

SOAR Student Training Progress Week 6- 4 Mile Bench, 5 Mile Long

Student / WK 6	10-Nov	12-Nov	14-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
Chiang, Owen	0:39:06	0:38:13	0:52:23	13.0	63.0			09:33	09:59	10:37	10:33
Ciriaco, Daysi	0:47:00	0:39:00	0:57:00	13.0	63.0			09:45	11:00	10:57	11:35
Cisneros, Matthew	0:54:11	0:48:12		8.0	55.0	5.0	5.0	12:03	12:48	12:40	13:16
Diaz, Nadia	0:51:52	0:58:05	1:16:23	13.0	63.0			14:31	14:20	14:48	14:41
Fitterer, Karl	0:38:20	0:39:00	0:51:32	13.0	63.0			09:45	09:55	10:11	10:30
Flynn, Natalie	0:41:30	0:39:44	0:54:20	13.0	63.0			09:56	10:26	09:51	10:11
Goldstein, Isabella	0:55:00	0:54:45	1:11:35	13.0	63.0			13:41	13:57	14:06	13:05
Khan Muhammad	0:44:38	0:42:21	0:56:29	13.0	63.0			10:35	11:02	11:00	11:22
Maldonado, Damien	0:44:52			4.0	54.0	9.0	5.0	00:00	11:13	12:16	12:01
Mendoza, Mark	0:49:44	0:45:38	0:55:20	13.0	63.0			11:24	11:36	12:04	12:29
Perez, Sofia	0:48:50	0:46:55	1:02:05	13.0	63.0			11:44	12:08	12:32	12:58
Redfern, Kaia	0:44:35	0:44:34	0:59:38	13.0	63.0			11:09	11:27	11:25	11:46
Rivera, Emily	0:54:40	0:54:04	1:16:40	13.0	63.0			13:31	14:16	14:13	14:23
Song, Jasmin	0:45:04	0:43:46		8.0	58.0	5.0	5.0	10:56	11:06	11:35	11:57
Sorila, Hazel	0:54:13	0:54:14	1:11:11	13.0	63.0			13:33	13:49	13:43	13:59
Spiker, Christopher	0:35:49	0:32:20	0:45:10	13.0	63.0			08:05	08:43	08:06	08:29
Strang, Ainsley	1:34:05	0:37:49	0:52:15	18.0	64.0			09:27	10:14	10:03	10:17
Teague, Thomas	1:29:20	0:31:13	0:47:00	18.0	63.0			07:48	09:19	08:18	09:01
Turpin, Lottie	0:57:45	0:58:28	1:16:23	13.0	63.0			14:37	14:49	14:27	14:37
Vadapalli, Keerti	1:00:04	0:59:08	1:16:25	13.0	63.0			14:47	15:03	15:13	15:15
Valles, Jonathan	1:27:20	0:37:45	0:51:27	18.0	63.0			09:26	09:48	09:58	10:21
Webster, Emily	0:48:48	0:47:05	1:06:42	13.0	59.0			11:46	12:30	12:47	13:05
Yamachika, Nicole	1:42:45	0:46:53	1:06:42	18.0	58.0	5.0		11:43	12:01	11:36	12:09

Team Shoe Weekend at Runners Lane THIS WEEK!!! - Saturday / Sunday November 21st & 22nd. Time for some new KICKS!!! Details this week!

2) All Students are reminded to set up their Mightycause Fundraising Page!

3) SOAR HOLIDAY 50/50 RAFFLE KICKS IS ON!!!! 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 3rd at coaches discretion to participate in the Reindeer Ruckus 15K.

5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC

6) Great second week! Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D