

SOAR Student Training Progress Week 15- 4 Mile Bench, Half Marathon Qualifier

Student / WK 15	7-Jan	9-Jan	11-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
Chiang, Owen (D)	0:45:51	0:37:58	2:18:14	21.1	197.4			0:09:30	0:10:31	0:09:15	0:10:48
Chouinard, Brody (M)	Holiday	Injured	Injured	0.0	157.3			#VALUE!	#DIV/0!	0:08:31	0:09:11
Diaz, Nadia (D)	0:52:49	0:51:50	2:55:44	21.1	197.4			0:12:58	0:13:17	0:12:17	0:13:39
Fitterer, Karl (M)	0:50:30	0:33:55	2:03:56	22.1	204.4			0:08:29	0:09:26	0:09:39	0:10:19
Flynn, Natalie (D)	1:41:40	1:01:42	2:27:28	29.1	202.4			0:15:26	0:10:41	0:09:49	0:10:57
Gawra, Inderjeet (D)	0:40:45	0:40:09	2:10:59	21.1	197.2	5 UP		0:10:02	0:10:03	0:10:24	0:11:38
Goldstein, Isabella (D)	1:50:40	0:52:24	2:52:24	25.1	197.4			0:13:06	0:13:22	0:12:10	0:12:38
Guangorena, Edward (M)	1:36:10	0:52:00	2:39:54	26.1	202.4			0:13:00	0:11:48	0:10:30	0:11:47
Kim, Issac (M)	0:39:45	0:48:30	2:22:46	21.1	198.4			0:12:07	0:10:57	0:09:49	0:11:04
Mendoza, Alejandro (M)	0:36:34	0:36:14	2:00:15	21.1	202.4			0:09:03	0:09:09	0:09:04	0:10:30
Paulsen, Abby (M)	0:40:45	0:43:00	2:23:15	21.1	197.4			0:10:45	0:10:45	0:11:28	0:12:15
Perez, Sofia (D)	0:41:25	0:41:47	2:19:42	21.1	204.4			0:10:27	0:10:34	0:10:05	0:11:20
Redfern, Kaia (M)	Holiday			0.0	181.3	13.0		0:00:00	#DIV/0!	0:11:16	0:11:17
Song, Jasmin (D)	2:31:40	0:48:23	2:37:05	29.1	210.4	8 UP		0:12:06	0:12:16	0:11:10	0:12:35
Sorila, Hazel (M)	2:27:00	0:44:30	2:44:39	29.1	205.4	8 UP		0:11:07	0:12:14	0:10:46	0:12:25
Spiker, Christopher (D)	0:33:00	0:32:00	1:44:41	21.1	202.4			0:08:00	0:08:03	0:07:49	0:08:14
Strang, Ainsley (D)	2:19:55	0:48:30	2:03:28	31.1	203.4			0:12:07	0:10:02	0:09:17	0:10:13
Teague, Thomas (M)	0:33:45	1:58:20	1:55:07	29.1	204.3			0:09:52	0:09:11	0:08:17	0:10:01
Turpin, Lottie (M)	0:52:31	0:53:49	2:55:44	21.1	202.4			0:13:27	0:13:22	0:12:22	0:13:20
Yamachika, Nicole (D)	1:26:00	0:40:17	2:32:15	25.1	201.2	12 UP		0:10:04	0:11:06	0:09:38	0:11:03

- 1) ALL missed training must be logged for the remainder of the season. Miles owed will no longer be waived for any reason.
- 2) Congrats on completing your first Half Marathon!!
- 3) Next Team Qualifier - TheSurf City Half Marathon - Sunday, February 2nd. All miles owed must be in by 1/30/20 to qualify!!
- 4) All permission slips for theSurf City Half Marathon due to Coach Sarkissian by Thursday 1/30!
- 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 30th 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)	45:00:45	1
Mendoza (10)	45:05:54	4

- * 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.