

SOAR Student Training Progress Week 9- 4.5 Mile Bench, Quarter Marathon Qualifier

| Student / WK 10 | 5-Dec | 7-Dec | 10-Dec | 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 |
|--------------------|---------|---------|---------|--------------------|-----------------|------------------|-----------------|-------------------------|-------------------|----------------------|-----------------------|
| Akel, Tamara | 0:44:28 | 0:55:15 | 1:22:21 | 15.0 | 122.1 | | | 12:17 | 12:08 | 12:58 | 13:07 |
| Baljet, Christian | 0:54:53 | 0:36:41 | 0:51:18 | 15.0 | 124.6 | | | 08:09 | 09:31 | 08:19 | 08:46 |
| Baljet, Micaela | 1:25:10 | 0:42:10 | 1:01:59 | 18.5 | 120.6 | | | 09:22 | 10:14 | 11:02 | 10:56 |
| Barba, Ivanna | 0:44:41 | 0:51:26 | 1:12:19 | 15.0 | 93.0 | | | 11:26 | 11:14 | 11:30 | 11:24 |
| Carelli, Sophia | 0:46:15 | 0:57:11 | | 8.5 | 119.1 | | | 12:42 | 12:10 | 12:59 | 12:29 |
| Chang, Lauryn | 0:46:15 | 0:55:35 | 1:25:24 | 15.0 | 126.6 | UP 8 | | 12:21 | 12:29 | 13:01 | 12:48 |
| Delgado, Victor | 3:40:50 | 0:48:07 | 1:09:37 | 40.0 | 128.0 | | | 10:42 | 08:28 | 14:30 | 12:34 |
| Dezell, Sean | 0:42:13 | 0:48:28 | 1:27:30 | 14.5 | 94.5 | | | 10:46 | 12:17 | 09:17 | 10:55 |
| Garcia, Sherilyn | INJURED | INJURED | INJURED | 0.0 | 82.6 | | | #VALUE! | #DIV/0! | 10:23 | 10:26 |
| Guerrero, Cheyenne | 0:40:00 | 0:38:13 | 1:39:23 | 15.0 | 127.1 | UP 6 | | 08:30 | 11:50 | 10:42 | 11:13 |
| Hernandez, Yoselin | INJURED | INJURED | INJURED | 0.0 | 70.1 | | | #VALUE! | #DIV/0! | 13:58 | 13:50 |
| Jain, Aditya | 0:58:34 | 0:36:31 | 0:56:28 | 16.0 | 122.6 | | | 08:07 | 09:28 | 10:19 | 10:10 |
| Johnson, Megan | 0:50:43 | 0:52:33 | 1:25:18 | 15.0 | 122.6 | | | 11:41 | 12:34 | 13:05 | 12:54 |
| Kayne, Ben | | 0:36:15 | 0:52:46 | 11.0 | 122.6 | | | 08:03 | 08:06 | 08:44 | 09:04 |
| Khvalko, Vladyslav | 0:44:41 | 0:32:00 | 0:46:14 | 15.0 | 119.6 | | | 07:07 | 08:12 | 08:48 | 08:57 |
| Lagunas, Yuliana | 0:46:15 | 0:51:26 | 1:18:23 | 15.0 | 126.1 | | | 11:26 | 11:44 | 12:06 | 11:54 |
| Lopez, Jeremy | 0:46:15 | 0:47:40 | 1:11:05 | 15.0 | 120.6 | | | 10:36 | 11:00 | 11:48 | 12:54 |
| Morgan, Deshaun | 0:44:41 | 0:30:24 | 0:44:29 | 15.0 | 125.1 | | | 06:45 | 07:58 | 07:19 | 07:53 |
| Najera, Sophia | 0:44:41 | | | 4.0 | 118.7 | 11 ? | | 00:00 | 11:10 | 11:06 | 11:12 |
| Nava, Lizeth | 0:44:41 | 0:56:54 | 1:18:23 | 15.0 | 126.6 | | | 12:39 | 12:00 | 11:25 | 12:05 |
| Ramanan, Varun | 1:28:40 | 0:45:35 | 1:09:37 | 19.0 | 130.1 | | | 10:08 | 10:44 | 10:59 | 10:51 |
| Samal, Praneel | 0:44:41 | 0:35:55 | 0:54:17 | 15.0 | 123.6 | UP 3 | | 07:59 | 09:00 | 08:15 | 08:28 |
| Woldetsadik, Issac | 0:44:41 | 0:46:40 | 1:15:55 | 15.0 | 96.0 | | | 10:22 | 11:09 | 11:33 | 08:17 |
| Wynn, Elena | 0:46:15 | 0:53:47 | 1:16:10 | 15.0 | 121.6 | | | 11:57 | 11:45 | 12:06 | 12:14 |

1) All SOAR Students MUST have a physical clearance on file!! Students not having a current physical risk suspension after January 19th!

2) Next Team Qualifying Event is the SOAR Jingle Bell 10 Miler and Holiday Breakfast Saturday, Dec 16th in Santa Monica! 6a Rally at Lowes!

3) Transportation to this weekend's event will be provided by SOAR Coaching Staff.

**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, January 18th at coaches discretion to participate in the Heartbreak Half Marathon.**

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