

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

Student / WK 9	30-Nov	2-Dec	4-Dec	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
Baljet, Micaela	1:58:30	0:45:37	1:47:00	21.50	72.85			11:24	12:37	12:57	12:01
Castillo, Edgar	0:41:20	0:36:24	1:38:00	16.50	99.35	5.0	5.0	09:06	10:39	09:21	09:29
Fitterer, Horus	0:37:11	0:32:30	1:37:30	16.50	103.85	4.0	4.0	08:07	10:08	09:16	09:22
Hernandez, Giselle	0:46:01	0:43:14	1:46:48	16.50	102.35			10:48	11:53	11:34	11:30
Iribe-Loza, Sebastian	0:37:13		1:11:24	11.50	102.35	4.0		00:00	09:27	07:49	08:06
Paulsen, Abby	1:30:05	0:41:43	1:36:02	21.00	109.35			10:26	10:51	10:49	10:27
Stella, Vincent	0:37:31	0:36:00		8.00	104.95	8.5	8.5	09:00	09:11	10:00	10:06
Strang, Ainsley	2:17:55	0:38:03	1:28:53	26.50	104.60			09:31	10:00	08:52	09:59
Uchino, Ethan	0:39:05	0:34:45	1:27:40	16.50	104.35			08:41	09:47	10:05	10:10
Vasquez, Mia	0:45:24	0:41:53	1:36:02	16.50	97.85	5.5	4.5	10:28	11:07	10:47	10:44

- 1) Hey SOAR!!! Congrats on breaking your first 100 miles!! It's Race Week!! Sunday Rally Time at Lowes is 430am!!
- 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 - Instagram SOAR_SC
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D