

SOAR Student Training Progress Week 6- 4 Mile Bench, 5K Event

Student / WK6	6-Nov	8-Nov	11-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	50:30:00	30:45:00	23:19:00	11.1	58.2	34:50:00	9:25:00	9:20:00
Adams, Monica	49:48:00	45:36:00	31:56:00	11.1	62.0	42:25:00	11:25:00	11:20:00
Baello, Ryan	92:50:00	32:45:00	25:03:00	15.1	58.2	50:10:00	9:55:00	9:45:00
Conant, Nick	32:45:00	34:56:00	24:05:00	11.1	58.2	30:35:00	8:15:00	8:40:00
DeHererra, Sarah	69:40:00	89:30:00	34:39:00	12.1	58.2	64:35:00	16:00:00	13:20:00
DeJesus, Jessica	44:23:00	30:47:00	30:34:00	11.1	23.1	35:15:00	9:30:00	10:10:00
Ford, David	45:10:00	32:21:00	28:16:00	11.1	59.2	35:15:00	9:30:00	9:40:00
Ford, Jonathan	34:32:00	22:22:00	22:40:00	11.1	58.2	26:30:00	7:10:00	7:55:00
Frye, Daniel	38:25:00	36:56:00		8(3.1)	48.1(3.1)	35:40:00	9:25:00	10:55:00
Goldstein, Emily	51:15:00	49:30:00	35:03:00	11.1	58.2	45:15:00	12:15:00	12:40:00
Javier, Nataly	54:00:00	44:21:00	32:00:00	11.1	58.2	43:25:00	11:45:00	12:00:00
Krizman, David	41:08:00	34:12:00	28:11:00	11.1	55.2	34:30:00	9:20:00	9:00:00
Mieske, Lauren	39:09:00	36:51:00	28:20:00	11.1	58.2	34:45:00	9:25:00	9:40:00
Pierce, Taylor	37:50:00	86:25:00	26:04:00	16.1	58.2	50:05:00	9:25:00	9:40:00
Smith, Avrielle	42:50:00	38:28:00	27:48:00	11.1	58.2	36:20:00	9:50:00	10:05:00
Steven, Tyler	50:34:00	62:50:00	32:07:00	14.1	58.2	48:25:00	10:25:00	9:55:00
Wathen, Andrew	75:30:00	25:10:00	22:20:00	15.1	58.2	26:40:00	9:40:00	8:40:00
Yaworski, Sammy	42:57:00	39:44:00	29:01:00	11.1	58.2	32:10:00	10:05:00	10:25:00
Yurcisin, Demi	36:00:00	37:08:00	27:26:00	11.1	52.2	33:30:00	9:05:00	9:25:00

1) Santa Monica Venice 5K departure time is 6:00am, Saturday, December 8th. 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, December 6th at coaches discretion to participate in the Santa Monica Venics Xmas 10K.**

6) All SM-Venice 10K permission slips need to be given to Coach Sarkissian by Thursday December 6th!!

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