

SOAR Student Training Progress Week 6- 5 Mile Bench, 4.5 Mile Fidel Garcia Memorial Run

Student / WK 6	7-Nov	9-Nov	11-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
Akel, Tamara	0:48:00	1:02:00	0:59:45	13.5	65.1			12:24	12:34	13:08	13:18
Baljet, Christian	0:30:15	0:41:00		9.0	63.1	4.5	4.5	08:12	07:55	08:34	08:37
Baljet, Micaela	0:40:11	0:49:48		9.0	55.6	9.5	4.5	09:58	10:00	11:24	10:56
Barba, Ivanna	0:39:28	0:53:37	0:52:32	13.5	36.0			10:43	10:47	11:21	11:10
Carelli, Sophia	0:46:42	1:03:46	0:57:23	13.5	65.1			12:45	12:26	12:45	12:22
Chang, Lauryn	0:46:00	1:01:37	1:00:52	13.5	65.1			12:19	12:29	13:20	12:35
Delgado, Victor	0:41:58			4.0	43.5	21.6	9.5	00:00	10:30	13:36	13:03
Dezell, Sean	0:49:33	0:49:45	0:31:41	13.5	38.0	2.0		09:57	09:42	08:01	10:21
Garcia, Sherilyn	Injured	Injured	0:47:15	4.5	42.1			#VALUE!	10:30	10:30	10:29
Guerrero, Cheyenne	0:39:19	0:50:00	0:51:57	14.0	65.6			10:00	10:05	11:17	11:23
Hernandez, Yoselin	1:50:10	1:08:30	0:59:50	18.0	65.1			13:42	13:15	13:22	13:13
Holmes, Gavin		0:56:00	0:49:30	9.5	21.5	18.5	5.0	11:12	11:06	11:06	11:13
Jain, Aditya	1:37:25	0:48:20	0:48:35	18.5	63.1	4.0		09:40	10:30	10:34	10:08
Johnson, Megan		1:03:45		5.0	52.1	13.0	4.5	12:45	12:45	13:32	12:56
Kayne, Ben	1:25:40	0:43:07	0:40:21	18.5	65.1			08:37	09:09	08:54	09:11
Khvalko, Vladyslav	1:09:15	0:40:00	0:40:35	17.5	66.1			08:00	08:34	08:51	08:53
Lagunas, Yuliana	1:38:45	0:49:00	0:54:44	19.5	64.1			09:48	10:23	11:34	11:36
Lopez, Jeremy	0:47:19	1:04:16	1:02:35	13.5	65.1			12:51	12:54	13:44	13:21
Morgan, Deshaun	0:28:19	0:35:36	0:33:36	14.0	69.6			07:07	06:58	07:25	07:57
Najera, Sophia	1:40:00	0:50:00	0:51:30	18.5	74.2			10:00	10:54	11:09	11:14
Nava, Lizeth	0:40:39	0:52:43	0:52:03	13.5	65.1			10:33	10:46	11:24	11:29
Ramanan, Varun	0:44:54	0:53:30	0:50:31	13.5	62.1	4.0		10:42	11:02	11:08	11:07
Samal, Praneel	1:36:06	0:43:38	0:36:06	18.5	65.1			08:44	09:30	08:10	08:19
Woldetsadik, Issac	0:45:58	0:57:34	0:49:41	14.0	40.5			11:31	10:57	11:12	11:26
Wynn, Elena	1:33:55	0:58:58	0:55:31	17.5	65.1			11:48	11:55	12:15	12:03

1) Team Shoe Weekend is set for this weekend November 18th and 19th at Runners Lane Shoe Store! Details Coming!

2) Next Team Qualifying Event - Santa to the Sea Quarter Marathon Sunday, December 10th in Oxnard.

3) SOAR HOLIDAY 50/50 RAFFLE 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 7th 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