

SOAR Student Training Progress Week 5- 5 Mile Bench, 5 Mile Long

Student / WK 5	2-Nov	4-Nov	6-Nov	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	0:23:13	0:32:05	0:40:46	9.0	20.1			16:02	10:40	12:19	11:23
Castillo, Edgar	0:32:50	0:57:54	0:52:40	14.0	52.1			11:35	10:15	08:50	09:08
Fitterer, Horus	0:41:50	0:57:54		9.0	47.1	5.0	5.0	11:35	11:05	09:09	09:31
Hernandez, Giselle	0:44:30	1:00:00	1:02:49	14.0	52.1			12:00	11:57	11:38	11:20
Iribe-Loza, Sebastian	0:37:11	0:51:50	0:38:31	14.0	52.1			10:22	09:07	07:11	08:03
Paulsen, Abby	0:42:38	0:57:54	1:02:49	14.0	52.1			11:35	11:40	10:43	10:52
Stella, Vincent	0:37:56	0:53:45	2:41:22	22.1	60.2			10:45	11:27	10:13	10:19
Strang, Ainsley		0:57:54	0:57:29	10.0	48.4	4.0		11:35	11:32	07:58	10:17
Uchino, Ethan	0:42:38	0:57:54	0:52:40	14.0	52.1			11:35	10:57	10:15	10:27
Vasquez, Mia	0:42:38	0:57:54	1:02:44	14.0	51.1			11:35	11:40	10:40	10:50

- 1) **SPECIAL EVENT - FIDEL GARCIA MEMORIAL 5K - SATURDAY NOVEMBER 13TH 7AM AT CENTRAL PARK**
- 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**