

**SOAR Student Training Progress Week 8 - 5 Mile Bench, 5 Mile Hill Work**

| <b>Student / WK8</b> | <b>20-Nov</b> | <b>22-Nov</b> | <b>24-Nov</b> | <b>Wkly Miles</b> | <b>Total Miles</b> | <b>Avg. Time</b> | <b>Wkly Min / Mile</b> | <b>YTD Min / Mile</b> |
|----------------------|---------------|---------------|---------------|-------------------|--------------------|------------------|------------------------|-----------------------|
| Adame, Garrett       | Injured       | Holiday       | Injured       | 0.0               | 71.2               | 0:00:00          | 0:00:00                | 9:15:00               |
| Adams, Monica        | 63:00:00      | Holiday       | 57:47:00      | 10.0              | 85.2               | 63:00:00         | 12:05:00               | 11:25:00              |
| Baello, Ryan         | 54:30:00      | Holiday       |               | 5(5)              | 76.2(5)            | 54:30:00         | 10:50:00               | 10:00:00              |
| Conant, Nick         | 41:23:00      | Holiday       | 44:33:00      | 10.0              | 81.2               | 42:55:00         | 8:40:00                | 8:40:00               |
| DeHererra, Sarah     | 53:25:00      | Holiday       | 68:51:00      | 10.0              | 81.2               | 61:10:00         | 12:10:00               | 12:55:00              |
| DeJesus, Jessica     | 54:39:00      | Holiday       | 60:00:00      | 10.0              | 46.1               | 57:20:00         | 11:25:00               | 10:40:00              |
| Ford, David          | 46:47:00      | Holiday       | 50:31:00      | 10.0              | 82.2               | 48:40:00         | 9:40:00                | 9:40:00               |
| Ford, Jonathan       | 41:20:00      | Holiday       | 42:56:00      | 10.0              | 81.2               | 42:10:00         | 8:25:00                | 8:00:00               |
| Goldstein, Emily     | 63:44:00      | Holiday       | 66:17:00      | 10.0              | 81.2               | 65:00:00         | 13:00:00               | 12:50:00              |
| Javier, Natalie      | 58:55:00      | Holiday       | 61:35:00      | 10.0              | 81.2               | 60:10:00         | 12:00:00               | 12:00:00              |
| Krizman, David       | 98:25:00      | Holiday       |               | 10.0              | 73.2(5)            | 49:10:00         | 9:50:00                | 9:05:00               |
| Mieske, Lauren       | 110:25:00     | Holiday       | 50:30:00      | 15.0              | 83.2               | 53:40:00         | 10:40:00               | 9:55:00               |
| Pierce, Taylor       | 51:18:00      | Holiday       | 48:13:00      | 10.0              | 81.2               | 51:18:00         | 10:00:00               | 9:40:00               |
| Smith, Avrielle      | 50:44:00      | Holiday       | 52:45:00      | 10.0              | 81.2               | 65:15:00         | 10:25:00               | 10:10:00              |
| Steven, Tyler        | 42:24:00      | Holiday       |               | 4(6)              | 70.2(11)           | 42:24:00         | 10:40:00               | 10:00:00              |
| Wathen, Andrew       | 40:57:00      | Holiday       | 42:56:00      | 10.0              | 81.2               | 41:50:00         | 8:20:00                | 8:40:00               |
| Yaworski, Sammy      | 55:07:00      | Holiday       | 50:49:00      | 10.0              | 81.2               | 52:55:00         | 10:40:00               | 10:20:00              |
| Yurcisin, Demi       | 44:55:00      | Holiday       | 54:10:00      | 10.0              | 75.2               | 44:55:00         | 9:50:00                | 9:25:00               |

**1) RAFFLE TICKETS DUE THIS THURS, NOV 29Th! \*\*\*\*\* RAFFLE TICKETS DUE THIS THURS, NOV 29Th!**

**2) TEAM PHYSICALS DUE TUES 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](http://www.SOAR-SC.org) We're proud of you guys! Keep training hard!**