

SOAR Student Training Progress Week 11- 4 Mile Bench, 10 Mile Qualifier

Student / WK 11	12-Dec	14-Dec	16-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	0:54:21	0:49:01	2:15:00	18.0	140.1			12:15	13:15	12:54	13:07
Baljet, Christian			1:31:00	10.0	134.6	8.0		00:00	09:06	08:19	08:48
Baljet, Micaela	0:51:42		1:52:41	14.0	134.6	4.0		00:00	11:45	11:02	11:00
Barba, Ivanna		1:00:47	1:56:30	14.5	107.5	4.0		15:12	12:14	11:58	11:31
Carelli, Sophia	0:57:35			4.0	128.1	9.0	9.0	00:00	14:24	12:59	12:40
Chang, Lauryn	0:56:15	0:59:30		8.0	134.6	2.0		14:52	14:28	13:11	12:57
Delgado, Victor	0:53:00	0:59:00	2:09:00	18.0	146.0			14:45	13:23	14:31	12:38
Dezell, Sean	0:51:42			4.0	98.5	14.0	10.0	00:00	12:56	09:17	11:10
Garcia, Sherilyn	INJURED	INJURED	INJURED	0.0	82.6			#VALUE!	#DIV/0!	10:23	10:26
Guerrero, Cheyenne	0:39:22	0:37:56	1:55:53	18.0	145.1	UP 6		09:29	10:44	10:35	11:11
Hernandez, Yoselin	INJURED	INJURED	INJURED	0.0	70.1			#VALUE!	#DIV/0!	13:58	13:50
Jain, Aditya	0:33:33	1:00:47	2:07:05	18.5	141.1			13:30	11:58	10:40	10:20
Johnson, Megan		1:00:47	2:13:45	14.0	136.6	4.0		13:30	13:54	13:08	13:00
Kayne, Ben	0:32:17	0:35:59	1:38:28	18.0	140.6			09:00	09:16	08:46	09:05
Khvalko, Vladyslav	1:37:40	0:59:00	1:30:00	22.5	142.1			13:07	10:58	09:11	09:08
Lagunas, Yuliana	0:58:13	1:07:50	2:15:45	18.0	144.1			16:57	14:33	12:38	12:08
Lopez, Jeremy	0:47:03	0:48:00	2:12:05	18.0	138.6			12:00	12:37	11:49	12:53
Morgan, Deshaun	2:28:50	0:59:00	1:30:00	26.5	151.6	UP 8.5		14:45	11:14	08:03	08:11
Najera, Sophia			2:13:00	10.0	128.7			00:00	13:18	11:06	11:24
Nava, Lizeth	0:58:13	1:07:50	2:13:45	18.0	144.6			16:57	14:26	11:58	12:18
Ramanan, Varun	0:40:39	1:00:47		8.5	138.6	10.0	10.0	13:30	11:56	11:14	10:57
Samal, Praneel	0:31:58	0:35:59	1:29:00	18.0	141.6	UP 3		09:00	08:43	08:20	08:29
Woldetsadik, Issac	0:54:03	0:59:00	2:07:15	18.0	114.0			14:45	13:21	12:00	12:01
Wynn, Elena	0:57:35	0:59:30	2:08:00	18.0	139.6			14:52	13:37	12:23	12:21

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 SOAR's Heartbreak Half Marathon at Ventura Beach Saturday, Jan 20th! 6a Rally at Lowes!

3) A reminder to set up your Team Fundraising Page during Holiday Break!!

**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