

**SOAR Student Training Progress Week 9 - 5 Mile Bench, 8 Mile Long**

<b>Student / WK9</b>	<b>30-Nov</b>	<b>2-Dec</b>	<b>4-Dec</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	54:27:00	33:00:00	98:32:00	16	92.45	62:00:00	11:40:00	11:15:00
Veronica Fernandez			180:23:00	16	85.45	60:10:00	11:30:00	10:50:00
Nataly Flores	58:50:00	66:25:00	111:00:00	18	<b>94.45(3)</b>	78:45:00	13:10:00	13:10:00
Vanessa Flores	67:00:00	66:25:00	112:00:00	18	<b>89.45(8)</b>	81:50:00	13:40:00	12:55:00
Jasmine Gill	42:20:00	26:00:00	34:14:00	12	95.45	34:30:00	8:40:00	9:10:00
Jazmin Gonzalez	51:21:00	28:06:00	96:37:00	16	90.45	58:40:00	11:00:00	9:40:00
Alexandra Medel	48:30:00		90:12:00	<b>13(3)</b>	<b>89.35(8)</b>	69:40:00	10:40:00	11:05:00
Alex Mendez	53:25:00	51:10:00	99:00:00	21	98.45	67:50:00	9:40:00	9:20:00
Zachary Mendoza	58:37:00	28:30:00	94:32:00	16	92.45	60:30:00	11:20:00	11:45:00
Mahsa Motavvef	36:40:00	40:05:00	126:26:00	14	<b>71.1(2)</b>	67:45:00	14:30:00	13:40:00
Cristian Perez	48:00:00	63:00:00	91:00:00	23	<b>84.2(8)</b>	67:20:00	8:50:00	8:40:00
Gilbert Ruiz	43:04:00	23:40:00	62:36:00	16	99.45	43:10:00	8:05:00	8:40:00
Charmaine Sadia	Sick	Sick	Sick	0	80.2	0:00:00	0:00:00	11:35:00
Kim Sadia	58:37:00	28:16:00	90:10:00	16	95.35	59:05:00	11:05:00	11:15:00
Leslie Solis	59:50:00	52:15:00	136:20:00	21	<b>91.2(3)</b>	82:50:00	11:50:00	10:50:00
Jayme Tan	48:30:00		90:12:00	<b>13(3)</b>	<b>87.3(8)</b>	69:20:00	10:35:00	11:05:00
Madeline Tan	33:40:00	46:40:00	126:26:00	<b>15(1)</b>	<b>80.1(9)</b>	68:50:00	13:50:00	10:50:00
Carolyn Thio	61:30:00	48:30:00	110:30:00	21	94.45	73:30:00	10:30:00	9:35:00
Bridget Valenzuela	62:35:00	100:20:00	126:26:00	20	<b>83.2(4)</b>	96:25:00	14:30:00	13:20:00
Stephanie Velazquez	56:57:00	28:20:00	107:49:00	16	98.45	64:25:00	12:05:00	10:40:00
Logan Wilson	49:02:00	27:20:00	Sick	8	91.45	38:20:00	9:40:00	9:30:00

**1) The Santa Monica - Venice Christmas 10K departure time is 5:30am, Saturday, December 11th. Meet at Lowes.**

**2) Coach Garcia will have all SM-Ven 10K team bibs, chips, and bags Saturday morning at Lowes.**

**3) All team physicals are due Tuesday, December 14th! No exceptions!**

**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 9th at coaches discretion to participate in the SM-Venice Xmas 10K.**

**6) All Santa Monica Venice 10K 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!**