

SOAR Student Training Progress Week 4- 4 Mile Bench, 5K Event

Student / WK4	23-Oct	25-Oct	28-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	26:56:00	38:00:00	24:38:00	10.1	35.1	29:50:00	8:50:00	9:25:00
Adams, Monica	32:25:00	45:24:00	30:56:00	10.1	39.1	36:15:00	10:45:00	11:10:00
Baello, Ryan	27:08:00	46:30:00	27:16:00	11.1	35.1	33:40:00	9:05:00	9:45:00
Conant, Nick	24:58:00	35:37:00	24:41:00	10.1	35.1	28:25:00	8:25:00	8:40:00
DeHerrera, Sarah	41:34:00	48:38:00	35:20:00	10.1	35.1	41:50:00	12:25:00	12:40:00
Ford, David	28:14:00	39:14:00	28:51:00	10.1	36.1	32:05:00	9:30:00	9:40:00
Ford, Jonathan	22:43:00	32:23:00	23:16:00	10.1	35.1	26:05:00	7:45:00	7:55:00
Frye, Daniel	65:00:00	48:33:00	30:55:00	13.1	29.1	48:10:00	11:00:00	11:10:00
Goldstein, Emily	39:54:00	54:45:00	36:55:00	10.1	35.1	43:50:00	13:00:00	12:45:00
Javier, Nataly	35:00:00	45:46:00	33:15:00	10.1	35.1	38:00:00	11:20:00	11:50:00
Krizman, David	62:10:00	66:30:00	27:57:00	17.1	35.1	42:10:00	7:20:00	8:40:00
Mendez, Lizeth	35:23:00	77:30:00	31:38:00	13.1	35.1	48:10:00	11:00:00	11:25:00
Mendez, Stephanie	29:12:00	71:50:00	30:03:00	13.1	35.1	43:40:00	10:00:00	9:55:00
Mieske, Lauren	27:54:00	39:00:00	28:05:00	10.1	37.1	31:40:00	9:25:00	9:30:00
Pierce, Taylor	27:27:00	38:18:00	26:13:00	10.1	35.1	30:40:00	9:05:00	9:25:00
Smith, Avrielle	29:50:00	40:20:00	28:55:00	10.1	35.1	33:00:00	9:50:00	10:05:00
Steven, Tyler	37:06:00	66:30:00	28:43:00	14.1	35.1	44:05:00	9:25:00	9:25:00
Wathen, Andrew	22:36:00	34:00:00	23:18:00	10.1	35.1	26:40:00	7:55:00	8:10:00
Yaworski, Sammy	30:00:00	42:41:00	31:04:00	10.1	35.1	34:10:00	10:10:00	10:25:00
Yurcisin, Demi	31:26:00	39:16:00	26:46:00	10.1	29.1	32:30:00	9:40:00	9:30:00

1) Congrats on completing your first 5K! Calabasas Classic 5K departure time is 6:00am, Sunday, November 11th. 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, November 8th at coaches discretion to participate in the LA Cancer Challenge.

6) All CC 5K permission slips need to be given to Coach Sarkissian by Thursday November 8th!!

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