

SOAR Student Training Progress Week 22- 5 Mile Bench, 10 Mile Hillwork

| Student / WK 22 | 25-Feb | 27-Feb | 29-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 (D) | 0:39:56 | 0:49:56 | 1:39:51 | 19.0 | 337.2 | | | 0:09:59 | 0:09:59 | 0:09:59 | 0:10:50 |
| Chouinard, Brody (M) | 0:37:49 | 0:47:17 | 1:34:33 | 19.0 | 293.1 | | | 0:09:27 | 0:09:27 | 0:08:54 | 0:09:36 |
| Diaz, Nadia (D) | 0:52:39 | 1:05:49 | 2:11:38 | 19.0 | 337.2 | | | 0:13:10 | 0:13:10 | 0:12:30 | 0:13:37 |
| Fitterer, Karl (D) | 0:40:53 | 0:51:06 | 1:42:13 | 19.0 | 344.2 | | | 0:10:13 | 0:10:13 | 0:09:40 | 0:10:26 |
| Flynn, Natalie (M) | 0:42:53 | 0:53:36 | 1:47:13 | 19.0 | 342.2 | | | 0:10:43 | 0:10:43 | 0:10:09 | 0:10:56 |
| Gawra, Inderjeet (M) | 0:44:08 | 0:55:10 | 1:50:19 | 19.0 | 337.0 | | | 0:11:02 | 0:11:02 | 0:10:27 | 0:11:29 |
| Goldstein, Isabella (M) | 0:53:28 | 1:06:50 | 2:13:41 | 19.0 | 337.2 | | | 0:13:22 | 0:13:22 | 0:12:41 | 0:13:01 |
| Guangorena, Edward (D) | 0:48:11 | 1:00:14 | 2:00:28 | 19.0 | 346.2 | | | 0:12:03 | 0:12:03 | 0:11:18 | 0:11:52 |
| Kim, Issac (D) | 0:42:04 | 0:52:35 | 1:45:09 | 19.0 | 338.2 | | | 0:10:31 | 0:10:31 | 0:09:55 | 0:11:04 |
| Mendoza, Alejandro (M) | 0:39:12 | 0:49:01 | 1:38:01 | 19.0 | 342.2 | | | 0:09:48 | 0:09:48 | 0:09:22 | 0:10:29 |
| Paulsen, Abby (D) | 0:47:44 | 0:59:40 | 1:59:19 | 19.0 | 337.2 | | | 0:11:56 | 0:11:56 | 0:11:15 | 0:12:04 |
| Perez, Sofia (D) | 0:43:26 | 0:54:17 | 1:48:34 | 19.0 | 344.2 | | | 0:10:51 | 0:10:51 | 0:10:16 | 0:11:19 |
| Redfern, Kaia (M) | 0:47:39 | 0:59:33 | 1:59:07 | 19.0 | 334.1 | | | 0:11:55 | 0:11:55 | 0:11:13 | 0:09:58 |
| Song, Jasmin (D) | 0:49:26 | 1:01:47 | 2:03:34 | 19.0 | 337.7 | | | 0:12:21 | 0:12:21 | 0:11:49 | 0:12:43 |
| Sorila, Hazel (M) | 0:47:24 | 0:59:14 | 1:58:29 | 19.0 | 338.7 | | | 0:11:51 | 0:11:51 | 0:11:09 | 0:12:27 |
| Spiker, Christopher (D) | 0:33:49 | 0:42:17 | 1:24:33 | 19.0 | 342.2 | | | 0:08:27 | 0:08:27 | 0:08:05 | 0:08:30 |
| Strang, Ainsley (D) | 0:39:48 | 0:49:45 | 1:39:30 | 19.0 | 343.2 | | | 0:09:57 | 0:09:57 | 0:09:30 | 0:10:16 |
| Teague, Thomas (M) | 0:36:32 | 0:45:40 | 1:31:19 | 19.0 | 344.1 | | | 0:09:08 | 0:09:08 | 0:08:41 | 0:09:57 |
| Turpin, Lottie (M) | 0:54:24 | 1:07:59 | 2:15:59 | 19.0 | 342.2 | | | 0:13:36 | 0:13:36 | 0:12:51 | 0:13:29 |
| Yamachika, Nicole (M) | 0:42:42 | 0:53:23 | 1:46:45 | 19.0 | 328.5 | | | 0:10:41 | 0:10:41 | 0:10:05 | 0:11:08 |

- 1) LA Expo rally time 9am Saturday 3/7 at Lowes. All permission slips to Coach Sarkissian!! PHOTO ID Required!!
- 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 3/7 at Lowes. All permission slips to Coach Sarkissian!! PHOTO ID Required!!
- 4) LA Expo rally time 9am Saturday 3/7 at Lowes. All permission slips to Coach Sarkissian!! PHOTO ID Required!!
- 5) 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!
- 6) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC
- 7) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D

| Team Standings WK 18 | Team Time Total | Total Points earned |
|----------------------|-----------------|---------------------|
| Diaz (10) | 34:40:10 | 4 |
| Mendoza (10) | 35:19:19 | 3 |

- * Missed practice incurs 15 min / mi penalty.
- * Uneven team adds Ghost Runner at 12 min / mi.
- * Team Challenge Winner earns 1 Point.
- * Team with lowest cumulative time earns 1 Point.