

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

Student / WK2	12-Oct	14-Oct	16-Oct	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Keeva Crooks	25:35:00	22:29:00	32:43:00	7	14	26:55:00	11:35:00	11:10:00
Veronica Fernandez	36:08:00	19:55:00	32:05:00	8	15	29:15:00	10:55:00	10:25:00
Nataly Flores	25:06:00	25:49:00	39:09:00	7	14	30:00:00	12:50:00	12:25:00
Vanessa Flores	29:10:00	41:05:00	39:09:00	9	14	36:30:00	12:10:00	12:25:00
Jasmine Gill	17:39:00	38:06:00	29:20:00	8.5	15.5	28:20:00	10:00:00	9:20:00
Jazmin Gonzalez	36:33:00	17:15:00	29:20:00	8	11	27:40:00	10:25:00	9:40:00
Richard Kuehn	16:50:00	15:05:00		4(3)	8(3)	16:00:00	8:00:00	7:50:00
Alexandra Medel	25:05:00	22:30:00	32:29:00	7	14	26:40:00	11:25:00	10:55:00
Alex Mendez	64:00:00	21:00:00	31:10:00	10	14	38:40:00	11:35:00	10:20:00
Zachary Mendoza	27:12:00	21:05:00	41:00:00	7	14	29:45:00	12:45:00	11:40:00
Mahsa Motavvef	43:10:00	32:00:00	40:45:00	7	14	38:40:00	16:30:00	14:15:00
Cristian Perez		43:05:00	25:06:00	7	14	34:10:00	9:45:00	8:50:00
Gilbert Ruiz	16:18:00	43:00:00	28:00:00	9	16	29:05:00	9:40:00	8:45:00
Charmaine Sadia	24:20:00	24:20:00	35:50:00	7	14	27:25:00	11:45:00	11:55:00
Kim Sadia	19:53:00	19:53:00	33:33:00	7	14	26:30:00	11:20:00	10:55:00
Leslie Solis	29:10:00	19:25:00	29:29:00	7	14	26:00:00	11:10:00	10:45:00
Jayme Tan	25:05:00	22:31:00	34:20:00	7	14	27:20:00	11:40:00	11:00:00
Madeline Tan	20:25:00	20:25:00	29:10:00	7	14	23:10:00	9:55:00	9:40:00
Carolyn Thio	36:30:00	26:25:00		6(1)	9(1)	31:25:00	10:30:00	9:40:00
Bridget Valenzuela	32:00:00	27:15:00	40:43:00	7	14	33:20:00	14:15:00	13:15:00
Stephanie Velazquez	23:05:00	20:30:00	30:31:00	7	14	28:20:00	12:10:00	11:30:00
Logan Wilson	17:32:00	21:00:00	30:00:00	7	14	22:50:00	9:50:00	8:55:00

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 RFR 5K permission slips need to be given to Coach Sark as soon as possible if you haven't turned it in yet!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!