

SOAR Student Training Progress Week 4- 4 Mile Bench, 5K Qualifier

Student / WK 4	21-Oct	23-Oct	26-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	0:37:02	0:52:10	0:24:40	11.1	40.6			13:02	10:15	09:37	09:36
Akel, Tamara	0:48:37	0:49:20	0:32:23	11.1	37.6			12:20	11:45	12:54	12:08
Barba, Ivanna		0:38:57	0:32:40	7.1	33.6	4.0		09:44	10:05	12:37	11:56
Baayoun, Omar	1:28:30	0:45:28	0:28:03	15.1	43.6			11:22	10:44	11:46	10:42
Choi, Vince	0:37:44	0:39:45	0:25:43	11.1	37.6			09:56	09:18	10:26	09:59
Cisneros, Jonathan	0:40:05	0:41:20	0:22:18	11.1	39.6			10:20	09:21	10:59	09:34
Demps, Dahmani	0:37:34	0:44:12	0:24:38	11.1	37.6			11:03	09:35	10:08	09:32
Gaikwad, Sanmit	0:40:58	0:52:14	0:28:41	11.1	37.6			13:04	10:59	12:27	11:30
Garcia, Bella	0:43:03	0:44:36	0:29:18	11.1	37.6			11:09	10:32	11:47	11:12
Guerrero, Cheyenne	0:42:50	0:45:45	0:30:36	11.1	37.6			11:26	10:44	11:44	11:12
Krishnamoorthy, Advait	1:21:30	0:30:48	0:21:38	16.1	43.1			07:42	08:19	09:55	09:06
Matushita, Kyle	1:30:30	0:44:25	0:27:45	15.1	47.1	9.5 UP		11:06	10:46	11:27	11:06
Mora, Julia	0:54:10	0:57:12	0:36:05	11.1	37.6			14:18	13:17	14:32	13:49
Nolasco, Jesus	1:15:00	0:46:30	0:25:28	14.1	37.6			11:37	10:25	10:22	10:09
O'Shea, Lucy	0:36:00	0:36:00	0:26:37	11.1	37.6			09:00	08:53	09:19	09:16
Rios, Cesar	1:32:25	0:40:40	0:25:17	16.1	39.6			10:10	09:50	10:08	09:54
Romero, Emily	1:08:10	0:46:30	0:33:34	13.1	37.6			11:37	11:19	05:46	11:18
Sedra, Carla	0:57:45	1:08:00	0:35:01	11.1	37.6			13:36	14:29	13:37	14:11
Soriano, Isabella	1:13:45	0:35:00	0:23:24	15.6	21.6			08:45	08:28	09:16	08:29
Stella, Sidney	0:36:00	0:36:00	0:27:28	11.1	37.6			09:00	08:58	09:16	09:57
Woldetsadik, Isaac	0:41:36	0:52:04	0:26:19	10.5	25.0			13:01	11:26	12:33	10:52

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

2) Next Team Event - 4th Annual Fidel 5K Saturday November 8th at Central Park. This event is open to all.

3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 11/1! 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, December 11th at coaches discretion to participate in the Santa Monica / Venice Xmas 10K

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