

**SOAR Student Training Progress Week 9- 5 Mile Bench, 8.5 Mile Long**

| <b>Student / WK 9</b>     | <b>29-Nov</b> | <b>1-Dec</b> | <b>3-Dec</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           | 1:46:10       | 0:53:39      | 1:37:06      | 22.5                      | 108.6                  |                         |                        | 10:44                          | 11:25                    | 09:38                       | 11:22                        |
| Biedebach, Bradley        | 0:32:00       | 0:39:59      | 1:30:56      | 17.5                      | 106.9                  | 6.0                     |                        | 08:00                          | 09:19                    | 08:20                       | 08:54                        |
| Garcia, Sherilyn          | 0:38:27       | 0:52:33      | 1:37:29      | 17.5                      | 113.4                  |                         |                        | 10:31                          | 10:46                    | 10:18                       | 10:14                        |
| Gonzalez de Leon, Krystal | 0:30:00       | 0:30:00      | 1:00:00      | 8.0                       | 103.4                  | 5 UP                    |                        | 15:00                          | 15:00                    | 15:00                       | 14:46                        |
| Guzman, Hector            | 0:42:30       | 1:07:00      | 1:48:48      | 17.5                      | 78.9                   |                         |                        | 13:24                          | 12:28                    | 11:41                       | 11:49                        |
| Iribe-Loza, Sebastian     | 2:12:00       |              | 1:37:39      | 21.0                      | 101.9                  | 6.5                     |                        | 00:00                          | 10:56                    | 09:12                       | 10:08                        |
| Johnson, Megan            | 0:48:10       | 0:57:01      | 1:48:45      | 17.5                      | 119.4                  | 10.5 UP                 |                        | 11:24                          | 12:13                    | 12:20                       | 12:36                        |
| Logesh, Kavinn            | 0:43:44       | 0:52:00      | 1:54:29      | 17.5                      | 107.9                  |                         |                        | 10:24                          | 12:01                    | 11:28                       | 12:20                        |
| Morgan, Deshaun           | 1:37:45       | 0:43:00      | 1:30:58      | 22.5                      | 112.4                  | 5 UP                    |                        | 08:36                          | 10:18                    | 09:16                       | 09:41                        |
| Najera, Sophia            | 0:37:00       | 0:47:07      | 1:38:25      | 17.5                      | 127.4                  | 16 UP                   |                        | 09:25                          | 10:26                    | 09:25                       | 10:10                        |
| Samal, Praneel            | 0:35:42       | 0:42:43      | 1:38:09      | 17.5                      | 113.4                  |                         |                        | 08:33                          | 10:05                    | 09:11                       | 10:13                        |
| Stella, Vincent           | 2:28:30       | 0:34:00      | 1:30:58      | 27.5                      | 124.0                  | 10 UP                   |                        | 06:48                          | 09:57                    | 08:33                       | 09:18                        |
| Tucker, Tali              | 1:28:20       | 0:51:56      | 1:38:25      | 22.0                      | 107.4                  | 0.5                     |                        | 10:23                          | 10:51                    | 09:56                       | 10:32                        |
| Uchino, Ethan             | 0:31:49       | 0:39:58      | 1:30:58      | 17.5                      | 115.5                  |                         |                        | 08:00                          | 09:18                    | 08:20                       | 08:58                        |
| Vasquez, Mia              | 1:23:55       | 0:52:40      | 1:41:13      | 20.5                      | 110.4                  |                         |                        | 10:32                          | 11:36                    | 12:58                       | 11:39                        |

**1) Student Fundraising Pages are due now!**

**2) Team '23 Qualifier #2 - Santa to the Sea 1/4 Marathon - Sunday December 11th in Oxnard. Visit SOAR-SC.ORG for full details! ☐**

**3) All SOAR Students MUST have a physical clearance on file by Friday December 9th!!!**

**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, Decmber 8th 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](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC**

**6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D**