

SOAR Student Training Progress Week 16- 4 Mile Bench, 10 Mile Long

Student / WK 16	17-Jan	19-Jan	21-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:36:29	0:38:20	1:32:50	18.0	217.5	5.0	0:55:53	09:19	09:17
Beckwith,Joel	0:31:16	0:31:14	0:39:54	13.0	216.0	5.0	0:34:08	07:53	08:22
Carroll-Tramble, Kamari	0:46:17	0:46:52	1:51:07	18.0	217.5	5.0	1:08:05	11:21	11:50
Castano, Peter	0:30:40	0:28:44	1:19:00	18.0	221.4		0:46:08	07:41	07:48
Chavarin, Robert	2:55:00	0:45:27	1:36:20	33.0	188.4	20.0	1:45:36	09:36	07:08
Chavez, Andy	0:40:13	0:32:54	1:45:00	18.0	231.5		0:59:22	09:54	09:32
DeLapaz, Carlos	1:11:10	0:45:27	1:36:20	21.0	227.5	4 UP	1:10:59	10:08	09:59
Diaz, Miguel	0:42:08	0:45:27	1:23:10	18.0	219.5	4.0	0:56:55	09:29	08:23
Estrada, Aimee	0:48:17	0:47:33	2:09:45	18.0	223.0		1:15:12	12:32	12:06
Ford, Elizabeth	0:37:32	0:40:25	1:42:07	18.0	223.5		1:00:01	10:00	09:51
Garcia, Dale	1:43:50	0:49:46	2:04:18	22.0	222.4		1:32:38	12:38	11:47
Green, Hannah	0:32:35	0:34:52	1:20:40	18.0	236.5	14 UP	0:49:22	08:14	08:29
Hoglo, Wyatt	0:36:30	0:35:20	1:30:11	18.0	233.5		0:54:00	09:00	08:43
Ibarra, Mario	1:46:17	0:49:46	2:06:40	22.0	216.5	6.0	1:34:14	12:51	12:18
Javier, Alexandra	0:45:50	0:41:05	1:41:02	18.0	222.5		1:02:39	10:26	10:13
Lagunas, Jocelyn	0:41:10	0:41:10	1:45:10	18.0	215.4		1:02:30	10:25	09:37
Lima, Mariah		0:53:02	1:41:30	14.0	202.9	4.0	1:17:16	11:02	10:54
Loth, Brooke	0:45:40	0:44:24		8.0	224.7	10.0	0:45:02	11:15	10:57
Kuhlman, Kevin	0:32:10	0:31:48	1:46:18	18.0	223.5		0:56:45	09:28	08:02
Mansur, Alexis	0:41:58	0:41:34	1:53:51	18.0	218.5	4.0	1:05:48	10:58	11:48
Pachucka, Daria	0:36:50	0:39:49	1:20:00	16.0	225.5	2 UP	0:52:13	09:47	10:04
Purser, Michaela	0:45:14	0:45:35	1:53:41	18.0	238.5	5 UP	1:08:10	11:22	11:00
Seifert, Angelica	0:41:58	0:42:28	1:58:54	18.0	232.5	10 UP	1:07:47	11:18	11:02
Sequeira, Syria	0:40:58	0:40:36	2:08:36	18.0	239.5		1:10:03	11:41	10:51
Spiker, Joshua	0:31:14	0:25:53	1:14:12	18.0	223.5		0:43:46	07:18	07:30
Steffy, Laura		1:00:00	2:06:42	14.0	222.5	4.0	1:33:21	13:20	11:29
Vazquez, Valeria	0:49:20	0:47:14	2:17:00	18.0	222.5		1:17:51	12:59	12:07
Zamudio, Sarah	0:34:35	0:33:30	1:19:00	18.0	219.5	4.0	0:49:02	08:10	09:43
Ziamba, Matthew	0:48:17	0:47:33	1:27:54	13.0	202.5	5.0	1:01:15	14:08	12:01

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

2) SUPPORT MARDI GRAS MADNESS 2/19/17!! WWW.MGM5K.COM

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 - Instagram SOAR_SC - Twitter @SOAR_SC

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