

SOAR Student Training Progress Week 10- 4.5 Mile Bench, 8 Mile Long

Student / WK 10	3-Dec	5-Dec	7-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
Agopian, Alex	1:56:00		1:23:09	21.0	121.6			00:00	09:29	09:48	09:52
Akel, Tamara	0:46:15	0:55:05	1:48:25	16.5	117.1	4.0		12:14	12:43	12:39	12:46
Barba, Ivanna	0:39:22	0:47:10	1:27:02	16.5	122.3			10:29	10:31	10:50	10:57
Chang, Lauryn	2:46:50	0:53:05	1:45:23	25.0	136.1	14.5 UP		11:48	13:01	12:13	12:24
Choi, Vince	0:41:33	0:47:10	1:48:25	16.5	113.5	2.0		10:29	11:57	12:11	13:37
Garcia, Bella	0:42:15	0:47:50	1:30:25	16.5	116.1			10:38	10:56	12:12	12:01
Guerrero, Cheyenne	0:41:03	0:43:43	1:19:09	16.5	122.6			09:43	09:56	10:35	10:28
Hernandez, Yoselin	Injured	Injured	Injured	0.0	88.6			#VALUE!	#DIV/0!	13:20	12:25
Jawich, Tarek	0:30:00	0:27:34	1:48:03	12.0	90.6			13:47	13:48	12:46	11:50
Jimenez, Aaden	2:34:40	0:46:14	1:24:33	25.0	106.6	4.5		10:16	11:25	11:20	10:08
Kayne, Ben	Injured	0:42:01	1:01:29	12.5	123.1			09:20	08:17	08:15	08:29
Khvalko, Vladyslav	2:14:40		1:25:13	20.5	126.1			00:00	10:44	08:26	08:41
Krishnamoorth, Advait	1:47:35		1:09:00	20.0	117.4			00:00	08:50	09:01	09:49
Lopez, Jeremy	0:41:58	0:53:05	1:26:35	16.5	121.1			11:48	11:00	11:41	11:06
Mohamed, Zaina	2:40:30	0:50:30	1:34:20	8.0	104.1			11:13	38:10	11:47	14:34
Najera, Sophia	0:41:59	0:47:50	1:20:00	16.5	131.4	6 UP		10:38	10:18	12:10	11:33
Patel, Anika		0:42:20	1:16:10	12.5	128.6	4 UP		09:24	09:29	09:30	09:19
Ramirez, Ireland	0:40:26	0:44:55	1:36:40	16.5	122.2	6 UP		09:59	11:02	11:17	11:16
Samal, Praneel	0:30:23	0:35:25	0:59:09	16.5	128.6			07:52	07:34	08:01	08:15
Soriano, Isabella	1:51:20	0:39:40	1:09:20	25.0	117.1	4.0		08:49	08:49	10:05	08:38
Ventura, Yelitza	0:44:11	0:47:10	1:27:48	16.5	121.1			10:29	10:51	10:48	11:16
Woldesadik, Isaac	2:07:15	0:49:03	1:25:09	25.0	120.6	1.5		10:54	10:27	11:34	10:59
Zamascikov, Philip	0:37:23	0:45:09	1:45:43	16.5	121.1			10:02	11:25	11:12	11:22

1) A reminder to all to complete your SOAR Participation Agreement at first opportunity. Thanks!

2) Next Team Qualifying Event - 40th Annual Santa Monica / Venice Christmas Run, Saturday, December 14th in Santa Monica.

3) All SOAR Students MUST have a physical clearance on file!! Students not having a current physical risk suspension after January 17th!

**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 12th at coaches discretion to participate in the Santa Monica Christmas Run.**

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