

SOAR Student Training Progress Week 13- 8 Mile Bench, Holiday Break

Student / WK 13	27-Dec	29-Dec	31-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	1:41:20		Holiday	8.0	153.7	4.5		00:00	12:40	11:02	12:22
Biedebach, Bradley	1:19:13	0:34:49	Holiday	12.5	164.5			07:44	09:07	08:22	09:10
Garcia, Sherilyn	1:37:37	0:45:22	Holiday	12.5	164.5			10:05	11:26	10:04	10:51
Gonzalez de Leon, Krystal	Injured	Injured	Holiday	0.0	107.4			#VALUE!	#DIV/0!	14:10	14:47
Guzman, Hector	1:35:20	0:46:31	Holiday	12.5	124.5	5.5		10:20	11:21	11:16	11:33
Iribe-Loza, Sebastian			Holiday	0.0	143.0	16.5		00:00	#DIV/0!	09:50	09:45
Johnson, Megan			Holiday	5.5	163.5	2.0		00:00	00:00	12:08	12:52
Logesh, Kavinn	2:47:50	0:49:42	Holiday	17.5	164.0			11:03	12:26	11:35	12:39
Morgan, Deshaun	2:49:15		Holiday	17.0	167.0			00:00	09:57	09:08	09:38
Najera, Sophia		0:45:22	Holiday	4.5	162.0	8 UP ?		10:05	10:05	09:51	11:22
Samal, Praneel	1:23:39	0:37:22	Holiday	12.5	166.9			08:18	09:41	08:57	10:09
Stella, Vincent	1:32:19	0:37:24	Holiday	12.5	164.5			08:19	10:23	08:30	09:52
Tucker, Tali	1:37:20		Holiday	9.0	155.0	3.5		00:00	10:49	10:05	10:53
Uchino, Ethan	1:10:38	0:37:34	Holiday	12.5	169.0			08:21	08:39	08:15	09:10
Vasquez, Mia	2:35:10	0:46:06	Holiday	16.5	165.5			10:15	12:12	12:16	12:04

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 - Instagram SOAR_SC

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