

**SOAR Student Training Progress Week 22- 4 Mile Bench, 20 Mile Qualifier**

<b>Student / WK 22</b>	<b>1-Mar</b>	<b>3-Mar</b>	<b>5-Mar</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Weekly Tempo Min / Mile</b>	<b>Weekly Min / Mile</b>	<b>YTD Tempo Min / Mile</b>	<b>YTD Weekly Min / Mile</b>
Baljet, Micaela	0:51:12	0:47:34	4:33:35	28.00	296.80			11:53	13:18	11:58	13:08
Castillo, Edgar	0:37:09	0:38:09	4:12:50	28.00	322.30			09:32	11:43	10:31	11:21
Hernandez, Giselle	0:58:03	0:54:58	4:33:05	28.00	329.80			13:44	13:47	13:04	12:57
Iribe-Loza, Sebastian	0:46:32	0:38:13	3:23:40	28.00	332.80			09:33	10:18	08:47	09:15
Paulsen, Abby	0:51:43	0:44:00	4:25:25	28.00	312.20			11:00	12:54	10:49	11:06
Stella, Vincent	0:44:00	0:38:24	3:39:00	28.00	350.10			09:36	10:46	10:24	10:24
Strang, Ainsley	0:46:34	0:38:13	3:25:58	28.00	333.05			09:33	10:23	09:54	10:25
Uchino, Ethan	0:44:00	0:38:12	3:49:48	28.00	332.30			09:33	11:09	09:31	10:23
Vasquez, Mia	1:38:40	0:44:00	4:25:25	32.00	330.30			11:00	12:45	10:58	11:40

**1) Congrats on completing the SOAR 20 Miler! You are ASTOUNDING!!! Marathon Info Packets Distributed Saturday 3/12!!**

**2) Proper nutrition and maintaining your recovery regiment is CRITICAL from this point forward!! 80-100 oz of Water per day!!!**

**3) LA Expo rally time 9am Saturday 3/19 at Lowes. All permission slips to Coach Sarkissian!! PHOTO ID Required!!**

**4) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach!  
NO MILES CAN BE MADE UP MARATHON WEEK!**

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

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