	10:10:00	9:30:00

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

2) Saturday December 4th is an 8 mile flat run. Meet at Lowes, 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!