

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

<b>Student / WK2</b>	<b>11-Oct</b>	<b>13-Oct</b>	<b>15-Oct</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Merlyn Abrego	31:23:00	61:00:00		5(3)	12(3)	46:10:00	18:30:00	15:55:00
Justyn Cason	13:25:00	23:38:00	25:59:00	8	15	22:40:00	8:30:00	7:40:00
Keeva Crooks	24:30:00		35:30:00	5(3)	12(3)	30:00:00	12:00:00	11:15:00
Julia De La Torre	22:53:00	43:25:00	35:30:00	8	15	33:55:00	12:40:00	12:10:00
Nataly Flores	24:52:00	45:45:00	36:52:00	8	12(3)	35:50:00	13:25:00	12:50:00
Larry Garcia	40:11:00	33:40:00	27:24:00	10	12(3)	33:45:00	10:05:00	8:40:00
Maria Gonzalez	20:22:00	33:40:00	30:33:00	8	15	28:10:00	10:30:00	9:55:00
Fernando Medina	19:08:00	33:40:00	28:30:00	8	15	27:05:00	10:10:00	9:40:00
Jacki Medina	24:30:00	40:38:00	36:50:00	15	15	33:55:00	12:45:00	12:50:00
Brent Mena	30:51:00	33:41:00	32:49:00	9	13(2)	32:20:00	10:50:00	10:00:00
Alex Najera	16:45:00	28:33:00	26:55:00	8	15	24:05:00	9:00:00	9:00:00
Kimberly Padilla	19:26:00	25:20:00	30:33:00	8	15	25:05:00	9:20:00	9:25:00
Taylor Pierce	20:22:00	37:07:00	28:48:00	8	15	28:45:00	10:50:00	10:25:00
Gilbert Ruiz			29:49:00	3(5)	10(5)	29:49:00	9:55:00	9:20:00
Stephanie Velazquez	30:37:00	30:47:00	27:44:00	9	16	29:40:00	9:55:00	9:05:00
Bill Yaworski	16:17:00	25:40:00	27:44:00	8	15	23:10:00	8:40:00	8:10:00

**1) The Race for the Rescues 5K departure time is 6:00am, Sunday, October 23rd. Meet at Lowes.**

**2) All permission slips for the Race for the Rescues 5K need to be turned in to Coach Sarkissian by Thursday October 20th!**

**3) Remember to start carbo loading (Bread, Rice, Cereal, Pasta) 2-3 days 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 ladies and gents!!**

**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 20th at coaches discretion to participate in the Race for the Rescues 5K.**

**6) All team physicals are due Saturday, November 26th or your LA Marathon training will be suspended! No exceptions!**

**7) Training and Race Information posted weekly at [www.SOAR-SC.org](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**