

**SOAR Student Training Progress Week 12- 5.5 Mile Trail Bench, Holiday Break**

Student / WK 12	20-Dec	22-Dec	24-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	1:30:00	Holiday	Holiday	4.0	145.7			#VALUE!	22:30	11:02	12:20
Biedebach, Bradley	1:07:03	Holiday	Holiday	5.5	152.0			#VALUE!	12:11	08:26	09:10
Garcia, Sherilyn	1:36:04	Holiday	Holiday	5.5	152.0			#VALUE!	17:28	10:04	10:48
Gonzalez de Leon, Krystel	Injured	Holiday	Holiday	0.0	107.4			#VALUE!	#DIV/0!	14:10	14:47
Guzman, Hector		Holiday	Holiday	0.0	112.0	5.5		#VALUE!	#DIV/0!	11:22	11:35
Iribe-Loza, Sebastian		Holiday	Holiday	0.0	143.0	4.0		#VALUE!	#DIV/0!	09:50	09:45
Johnson, Megan	1:38:47	Holiday	Holiday	5.5	158.0	10.5 UP		#VALUE!	17:58	12:08	12:52
Logesh, Kavinn	1:36:40	Holiday	Holiday	5.5	146.5			#VALUE!	17:35	11:38	12:40
Morgan, Deshaun		Holiday	Holiday	0.0	150.0	4 UP		#VALUE!	#DIV/0!	09:08	09:36
Najera, Sophia	1:30:00	Holiday	Holiday	4.0	157.5	16 UP		#VALUE!	22:30	09:50	11:29
Samal, Praneel	1:13:20	Holiday	Holiday	5.5	154.4			#VALUE!	13:20	09:02	10:12
Stella, Vincent	1:22:15	Holiday	Holiday	5.5	152.0			#VALUE!	14:57	08:32	09:50
Tucker, Tali	1:22:15	Holiday	Holiday	5.5	146.0			#VALUE!	14:57	10:05	10:53
Uchino, Ethan	1:13:43	Holiday	Holiday	5.5	156.5			#VALUE!	13:24	08:14	09:12
Vasquez, Mia	1:36:04	Holiday	Holiday	5.5	149.0			#VALUE!	17:28	12:30	12:03

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

**2) Next Team Qualifying Event is the SOAR Ragnar Challenge Saturday, January 7th in Valencia! 7a Rally at Heritage Park! ☐**

**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 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](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**

**6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D**