

SOAR Student Training Progress Week 10- 4.5 Mile Bench, 6.55 Quarter Marathon

Student / WK 10	6-Dec	8-Dec	11-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
Baljet, Micaela	0:54:43	0:43:29	1:06:59	15.1	123.7			10:52	10:59	10:50	11:19
Biedebach, Bradley	1:39:15	0:40:32	0:51:01	21.6	128.5			10:08	08:51	08:33	08:54
Garcia, Sherilyn	0:49:39	0:36:12	1:01:36	15.1	128.5			09:03	09:48	10:09	10:11
Gonzalez de Leon, Krystel	0:30:00	0:30:00	Injured	4.0	107.4	5 UP		07:30	15:00	14:10	14:47
Guzman, Hector	0:47:45	0:40:40	1:09:35	15.1	94.0			10:10	10:30	11:29	11:39
Iribe-Loza, Sebastian	1:40:10	0:32:00	0:44:30	23.1	125.0	1.5 UP		16:00	07:40	10:10	09:53
Johnson, Megan	0:49:39	0:47:11	1:19:18	15.1	134.5	10.5 UP		11:48	11:42	12:16	12:30
Logesh, Kavinn	0:49:39	0:44:48	1:09:00	15.1	123.0			11:12	10:52	11:26	12:11
Morgan, Deshaun	1:37:40	0:33:19	0:55:28	19.6	132.0	9.5 UP		08:20	09:32	09:10	09:40
Najera, Sophia	0:47:45	0:39:00	1:03:12	15.1	142.5	16 UP		09:45	09:58	09:27	10:09
Samal, Praneel	0:47:45	0:34:26	1:00:02	17.5	130.9			08:36	08:08	09:07	10:01
Stella, Vincent	0:47:45			4.5	128.5			00:00	10:37	08:33	09:26
Tucker, Tali	0:49:39	0:39:20	1:06:09	15.1	122.5			09:50	10:18	09:55	10:31
Uchino, Ethan	0:47:45	0:31:12	0:56:59	17.5	133.0			07:48	07:46	08:17	08:51
Vasquez, Mia	0:49:39	0:43:41	1:14:40	15.1	125.5			10:55	11:10	12:42	11:36

1) All SOAR Students MUST have a physical clearance on file to continue training!!

2) Next Team Qualifying Event is the SOAR Jingle Bell 10 Miler and Holiday Breakfast Saturday, December 17th in Encino! 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 5th at coaches discretion to participate in the SOAR Ragnar Relay Challenge.

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