

SOAR Student Training Progress Week 9- 5Mile Bench, 5K Clinic

Student / WK9	29-Nov	1-Dec	3-Dec	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	69:00:00	36:00:00	41:10:00	11.1	89.3	48:40:00	13:10:00	14:00:00
Cason, Justyn		41:00:00	24:13:00	8.1(3.0)	88.4(6.9)	21:45:00	8:05:00	7:45:00
Crooks, Keeva	68:00:00	33:11:00	37:30:00	11.1	87.3	46:15:00	12:30:00	12:10:00
De La Torre, Julia	Injured	35:59:00	46:12:00	6.1	88.3	43:10:00	14:10:00	12:40:00
Flores, Nataly	54:40:00	40:22:00	41:10:00	11.1	93.3	45:25:00	12:15:00	12:50:00
Garcia, Larry			26:11:00	3.1(8)	88.3(8)	26:11:00	8:30:00	8:50:00
Gonzalez, Maria	50:10:00	26:50:00	31:00:00	11.1	92.3	36:00:00	9:40:00	10:10:00
Medina, Fernando	46:50:00	40:42:00	31:50:00	11.1	95.3	39:45:00	10:40:00	9:45:00
Medina, Jacki	60:25:00	36:37:00	35:33:00	11.1	93.3	44:30:00	12:00:00	11:55:00
Mena, Brent	49:55:00	29:55:00	35:33:00	11.1	93.3	38:30:00	10:20:00	10:40:00
Najera, Alex	84:45:00	42:34:00	25:25:00	18.1	92.3(1)	50:55:00	8:25:00	8:50:00
Padilla, Kimberly	60:25:00	30:30:00	33:43:00	11.1	87.3	41:40:00	11:10:00	10:45:00
Pierce, Taylor	49:55:00	24:37:00	38:32:00	11.1	83.5	37:40:00	10:10:00	10:30:00
Ruiz, Gilbert	59:00:00	24:38:00	46:00:00	11.1	88.3	45:40:00	12:00:00	10:10:00
Velazquez, Stephanie	44:08:00	25:05:00	26:33:00	11.1	89.3	44:40:00	8:40:00	8:40:00
Yaworski, Bill	72:10:00	41:00:00	29:12:00	18.1	90.3(2)	47:45:00	7:50:00	8:10:00

**1) The Santa Monica - Venice Christmas 10K departure time is 5:00am, Saturday, December 10th. Meet at Lowes.
 This Event has an \$8.00 Parking Fee! This Event has an \$8.00 Parking Fee! This Event has an \$8.00 Parking Fee!**

2) Respect your pre-race regiment! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest! Eat, Hydrate, Rest!

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!