

**SOAR Student Training Progress Week 10- 4 Mile Bench, 1/4 Marathon Event**

<b>Student / WK 10</b>	<b>7-Nov</b>	<b>9-Nov</b>	<b>12-Dec</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Weekly Tempo Min / Mile</b>	<b>Weekly Min / Mile</b>	<b>YTD Tempo Min / Mile</b>	<b>YTD Weekly Min / Mile</b>
Baljet, Micaela	0:52:21	0:47:31	1:21:14	14.55	87.40			11:53	12:27	12:44	12:05
Castillo, Edgar	1:18:03	0:35:20	0:54:30	19.55	118.90			08:50	08:35	09:18	09:24
Fitterer, Horus	0:37:11	1:10:00	0:50:26	17.55	121.40			17:30	08:59	10:11	09:20
Hernandez, Giselle	0:42:45	0:43:48	1:11:27	14.55	116.90			10:57	10:52	11:27	11:26
Iribe-Loza, Sebastian	1:31:00	0:34:10	0:43:23	19.55	116.90			08:32	08:37	07:56	08:09
Paulsen, Abby	0:40:37	0:41:35	1:09:50	14.55	123.90			10:24	10:27	10:46	10:27
Stella, Vincent	2:34:45	0:35:23	1:02:50	23.05	128.00			08:51	10:58	09:52	10:11
Strang, Ainsley	0:38:02	0:37:59	0:51:17	14.55	119.15			09:30	08:45	10:03	09:52
Uchino, Ethan	0:34:35	0:35:09	0:57:24	14.55	118.90			08:47	08:44	09:56	10:02
Vasquez, Mia	1:33:37	0:41:35	1:09:50	19.55	117.40			10:24	10:29	10:45	10:42

- 1) Next Team Qualifying Event is the SOAR Jingle Bell 10 Miler and Holiday Breakfast Saturday, December 18th in Encino! 6a Rally at Lowes!**
- 2) Participation Agreements DUE NOW!! Team Physicals Due Friday, December 17th!! No exceptions!!!**
- 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, December 16th at coaches discretion to participate in the SOAR's Jingle Bell 10 Miler!**
- 5) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D**