

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

| Student / WK2 | 27-Oct | 29-Oct | 31-Oct | Wkly Miles | Total Miles | Avg. Time | Wkly Min / Mile | YTD Min / Mile |
|--------------------|----------|----------|----------|------------|-------------|-----------|-----------------|----------------|
| Yara Askar | 21:30:00 | 34:29:00 | 34:53:00 | 8 | 15 | 30:20:00 | 11:20:00 | 11:30:00 |
| Gabriela Arias | 29:20:00 | 46:00:00 | | 5(3) | 7(8) | 37:40:00 | 15:00:00 | 15:05:00 |
| Juliet DeAmicis | 18:03:00 | 28:07:00 | 30:17:00 | 8 | 12 | 25:05:00 | 9:20:00 | 9:25:00 |
| Janette Flores | 30:00:00 | 48:05:00 | 45:23:00 | 8 | 8(7) | 41:05:00 | 15:25:00 | 15:25:00 |
| Vanessa Flores | 29:20:00 | 48:05:00 | 45:23:00 | 8 | 13(2) | 40:55:00 | 15:20:00 | 14:50:00 |
| Stephanie Garcia | 20:46:00 | 33:12:00 | 32:16:00 | 8 | 15 | 28:45:00 | 10:50:00 | 11:10:00 |
| Zachary Mendoza | 23:35:00 | 36:11:00 | 37:10:00 | 8 | 15 | 32:20:00 | 12:10:00 | 12:15:00 |
| Ilian Mondragon | 19:49:00 | 28:45:00 | 30:58:00 | 8 | 15 | 26:30:00 | 9:55:00 | 9:55:00 |
| Karen Moreno | 18:00:00 | 28:07:00 | 30:15:00 | 8 | 15 | 25:25:00 | 9:35:00 | 9:35:00 |
| Mahsa Motavvef | NA | 34:27:00 | 35:52:00 | 6 | 6 | 35:10:00 | 11:40:00 | 11:40:00 |
| Cristian Perez | NA | NA | 34:30:00 | 3 | 3 | 34:30:00 | 11:30:00 | 11:30:00 |
| Marisol Ramirez | | | | 0(8) | 2(13) | 19:05:00 | 19:05:00 | 9:35:00 |
| Roxana Ramos | 21:00:00 | 34:20:00 | 36:26:00 | 8 | 15 | 30:40:00 | 11:30:00 | 12:30:00 |
| Karinne Smith | 21:31:00 | 31:50:00 | 31:00:00 | 8 | 15 | 28:10:00 | 10:35:00 | 10:45:00 |
| Madeline Tan | 18:45:00 | 29:30:00 | 31:32:00 | 8 | 15 | 26:40:00 | 9:55:00 | 10:10:00 |
| Rorie Uribe | 18:03:00 | 52:49:00 | 30:24:00 | 9 | 14(1) | 33:45:00 | 11:15:00 | 10:45:00 |
| Bridget Valenzuela | 21:57:00 | 34:02:00 | 34:38:00 | 8 | 15 | 30:15:00 | 11:20:00 | 11:30:00 |

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 We're proud of you guys! Keep training hard!