

SOAR Student Training Progress Week 3 - 2Mile Bench, 4 Mile Long

Student / WK2	3-Nov	5-Nov	7-Nov	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Yara Askar	RX	33:27:00	46:25:00	6.5	21.5	40:00:00	12:20:00	11:45:00
Juliet DeAmicis	RX	RX	110:58:00	10	22	110:58:00	11:05:00	9:50:00
Janette Flores	45:00:00	48:47:00	45:45:00	9	17(4)	46:30:00	15:30:00	15:25:00
Vanessa Flores	46:32:00	48:47:00	43:45:00	9	22(+2)	46:20:00	15:25:00	15:10:00
Stephanie Garcia	34:21:00	34:05:00	48:58:00	9.5	24.5	39:10:00	11:10:00	11:10:00
Zachary Mendoza	37:55:00	23:18:00	48:37:00	9	24	36:40:00	11:00:00	11:50:00
Ilian Mondragon	30:28:00	30:09:00	41:07:00	9.5	24.5	33:50:00	9:35:00	9:50:00
Karen Moreno	31:15:00			3(6)	18(6)	25:25:00	10:20:00	9:50:00
Mahsa Motavvef	36:00:00	35:30:00	48:37:00	9.5	15.5	40:00:00	12:40:00	12:10:00
Cristian Perez	29:00:00	23:00:00	32:30:00	9.5	12.5	28:10:00	8:50:00	10:10:00
Marisol Ramirez	32:00:00	50:20:00		7(4)	9(15)	41:10:00	11:45:00	10:40:00
Roxana Ramos	41:50:00	34:37:00	46:30:00	9.5	24.5	41:00:00	12:55:00	12:40:00
Karinne Smith	36:10:00	31:31:00	41:50:00	9.5	24.5	36:30:00	11:30:00	11:00:00
Madeline Tan	38:40:00	30:44:00	40:45:00	9.5	24.5	36:40:00	11:40:00	10:40:00
Rorie Uribe	31:18:00	44:40:00	46:28:00	11	25	40:45:00	11:10:00	10:50:00
Bridget Valenzuela	33:00:00	33:27:00	51:40:00	10	25	39:20:00	11:50:00	11:35:00

1) The Hip Hop Classic 5K departure time is 7:00am, Saturday, November 14th. Meet at GVHS.

2) All team physicals are due Friday, November 27th! No exceptions!

3) Remember to Carbo Load! (Bread, Rice, Cereal, Pasta) 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 12th at coaches discretion to participate in the Hip Hop Classic.

6) All SOAR paperwork needs to be given to Coach Sarkissian as soon as possible if you haven't turned it in yet!

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!