

SOAR Student Training Progress Week 8 - 5Mile Bench, 10K Event

| Student / WK8 | 8-Dec | 10-Dec | 12-Dec | Wkly Miles | Total Miles | Avg. Time | Wkly Min / Mile | YTD Min / Mile |
|--------------------|----------|----------|----------|------------|-------------|-----------|-----------------|----------------|
| Yara Askar | 59:30:00 | 35:02:00 | 71:16:00 | 14.2 | 80.8 | 55:15:00 | 11:35:00 | 12:00:00 |
| Juliet DeAmicis | 47:55:00 | 28:15:00 | 59:07:00 | 14.2 | 81.3 | 62:20:00 | 9:30:00 | 9:50:00 |
| Janette Flores | 71:00:00 | 42:00:00 | 86:58:00 | 14.2 | 82.3 | 66:35:00 | 14:05:00 | 15:10:00 |
| Vanessa Flores | 71:00:00 | 42:16:00 | 86:22:00 | 14.2 | 82.3 | 66:30:00 | 14:05:00 | 15:05:00 |
| Stephanie Garcia | 56:26:00 | 31:33:00 | 69:51:00 | 14.2 | 83.8 | 52:35:00 | 11:10:00 | 11:45:00 |
| Zachary Mendoza | 48:00:00 | 37:50:00 | 70:06:00 | 14.2 | 83.3 | 52:00:00 | 11:00:00 | 12:10:00 |
| Ilian Mondragon | 49:42:00 | 29:43:00 | 61:30:00 | 14.2 | 78.8 | 47:00:00 | 9:55:00 | 10:10:00 |
| Karen Moreno | 47:48:00 | 28:12:00 | 59:34:00 | 14.2 | 83.3 | 45:10:00 | 9:35:00 | 10:10:00 |
| Mahsa Motavvef | 65:13:00 | 36:45:00 | 74:57:00 | 14.2 | 75.8 | 59:00:00 | 12:30:00 | 12:50:00 |
| Cristian Perez | 44:50:00 | 23:50:00 | 46:19:00 | 14.2 | 70.8 | 38:20:00 | 8:10:00 | 9:10:00 |
| Marisol Ramirez | 47:45:00 | 19:00:00 | 59:02:00 | 13.2 | 62.2 | 41:50:00 | 9:30:00 | 10:15:00 |
| Kim Sadia | 53:54:00 | 37:53:00 | 70:07:00 | 15.2 | 38.2 | 53:50:00 | 10:40:00 | 11:10:00 |
| Karinne Smith | 54:59:00 | 39:12:00 | 67:54:00 | 14.2 | 78.8 | 54:10:00 | 11:25:00 | 11:50:00 |
| Madeline Tan | 48:58:00 | 28:28:00 | 60:01:00 | 14.2 | 83.8 | 45:50:00 | 9:40:00 | 10:10:00 |
| Rorie Uribe | 53:23:00 | 30:09:00 | Sick | 8.0 | 77.6 | 41:45:00 | 10:25:00 | 11:05:00 |
| Bridget Valenzuela | 65:13:00 | 39:12:00 | 80:41:00 | 14.2 | 84.3 | 61:45:00 | 13:05:00 | 12:25:00 |
| Skyelar Vega | 69:10:00 | 46:30:00 | 89:35:00 | 14.2 | 49.2 | 68:25:00 | 14:25:00 | 13:50:00 |

1) Permission Slip for the Jingle Bell 10 Miler due by Thursday December 10th!

2) Next Team Event is the SOAR Jingle Bell Run and Team Breakfast. Meet at GVHS at 6:00am, Saturday December 19th!
All team members need to wear a CLEAN SOAR Training Shirt!

3) Remaining team physicals are due ASAP, Contact a Coach if you need assistance!

4) Tired body + tired mind = poor performance. You should be getting at least 8 hrs sleep before any big run!

5) 80 Ounces a day keeps fatigue away! Drink at least 8-10 glasses of water daily in order to maintain healthy hydration levels and adequate blood volume needed to support a positive training experience!

6) 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 10th at coaches discretion to attend the SM-Venice 10K!

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