

SOAR Student Training Progress Week 18- 5 Mile Bench, Surf City 13.1

Student / WK 18	1-Feb	3-Feb	6-Feb	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	0:57:07	0:46:23	2:33:37	22.10	219.10			11:36	11:38	12:05	12:24
Castillo, Edgar	0:58:30	0:36:38	2:01:54	23.10	248.60			09:09	09:24	09:19	09:29
Hernandez, Giselle	1:58:00	0:58:00		14.00	239.00	13.1	13.1	14:30	12:34	12:59	12:13
Iribe-Loza, Sebastian	0:42:20	0:29:20	1:32:34	22.10	262.10			07:20	07:26	08:32	08:33
Paulsen, Abby	0:51:42	0:40:06	2:26:10	22.10	246.00			10:01	10:46	10:44	10:17
Stella, Vincent	0:47:40	0:40:47	2:12:00	22.10	266.20			10:12	09:59	10:28	09:58
Strang, Ainsley	0:47:40	0:35:57	1:53:47	22.10	254.35			08:59	08:56	09:53	09:56
Uchino, Ethan	0:44:37	0:35:01	2:15:06	22.10	254.60			08:45	09:43	09:34	09:56
Vasquez, Mia	1:29:10	0:40:06	2:26:10	26.10	252.60			10:01	10:33	10:49	11:02

1) Saturday February 12th SOAR will partner with Motivate Cycle Club to offer a special biathlon event! Details this week!

2) CONGRATS ON COMPLETING YOUR SECOND HALF MARATHON!

3) 2nd Team Shoe Weekend at Runners Lane March 5th and 6th. Details coming soon!

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