

SOAR Student Training Progress Week 3- 3Mile Intervals, 4 Mile Long

Student / WK3	16-Oct	18-Oct	20-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	38:43:00	27:58:00	37:20:00	10.0	25.0	34:40:00	10:25:00	9:30:00
Adams, Monica	40:58:00	34:48:00	89:45:00	14.0	29.0	55:10:00	11:50:00	11:20:00
Baello, Ryan	38:47:00	28:25:00	39:35:00	10.0	24(1)	35:40:00	10:40:00	10:00:00
Conant, Nick	27:17:00	25:15:00	35:08:00	10.0	25.0	29:10:00	8:45:00	8:50:00
DeHerrera, Sarah	42:30:00	38:10:00	73:10:00	12.0	25.0	51:20:00	12:50:00	12:47:00
Ford, David	32:35:00	29:31:00	49:13:00	11.0	26.0	35:10:00	9:40:00	9:40:00
Ford, Jonathan	24:53:00	23:17:00	31:17:00	10.0	25.0	24:30:00	8:00:00	8:05:00
Frye, Daniel		48:00:00	43:22:00	7(3)	16(3)	45:40:00	13:05:00	11:10:00
Goldstein, Emily	36:03:00	38:45:00	53:30:00	10.0	25.0	42:45:00	12:50:00	12:40:00
Javier, Nataly	39:20:00	34:59:00	48:57:00	10.0	25.0	41:10:00	12:20:00	12:05:00
Krizman, David		27:00:00		3(7)	18(7)	27:00:00	9:00:00	9:10:00
Mendez, Lizeth		37:54:00	45:56:00	7(3)	22(3)	41:50:00	12:00:00	11:40:00
Mendez, Stephanie		31:34:00	31:40:00	7(3)	22(3)	31:40:00	9:00:00	9:50:00
Mieske, Lauren	31:20:00	28:00:00	49:25:00	11.0	27.0	36:15:00	9:50:00	9:40:00
Pierce, Taylor	38:54:00	27:57:00	39:30:00	10.0	25.0	35:25:00	10:40:00	9:40:00
Smith, Avrielle	31:56:00	29:31:00	40:25:00	10.0	25.0	33:55:00	10:10:00	10:15:00
Steven, Tyler	37:06:00	32:27:00	32:58:00	10.0	21(4)	34:10:00	10:15:00	9:30:00
Wathen, Andrew	27:40:00	24:29:00	46:50:00	12.0	25.0	32:00:00	8:00:00	8:20:00
Yaworski, Sammy	33:52:00	33:30:00	43:52:00	10.0	25.0	37:05:00	11:10:00	10:25:00
Yurcisin, Demi	Excused	Excused	37:11:00	4.0	19.0	37:11:00	9:20:00	9:30:00

1) Congrats on making it to your first Race Week! The LACC 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 by Thursday October 25th!!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!