

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

Student / WK 4	25-Oct	27-Oct	29-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Weekly Tempo Min / Mile	Weekly Tempo Min / Mile	YTD Tempo Min / Mile	YTD Weekly Tempo Min / Mile
Baljet, Micaela	0:46:07	0:41:59	0:48:54	12.5	37.6			10:30	10:58	11:13	11:31
Biedebach, Bradley	0:49:00	0:32:10	0:39:19	12.5	45.9	8 UP		08:02	09:38	08:16	09:15
Garcia, Sherilyn	0:40:49	0:40:49	0:45:59	12.5	37.9			10:12	10:13	10:22	10:04
Gonzalez de Leon, Krystal	0:57:30	0:58:25	1:01:46	12.5	37.9			14:36	14:13	15:25	14:56
Guzman, Hector	0:49:00	0:49:35		8.0	33.4	4.5		12:24	12:19	11:20	11:29
Iribe-Loza, Sebastian	0:57:30	0:28:44	0:36:36	12.5	38.9			07:11	09:50	10:18	10:25
Johnson, Megan	0:49:00	0:50:40	0:57:53	12.5	37.9			12:40	12:36	12:36	12:33
Logesh, Kavinn	0:57:30	0:45:22	0:55:40	12.5	37.9			11:20	12:41	12:14	12:07
Morgan, Deshaun	0:57:30	0:38:11	0:41:39	12.5	37.9			09:33	10:59	08:54	09:38
Najera, Sophia	0:49:00	0:40:36	0:43:02	12.5	41.9			10:09	10:37	09:26	10:18
Samal, Praneel	0:57:30	0:34:22	0:41:41	12.5	37.9			08:35	10:41	08:46	10:38
Stella, Vincent	0:57:30	0:33:00	0:39:19	12.5	38.0			08:15	10:23	08:46	09:10
Tucker, Tali	0:49:00	0:40:17	0:44:45	12.5	37.9			10:04	10:43	09:50	10:29
Uchino, Ethan	0:49:00	0:34:30	0:40:21	12.5	37.9			08:37	09:54	08:30	09:01
Vasquez, Mia	0:57:30	0:47:10	0:51:28	12.5	37.9			11:47	12:29	12:04	11:51
Vergara, Ethan	0:49:00	0:50:10	1:00:10	12.5	28.8			12:32	12:45	12:50	13:28

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