

SOAR Student Training Progress Week 12- 5 Mile Bench, Holiday Weekend

Student / WK 12	20-Dec	22-Dec	24-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:34:35		Holiday	4.0	137.4	5.0	0:34:35	08:39	09:06
Beckwith,Joel	0:34:28	0:44:02	Holiday	9.0	140.9		0:39:15	08:43	08:14
Carroll-Tramble, Kamari	0:46:47	1:03:28	Holiday	9.0	142.4		0:55:08	12:15	11:55
Castano, Peter	0:31:42	0:34:50	Holiday	9.0	144.4		0:33:16	07:24	07:45
Chavarin, Robert	0:42:44	0:40:10	Holiday	9.0	115.4	14.0	0:41:27	09:13	08:37
Chavez, Andy	0:40:10	1:50:00	Holiday	14.0	151.4		1:15:05	10:44	09:35
DeLapaz, Carlos	0:40:55	0:46:09	Holiday	9.0	143.4		0:43:32	09:40	09:45
Diaz, Miguel		0:39:27	Holiday	5.0	139.4	4.0	0:39:27	07:53	08:07
Estrada, Aimee	0:47:14	0:58:03	1:50:00	19.0	152.9	10 UP	1:11:46	11:20	12:01
Ford, Elizabeth	0:40:25	0:51:20	Holiday	9.0	143.4		0:45:53	10:12	09:48
Garcia, Dale	0:48:04		Holiday	4.0	137.3	5.0	0:48:04	12:01	11:41
Green, Hannah	0:31:59	0:52:32	0:32:13	13.0	152.4	10 UP	0:38:55	08:59	08:23
Hoglo, Wyatt	0:34:47	0:43:22	Holiday	9.0	153.4	11 UP	0:39:04	08:41	08:42
Ibarra, Mario	0:43:18	1:03:28	Holiday	9.0	138.4	4.0	0:53:23	11:52	12:16
Javier, Alexandra	0:43:15	0:50:05	Holiday	9.0	142.4		0:46:40	10:22	09:59
Lagunas, Jocelyn	0:39:40	0:46:01	Holiday	9.0	135.3		0:42:50	09:31	09:31
Lima, Mariah		0:56:43	Holiday	5.0	118.8	8.0	0:56:43	11:21	10:52
Loth, Brooke	0:57:00	1:01:12	1:50:00	19.0	149.6	5.0	1:16:04	12:01	10:46
Kuhlman, Kevin	0:29:45	0:51:35	0:40:23	15.0	148.4	6 UP	0:40:34	08:07	07:42
Mansur, Alexis			Holiday	0.0	129.4	13.0	#DIV/0!	#DIV/0!	11:47
Pachucka, Daria			1:50:00	10.0	150.4	7 UP	1:50:00	11:00	10:02
Purser, Michaela	0:42:03	0:52:09	1:50:00	19.0	153.4		1:08:04	10:45	10:53
Seifert, Angelica	0:43:06	0:53:00	0:42:37	13.0	152.4		0:46:14	10:40	10:52
Sequeira, Syria	0:40:17	0:50:12	1:50:00	19.0	159.4		1:06:50	10:33	10:31
Spiker, Joshua	0:31:35	0:41:07	Holiday	9.0	153.4	5 UP	0:36:21	08:05	07:29
Steffy, Laura	0:45:29		0:55:07	9.0	142.4	4.0	0:50:18	11:11	11:07
Vazquez, Valeria	0:50:50	1:02:50	Holiday	9.0	142.4		0:56:50	12:38	12:00
Zamudio, Sarah	0:36:02	1:03:00	Holiday	9.0	143.4		0:49:31	11:00	09:49
Ziamba, Matthew	0:47:14	0:58:03	Holiday	9.0	125.4	2.0	0:52:39	11:42	11:50

1) Next marathon benchmark - So Cal 1/2 Marathon Saturday January 7th! Meet at Lowes 5am!

2) STUDENTS PHYSICALS ARE NOW DUE!!! TRAINING SUSPENDED AFTER 12/31 FOR ALL NON CLEARED STUDENTS NO EXCEPTIONS!

3) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, January 5th at coaches discretion to participate in the So Cal 1/2 Marathon.

4) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC

5) Congrats on completing your first 100 miles!!!! YOU ROCK!!!!