SOAR Student Training Progress Week 19- 5.0 Mile Bench, 10 Mile Long

Student / WK 19	3-Feb	5-Feb	7-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
Agopian, Alex	0:34:09	0:42:00	1:36:00	19.0	274.6			08:24	09:04	09:44	10:06
Akel, Tamara	0:54:07	1:01:00	2:05:11	19.0	242.7			12:12	12:39	12:21	13:02
Barba, Ivanna	0:54:07	0:47:00	2:04:29	18.0	273.4			09:24	12:32	11:59	12:19
Baayoun, Omar	0:44:30	1:00:05	1:49:00	19.0	280.1			12:01	11:14	11:46	11:19
Choi, Vince	0:40:08	0:55:33	1:49:45	19.0	280.7			11:07	10:49	10:22	09:53
Cisneros, Jonathan	0:43:04	1:00:05	1:25:45	19.0	277.9			12:01	09:57	10:30	09:52
Demps, Dahmani	0:36:30	0:47:56	1:39:52	19.0	271.0			09:35	09:42	10:23	10:02
Gaikwad, Sanmit	0:43:03	0:52:00	1:56:00	19.0	272.6			10:24	11:06	11:19	11:31
Garcia, Bella	0:46:32	0:53:06	1:50:30	19.0	271.9			10:37	11:04	10:48	11:13
Guerrero, Cheyenne	0:46:55	0:50:37	1:50:41	19.0	273.6			10:07	10:58	10:46	10:59
Krishnamoorthy, Advait	0:26:55	0:34:56	1:25:45	19.0	278.3			06:59	07:46	08:32	08:29
Matushita, Kyle	0:46:12	0:52:40	1:47:47	19.0	275.6			10:32	10:53	10:51	10:48
Mora, Julia	0:48:02	1:00:19	1:56:00	19.0	269.1			12:04	11:48	12:52	12:42
O'Shea, Lucy	1:15:00	0:56:49	1:50:00	19.0	250.4			11:22	12:44	10:37	11:21
Rios,Cesar	0:47:22	0:39:36	1:47:47	19.0	273.6			07:55	10:15	09:24	10:13
Romero, Emily	0:38:00	0:50:00	1:41:00	19.0	267.1			10:00	09:57	09:22	11:37
Sedra, Carla	0:54:07	0:55:53	1:56:00	19.0	273.9			11:11	11:54	12:35	12:53
Soriano, Isabella	0:35:00	0:40:00	1:25:45	19.0	252.1			08:00	08:28	07:19	08:36
Stella, Sidney	1:15:00	0:56:49	1:50:00	19.0	285.9			11:22	12:44	10:36	11:07
Woldetsadik, Isaac	0:40:03	0:52:00	1:42:45	19.0	264.4			10:24	10:15	09:46	11:02
Zamascikov, Philip	0:34:31	0:39:45	1:25:45	19.0	257.8			07:57	08:25	09:09	09:39

1) A reminder to all to complete your SOAR Participation Agreement at first opportunity. Thanks!

2) Final Team Qualifying Event is the SOAR 20 Miler and Taco Fiesta, Saturday February 21st! Details coming soon!

3) All SOAR Students MUST now have a physical clearance on file or risk immediate supension!

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 22nd at coaches discretion to participate in the Hollywood Trail Run.

5) Check out SOAR-SC.org. Follow us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC

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