

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

Student / WK2	9-Oct	11-Oct	13-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	16:32:00	26:15:00	26:16:00	8.0	15.0	23:00:00	8:40:00	9:05:00
Adams, Monica	20:48:00	32:58:00	32:05:00	8.0	15.0	28:40:00	10:45:00	11:05:00
Baello, Ryan	16:56:00	23:00:00	26:38:00	7(1)	14(1)	22:10:00	9:30:00	9:40:00
Conant, Nick	15:45:00	27:11:00	26:45:00	8.0	15.0	23:15:00	8:40:00	8:50:00
DeHerrera, Sarah	39:03:00	38:42:00	38:00:00	9.0	13(2)	38:40:00	12:50:00	12:47:00
Ford, David	19:03:00	27:31:00	27:43:00	8.0	15.0	24:45:00	9:15:00	9:40:00
Ford, Jonathan	14:39:00	23:35:00	24:41:00	8.0	15.0	21:00:00	7:50:00	8:05:00
Frye, Daniel	21:08:00	Sick	Sick	2.0	9.0	21:08:00	10:40:00	10:10:00
Goldstein, Emily	24:21:00	37:44:00	37:05:00	8.0	15.0	33:05:00	12:20:00	12:40:00
Javier, Nataly	21:20:00	38:00:00	36:55:00	8.0	15.0	32:05:00	12:00:00	11:55:00
Krizman, David	17:14:00	27:00:00	26:50:00	8.0	15.0	23:40:00	8:50:00	9:10:00
Mendez, Lizeth	21:30:00	35:51:00	33:26:00	8.0	15.0	30:15:00	11:20:00	11:22:00
Mendez, Stephanie	18:20:00	31:34:00	31:40:00	8.0	15.0	27:10:00	10:10:00	10:20:00
Mieske, Lauren	28:45:00	27:48:00	27:38:00	9.0	16.0	28:05:00	9:25:00	9:25:00
Pierce, Taylor	18:52:00	27:13:00	27:34:00	8.0	15.0	24:40:00	9:10:00	9:00:00
Smith, Avrielle	19:33:00	29:53:00	32:25:00	8.0	15.0	27:15:00	10:10:00	10:20:00
Steven, Tyler	26:18:00		23:13:00	6(3)	11(4)	24:45:00	8:15:00	9:05:00
Wathen, Andrew	26:00:00	24:51:00	24:03:00	9.0	13(2)	25:00:00	8:20:00	8:30:00
Yaworski, Sammy	18:35:00	29:25:00	29:35:00	8.0	15.0	25:50:00	9:40:00	10:40:00
Yurcisin, Demi	17:40:00	27:50:00	28:56:00	8.0	15.0	24:50:00	9:20:00	9:30:00

1) The LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 28th. Meet at Lowes.

2) All team physicals are due Tuesday, November 27th! No exceptions!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) the night 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!

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 25th at coaches discretion to participate in the LA Cancer Challenge.

6) All LACC 5K permission slips need to be given to Coach Sarkissian 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!