

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

Student / WK 4	26-Oct	28-Oct	31-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	0:42:50	0:49:15	0:42:18	11.1	11.1			12:19	12:06	12:19	12:06
Castillo, Edgar	0:42:50	0:36:25	0:22:48	11.1	38.1			09:06	09:12	08:50	08:51
Fitterer, Horus	1:18:30	0:36:25	0:22:48	15.1	38.1			09:06	09:07	09:09	09:08
Hernandez, Giselle	0:42:12	0:46:08	0:30:00	11.1	38.1			11:32	10:40	11:38	11:11
Iribe-Loza, Sebastian	0:52:50	0:27:13	0:17:52	12.1	38.1			06:48	08:06	07:11	07:47
Paulsen, Abby	0:42:12	0:44:23	0:29:14	11.1	38.1			11:06	10:26	10:43	10:40
Stella, Vincent	0:40:00	0:46:00	0:26:07	11.1	38.1			11:30	10:06	10:13	10:03
Strang, Ainsley	0:42:12	0:49:15	0:23:52	11.1	38.4			12:19	10:23	07:58	09:58
Uchino, Ethan	0:42:12	0:43:15	0:27:34	11.1	38.1			10:49	10:11	10:15	10:20
Vasquez, Mia	0:42:12	0:33:00	0:29:11	10.1	37.1			11:00	10:20	10:40	10:37

- 1) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 11/6! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!**
- 2) Team Shoe Weekend is set for November 20th and 21st at Runners Lane Shoe Store!**
- 3) Next Team Qualifying Event will be the Santa to the Sea 1/4 Marathon Sunday, December 12th in Ventura!**
- 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 9th at coaches discretion to participate in the Santa to the Sea 1/4 Marathon!**
- 5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC**
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D**