

**SOAR Student Training Progress Week 15- 5 Mile Bench, 10 Mile Hillwork**

Student / WK 15	10-Jan	12-Jan	14-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:37:39		1:31:28	14.0	199.5	5.0	1:04:33	09:13	09:17
Beckwith,Joel	0:37:44	0:43:45	1:26:14	19.0	203.0		0:55:54	08:50	08:24
Carroll-Tramble, Kamari	0:42:18	0:51:45	0:55:17	14.0	199.5	5.0	0:49:47	10:40	11:52
Castano, Peter	0:29:25	0:37:40	1:20:22	19.0	203.4		0:49:09	07:46	07:48
Chavarin, Robert	0:50:43	0:58:45	1:25:36	20.0	155.4	35.0	1:05:01	09:45	06:59
Chavez, Andy	0:46:50	0:48:45	1:34:49	19.0	213.5		1:03:28	10:01	09:30
DeLapaz, Carlos		0:58:45	1:37:31	15.0	206.5	1 UP	1:18:08	10:25	09:58
Diaz, Miguel		0:58:45	1:30:00	15.0	201.5	4.0	1:14:22	09:55	08:19
Estrada, Aimee	0:45:50	1:01:40	2:00:49	19.0	205.0		1:16:06	12:01	12:04
Ford, Elizabeth	0:39:10	0:49:05	1:37:37	19.0	205.5		1:01:57	09:47	09:50
Garcia, Dale		1:07:07	1:56:28	15.0	200.4	4.0	1:31:48	12:14	11:44
Green, Hannah	0:34:30	0:41:03	1:23:20	19.0	218.5	14 UP	0:52:58	08:22	08:30
Hoglo, Wyatt	0:32:35	0:42:20	1:26:57	19.0	215.5		0:53:57	08:31	08:42
Ibarra, Mario	0:46:44		1:02:00	9.0	194.5	10.0	0:54:22	12:05	12:16
Javier, Alexandra	0:42:19	0:53:32	1:39:30	19.0	204.5		1:05:07	10:17	10:12
Lagunas, Jocelyn	0:39:20	0:52:45	1:35:13	19.0	197.4		1:02:26	09:51	09:33
Lima, Mariah	0:45:59	0:46:20	1:48:03	19.0	188.9		1:06:47	10:33	10:53
Loth, Brooke	0:42:24	0:53:52	1:46:36	19.0	216.7		1:07:37	10:41	10:56
Kuhlman, Kevin	0:32:14	0:41:30	1:38:50	19.0	205.5		0:57:31	09:05	07:56
Mansur, Alexis	0:42:34	0:52:32	1:02:59	15.0	200.5	4.0	0:52:42	10:32	11:51
Pachucka, Daria	1:20:00	0:50:45	1:39:32	23.0	209.5	4 UP	1:16:46	10:01	10:05
Purser, Michaela	0:46:57	0:51:10	1:48:57	19.0	220.5	5 UP	1:09:01	10:54	10:59
Seifert, Angelica	0:43:00	0:54:45	2:05:51	19.0	214.5	10 UP	1:14:32	11:46	11:01
Sequeira, Syria	0:42:54	0:50:50	1:45:13	19.0	221.5		1:06:19	10:28	10:48
Spiker, Joshua	0:35:50	0:35:06	1:28:05	19.0	205.5		0:53:00	08:22	07:31
Steffy, Laura	0:45:02	0:57:54	2:16:19	19.0	208.5		1:19:45	12:36	11:22
Vazquez, Valeria	0:49:50	1:01:40	1:59:31	19.0	204.5		1:17:00	12:10	12:03
Zamudio, Sarah		0:53:32	1:37:02	15.0	201.5	4.0	1:15:17	10:02	09:50
Ziamba, Matthew	0:44:18	1:01:40	1:58:26	19.0	189.5		1:14:48	11:49	11:52

**1) Next marathon benchmark - SRLA Friendship Run 18 Miler! Sunday February 12th! Meet at Lowes 6am!**

**2) CONGRATS ON COMPLETING YOUR FIRST 200 MILES YOU ROCK!!!!**

**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, February 9th at coaches discretion to participate in the SRLA Friendship Run.**

**4) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC**

**5) Afternoon training resumes next week! Happy New Year from SOAR!!**