

SOAR Student Training Progress Week 13- 4.5 Mile Bench, Holiday

Student / WK 13	28-Dec	30-Dec	1-Jan	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	1:46:02	0:46:26	Holiday	12.50	127.90	5 UP		10:19	12:12	12:19	12:14
Castillo, Edgar	1:23:19		Holiday	8.00	144.90	9.5		00:00	10:25	09:37	09:34
Fitterer, Horus	1:38:30		Holiday	8.00	147.40	9.5		00:00	12:19	10:24	09:44
Hernandez, Giselle	1:53:58	0:57:00	Holiday	13.00	152.90			12:40	13:09	11:35	11:42
Iribe-Loza, Sebastian	1:13:34	0:37:26	Holiday	12.50	152.90			08:19	08:53	08:19	08:17
Paulsen, Abby			Holiday	0.00	146.90	12.5		00:00	#DIV/0!	10:38	10:31
Stella, Vincent	0:44:14	0:48:00	Holiday	10.00	166.00			10:40	09:13	09:54	09:59
Strang, Ainsley	1:24:53	0:45:14	0:47:00	12.50	155.65			10:03	14:10	10:03	10:13
Uchino, Ethan	1:17:03	0:44:24	Holiday	12.50	154.40			09:52	09:43	09:52	09:54
Vasquez, Mia	1:38:54	0:48:21	Holiday	12.50	148.90	4.0		10:45	11:47	10:45	10:50

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