SOAR Student Training Progress Week 20- 4 Mile Bench, 15 Mile Hillwork

Student / WK 1	14-Feb	16-Feb	18-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	0:39:36	0:39:05	3:01:30	23.5	293.9			09:46	11:04	11:08	12:03
Biedebach, Bradley	0:33:02	0:45:40	2:37:00	23.5	304.7			11:25	10:02	08:52	09:14
Garcia, Sherilyn	0:40:55	0:40:55	3:04:50	23.5	305.2			10:14	11:21	10:14	10:43
Guzman, Hector	0:38:19	0:45:40	3:16:42	23.5	275.2			11:25	11:57	11:17	11:20
Iribe-Loza, Sebastian	0:29:43	0:44:21	3:16:40	23.5	304.7			11:05	11:31	08:49	09:30
Johnson, Megan	0:45:49	0:45:39	3:28:39	23.5	308.2			11:25	12:46	12:02	12:42
Logesh, Kavinn	0:55:48	0:52:32	4:14:43	23.5	308.7	4 UP		13:08	15:27	11:50	12:44
Morgan, Deshaun	0:30:18	0:36:06	2:38:50	23.5	307.7			09:01	09:35	09:32	09:28
Najera, Sophia	0:36:36	0:36:36	3:19:06	23.5	305.7	11 UP		09:09	11:35	09:52	11:15
Samal, Praneel	0:39:23	0:39:23	2:39:00	23.5	307.6			09:51	10:07	08:36	09:55
Stella, Vincent	0:45:52	0:52:46	3:18:00	23.5	300.2			13:11	12:37	09:11	10:07
Tucker, Tali	0:41:04	0:41:04	3:26:39	23.5	299.7			10:16	12:17	10:16	11:34
Uchino, Ethan	0:33:16	0:31:06	2:55:20	23.5	312.3			07:46	10:12	08:17	09:39
Vasquez, Mia	0:48:14	0:47:06	3:18:45	23.5	306.2			11:46	12:31	12:02	12:43

1) SOAR'S 15th Annual 20 Miler is set for Saturday March 4th!! All studenst must finish in 5 hours or less to qualify for the LA Marathon!!!

2) 2nd Team Shoe Weekend at Runners Lane February 18th and 19th!!

3) Mardi Gras Madness is COMING Sat / Sun Feb 25th & 26th! Student / Parent participation is REQUIRED!

4) 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 2nd at coaches discretion to participate in the SOAR 20 Miler!

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