

SOAR Student Training Progress Week 23- 5 Mile Bench, 10 Mile Hillwork

Student / WK 23	8-Mar	10-Mar	12-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
Baljet, Micaela	0:48:40	0:55:19	2:15:43	19.00	315.80			11:04	12:37	11:54	12:25
Castillo, Edgar	0:31:09	0:33:10	1:53:32	18.00	340.30			08:17	09:53	10:23	09:19
Hernandez, Giselle	0:59:29	1:10:00	2:30:00	19.00	348.80			14:00	14:43	13:08	12:28
Iribe-Loza, Sebastian	0:46:40	0:39:51	1:34:12	19.00	351.80			07:58	09:31	08:44	08:51
Stella, Vincent	0:43:43	0:53:19	1:47:45	19.00	369.10			10:40	10:47	10:25	09:58
Strang, Ainsley	0:43:43	0:45:40	1:49:38	19.00	352.05			09:08	10:28	09:52	09:58
Uchino, Ethan	0:43:43	0:43:05	1:53:32	19.00	351.30			08:37	10:33	09:29	09:56
Vasquez, Mia	0:51:30	0:58:20	2:06:20	19.00	349.30			11:40	12:26	11:00	11:11

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 - Instagram SOAR_SC

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