

**SOAR Student Training Progress Week 3- 3Mile Bench, 5K Event**

<b>Student / WK3</b>	<b>19-Oct</b>	<b>21-Oct</b>	<b>24-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	35:38:00	30:09:00	32:16:00	9.1	23.1	35:40:00	11:45:00	11:20:00
Veronica Fernandez	33:46:00	33:00:00	28:34:00	9.1	24.1	31:50:00	10:30:00	10:25:00
Nataly Flores	40:31:00	39:05:00	41:18:00	9.1	23.1	40:15:00	13:15:00	12:40:00
Vanessa Flores	40:00:00	39:05:00	39:39:00	9.1	23.1	39:35:00	13:00:00	12:40:00
Jasmine Gill	27:05:00	26:46:00	26:34:00	9.1	24.6	26:50:00	8:50:00	9:15:00
Jazmin Gonzalez	27:05:00	26:46:00	28:16:00	9.1	20.1	27:35:00	9:00:00	9:30:00
Alexandra Medel	32:00:00	33:12:00		<b>6(3.1)</b>	<b>20(3.1)</b>	32:40:00	10:50:00	10:50:00
Alex Mendez	27:45:00	26:45:00	26:09:00	9.1	23.1	26:55:00	8:50:00	9:50:00
Zachary Mendoza	34:00:00	38:25:00	34:40:00	9.1	23.1	35:40:00	11:45:00	11:45:00
Mahsa Motavvef	40:30:00	RX	Excused	3	17	40:30:00	13:30:00	14:00:00
Cristian Perez	21:50:00	21:50:00	21:55:00	9.1	23.1	21:50:00	7:10:00	8:20:00
Gilbert Ruiz	25:08:00	24:17:00	23:01:00	9.1	25.1	24:10:00	7:55:00	8:30:00
Charmaine Sadia	34:38:00	32:36:00	32:01:00	9.1	23.1	33:00:00	10:50:00	11:35:00
Kim Sadia	29:56:00	33:12:00	31:47:00	7	14	31:30:00	10:25:00	10:45:00
Leslie Solis	30:48:00	Sick	29:53:00	6.1	20.1	30:20:00	9:55:00	10:30:00
Jayme Tan	33:50:00	33:12:00	32:42:00	9.1	23.1	33:15:00	11:00:00	11:00:00
Madeline Tan	29:35:00	29:01:00	Excused	6	20	29:20:00	9:45:00	9:40:00
Carolyn Thio	36:15:00	26:49:00	28:36:00	10.1	19.1	30:40:00	9:00:00	9:25:00
Bridget Valenzuela	50:00:00	41:45:00	39:15:00	9.1	23.1	43:40:00	14:15:00	13:40:00
Stephanie Velazquez	32:10:00	30:32:00	29:53:00	9.1	23.1	30:50:00	10:10:00	11:00:00
Logan Wilson	35:00:00	24:00:00	23:39:00	9.1	23.1	27:40:00	9:00:00	8:55:00

**1) The Calabasas Classic 5K departure time is 6:00am, Sunday, November 14th. 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, November 11th at coaches discretion to participate in the Calabasas Classic.**

**6) All Calabasas Classic permission slips need to be given to Coach Sark as soon as possible!**

**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!**