

**SOAR Student Training Progress Week 1 - 2Mile Bench, 3 Mile Long**

<b>Student / WK1</b>	<b>5-Oct</b>	<b>7-Oct</b>	<b>9-Oct</b>	<b>Wkly Miles</b>	<b>Total Miles</b>	<b>Avg. Time</b>	<b>Wkly Min / Mile</b>	<b>YTD Min / Mile</b>
Keeva Crooks	22:05:00	22:06:00	31:15:00	7	7	25:10:00	10:45:00	10:45:00
Veronica Fernandez	19:05:00	19:05:00	29:43:00	7	7	22:35:00	9:55:00	9:55:00
Nataly Flores	28:30:00	25:53:00	39:56:00	7	7	28:05:00	12:00:00	12:00:00
Vanessa Flores	24:10:00		39:30:00	5(2)	5(2)	31:50:00	12:45:00	12:45:00
Jasmine Gill	17:52:00	17:20:00	26:20:00	7	7	20:30:00	8:50:00	8:50:00
Jazmin Gonzalez		27:00:00	Excused	3(1)	3(1)	27:00:00	9:00:00	9:00:00
Richard Kuehn	15:01:00	15:49:00	Excused	4	4	15:25:00	7:40:00	7:40:00
Alexandra Medel	20:25:00	20:25:00	31:40:00	7	7	24:10:00	10:20:00	10:20:00
Alex Mendez	18:00:00	18:00:00		4(3)	4(3)	18:00:00	9:00:00	9:00:00
Zachary Mendoza	20:25:00	20:25:00	33:33:00	7	7	24:50:00	10:40:00	10:40:00
Mahsa Motavvef	21:15:00	24:48:00	38:20:00	7	7	28:05:00	12:00:00	12:00:00
Cristian Perez	17:05:00	17:05:00	21:55:00	7	7	18:40:00	8:00:00	8:00:00
Gilbert Ruiz	15:04:00	16:00:00	24:16:00	7	7	18:25:00	7:50:00	7:50:00
Charmaine Sadia	24:20:00	24:20:00	35:50:00	7	7	28:10:00	12:05:00	12:05:00
Kim Sadia	19:53:00	19:53:00	33:33:00	7	7	24:30:00	10:30:00	10:30:00
Leslie Solis	20:27:00	20:27:00	30:58:00	7	7	24:00:00	10:20:00	10:20:00
Jayme Tan	20:25:00	20:25:00	31:40:00	7	7	24:10:00	10:20:00	10:20:00
Madeline Tan	18:18:00	19:07:00	28:15:00	7	7	21:50:00	9:20:00	9:20:00
Carolyn Thio	Excused	28:23:00	Excused	3	3	28:23:00	9:30:00	9:30:00
Bridget Valenzuela	23:45:00	23:45:00	38:20:00	7	7	28:35:00	12:15:00	12:15:00
Stephanie Velazquez	21:46:00	22:27:00	31:30:00	7	7	25:15:00	10:50:00	10:50:00
Logan Wilson	15:52:00	15:52:00	26:18:00	7	7	19:05:00	8:10:00	8:10:00

**1) The Race for the Rescues 5K departure time is 6:00am, Sunday, October 24th. Meet at Lowes.**

**2) All team physicals are due Tuesday, December 14th! 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, October 21st at coaches discretion to participate in the Race for the Rescues 5K.**

**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!**