

SOAR Student Training Progress Week 3- 4 Mile Bench, 4.5 Mile Long

Student / WK 3	15-Oct	17-Oct	19-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
Agopian, Alex	1:22:40	0:38:07	0:44:56	15.5	31.5	4 UP		09:32	10:41	09:52	09:46
Akel, Tamara	1:05:10	0:50:00	0:55:00	13.5	27.5			12:30	12:36	12:44	12:45
Andrade, Audrey	1:31:50	0:52:20		11.0	23.0	4.5	4.5	13:05	13:06	13:30	13:39
Barba, Ivanna	0:34:30	0:42:04	0:48:52	11.5	27.5			10:31	10:54	10:27	10:28
Chang, Lauryn	0:36:41	0:44:45	0:55:38	11.5	27.5			11:11	11:55	12:12	12:21
Choi, Vince	0:37:54	0:45:07	0:56:20	9.0	25.0			11:17	15:29	10:53	13:05
Galeano, Gisele	1:22:45	0:50:00	0:47:20	15.5	24.5	3.0		12:30	11:37	11:55	11:31
Garcia, Bella	0:38:09	0:51:20	0:53:31	11.5	27.5			12:50	12:26	12:55	12:28
Guerrero, Cheyenne	0:22:19	0:40:20	0:45:26	11.5	27.5			10:05	09:24	11:14	10:33
Hernandez, Yoselin	1:28:15	0:51:45	0:56:21	15.5	29.5			12:56	12:40	13:37	12:11
Jawich, Tarek	0:31:15	0:45:12		7.0	23.0	4.5	4.5	11:18	10:55	07:52	11:08
Jimenez, Aaden	0:36:41	0:45:45		9.0	25.0	4.5	4.5	11:26	09:10	11:57	10:59
Kayne, Ben	0:20:49	0:27:59	0:37:19	11.5	23.5	4.0	4.0	07:00	07:29	08:21	07:55
Khvalko, Vladyslav	1:21:15	0:31:59	0:36:00	15.5	31.5	4 UP		08:00	09:38	08:47	08:58
Krishnamoorth, Advait	0:47:30	0:39:08	0:47:58	8.0	20.0	1.0		09:47	16:49	08:55	12:28
Lopez, Jeremy	0:34:44	0:44:48	0:46:40	11.5	27.5			11:12	10:58	11:58	12:04
Mohamed, Zaina	0:37:18	0:45:35	0:51:10	11.5	27.5			11:24	11:39	12:07	12:07
Najera, Sophia	0:41:36	0:43:55		7.0	23.0	4.5	4.5	10:59	12:13	12:00	12:26
Patel, Anika	0:29:00	0:38:10	0:42:40	11.5	27.5			09:32	09:33	09:37	09:30
Ramirez, Ireland	0:34:04	0:41:20	0:46:40	11.5	27.5			10:20	10:37	10:56	11:01
Ranu, Jasleen	0:34:24	0:44:29	0:51:03	11.5	27.5			11:07	11:18	11:25	11:30
Samal, Praneel	0:24:59	0:30:15	0:38:46	11.5	27.5			07:34	08:10	08:00	08:25
Soriano, Isabella	0:29:00	0:38:10	0:42:40	11.5	27.5			09:32	09:33	11:19	10:14
Ventura, Yelitza	0:34:45	0:34:32	0:53:15	11.5	27.5			08:38	10:39	10:31	11:05
Woldesadik, Isaac	0:32:53	0:54:48	0:44:56	11.5	27.5			13:42	11:32	08:05	10:53
Zamascikov, Philip	1:29:45	0:41:20	0:46:00	15.5	27.5			10:20	11:25	11:42	11:31

1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 27th. Meet at Lowes. Permission slips ASAP please!

2) Program Info Night Wednesday October 16th. 7-8pm via Zoom. Attendance mandatory - all students and one parent / legal guardian.

3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 11/2! 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 24th at coaches discretion to participate in the LA Cancer Challenge 5K.

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