

SOAR Student Training Progress Week 8- 5Mile Bench, 5 Mile Hill Work

Student / WK8	22-Nov	24-Nov	26-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn		Holiday	71:33:00	5(5)	78.2(5)	71:33:00	14:20:00	14:05:00
Cason, Justyn	46:10:00	Holiday	20:36:00	9.1(.9)	80.3(3.9)	33:20:00	7:20:00	7:40:00
Crooks, Keeva	63:05:00	Holiday	63:20:00	10	76.2	63:15:00	12:40:00	12:20:00
De La Torre, Julia	59:38:00	Holiday	71:33:00	10	82.2	65:40:00	13:10:00	12:20:00
Flores, Nataly	62:01:00	Holiday	63:50:00	10	82.2	62:55:00	12:40:00	12:50:00
Garcia, Larry	43:28:00	Holiday	45:30:00	10	85.2	44:30:00	8:55:00	8:50:00
Gonzalez, Maria	49:30:00	Holiday	54:30:00	10	81.2	52:00:00	10:20:00	10:10:00
Medina, Fernando	44:20:00	Holiday	52:19:00	10	84.2	48:20:00	9:40:00	9:35:00
Medina, Jacki	60:10:00	Holiday	66:15:00	10	82.2	63:15:00	12:40:00	11:55:00
Mena, Brent	44:29:00	Holiday	50:13:00	10	82.2	47:20:00	9:25:00	10:40:00
Najera, Alex	46:50:00	Holiday	53:33:00	10	74.2(8)	50:10:00	10:00:00	8:55:00
Padilla, Kimberly	53:55:00	Holiday	60:50:00	10	76.2	57:25:00	11:30:00	10:20:00
Pierce, Taylor	46:20:00	Holiday	60:50:00	10	72.2	53:40:00	10:40:00	10:20:00
Ruiz, Gilbert	57:38:00	Holiday	57:25:00	10	77.2	57:40:00	11:30:00	9:50:00
Velazquez, Stephanie	43:29:00	Holiday	45:43:00	10	78.2	44:40:00	8:55:00	8:55:00
Yaworski, Bill		Holiday	45:38:00	5(5)	72.2(10)	45:38:00	9:10:00	8:15:00

1) The Santa Monica - Venice Christmas 10K departure time is 5:00am, Saturday, December 10th. Meet at Lowes.

2) Saturday December 3rd is a 5k flat run and YogaWorks Flexibility Clinic. Meet at Bridgeport Marketplace parking lot directly in front of California Pizza Kitchen - Corner of Mcbean Parkway and Newhall Ranch Road. Practice time is 9am.

3) All team physicals are due NOW! Training will be suspended after December 10th for any student not cleared by that date!

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 7th at coaches discretion to participate in the Santa Monica-Venice Xmas 10K.

6) All SM-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!