

**SOAR Student Training Progress Week 11- 4 Mile Bench, 10K Qualifier**

Student / WK 10	11-Dec	13-Dec	15-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	0:32:28	0:28:37	0:44:22	14.2	137.7			0:35:09	07:26	08:06
Arana, Luis	0:35:33	0:33:41	0:51:45	14.2	135.7			0:40:20	08:31	09:27
Breault, Charlie	0:48:20	0:49:21	1:16:24	14.2	135.7			0:58:02	12:16	12:23
Castillo, Cristian	0:40:50	0:37:48	0:57:09	14.2	119.7			0:45:16	09:34	11:20
Cisneros, Matthew	0:42:37	0:37:10	0:59:14	14.2	141.7			0:46:20	09:47	11:19
De La Paz, Jonathan	0:38:38	0:36:33	0:52:16	14.2	135.7			0:42:29	08:59	09:55
Derrick, Samea	0:36:43	0:36:57	0:55:11	14.2	136.7			0:42:57	09:04	09:24
Diaz, Nadia	0:49:58	0:55:01	1:15:30	14.2	135.7			1:00:10	12:43	13:24
Estrada, Jose	0:38:12	0:37:20	0:55:23	14.2	136.7			0:43:38	09:13	09:46
Ford, Elizabeth	0:41:10	0:40:55	1:00:51	14.2	136.7			0:47:39	10:04	10:37
Gawra, Simardeep	0:33:49	0:39:28	0:50:27	14.2	138.7			0:41:15	08:43	09:05
Kim, Cecilia	0:52:50	0:52:45	1:23:40	14.2	138.7			1:03:05	13:20	11:54
Kim, Evan	0:40:00	0:42:00	1:23:40	14.2	102.6			0:55:13	11:40	11:24
Kuhlman, Kevin	0:49:58	0:36:10	0:48:12	14.2	136.7			0:44:47	09:28	08:53
Llamas, Christopher	0:32:59	0:29:40	0:44:10	14.2	136.7			0:35:36	07:31	08:02
Martinez, Kimberly	0:39:00	0:39:40	1:02:50	14.2	108.6			0:47:10	09:58	11:33
Mendoza, Alejandro	0:38:01	0:36:33	0:56:01	14.2	139.7			0:43:32	09:12	10:35
Menjivar, Brian	0:50:40	0:47:09	1:06:31	14.2	135.7			0:54:47	11:34	13:31
Nakatani, Kotone	0:50:40	1:32:50	1:04:08	18.2	132.7			1:09:13	11:25	12:07
Olsen, Schuyler	0:45:50	0:44:20	1:03:23	14.2	135.7			0:51:11	10:49	11:47
Redfern Kaia	0:38:55	0:40:50	1:01:02	14.2	135.7			0:46:56	09:55	09:58
Saturno, Aubrey	0:45:00	0:43:18	1:07:49	14.2	110.6			0:52:02	11:00	11:57
Seifert, Angelica	0:36:20	0:37:57	0:57:12	14.2	136.6			0:43:50	09:16	10:11
Spiker, Christopher	0:34:00	0:31:40	0:46:17	14.2	135.7			0:37:19	07:53	08:45
Turpin, Lottie	1:01:10	0:55:01	1:22:53	14.2	135.7			1:06:21	14:01	14:45
Vadapalli, Dhivya	0:53:05	0:52:09	1:16:49	14.2	133.7			1:00:41	12:49	12:48
Vazquez, Valeria	0:53:05	0:52:09	1:16:49	14.2	138.7			1:00:41	12:49	12:02

- 1) Congrats on completing your first official 10K! Training time moves to 9am weekdays during holiday break!
- 2) Team Physicals due NOW!! Students not having a physical clearance on file will have training suspended until received!
- 3) Next Team Qualifier will be the Irvine Half Matakon, Saturday January 12th in Irvine!
- 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, January 10th to participate in the Irvine Half Marathon!!
- 5) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Snapchat - SOAR\_SC
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D Happy Holidays from SOAR!!!