

SOAR Student Training Progress Week 1- 2 Mile Bench, 3 Mile Long

Student / WK 1	4-Oct	6-Oct	8-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Weekly Tempo Min / Mile	Weekly Min / Mile	YTD Tempo Min / Mile	YTD Weekly Min / Mile
Baljet, Micaela	21:53	21:53	36:57	7.0	7.0			10:56	11:32	10:56	11:32
Biedebach, Bradley	21:00	16:30	24:57	7.3	7.3			08:15	08:33	08:15	08:33
Garcia, Sherilyn	19:48	21:18	28:16	7.3	7.3			10:39	09:30	10:39	09:30
Gonzalez de Leon, Krys	30:47	31:00	46:25	7.3	7.3			15:30	14:49	15:30	14:49
Guzman, Hector	26:00	21:04		4.3	4.3	3.0		10:32	10:57	10:32	10:57
Iribe-Loza, Sebastian	30:47	13:21		4.3	4.3	3.0		06:41	10:16	06:41	10:16
Johnson, Megan	26:57	25:30	37:45	7.3	7.3			12:45	12:21	12:45	12:21
Logesh, Kavinn	27:36	23:20	31:21	7.3	7.3			11:40	11:16	11:40	11:16
Morgan, Deshaun	21:36	16:27	25:16	7.3	7.3			08:13	08:40	08:13	08:40
Najera, Sophia	24:30	19:09	30:30	7.3	7.3			09:34	10:09	09:34	10:09
Samal, Praneel	22:50	16:30	27:27	7.3	7.3			08:15	09:09	08:15	09:09
Stella, Vincent	21:48	17:40	23:15	7.4	7.4			08:50	08:29	08:50	08:29
Tucker, Tali	24:00			2.3	2.3	5.0		00:00	10:26	00:00	10:26
Uchino, Ethan	21:22	16:31	25:52	7.3	7.3			08:15	08:44	08:15	08:44
Vasquez, Mia	24:16	24:14	36:54	7.3	7.3			12:07	11:42	12:07	11:42
Vergara, Ethan	30:10	21:11	52:24	7.3	7.3			10:35	14:13	10:35	14:13

- 1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 23rd. Meet at Lowes. Permission slips to Coach Lina or Coach Hannah ASAP!**
- 2) Program Info Night Wednesday October 19th. 7-8pm Attendance mandatory - all students and one parent / legal guardian.**
- 3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 11/5! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!**
- 4) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! All miles owed must be made up by Thursday, October 20th at coaches discretion to participate in the LA Cancer Challenge 5K.**
- 5) Check out SOAR-SC.org. Follow us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC**
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D**