

SOAR Student Training Progress Week 9- 4 Mile Bench, 8.5 Mile Blender

Student / WK 9	21-Nov	23-Nov	25-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	0:48:33	0:51:37	1:53:40	16.5	107.1			12:54	12:58	13:03	13:13
Baljet, Christian	0:49:07	0:28:51	1:19:00	16.5	109.6			07:13	09:31	08:20	08:41
Baljet, Micaela	0:42:18	0:49:07	1:42:18	16.5	102.1	3.5		12:17	11:44	11:15	11:00
Barba, Ivanna	0:41:20	0:44:10	1:36:15	16.5	78.0			11:02	11:01	11:31	11:26
Carelli, Sophia	0:48:59	0:52:04	1:39:59	16.5	110.6			13:01	12:11	13:01	12:31
Chang, Lauryn	0:49:23	0:47:13	1:52:55	16.5	111.6	UP 8		11:48	12:42	13:06	12:50
Delgado, Victor	2:41:10	0:48:07	1:53:45	25.0	88.0	16.5		12:02	12:55	15:02	13:01
Dezell, Sean	0:44:47	0:45:11	1:27:30	16.5	80.0			11:18	10:45	09:02	10:41
Garcia, Sherilyn	0:36:27	0:41:51	1:39:23	16.5	82.6			10:28	10:46	10:23	10:26
Guerrero, Cheyenne	0:40:00	0:38:13	1:39:23	16.5	112.1	UP 6?		09:33	10:46	10:57	11:09
Hernandez, Yoselin	INJURED	INJURED	INJURED	0.0	70.1			#VALUE!	#DIV/0!	13:58	13:50
Jain, Aditya	1:25:01		1:27:38	17.0	106.6			00:00	10:09	10:38	10:15
Johnson, Megan	2:50:50	0:51:17	1:54:28	25.5	107.6			12:49	13:12	13:16	12:57
Kayne, Ben	0:35:30	0:32:55	1:18:55	16.5	111.6			08:14	08:56	08:49	09:11
Khvalko, Vladyslav	0:28:00	0:38:00	1:14:00	16.5	104.6	1.5		09:30	08:29	08:59	09:02
Lagunas, Yuliana	0:37:55	0:39:43	1:54:05	16.5	111.1	UP 6.5?		09:56	11:37	12:12	11:55
Lopez, Jeremy	0:49:23	0:47:40	1:41:03	16.5	105.6			11:55	12:00	11:56	13:07
Morgan, Deshaun	0:28:00	0:28:38	1:05:20	16.5	110.1			07:09	07:24	07:23	07:52
Najera, Sophia	0:39:30	0:40:33	1:39:26	16.5	114.7			10:08	10:53	11:06	11:13
Nava, Lizeth	0:41:35	0:41:15	1:54:05	16.5	111.6	UP 6?		10:19	11:56	11:16	12:05
Ramanan, Varun	0:39:46		1:40:36	16.5	111.1	4.0		00:00	08:30	11:05	10:52
Samal, Praneel	0:31:58		1:16:26	12.5	108.6	UP 3		00:00	08:40	08:17	08:24
Woldetsadik, Issac	0:48:00	0:51:47	1:40:09	16.5	81.0			12:57	12:07	11:47	11:56
Wynn, Elena	1:01:25	0:45:08	1:53:10	16.5	106.6			11:17	13:19	12:07	12:17

1) TEAM Physicals due Friday December 8th! Students not having a current physical risk training suspension until cleared.

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