

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

Student / WK 15	11-Jan	13-Jan	15-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	0:46:49	0:58:58	2:26:38	19.00	155.40			11:48	13:17	12:15	12:28
Castillo, Edgar	1:49:00	0:36:15	1:24:34	27.00	189.40			07:15	08:31	09:23	09:29
Fitterer, Horus	0:33:00	1:02:02	2:18:15	19.00	178.90	14.5		12:24	12:17	10:35	10:02
Hernandez, Giselle	0:46:44		2:48:00	14.00	179.40	10.0		00:00	15:20	11:35	12:03
Iribe-Loza, Sebastian	2:30:00	1:01:20	2:15:18	27.00	179.40			12:16	12:50	08:38	08:33
Paulsen, Abby	3:14:40	1:01:00	2:15:45	31.00	195.40			12:12	12:38	10:47	10:02
Stella, Vincent	0:33:00	0:47:47	1:51:52	19.00	202.50			09:33	10:08	10:42	09:58
Strang, Ainsley	INJURED	INJURED	2:06:14	17.50	190.65			#VALUE!	07:13	10:05	10:01
Uchino, Ethan	1:12:40	0:43:56	1:51:51	23.00	190.90			08:47	09:56	09:44	09:54
Vasquez, Mia	3:12:50	1:01:00	2:15:18	31.00	188.90			12:12	12:33	10:52	10:57

- 1) Next Team Qualifying Event is the Heartbreak Half Marathon Saturday, January 22nd in Ventura! 6a Rally at Lowes!
- 2) Participation Agreements DUE NOW!! Team Physicals Due NOW!! No exceptions!!!
- 3) Transportation plan needed by Thursday! Permission Slips Needed by Thursday!
- 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 20th at coaches discretion to participate in the Heartbreak Half Marathon!
- 5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D