SOAR Student Training Progress Week 8- 5 Mile Bench, 5 Mile Trail Challenge

Student / WK 8	18-Nov	20-Nov	22-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
Agopian, Alex	0:54:45	0:43:20	1:05:00	14.0	88.6	5.0	5.0	10:50	11:39	09:51	09:58
Akel, Tamara	1:49:25	0:50:08	1:16:09	18.0	90.9			12:32	13:06	12:32	12:20
Barba, Ivanna	2:50:45	0:50:08	1:16:09	23.5	93.4			12:32	12:38	12:29	12:06
Baayoun, Omar	0:55:20	0:55:07	1:16:00	15.5	95.1	2.5		11:01	12:02	11:30	11:24
Choi, Vince	1:48:20	0:40:40	1:08:55	19.0	91.9			10:10	11:28	10:27	10:28
Cisneros, Jonathan			1:16:00	5.5	85.4	9.0		00:00	13:49	11:07	10:27
Demps, Dahmani	0:50:00	0:40:25	1:02:20	14.0	86.6	4.0		10:06	10:55	10:45	10:01
Gaikwad, Sanmit	2:52:55	0:45:20	1:10:05	24.0	78.1	12.5		11:20	12:01	12:01	11:41
Garcia, Bella	0:54:14	0:39:40	1:20:37	14.0	90.9			09:55	12:28	11:14	11:24
Guerrero, Cheyenne	0:50:59	0:40:02	1:04:31	14.0	90.9			10:01	11:07	11:15	11:16
Krishnamoorthy, Advait	0:37:30	0:34:06	1:05:00	14.5	96.9			08:31	09:25	09:03	08:59
Matushita, Kyle	1:48:10	0:42:49	1:01:32	19.0	120.4	29.5 UP		10:42	11:11	11:32	11:20
Mora, Julia	1:00:02	0:48:20	1:16:09	14.0	85.6	5.0	5.0	12:05	13:11	13:26	13:36
Nolasco, Jesus				0.0	58.6	32.0	5.0	00:00	#DIV/0!	10:42	10:14
O'Shea, Lucy	1:00:00	0:40:08	1:10:00	14.0	90.9			10:02	12:09	09:24	09:45
Rios,Cesar	1:56:10	0:48:00	1:09:30	19.0	70.6	22.0		12:00	12:18	10:23	10:30
Romero, Emily	1:42:00	0:48:00	1:14:00	18.0	80.6	5.0	5.0	12:00	12:27	08:26	12:44
Sedra, Carla	1:01:00	1:00:59	1:10:00	14.0	86.4	4.5	4.5	12:12	13:43	13:03	13:55
Soriano, Isabella	0:44:20	0:35:00	1:06:40	14.0	65.1	9.5	5.0	08:45	10:26	08:38	08:52
Stella, Sidney	1:00:00	0:40:08	1:10:00	14.0	90.9			10:02	12:09	09:22	10:05
Woldetsadik, Isaac	0:54:45	0:39:26	1:02:25	14.0	78.3			09:52	11:11	09:39	11:15
Zamascikov, Philip	0:51:47	0:46:52	1:06:40	15.0	54.3			11:43	11:01	10:16	10:26

1) Next Team Event - 48th Annual Santa Monica / Venice Christmas 10K, Saturday December 13th in Santa Monica!!!

2) ALL STUDENTS MUST HAVE A PHYSICAL CLEARANCE ON FILE BY FRIDAY DECEMBER 12TH!

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 11th at coaches discretion to participate in the Santa Monica / Venice Xmas 10K

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

6) Don't cheat your warmup! Don't skip your cooldown!! Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D