

**SOAR Student Training Progress Week 16- 5 Mile Bench, Half Marathon Qualifier**

<b>Student / WK 16</b>	<b>11-Jan</b>	<b>13-Jan</b>	<b>15-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>
Baljet, Micaela	0:46:27	0:58:47	2:47:51	22.60	178.00			11:45	12:05	12:12	12:26
Castillo, Edgar	0:44:53		2:07:40	17.10	206.50			00:00	10:05	09:23	09:32
Hernandez, Giselle	2:00:45	1:55:00	2:50:04	32.60	212.00			23:00	12:27	12:51	12:05
Iribe-Loza, Sebastian	0:38:57	0:46:08	2:01:00	22.60	221.00			09:14	09:07	08:42	08:35
Paulsen, Abby	0:45:35	0:54:54	0:31:00	12.50	207.90			10:59	10:31	10:48	10:03
Stella, Vincent	0:41:29	0:47:20	2:01:24	22.60	225.10			09:28	09:18	10:36	09:56
Strang, Ainsley	0:41:26	0:47:50	2:05:35	22.60	213.25			09:34	09:30	10:02	09:59
Uchino, Ethan	0:39:20	0:45:51	2:24:09	22.60	213.50			09:10	10:09	09:41	09:55
Vasquez, Mia	0:45:35	0:54:59	2:43:07	22.60	211.50			11:00	11:40	10:53	11:00

**1) Next Team Qualifying Event is the Surf City Half Marathon Sunday, February 6th at Huntington Beach! 5a Rally at Lowes!**

**2) CONGRATS ON COMPLETING YOUR FIRST HALF MARATHON!**

**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](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**

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