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

Student / WK 23	4-Mar	6-Mar	8-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
Agopian, Alex	0:39:32	0:49:26	1:38:51	19.0	361.7			12:21	09:53	09:15	09:30
Akel, Tamara	0:50:33	1:03:12	2:06:23	19.0	346.7			15:48	12:38	11:48	12:44
Barba, Ivanna	0:43:40	0:54:36	1:49:11	19.0	294.8			13:39	10:55	10:19	11:10
Chang, Lauryn	0:48:49	1:01:01	2:02:03	19.0	343.2			15:15	12:12	11:31	10:57
Choi, Vince	0:49:16	1:01:35	2:03:10	19.0	356.1			15:24	12:19	11:32	12:51
Garcia, Bella	0:47:06	0:58:52	1:57:44	19.0	357.7			14:43	11:46	11:26	11:58
Guerrero, Cheyenne	0:41:48	0:52:15	1:44:30	19.0	363.2			13:04	10:27	09:55	10:32
Hernandez, Yoselin	0:50:44	1:03:25	2:06:50	19.0	290.7			15:51	12:41	11:56	13:14
Jawich, Tarek	0:49:53	1:02:21	2:04:43	19.0	330.2			15:35	12:28	11:49	12:08
Jimenez, Aaden	0:43:10	0:53:58	1:47:56	19.0	352.7			13:29	10:48	10:08	10:35
Kayne, Ben	0:34:30	0:43:07	1:26:15	19.0	369.7			10:47	08:37	08:10	08:44
Khvalko, Vladyslav	0:36:37	0:45:46	1:31:33	19.0	344.2			11:27	09:09	08:36	09:04
Krishnamoorth, Advait	0:32:41	0:40:51	1:21:41	19.0	358.0			10:13	08:10	07:46	09:05
Lopez, Jeremy	0:45:49	0:57:16	1:54:31	19.0	362.2			14:19	11:27	10:54	11:31
Mohamed, Zaina	0:43:39	0:54:34	1:49:08	19.0	343.7			13:38	10:55	10:23	12:48
Najera, Sophia	0:45:34	0:56:57	1:53:54	19.0	358.5			14:14	11:23	10:41	11:16
Patel, Anika	0:40:08	0:50:10	1:40:21	19.0	351.3			12:33	10:02	09:28	08:38
Ramirez, Ireland	0:43:28	0:54:20	1:48:39	19.0	359.8			13:35	10:52	12:49	11:05
Samal, Praneel	0:31:59	0:39:59	1:19:59	19.0	375.7			10:00	08:00	07:36	08:14
Soriano, Isabella	0:37:50	0:47:18	1:34:36	19.0	345.2			11:50	09:28	08:55	09:21
Ventura, Yelitza	0:43:16	0:54:05	1:48:11	19.0	356.5			13:31	10:49	10:49	11:11
Woldesadik, Isaac	0:45:42	0:57:07	1:54:15	19.0	362.2			14:17	11:25	10:36	11:00
Zamascikov, Philip	0:43:47	0:54:44	1:49:27	19.0	359.2			13:41	10:57	11:25	11:15

1) Congrats on completing the SOAR 20 Miler! You are ASTOUNDING!!! Marathon Info Packets Distributed Saturday 3/8!!

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 3/15 at Lowes if needing a ride. 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. Follow us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC

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