

SOAR Student Training Progress Week 3- 3 Mile Bench, 5K Event

Student / WK 3	18-Oct	20-Oct	23-Oct	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	0:37:21	0:35:35	0:29:46	9.1	25.1			11:52	11:17	11:27	11:42
Biedebach, Bradley	1:12:10	0:24:19	0:21:10	13.1	33.4	8 UP		08:06	08:59	08:20	09:07
Garcia, Sherilyn	0:31:09	0:30:55	0:27:56	9.1	25.4			10:18	09:53	10:25	10:02
Gonzalez de Leon, Krystal	0:48:10	0:47:54	0:44:26	9.1	25.4			15:58	15:26	15:41	15:10
Guzman, Hector	1:09:10	0:33:54	0:31:47	12.1	25.4			11:18	11:09	10:59	11:12
Iribe-Loza, Sebastian	1:06:50	0:35:25	0:17:28	13.1	26.4			11:48	09:08	11:21	10:36
Johnson, Megan	0:39:40	0:38:11	0:39:13	9.1	25.4			12:44	12:52	12:34	12:32
Logesh, Kavinn	1:35:08	0:35:40	0:28:43	13.1	25.4			11:53	12:11	12:31	11:55
Morgan, Deshaun	0:25:47	0:26:18	0:24:32	9.1	25.4			08:46	08:25	08:41	09:11
Najera, Sophia	0:33:02	0:31:00	0:28:10	9.1	29.4			10:20	10:08	09:12	10:12
Samal, Praneel	0:59:58	0:26:43	0:25:40	9.1	25.4			08:54	12:21	08:50	10:38
Stella, Vincent	0:27:37	0:25:20	0:24:21	9.1	25.5			08:27	08:30	08:56	08:45
Tucker, Tali	0:31:42	0:31:00	0:29:26	9.1	25.4			10:20	10:07	09:45	10:24
Uchino, Ethan	0:25:59	0:25:17	0:23:20	9.1	25.4			08:26	08:12	08:28	08:43
Vasquez, Mia	1:22:40	0:36:06	0:32:31	13.1	25.4			12:02	11:33	12:10	11:38
Vergara, Ethan	0:00:00	0:00:00	0:00:00	0.0	16.3			00:00	#DIV/0!	12:59	13:50

1) CONGRATS on completing the LACC 5K!! YOU ROCK!!!

2) Next Team Event - 2nd Annual Fidel 5K Saturday November 12th at Central Park. This event is open to all.

3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 11/5! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!

**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 Thursday, Decmber 8th at coaches discretion to participate in the Santa to the Sea Quarter Marathon.**

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