

SOAR Student Training Progress Week 14- 5 Mile Bench, 8 Mile Ragnar Relay Event

Student / WK 14	3-Jan	5-Jan	7-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	3:45:00	0:55:12	1:33:00	32.0	185.7	10 UP		11:02	11:40	11:02	11:29
Biedebach, Bradley	0:31:23	0:41:49	1:11:00	17.0	181.5			08:22	08:29	08:22	08:31
Garcia, Sherilyn	0:40:06	0:50:20	1:27:00	17.0	181.5			10:04	10:26	10:04	10:05
Guzman, Hector	0:39:22	0:56:19	1:23:00	17.0	96.0	5.5		11:16	10:31	11:16	10:30
Iribe-Loza, Sebastian	3:05:20	0:49:10	0:53:00	30.5	173.5	3.0		09:50	09:26	08:57	08:56
Johnson, Megan	0:47:06	1:00:42	1:40:00	17.0	180.5	2.0		12:08	12:13	12:08	11:53
Logesh, Kavinn	2:11:15	0:57:54	1:45:00	25.0	189.0	8 UP		11:35	11:46	11:35	11:44
Morgan, Deshaun	0:35:00	0:45:40	1:24:00	17.0	184.0			09:08	09:41	09:08	08:53
Najera, Sophia	2:15:35	0:49:17	1:24:00	25.0	187.0	16 UP		09:51	10:45	09:51	10:34
Samal, Praneel	0:38:04	0:44:46	1:08:00	17.0	183.9			08:57	08:52	08:57	09:26
Stella, Vincent	1:20:05		1:17:00	12.0	176.5			00:00	13:05	08:30	09:10
Tucker, Tali			1:28:00	8.0	163.0	12.5		00:00	11:00	10:05	10:06
Uchino, Ethan	0:35:17	0:41:14	1:08:00	17.0	186.0			08:15	08:30	08:15	08:30
Vasquez, Mia	0:51:00	1:01:20	1:36:00	17.0	182.5			12:16	12:15	12:16	11:12

1) All SOAR Students MUST have a physical clearance on file to continue training!!

2) Next Team Qualifying Event is the Heartbreak Half Marathon Saturday, January 21st in Ventura! 6a Rally at Lowes!☐

3) A reminder to set up your Team Fundraising Pagethis week!!

**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 19th at coaches discretion to participate in the Heartbreak Half.**

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