

SOAR Student Training Progress Week 12- 5 Mile Bench, Holiday

Student / WK 12	19-Dec	21-Dec	23-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	1:06:01		Holiday	5.0	145.1	4.5		00:00	13:12	14:06	13:08
Baljet, Christian	0:42:45	0:37:15	0:51:55	14.5	149.1	3.0		08:17	09:06	08:23	08:49
Baljet, Micaela	0:56:50	0:51:40	Holiday	9.5	144.1	3.5		11:29	11:25	11:04	11:02
Barba, Ivanna	0:52:25	0:44:03	0:40:12	13.5	121.0			09:47	10:07	11:45	11:21
Carelli, Sophia	1:06:07	0:55:30	Holiday	9.5	137.6	9.0	9.0	12:20	12:48	12:58	12:40
Chang, Lauryn			Holiday	0.0	134.6	7.5		00:00	#DIV/0!	13:11	#DIV/0!
Delgado, Victor	0:54:00	0:55:33	Holiday	9.5	155.5			12:21	11:32	14:13	12:33
Dezell, Sean	0:57:55	0:37:10	0:51:55	14.5	113.0	9.0	9.0	08:16	10:08	12:43	11:03
Garcia, Sherilyn	INJURED	INJURED	Holiday	0.0	82.6			#VALUE!	#DIV/0!	10:23	#DIV/0!
Guerrero, Cheyenne	0:52:58	0:47:12	Holiday	9.5	154.6	UP 6		10:29	10:33	10:35	11:07
Hernandez, Yoselin	0:35:00	INJURED	Holiday	2.0	72.1			#VALUE!	17:30	16:28	14:18
Jain, Aditya	0:45:37	0:42:50	Holiday	9.5	150.6			09:31	09:19	10:32	10:15
Johnson, Megan			Holiday	0.0	136.6	13.5		00:00	#DIV/0!	13:08	#DIV/0!
Kayne, Ben	0:42:40	0:38:40	Holiday	9.5	150.1			08:36	08:34	08:44	09:03
Khvalko, Vladyslav			Holiday	0.0	142.1	9.5		00:00	#DIV/0!	09:11	#DIV/0!
Lagunas, Yuliana	0:50:10	0:55:30	Holiday	9.5	153.6			12:20	11:07	12:29	12:03
Lopez, Jeremy	1:02:00		Holiday	5.0	143.6	4.5		00:00	12:24	12:56	12:51
Morgan, Deshaun	0:38:24	0:33:39	Holiday	9.5	161.1	UP 8.5		07:29	07:35	08:01	08:08
Najera, Sophia	1:06:29	0:56:36	Holiday	9.5	138.2			12:35	12:57	11:20	11:32
Nava, Lizeth	1:02:13	0:55:30	Holiday	9.5	154.1			12:20	12:23	12:00	12:18
Ramanan, Varun		0:42:56	Holiday	4.5	143.1	15.0	10.0	09:32	09:32	11:05	10:50
Samal, Praneel	0:43:28	0:40:23	Holiday	9.5	151.1	UP 3		08:58	08:50	08:23	08:31
Woldetsadik, Issac	0:56:34	0:49:00	Holiday	9.5	123.5			10:53	11:07	11:54	11:55
Wynn, Elena	1:02:00	0:55:30	Holiday	9.5	149.1			12:20	12:22	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