

SOAR Student Training Progress Week 13- Holiday Break, 10 Mile Long

Student / WK 13	24-Dec	26-Dec	28-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
Chiang, Owen (D)	Holiday	Holiday	1:53:42	10.0	158.3			#VALUE!	0:11:22	0:10:01	0:10:46
Chouinard, Brody (M)	Holiday	Holiday	1:41:30	10.0	153.3	5.0	5.0	#VALUE!	0:10:09	0:08:31	0:09:14
Diaz, Nadia (D)	Holiday	Holiday	2:31:37	10.0	158.3			#VALUE!	0:15:10	0:13:16	0:13:38
Fitterer, Karl (M)	Holiday	Holiday	1:51:47	10.0	164.3			#VALUE!	0:11:11	0:09:30	0:10:15
Flynn, Natalie (D)	Holiday	Holiday	1:54:27	10.0	163.3			#VALUE!	0:11:27	0:10:42	0:10:49
Gawra, Inderjeet (D)	0:56:54	Holiday	1:57:34	15.0	153.1	5 UP		#VALUE!	0:11:38	0:11:19	0:11:46
Goldstein, Isabella (D)	1:06:40	Holiday	2:32:00	15.0	146.3	12.0	8.0	#VALUE!	0:14:35	0:13:20	0:13:32
Guangorena, Edward (M)	Holiday	Holiday	2:07:00	10.0	158.3	5.0		#VALUE!	0:12:42	0:11:27	0:11:45
Kim, Issac (M)	0:54:03	Holiday	1:56:44	15.0	151.3	8.0	8.0	#VALUE!	0:11:23	0:10:49	0:11:05
Mendoza, Alejandro (M)	Holiday	Holiday	1:45:10	10.0	163.3			#VALUE!	0:10:31	0:09:49	0:10:35
Paulsen, Abby (M)	Holiday	Holiday	1:54:12	10.0	150.3	8.0	8.0	#VALUE!	0:11:25	0:12:36	0:12:23
Perez, Sofia (D)	0:55:01	Holiday	1:58:10	15.0	165.3			#VALUE!	0:11:33	0:11:00	0:11:21
Redfern, Kaia (M)	Holiday	Holiday		0.0	181.3	27 UP		#VALUE!	#DIV/0!	0:11:16	0:11:17
Song, Jasmin (D)	1:00:26	Holiday	2:40:10	15.0	155.3	8.0	8.0	#VALUE!	0:14:42	0:12:08	0:12:36
Sorila, Hazel (M)	Holiday	Holiday	2:09:13	10.0	158.3			#VALUE!	0:12:55	0:11:43	0:12:25
Spiker, Christopher (D)	Holiday	Holiday		0.0	153.3	10.0	10.0	#VALUE!	#DIV/0!	0:08:26	0:08:49
Strang, Ainsley (D)	Holiday	Holiday	1:53:49	10.0	164.3			#VALUE!	0:11:23	0:10:01	0:10:12
Teague, Thomas (M)	Holiday	Holiday	1:54:00	10.0	165.2			#VALUE!	0:11:24	0:09:07	0:09:54
Turpin, Lottie (M)	Holiday	Holiday	1:53:30	10.0	159.3	4.0		#VALUE!	0:11:21	0:13:26	0:13:10
Yamachika, Nicole (D)	Holiday	Holiday	1:37:04	10.0	155.1			#VALUE!	0:09:42	0:10:40	0:11:07

- 1) Happy New Year from SOAR! No training New Year's Eve / Thurs! Next scheduled long run - Facey 10 Miles - Saturday 1/4, 6am
- 2) Weekday training moves to 9am during holiday break!! Check your calendar for locations!
- 3) Next Team Qualifier - The Irvine Half Marathon - Saturday, January 11th. All miles owed must be in by 1/9/20 to qualify!!
- 4) All permission slips for the Irvine Half Marathon due to Coach Sarkissian by Thursday 1/9!
- 5) 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 9th at coaches discretion to participate in the Irvine Half Marathon!
- 6) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC
- 7) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D

Team Standings WK 12	Team Time Total	Total Points earned
Diaz (10)	25:27:34	0
Mendoza (10)	20:37:09	3

- * Missed practice incurs 15 min / mi penalty.
- * Uneven team adds Ghost Runner at 12 min / mi.
- * Team Challenge Winner earns 1 Point.
- * Team with lowest cumulative time earns 1 Point.

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