

**SOAR Student Training Progress Week 16- 5 Mile Bench, 10 Mile Long**

Student / WK 16	14-Jan	16-Jan	18-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)	0:49:15	0:48:58	2:18:14	19.0	216.4			0:09:48	0:12:27	0:10:02	0:10:54
Chouinard, Brody (M)	Injured	0:48:57	2:00:04	15.0	172.3			0:09:47	0:11:16	0:09:26	0:09:20
Diaz, Nadia (D)	0:49:15	0:59:28	2:00:08	19.0	216.4			0:11:54	0:12:03	0:13:10	0:13:33
Fitterer, Karl (M)	0:47:38	0:50:56	1:43:20	19.0	223.4			0:10:11	0:10:38	0:10:29	0:10:20
Flynn, Natalie (D)	0:49:15	0:55:02	1:54:02	19.0	221.4			0:11:00	0:11:29	0:10:45	0:10:59
Gawra, Inderjeet (D)	0:49:15	0:48:58	1:53:03	19.0	216.2	10 UP		0:09:48	0:11:07	0:11:04	0:11:36
Goldstein, Isabella (D)	0:49:15	1:07:34	2:22:25	19.0	216.4			0:13:31	0:13:39	0:13:24	0:12:42
Guangorena, Edward (M)	0:47:38	0:59:20	2:00:04	19.0	221.4			0:11:52	0:11:57	0:11:31	0:11:48
Kim, Issac (M)	0:47:38	0:48:58		9.0	207.4	10.0	10.0	0:09:48	0:10:44	0:10:38	0:11:03
Mendoza, Alejandro (M)	0:47:38	0:48:52	1:43:20	19.0	221.4			0:09:46	0:10:31	0:09:49	0:10:30
Paulsen, Abby (M)	0:47:38	0:52:45	1:50:29	19.0	216.4			0:10:33	0:11:06	0:12:12	0:12:10
Perez, Sofia (D)	0:49:15	0:52:10	1:55:40	19.0	223.4			0:10:26	0:11:26	0:10:55	0:11:20
Redfern, Kaia (M)	2:35:05	0:55:02	2:07:44	29.0	210.3	3.0		0:11:00	0:11:39	0:12:10	0:09:11
Song, Jasmin (D)	0:49:15	1:02:17	2:16:23	19.0	229.4	8 UP		0:12:27	0:13:03	0:12:14	0:12:37
Sorila, Hazel (M)		1:03:10	2:15:30	15.0	220.4	3 UP		0:12:38	0:13:15	0:11:53	0:12:28
Spiker, Christopher (D)	0:49:15	0:39:53	1:32:00	19.0	221.4			0:07:59	0:09:32	0:08:24	0:08:19
Strang, Ainsley (D)	0:49:15	0:47:43	1:48:15	19.0	222.4			0:09:33	0:10:48	0:09:59	0:10:15
Teague, Thomas (M)	0:47:38	0:44:05	1:44:15	19.0	223.3			0:08:49	0:10:19	0:09:04	0:10:02
Turpin, Lottie (M)	0:47:38	1:07:26	2:23:10	19.0	221.4			0:13:29	0:13:35	0:13:35	0:13:21
Yamachika, Nicole (D)	0:49:15	0:52:38	1:52:28	19.0	220.2	12 UP		0:10:32	0:11:17	0:10:31	0:11:04

- 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](http://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)	36:59:49	2
Mendoza (10)	39:25:58	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.