

**SOAR Student Training Progress Week 9 - 5 Mile Bench, 5K Special Event**

<b>Student / WK9</b>	<b>27-Nov</b>	<b>29-Nov</b>	<b>1-Dec</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	Injured	29:15:00	3.1	74.3	29:15:00	9:25:00	9:15:00
Adams, Monica	57:58:00	44:39:00	35:47:00	12.1	97.3	46:10:00	11:25:00	11:25:00
Baello, Ryan	51:16:00		28:00:00	8.1(4)	84.3(9)	39:40:00	9:50:00	10:00:00
Conant, Nick	40:50:00		27:07:00	8.1(4)	89.3(4)	39:00:00	9:40:00	8:45:00
DeHererra, Sarah	60:31:00	44:49:00	72:50:00	15.2	96.4	44:30:00	11:40:00	12:50:00
DeJesus, Jessica	49:25:00	41:05:00	30:54:00	12.1	58.2	40:30:00	10:00:00	10:25:00
Ford, David	50:19:00	38:04:00	30:08:00	12.1	94.3	39:30:00	9:50:00	9:40:00
Ford, Jonathan	40:29:00	30:00:00	29:47:00	12.1	93.3	8:20:00	8:25:00	8:00:00
Goldstein, Emily	63:30:00	51:30:00	40:00:00	12.1	93.3	51:40:00	12:50:00	12:50:00
Javier, Natalie	58:06:00	44:50:00	37:45:00	12.1	93.3	46:50:00	11:40:00	12:00:00
Krizman, David	62:01:00	37:15:00	29:52:00	12.1	85.3(5)	43:10:00	10:40:00	9:15:00
Mieske, Lauren	51:30:00	37:20:00	31:25:00	12.1	95.3	40:00:00	10:00:00	9:55:00
Pierce, Taylor	45:00:00	33:34:00	30:10:00	12.1	93.3	36:15:00	8:55:00	9:30:00
Smith, Avrielle	49:20:00	36:00:00	30:08:00	12.1	93.3	41:10:00	10:10:00	10:10:00
Steven, Tyler				0(12.1)	70.2(23.1)	0:00:00	0:00:00	10:00:00
Wathen, Andrew	41:00:00	32:57:00		9(3.1)	90.2(3.1)	36:55:00	8:10:00	8:40:00
Yaworski, Sammy	48:46:00	38:28:00	31:39:00	12.1	93.3	39:40:00	9:50:00	10:20:00
Yurcisin, Demi	44:34:00	33:45:00	29:47:00	12.1	87.3	36:05:00	8:55:00	9:25:00

**1) Santa Monica Venice 5K departure time is 6:00am, Saturday, December 8th. Meet at Lowes.**

**2) TEAM PHYSICALS DUE NOW! NO EXCEPTIONS! YOUR TRAINING WILL BE SUSPENDED AFTER 12/12 IF YOU DON'T HAVE ONE!**

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