SOAR Student Training Progress Week 3- 3 Mile Bench, 5K Event

Student / WK 3	17-Oct	19-Oct	22-Oct	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	0:42:53	0:43:57	0:41:20	9.1	25.1			14:39	14:05	12:13	13:36
Baljet, Christian	0:23:20	0:23:20	0:20:57	9.1	27.6			07:47	07:26	08:01	08:35
Baljet, Micaela	0:31:57	0:33:32	0:28:08	9.1	25.1			11:11	10:17	10:15	10:55
Carelli, Sophia	0:42:00	0:42:58	0:31:40	9.1	25.1			14:19	12:49	11:35	12:05
Chang, Lauryn	0:39:40	0:43:01	0:39:06	9.1	25.1			14:20	13:23	12:31	12:55
Delgado, Victor	0:42:20	0:42:20		6.0	22.0	3.1		14:07	14:07	12:37	13:46
Garcia, Sherilyn	0:21:00	0:31:30	0:42:00	9.1	25.1			10:30	10:23	09:20	10:28
Guerrero, Cheyenne	0:36:44	0:36:34	0:31:07	9.1	25.1			12:11	11:28	10:37	11:59
Hernandez, Yoselin	0:43:40	0:44:19	0:44:11	9.1	25.1			14:46	14:31	12:14	13:40
Jain, Aditya	1:11:50	0:41:40	0:23:21	13.1	27.1			13:53	10:27	09:29	08:38
Johnson, Megan	0:42:05	0:42:05	0:36:51	12.1	25.1			21:03	10:00	11:33	12:27
Kayne, Ben	0:29:30	0:28:40	0:22:19	9.1	25.1			09:33	08:51	08:04	08:49
Khvalko, Vladyslav	1:04:30	0:28:28	0:20:17	13.1	27.1			09:29	08:39	07:41	08:06
Lagunas, Yuliana	0:31:00	0:32:12	0:29:42	9.1	27.1	2 UP		10:44	10:13	07:48	11:21
Lopez, Jeremy	0:43:30	0:43:51	0:35:08	9.1	25.1			14:37	13:28	12:45	13:25
Morgan, Deshaun	0:25:45	0:22:48	0:19:01	9.1	29.1			07:36	07:25	06:35	07:51
Najera, Sophia	0:43:40	0:38:40	0:28:34	9.1	34.2			12:53	12:11	10:30	11:17
Nava, Lizeth	0:37:45	0:34:00	0:30:15	9.1	29.1	4 UP		11:20	11:13	10:18	11:32
Ramanan, Varun	0:34:59	0:34:40	0:30:27	9.1	26.1			11:33	11:00	10:00	11:01
Samal, Praneel	0:34:59	0:34:40	0:21:56	11.1	25.1			11:33	08:15	07:14	07:55
Wynn, Elena	1:27:50	0:42:05	0:31:20	13.1	25.1			14:02	12:19	10:53	11:41

1) LA Cancer Challenge 5K departure time is 6:00am, Sunday, October 22nd. Meet at Lowes. Permission slips ASAP please!

2) Program Info Night Wednesday October 18th. 7-8pm via Zoom. Attendance mandatory - all students and one parent / legal guardian.

3) SOAR HOLIDAY 50/50 RAFFLE KICKS OFF SATURDAY 10/28! 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, October 19th at coaches discretion to participate in the LA Cancer Challenge 5K.

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