

**SOAR Student Training Progress Week 1- 2 Mile Bench, 3 Mile Long**

Student / WK 1	30-Sep	2-Oct	4-Oct	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	0:27:50	0:19:50	0:24:30	7.0	7.0			09:55	10:19	09:55	10:19
Akel, Tamara	0:26:30	0:25:35	0:32:00	7.0	7.0			12:47	12:01	12:47	12:01
Barba, Ivanna	0:26:30	0:26:48	0:39:10	7.0	7.0			13:24	13:13	13:24	13:13
Baayoun, Omar	0:21:21	0:20:50	0:28:25	7.0	7.0			10:25	10:05	10:25	10:05
Choi, Vince	0:21:17	0:23:03	0:33:04	7.0	7.0			11:32	11:03	11:32	11:03
Cisneros, Jonathan	0:18:30	0:16:35	0:27:30	7.0	7.0			08:18	08:56	08:18	08:56
Demps, Dahmani	0:18:35	0:18:08	0:28:24	7.0	7.0			09:04	09:18	09:04	09:18
Gaikwad, Sanmit	0:25:00	0:27:20		4.0	4.0	3.0		13:40	13:05	13:40	13:05
Garcia, Bella	0:24:38	0:24:23	0:34:15	7.0	7.0			12:11	11:54	12:11	11:54
Guerrero, Cheyenne	0:24:40	0:23:10	0:33:48	7.0	7.0			11:35	11:40	11:35	11:40
Krishnamoorthy, Advait	0:21:37	0:26:16	0:24:30	7.0	7.0			13:08	10:20	13:08	10:20
Matushita, Kyle	0:23:45	0:23:34	0:33:04	7.0	7.0			11:47	11:29	11:47	11:29
Mora, Julia	0:27:50	0:29:59	0:41:15	7.0	7.0			15:00	14:09	15:00	14:09
Nolasco, Jesus	0:21:50	0:18:41		4.0	4.0	3.0		09:20	10:08	09:20	10:08
O'Shea, Lucy	0:19:30	0:19:30	0:29:00	7.0	7.0			09:45	09:43	09:45	09:43
Price, Yanina	WAIVED	0:31:33	0:46:41	5.0	5.0			15:46	15:39	15:46	15:39
Rios, Cesar	0:19:56	0:19:39		4.0	4.0	3.0		09:49	09:54	09:49	09:54
Romero, Emily	0:23:10		0:35:00	5.0	5.0	2.0		00:00	11:38	00:00	11:38
Sedra, Carla	0:27:17	0:27:48		4.0	4.0	3.0		13:54	13:46	13:54	13:46
Stella, Sidney	0:19:10	0:19:10	0:29:00	7.0	7.0			09:35	09:37	09:35	09:37

**1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 26th. Meet at Lowes. Permission slips ASAP please!**

**2) Program Info Night Wednesday October 15th. 7-8pm via Google Meet. Attendance mandatory - all students and one parent / legal guardian.**

**3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 11/1! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!**

**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, October 23rd at coaches discretion to participate in the LA Cancer Challenge 5K.**

**5) Check out SOAR-SC.org. Follow us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**

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