

SOAR Student Training Progress Week 23 - 4 Mile Bench, 20 Mile Qualifier

Student / WK 23	9-Mar	11-Mar	13-Mar	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	0:38:07	0:20:06	4:09:29	24.0	351.1			10:03	12:49	10:03	10:40
Cisneros, Matthew	1:41:40	0:26:06		12.0	316.9			13:03	10:39	13:03	13:54
Diaz, Nadia	0:58:50	0:28:52		6.0	333.9			14:26	14:37	14:26	14:45
Fitterer, Karl	0:30:37	0:52:34	2:41:02	29.0	356.9			26:17	08:25	11:23	11:12
Flynn, Natalie	0:44:40	0:20:40	4:18:04	26.0	353.1			10:20	12:26	10:20	11:05
Khan Muhammad	0:39:35	0:21:36	3:44:33	26.0	354.1			10:48	10:59	10:48	11:03
Maldonado, Demien	2:16:01	0:23:06	4:43:31	34.0	355.9			11:33	13:01	11:33	12:19
Mendoza, Mark	1:32:50	0:22:31	3:40:01	31.0	353.1			11:15	10:49	11:16	11:42
Perez, Sofia	0:43:27	0:24:02	4:10:00	26.0	353.9			12:01	12:13	12:01	12:27
Redfern, Kaia	0:46:50	0:22:30	4:31:36	26.0	363.9			11:15	13:07	11:15	11:53
Rivera, Emily	0:53:10	0:28:15	5:12:10	26.0	349.9			14:07	15:08	14:07	14:43
Spiker, Christopher	0:44:40	0:16:17	3:36:34	26.0	346.1			08:09	10:40	08:08	08:53
Strang, Ainsley	0:40:30	0:20:45	3:33:05	26.0	350.1			10:22	10:33	10:23	10:36
Teague, Thomas	0:39:35	0:18:36	3:44:33	26.0	359.0			09:18	10:52	09:18	10:06
Turpin, Lottie	0:58:50	0:28:47	5:13:04	26.0	341.9			14:23	15:25	14:24	14:52
Vadapalli, Keerti	0:58:00	0:29:25	5:12:10	26.0	330.4			14:43	15:22	14:43	14:48
Webster, Emily	1:36:30	0:25:31	5:14:13	30.0	353.9	4 UP		12:45	14:32	12:45	13:00
Yamachika, Nicole	0:40:46	0:22:30	4:33:52	26.0	353.6			11:15	12:58	11:10	12:03

Final Team Event - SOAR 4 Corners Marathon - Saturday 3/27/21 515am

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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 Sunday, March 21st! NO MAKEUP MILES WILL BE PERMITTED MARATHON WEEK!

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