

SOAR Student Training Progress Week 24- 4 Mile Bench, LA Marathon XXXVII

Student / WK 24	15-Mar	17-Mar	20-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	0:47:37	0:23:48	6:01:26	32.20	348.00			11:54	13:27	11:12	12:28
Castillo, Edgar	0:41:32	0:20:46	5:41:01	32.20	372.50			10:23	12:32	09:48	09:27
Hernandez, Giselle	0:52:30	0:26:15	6:38:03	32.20	381.00			13:08	14:48	12:21	12:34
Iribe-Loza, Sebastian	0:34:56	0:17:28	3:38:39	32.20	384.00			08:44	08:25	08:16	08:50
Stella, Vincent	0:41:39	0:20:50	4:53:37	32.20	401.30			10:25	11:04	09:55	10:01
Strang, Ainsley	0:39:28	0:19:44	4:06:25	32.20	384.25			09:52	09:29	09:21	09:56
Uchino, Ethan	0:37:55	0:18:57	4:44:03	32.20	383.50			09:29	10:35	09:03	09:58
Vasquez, Mia	0:44:01	0:22:00	5:32:20	32.20	381.50			11:00	12:22	10:27	11:14

1) CONGRATULATIONS ON COMPLETING THE LA MARATHON TEAM 2022!!!!!! YOU ARE AMAZING!!!!!! YOU ARE INSPIRING!!!!!!

2) YOU ARE REMARKABLE!!! YOU ARE MIRACULOUS!!!! YOU ARE ROCK STARS!!

3) Team Celebration Dinner Friday May 6th, 6-8pm at Rancho Pico JHS Hope to see you there!!!!

4) POST YOUR MARATHON PICS AND VIDEO TO THE TEAM'S SHARED DRIVE, CHAT, OR AT FACEBOOK.COM/SOARSANTACLARITA!

5) VISIT SOAR-SC.ORG FOR TEAM 2021 UPDATES - COMING SOON!!!!!! HAVE A GREAT SUMMER!!!! WAHOOOOOOO!!!!

6) Join SOAR for the Rare Warrior 5X5 at Heritage Park, Saturday May 7th!! Just \$35 for coaches / charity / and family members!