

SOAR Student Training Progress Week 7- 5 Mile Bench, 4.5 Mile River Run

| Student / WK 7 | 14-Nov | 16-Nov | 18-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 | 0:53:27 | 1:02:55 | | 9.0 | 74.1 | 4.5 | 4.5 | 12:35 | 12:56 | 13:03 | 13:15 |
| Baljet, Christian | 0:33:37 | 0:39:00 | 0:39:45 | 13.5 | 76.6 | 4.5 | 4.5 | 07:48 | 08:19 | 08:27 | 08:34 |
| Baljet, Micaela | 0:43:40 | 0:46:20 | 0:55:46 | 13.5 | 69.1 | 9.5 | 4.5 | 09:16 | 10:48 | 11:03 | 10:55 |
| Barba, Ivanna | | 1:02:55 | | 5.0 | 41.0 | 8.5 | 4.5 | 12:35 | 12:35 | 11:40 | 11:31 |
| Carelli, Sophia | 0:51:49 | 1:13:07 | 1:00:21 | 13.5 | 78.6 | | | 14:37 | 13:43 | 13:01 | 12:34 |
| Chang, Lauryn | 0:52:37 | 1:03:42 | 1:18:00 | 13.5 | 78.6 | | | 12:44 | 14:24 | 13:15 | 12:51 |
| Delgado, Victor | | 1:02:57 | 1:00:18 | 9.5 | 53.0 | 25.6 | 9.5 | 12:35 | 12:58 | 13:26 | 13:02 |
| Dezell, Sean | 0:50:14 | 0:54:29 | | 9.0 | 47.0 | 6.5 | 4.5 | 10:54 | 11:38 | 08:44 | 10:41 |
| Garcia, Sherilyn | 0:37:42 | 0:48:46 | 0:47:10 | 13.5 | 55.6 | | | 09:45 | 09:54 | 10:23 | 10:23 |
| Guerrero, Cheyenne | 0:39:10 | 0:49:43 | 0:47:04 | 13.5 | 79.1 | | | 09:57 | 10:04 | 11:06 | 11:12 |
| Hernandez, Yoselin | | 1:27:57 | | 5.0 | 70.1 | 8.5 | 4.5 | 17:35 | 17:35 | 13:58 | 13:50 |
| Holmes, Gavin | 0:41:30 | | | 4.0 | 25.5 | 28.0 | 5.0 | 00:00 | 10:22 | 11:06 | 11:01 |
| Jain, Aditya | | 0:55:00 | | 5.0 | 68.1 | 12.5 | 4.5 | 11:00 | 11:00 | 10:38 | 10:15 |
| Johnson, Megan | 0:51:29 | 1:00:38 | 1:00:16 | 13.5 | 65.6 | 13.0 | 4.5 | 12:08 | 12:46 | 13:18 | 12:55 |
| Kayne, Ben | 0:39:09 | 0:44:36 | 0:42:24 | 13.5 | 78.6 | | | 08:55 | 09:21 | 08:54 | 09:13 |
| Khvalko, Vladyslav | 1:08:10 | 0:47:07 | | 11.0 | 77.1 | 2.5 | | 09:25 | 10:29 | 08:56 | 09:06 |
| Lagunas, Yuliana | 0:38:25 | 1:27:57 | | 9.0 | 73.1 | 4.5 | 4.5 | 17:35 | 14:02 | 12:46 | 11:57 |
| Lopez, Jeremy | 0:53:06 | 1:05:12 | 0:54:02 | 13.5 | 78.6 | | | 13:02 | 12:46 | 13:38 | 13:16 |
| Morgan, Deshaun | 0:31:44 | 0:37:17 | 0:35:35 | 13.5 | 83.1 | | | 07:27 | 07:45 | 07:25 | 07:56 |
| Najera, Sophia | 0:47:46 | 0:59:00 | 0:47:08 | 13.5 | 87.7 | | | 11:48 | 11:24 | 11:16 | 11:15 |
| Nava, Lizeth | 0:46:51 | | 1:27:57 | 8.5 | 73.6 | 5.0 | | 00:00 | 15:52 | 11:24 | 12:07 |
| Ramanan, Varun | | 0:53:30 | 1:11:34 | 11.0 | 73.1 | 6.5 | | 10:42 | 11:22 | 11:05 | 11:09 |
| Samal, Praneel | | 0:44:57 | 0:38:06 | 9.5 | 74.6 | 4.0 | | 08:59 | 08:45 | 08:18 | 08:22 |
| Woldetsadik, Issac | 0:52:29 | 1:01:55 | 1:05:18 | 13.5 | 54.0 | | | 12:23 | 13:19 | 11:30 | 11:54 |
| Wynn, Elena | | 1:01:08 | 1:00:18 | 9.5 | 74.6 | 4.0 | | 12:14 | 12:47 | 12:15 | 12:09 |

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