

SOAR Student Training Progress Week 20- 5 Mile Bench, 15 Mile Hillwork

Student / WK 20	15-Feb	17-Feb	19-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	1:29:50	0:43:52	3:38:03	27.00	258.60			10:58	13:02	11:57	12:24
Castillo, Edgar	0:36:17	0:36:17	3:16:40	23.00	288.10			09:04	11:42	09:20	09:39
Hernandez, Giselle	0:46:11	0:54:10	3:58:00	23.00	278.50	13.1	13.1	13:33	14:43	13:01	12:15
Iribe-Loza, Sebastian	0:41:40	0:41:46		8.00	279.60	15.0	15.0	10:26	10:26	08:40	08:38
Paulsen, Abby	0:41:45	0:41:14	3:23:05	23.00	278.00	7.5	7.5	10:18	12:26	10:49	10:28
Stella, Vincent	040:48	0:41:30	2:55:49	23.00	305.70			10:22	09:27	10:27	09:52
Strang, Ainsley	0:47:28	0:41:49	2:54:49	24.00	294.85			10:27	11:00	09:56	09:56
Uchino, Ethan	0:32:43	0:33:10	2:55:52	23.00	294.10			08:17	10:31	09:31	09:53
Vasquez, Mia	0:41:45	0:46:20	3:23:05	23.00	292.10			11:35	12:40	10:58	11:04

1) Sunday's Mardi Gras Madness is Mandatory for All Students! Rally time is 5:30am at Valencia Town Center!

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