

SOAR Student Training Progress Week 21 - 4 Mile Bench, 15 Mile Hillwork

Student / WK 21	23-Feb	25-Feb	27-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
Chiang, Owen	0:38:22	0:39:55	2:57:33	23.0	303.1			09:59	11:07	10:04	10:33
Cisneros, Matthew	0:58:22		4:30:00	19.0	286.9	4.0		00:00	17:17	13:05	13:54
Diaz, Nadia	1:03:22	0:53:48	3:52:19	23.0	303.9			13:27	15:12	14:28	14:46
Fitterer, Karl	0:50:05	0:47:58	4:07:00	23.0	303.9			12:00	15:00	10:39	11:21
Flynn, Natalie	0:48:19	0:44:32	3:25:00	23.0	303.1			11:08	12:57	10:17	10:58
Khan Muhammad	0:48:50	0:40:30	2:50:37	23.0	304.1			10:07	11:18	10:47	11:02
Maldonado, Demien	1:07:17	0:58:21	4:00:00	23.0	297.9	6.2	6.2	14:35	15:54	11:29	12:08
Mendoza, Mark	0:42:08	0:39:37		8.0	288.1	15.0	15.0	09:54	10:13	11:21	11:47
Perez, Sofia	0:48:13	0:45:22	3:20:30	23.0	303.9			11:20	12:47	12:05	12:30
Redfern, Kaia	0:44:31	0:42:50	3:20:21	23.0	313.9			10:43	12:31	11:16	11:50
Rivera, Emily	0:59:00	0:53:36	4:25:00	23.0	299.9			13:24	16:25	14:08	14:42
Spiker, Christopher	0:34:52	0:33:41	2:35:58	23.0	304.1			08:25	09:46	08:03	08:43
Strang, Ainsley	0:48:50	0:42:40	2:30:00	18.0	300.1			10:40	13:25	10:21	10:31
Teague, Thomas	0:48:50	0:33:41	2:38:00	23.0	309.0			08:25	10:27	09:17	10:00
Turpin, Lottie	1:05:22		3:52:19	19.0	287.9	4.0		00:00	15:40	14:25	14:50
Vadapalli, Keerti	1:10:35	0:57:10	4:16:50	23.0	280.4			14:18	16:43	14:43	14:47
Webster, Emily	0:50:05	0:48:57	4:25:00	23.0	299.9			12:14	15:50	12:47	12:54
Yamachika, Nicole	0:47:33	0:41:11	3:20:50	23.0	303.6			10:18	12:35	11:13	12:03

Next Team Event - The Crucible -SOAR 20 Miler - Saturday 3/13/21 6am

Next Team Event - The Crucible -SOAR 20 Miler - Saturday 3/13/21 6am

Next Team Event - The Crucible -SOAR 20 Miler - Saturday 3/13/21 6am

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 11th 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 - Snapchat - SOAR_SC

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