

SOAR Student Training Progress Week 7- 5 Mile Bench, 5 Mile Hill Work

Student / WK7	13-Nov	15-Nov	17-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Adame, Garrett	43:00:00	22:57:00	50:41:00	13.0	71.2	38:50:00	8:55:00	9:15:00
Adams, Monica	58:40:00	30:53:00	50:25:00	13.0	75.0	46:40:00	10:45:00	11:15:00
Baello, Ryan	60:38:00	26:20:00	62:00:00	13.0	71.2	49:40:00	11:25:00	10:00:00
Conant, Nick	41:50:00	24:29:00	46:12:00	13.0	71.2	37:30:00	8:40:00	8:40:00
DeHererra, Sarah	50:29:00	32:39:00	68:00:00	13.0	71.2	50:20:00	11:40:00	13:00:00
DeJesus, Jessica	54:39:00	29:02:00	50:25:00	13.0	36.1	44:40:00	10:20:00	10:15:00
Ford, David	48:34:00	28:17:00	54:32:00	13.0	72.2	43:50:00	10:10:00	9:45:00
Ford, Jonathan	41:01:00	21:54:00	43:47:00	13.0	71.2	35:40:00	8:10:00	7:55:00
Goldstein, Emily	66:20:00	34:30:00	68:00:00	13.0	71.2	56:20:00	13:00:00	12:45:00
Javier, Nataly	58:55:00	32:50:00	65:50:00	13.0	71.2	52:30:00	12:10:00	12:00:00
Krizman, David	45:00:00	27:29:00		8(5)	63.2(5)	36:15:00	9:05:00	9:00:00
Mieske, Lauren	50:29:00		64:04:00	10(3)	68.2(3)	57:20:00	11:25:00	9:50:00
Pierce, Taylor	50:29:00	25:50:00	44:46:00	13.0	71.2	40:20:00	9:20:00	9:30:00
Smith, Avrielle	50:13:00	26:28:00	54:00:00	13.0	71.2	43:40:00	10:00:00	10:00:00
Steven, Tyler		27:29:00	53:59:00	8(5)	66.2(5)	40:45:00	10:10:00	10:00:00
Wathen, Andrew	42:12:00	22:57:00	43:40:00	13.0	71.2	36:15:00	8:20:00	8:40:00
Yaworski, Sammy	54:33:00	28:18:00	50:41:00	13.0	71.2	44:30:00	10:05:00	10:20:00
Yurcisin, Demi	47:03:00	25:10:00	50:36:00	13.0	65.2	39:40:00	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) YogaWorks flexibility clinic, Saturday December 1st - 9:15am after practice at Bridgeport Marketplace in Valencia.

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!