

SOAR Student Training Progress Week 17- 5 Mile Bench, 10 Mile Hillwork

Student / WK 17	25-Jan	27-Jan	29-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	0:59:00	0:46:23	2:18:00	19.00	197.00			11:36	12:49	12:08	12:27
Castillo, Edgar	0:43:25	0:35:31	1:32:20	19.00	225.50			08:53	09:01	09:20	09:30
Hernandez, Giselle		0:50:10	2:13:32	13.00	225.00	5.0		12:32	14:08	12:49	12:12
Iribe-Loza, Sebastian	0:42:23	0:32:13	1:37:42	19.00	240.00			08:03	09:04	08:38	08:37
Paulsen, Abby	0:35:00	0:42:37	2:17:24	16.00	223.90			10:39	13:26	10:47	10:15
Stella, Vincent	0:49:14	0:36:20	1:54:22	19.00	244.10			09:05	10:31	10:29	09:58
Strang, Ainsley	0:51:05	0:36:12	1:44:14	19.00	232.25			09:03	10:05	09:57	09:59
Uchino, Ethan	0:49:12	0:34:41	1:54:22	19.00	232.50			08:40	10:26	09:37	09:56
Vasquez, Mia	0:45:35		2:17:24	15.00	226.50	4.0		00:00	12:12	10:53	11:04

1) Next Team Qualifying Event is the Surf City Half Marathon Sunday, February 6th at Huntington Beach! 430a 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 - Instagram SOAR_SC

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