

**SOAR Student Training Progress Week 4- 3 Mile Bench, 4 Mile Long**

<b>Student / WK 3</b>	<b>19-Oct</b>	<b>21-Oct</b>	<b>23-Oct</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Weekly Tempo Min / Mile</b>	<b>Weekly Min / Mile</b>	<b>YTD Tempo Min / Mile</b>	<b>YTD Weekly Min / Mile</b>
Bracamentes, Irene	32:00			3.0	9.0	12.0	8.0	00:00	10:40	08:59	15:34
Castillo, Edgar	23:28	39:45	36:20	11.0	27.0			09:56	09:03	08:45	13:06
Chavez, Evelyn	41:00	59:30		7.0	19.0	8.0	4.0	14:52	14:21	09:38	13:39
Fitterer, Horus	28:57	37:12	32:45	11.0	23.0	4.0	4.0	09:18	08:59	09:10	09:08
Hernandez, Giselle	1:34:30	47:00	47:05	16.0	27.0			11:45	11:47	03:55	11:22
Iribe-Loza, Sebastian	23:23	33:02	32:21	11.0	26.0	1.0		08:15	08:04	04:55	07:41
Lona, Evelyn	31:36	47:46		7.0	23.0	4.0	4.0	11:56	11:20	11:10	10:50
Paulsen, Abby	31:59	43:48	44:00	11.0	27.0			10:57	10:53	10:35	10:45
Stella, Vincent	31:48	43:50	44:00	11.0	27.0			10:58	10:53	09:48	10:01
Strang, Ainsley	1:06:10	41:49	38:27	14.25	27.3			10:27	10:17	06:31	09:50
Uchino, Ethan	29:35	42:05	43:56	11.0	27.0			10:31	10:31	10:04	10:23
Vasquez, Mia	31:54	43:58	44:00	11.0	27.0			11:00	10:54	10:33	10:43

**1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 20th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!**

**2) Uniform distribution Tuesday 10/26.**

**3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 11/6! 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, October 28th at coaches discretion to participate in the LA Cancer Challenge 5K.**

**5) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Snapchat - SOAR\_SC**

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