

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

Student / WK 11	14-Dec	16-Dec	18-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	0:47:15	0:49:04	2:06:00	18.00	105.40			12:16	12:21	12:39	12:07
Castillo, Edgar	0:45:07	0:50:00	1:33:00	18.00	136.90			12:30	10:27	09:37	09:29
Fitterer, Horus	0:42:32	0:50:00	1:49:02	18.00	139.40			12:30	11:12	10:24	09:30
Hernandez, Giselle	0:41:52	0:45:10	1:59:00	18.00	134.90			11:18	11:27	11:26	11:26
Iribe-Loza, Sebastian	0:45:07	0:42:24	1:15:09	18.00	134.90			10:36	09:02	08:19	08:14
Paulsen, Abby	0:43:50	0:38:04	1:50:37	18.00	141.90			09:31	10:42	10:38	10:28
Stella, Vincent	0:40:33	0:38:00	1:35:24	18.00	146.00			09:30	09:40	09:50	10:08
Strang, Ainsley	0:42:52		1:35:24	14.00	133.15	4.0		00:00	09:53	10:03	09:52
Uchino, Ethan	0:42:32	0:36:45	1:33:47	18.00	136.90			09:11	09:37	09:52	09:59
Vasquez, Mia	0:43:50		1:50:37	14.00	131.40	4.0		00:00	11:02	10:45	10:44

- 1) Next Team Qualifying Event is the Heartbreak Half Marathon Saturday, January 22nd in Ventura! 6a Rally at Lowes!
- 2) Participation Agreements DUE NOW!! Team Physicals Due NOW!! 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, January 20th at coaches discretion to participate in the Heartbreak Half Marathon!
- 5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D