

SOAR Student Training Progress Week 19- 5 Mile Bench, Biathlon Event

Student / WK 19	8-Feb	10-Feb	12-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		0:57:31	1:30:40	12.50	231.60	4.0		11:30	11:51	12:02	13:15
Castillo, Edgar	0:50:31	0:48:35	1:09:56	16.50	265.10			09:43	10:15	09:21	10:06
Hernandez, Giselle	0:45:43	1:05:01	0:58:03	16.50	255.50	13.1	13.1	13:00	10:14	12:59	12:47
Iribe-Loza, Sebastian	Injured	0:17:00	1:04:03	9.50	271.60			08:30	08:32	08:32	09:01
Paulsen, Abby	0:45:45	1:01:50		9.00	255.00	7.5	7.5	12:22	11:57	10:51	10:57
Stella, Vincent	0:43:10	0:50:34	0:49:11	16.50	282.70			10:07	08:40	10:27	10:27
Strang, Ainsley	0:45:44	0:50:34	0:48:44	16.50	270.85			10:07	08:47	09:54	10:25
Uchino, Ethan	0:43:09	0:49:36	0:49:10	16.50	271.10			09:55	08:36	09:35	10:24
Vasquez, Mia	0:45:45	1:01:50	0:55:23	16.50	269.10			12:22	09:53	10:55	11:35

- 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, March 3rd at coaches discretion to participate in the SOAR 20 Miler!
- 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