

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

Student / WK 12	21-Dec	23-Dec	25-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	1:06:11	Holiday	1:03:38	10.00	115.40	5 UP		#VALUE!	12:59	12:39	12:14
Castillo, Edgar		Holiday	Holiday	0.00	136.90	5.0		#VALUE!	#DIV/0!	09:37	09:29
Fitterer, Horus		Holiday	Holiday	0.00	139.40	5.0		#VALUE!	#DIV/0!	10:24	09:30
Hernandez, Giselle	1:06:10	Holiday	Holiday	5.00	139.90			#VALUE!	13:14	11:26	11:35
Iribe-Loza, Sebastian	0:41:14	Holiday	0:42:00	10.00	139.90			#VALUE!	08:19	08:19	08:14
Paulsen, Abby	0:55:02	Holiday	Holiday	5.00	146.90			#VALUE!	11:00	10:38	10:31
Stella, Vincent	0:45:30	Holiday	0:45:30	10.00	156.00	5 UP		#VALUE!	09:06	09:50	10:03
Strang, Ainsley	0:55:00	Holiday	0:47:00	10.00	143.15			#VALUE!	10:12	10:03	09:54
Uchino, Ethan	0:45:23	Holiday	Holiday	5.00	141.90			#VALUE!	09:05	09:52	09:55
Vasquez, Mia	0:55:00	Holiday	Holiday	5.00	136.40	4.0		#VALUE!	11:00	10:45	10:45

- 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