

SOAR Student Training Progress Week 15- 5 Mile Bench, 10 Mile Hillwork

| Student / WK 15 | 10-Jan | 12-Jan | 14-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 | 0:47:42 | 0:54:57 | | 10.0 | 195.7 | | | 10:59 | 10:16 | 11:02 | 12:08 |
| Biedebach, Bradley | 0:40:44 | 0:39:30 | | 10.0 | 191.5 | 10.0 | 10.0 | 07:54 | 08:01 | 08:20 | 09:02 |
| Garcia, Sherilyn | 0:53:30 | 0:48:12 | 1:56:49 | 20.5 | 202.0 | | | 09:38 | 10:40 | 10:02 | 10:47 |
| Guzman, Hector | 2:18:25 | 0:56:19 | 1:23:00 | 26.0 | 167.5 | | | 11:16 | 10:41 | 11:16 | 11:27 |
| Iribe-Loza, Sebastian | 1:49:25 | 0:31:07 | 1:13:52 | 28.5 | 202.0 | | | 06:13 | 07:31 | 08:40 | 09:31 |
| Johnson, Megan | 1:54:00 | 0:57:17 | 2:10:25 | 24.5 | 205.0 | | | 11:27 | 12:19 | 12:05 | 12:47 |
| Logesh, Kavinn | 0:58:38 | 1:10:04 | 2:02:58 | 20.5 | 209.5 | 8 UP | | 14:01 | 12:17 | 11:46 | 12:33 |
| Morgan, Deshaun | 0:47:02 | 0:48:06 | 1:52:00 | 20.5 | 204.5 | | | 09:37 | 10:06 | 09:10 | 09:37 |
| Najera, Sophia | 0:53:30 | 0:48:50 | 1:59:51 | 20.5 | 207.5 | 16 UP | | 09:46 | 10:50 | 09:51 | 11:14 |
| Samal, Praneel | 0:41:40 | 0:43:04 | 1:40:11 | 20.5 | 204.4 | | | 08:37 | 09:01 | 08:56 | 10:00 |
| Stella, Vincent | 0:50:21 | 0:48:00 | 1:49:00 | 20.5 | 197.0 | | | 09:36 | 10:07 | 08:37 | 09:48 |
| Tucker, Tali | 3:12:50 | 0:48:06 | 1:55:00 | 33.5 | 196.5 | | | 09:37 | 10:37 | 10:03 | 10:49 |
| Uchino, Ethan | 0:44:10 | 0:41:15 | 1:59:23 | 23.1 | 209.1 | | | 08:15 | 08:52 | 08:15 | 09:05 |
| Vasquez, Mia | 0:56:03 | 0:56:30 | 2:10:30 | 20.5 | 203.0 | | | 11:18 | 11:51 | 12:11 | 12:04 |

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