

**SOAR Student Training Progress Week 7- 5 Mile Bench, 5 Mile Hillwork**

<b>Student / WK 7</b>	<b>9-Nov</b>	<b>11-Nov</b>	<b>13-Nov</b>	<b>Total Miles Weekly</b>	<b>Total Miles YTD</b>	<b>Total Miles Owed</b>	<b>Long Miles Owed</b>	<b>Weekly Tempo Min / Mile</b>	<b>Weekly Min / Mile</b>	<b>YTD Tempo Min / Mile</b>	<b>YTD Weekly Min / Mile</b>
Baljet, Micaela	2:46:00	1:00:03	1:07:45	23.00	51.35	5 UP		12:01	12:46	13:27	11:52
Castillo, Edgar	0:32:24	0:43:16		9.00	73.35	5.0	5.0	08:39	08:24	09:23	09:03
Fitterer, Horus	0:40:02	0:43:16	1:04:33	14.00	73.35	5.0	5.0	08:39	10:34	09:25	09:38
Hernandez, Giselle	Injured	0:58:30	1:05:04	10.00	70.35	4.0		11:42	12:21	11:45	11:29
Iribe-Loza, Sebastian	0:27:47	0:35:43	0:52:50	15.00	70.35	4.0		07:09	07:45	07:49	07:59
Paulsen, Abby	0:42:01	0:53:53	0:58:52	14.00	74.35	4.0		10:47	11:03	10:52	10:53
Stella, Vincent	0:40:33	0:45:25	0:52:56	14.00	86.45			09:05	09:55	10:08	10:11
Strang, Ainsley	1:13:15	0:45:22		13.00	73.60	5.0	5.0	09:04	09:07	08:46	09:54
Uchino, Ethan	0:36:24	0:49:13	0:54:54	14.00	78.35			09:51	10:02	10:17	10:18
Vasquez, Mia	0:42:01	0:53:53	0:44:00	13.00	76.35	1.0		10:47	10:46	10:50	10:47

- 1) No Training Thursday! Join SOAR Thanksgiving Day 7am at Towsley Canyon for our 15th Annual SOAR Gobble Wobble 5.1 Trail Run!!**
- 2) Participation Agreements DUE NOW!! Team Physicals Due Friday, December 10th!! No exceptions!!!**
- 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](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D**