

SOAR Student Training Progress Week 20- 4.0 Mile Bench, 15 Mile Hill Repeats

| Student / WK 20 | 10-Feb | 10-Feb | 14-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 | 0:30:20 | 0:37:20 | 3:12:20 | 23.5 | 298.1 | | | 09:20 | 11:04 | 09:43 | 10:09 |
| Akel, Tamara | 0:47:23 | 0:50:00 | 3:35:51 | 23.5 | 266.2 | | | 12:30 | 13:20 | 12:21 | 13:03 |
| Barba, Ivanna | 0:42:29 | 0:50:00 | 3:04:13 | 23.5 | 296.9 | | | 12:30 | 11:46 | 12:01 | 12:18 |
| Baayoun, Omar | 1:26:00 | 0:50:20 | 3:04:55 | 27.5 | 307.6 | 4 UP | | 12:35 | 11:41 | 11:49 | 11:20 |
| Choi, Vince | 1:30:30 | 0:40:57 | 3:04:55 | 27.5 | 308.2 | 4 UP | | 10:14 | 11:30 | 10:22 | 09:58 |
| Cisneros, Jonathan | 0:27:20 | 0:50:20 | 2:38:00 | 23.5 | 301.4 | | | 12:35 | 10:02 | 10:39 | 09:52 |
| Demps, Dahmani | 0:38:00 | 0:34:11 | 3:01:23 | 23.5 | 294.5 | | | 08:33 | 10:47 | 10:17 | 10:04 |
| Gaikwad, Sanmit | 0:40:01 | 0:41:38 | 3:04:34 | 23.5 | 296.1 | | | 10:24 | 11:20 | 11:15 | 11:30 |
| Garcia, Bella | 0:41:21 | 0:42:30 | 3:16:06 | 23.5 | 295.4 | | | 10:37 | 11:55 | 10:47 | 11:15 |
| Guerrero, Cheyenne | 0:43:13 | 0:41:26 | 3:12:24 | 23.5 | 297.1 | | | 10:22 | 11:47 | 10:44 | 11:01 |
| Krishnamoorthy, Advait | 0:29:55 | 0:29:50 | 2:26:05 | 23.5 | 301.8 | | | 07:28 | 08:46 | 08:28 | 08:30 |
| Matushita, Kyle | 0:40:10 | 0:41:09 | 3:04:55 | 23.5 | 299.1 | | | 10:17 | 11:20 | 10:49 | 10:49 |
| Mora, Julia | 0:46:45 | 0:46:45 | 3:05:15 | 23.5 | 292.6 | | | 11:41 | 11:52 | 12:48 | 12:40 |
| O'Shea, Lucy | 0:52:00 | | | 4.0 | 254.4 | | | 00:00 | 13:00 | 10:37 | 11:26 |
| Rios,Cesar | 0:34:30 | 0:30:18 | 2:38:00 | 23.5 | 297.1 | | | 07:34 | 09:29 | 09:16 | 10:11 |
| Romero, Emily | 0:39:50 | 0:38:02 | 2:50:46 | 23.5 | 290.6 | | | 09:30 | 10:35 | 09:23 | 11:34 |
| Sedra, Carla | 0:43:43 | 0:56:49 | 3:04:04 | 24.5 | 298.4 | | | 14:12 | 11:37 | 12:40 | 12:49 |
| Soriano, Isabella | 0:31:00 | 0:30:04 | 2:20:00 | 23.5 | 275.6 | | | 07:31 | 08:33 | 07:20 | 08:36 |
| Stella, Sidney | 0:52:00 | 0:32:50 | 3:45:00 | 23.5 | 309.4 | | | 08:12 | 13:11 | 10:27 | 11:13 |
| Woldetsadik, Isaac | 0:40:10 | 0:41:38 | 2:56:02 | 23.5 | 287.9 | | | 10:24 | 10:58 | 09:48 | 11:02 |
| Zamascikov, Philip | 0:36:15 | 0:36:11 | 2:20:00 | 23.5 | 281.3 | | | 09:03 | 09:02 | 09:09 | 09:36 |

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 suspension!

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