

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

<b>Student / WK 15</b>	<b>9-Jan</b>	<b>11-Jan</b>	<b>13-Jan</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Weekly Tempo Min / Mile</b>	<b>Weekly Min / Mile</b>	<b>YTD Tempo Min / Mile</b>	<b>YTD Weekly Min / Mile</b>
Akel, Tamara	1:01:55	1:04:16	2:15:20	20.0	193.0	4.5		12:51	13:05	13:55	13:07
Baljet, Christian	0:39:00	0:39:52		10.0	190.0	10.0	10.0	07:58	07:53	08:38	08:53
Baljet, Micaela	0:46:27	0:50:42	2:03:21	20.0	195.0			10:08	11:02	10:58	11:07
Barba, Ivanna	0:49:05	0:46:25	1:42:19	20.0	168.9			09:17	09:53	11:23	11:10
Carelli, Sophia	2:17:20	1:07:00	2:13:47	20.0	180.6			13:24	16:54	13:06	13:05
Chang, Lauryn	1:02:00	1:03:12	2:17:51	20.0	192.5			12:38	13:09	13:13	12:09
Delgado, Victor	0:54:32	0:58:34	2:11:00	20.0	198.4	5.0		11:43	12:12	14:00	12:31
Dezell, Sean	0:44:50	0:46:14	1:49:22	20.0	173.9			09:15	10:01	12:10	10:51
Garcia, Jocelyn	1:04:13	INJURED	INJURED	5.0	15.2			#VALUE!	12:51	10:49	12:43
Garcia, Sherilyn	INJURED	INJURED	INJURED	0.0	82.6			#VALUE!	#DIV/0!	09:05	09:16
Guerrero, Cheyenne	0:51:30	0:51:50	1:51:30	20.0	197.5			10:22	10:44	10:34	11:14
Hernandez, Yoselin	1:04:50	1:03:45	2:18:57	20.0	104.3			12:45	13:23	14:13	14:11
Jain, Aditya	0:48:00	0:45:18	1:42:15	20.0	193.5	5.0		09:04	09:47	10:24	11:00
Johnson, Megan	3:28:00	1:03:37	2:10:00	31.5	203.0	UP 4		12:43	12:45	13:11	12:08
Kayne, Ben	0:43:20	0:44:40	1:26:00	20.0	198.0			08:56	08:42	08:45	09:03
Khvalko, Vladyslav	3:09:50	0:41:20	1:30:00	35.0	194.6			08:16	09:11	09:04	08:38
Lagunas, Yuliana	0:48:41	0:48:19	2:11:15	20.0	201.5			09:40	11:25	12:01	11:47
Lopez, Jeremy	1:00:54	1:04:13	2:09:03	19.9	191.4			12:51	12:46	12:53	12:49
Morgan, Deshaun	0:36:27	0:37:23	1:20:00	20.0	202.1	10 UP		07:29	07:41	07:58	07:32
Najera, Sophia	0:50:42	0:52:16	1:59:01	20.0	186.1			10:27	11:06	11:18	11:34
Nava, Lizeth	1:58:50	1:07:00	2:11:15	25.0	187.1	5.0		13:24	12:41	12:07	11:25
Ramanan, Varun	3:27:30	0:49:53	1:45:00	14.9	180.9	5 UP		09:59	24:19	10:59	11:42
Samal, Praneel	1:29:25	0:43:54	1:22:00	25.0	199.5			08:47	08:37	08:29	08:34
Woldetsadik, Issac	0:54:17	0:51:30	2:00:25	20.0	171.4			10:18	11:19	11:45	11:57
Wynn, Elena	0:49:10	1:07:00	2:08:00	20.0	197.0			13:24	12:12	12:35	12:25

**1) All SOAR Students MUST have a physical clearance on file!! Students not having a current physical risk suspension after January 19th!**

**2) Next Team Qualifying Event is SOAR's Heartbreak Half Marathon at Ventura Beach Saturday, Jan 20th! 6a Rally at Lowes!**

**3) Permission slip and ride information needed by Thurd**

**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 18th at coaches discretion to participate in the Heartbreak Half Marathon.**

**5) Check out SOAR-SC.org. Follow us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**

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