

**SOAR Student Training Progress Week 17- 5 Mile Bench, 10 Mile Hillwork**

| Student / WK 17         | 24-Jan  | 26-Jan  | 29-Jan  | Total Miles Weekly | Total Miles YTD | Total Miles Owed | Average Training Time / WK | Wkly Min / Mile | YTD Min / Mile |
|-------------------------|---------|---------|---------|--------------------|-----------------|------------------|----------------------------|-----------------|----------------|
| Beckwith,Joel           | 0:29:54 | 0:40:58 |         | 9.0                | 225.0           | 15.0             | 0:35:26                    | 07:52           | 08:21          |
| Carroll-Tramble, Kamari | 0:42:40 | 0:54:39 | 2:20:00 | 19.0               | 236.5           | 5.0              | 1:19:06                    | 12:29           | 11:52          |
| Castano, Peter          | 0:28:44 | 0:37:15 | 1:14:44 | 19.0               | 240.4           |                  | 0:46:54                    | 07:24           | 07:47          |
| Chavarin, Robert        | 0:56:00 | 0:52:03 | 1:35:02 | 23.0               | 211.4           | 16.0             | 1:07:42                    | 08:50           | 08:12          |
| Chavez, Andy            | 0:37:18 | 0:40:23 | 1:35:00 | 19.0               | 250.5           |                  | 0:57:34                    | 09:05           | 09:30          |
| DeLapaz, Carlos         | 0:37:39 | 0:52:25 | 2:20:00 | 19.0               | 246.5           | 4 UP             | 1:16:41                    | 12:07           | 10:06          |
| Diaz, Miguel            | 0:37:02 | 0:52:03 | 1:24:39 | 19.0               | 238.5           | 4.0              | 0:57:55                    | 09:09           | 08:26          |
| Estrada, Aimee          | 0:44:28 | 0:56:33 | 2:08:45 | 19.0               | 242.0           |                  | 1:16:35                    | 12:06           | 12:06          |
| Ford, Elizabeth         | 0:37:30 | 0:51:20 | 1:51:30 | 18.0               | 241.5           |                  | 1:06:47                    | 11:08           | 09:55          |
| Garcia, Dale            | 0:39:25 | 0:57:55 | 0:53:09 | 13.0               | 235.4           | 6.0              | 0:50:10                    | 11:35           | 11:47          |
| Green, Hannah           | 0:34:41 | 0:40:23 | 1:32:31 | 19.0               | 255.5           | 14 UP            | 0:55:52                    | 08:49           | 08:30          |
| Hoglo, Wyatt            | 0:32:40 | 0:41:50 | 1:36:50 | 19.0               | 252.5           |                  | 0:57:07                    | 09:01           | 08:44          |
| Ibarra, Mario           | 0:46:45 | 0:57:55 | 2:20:00 | 19.0               | 235.5           | 6.0              | 1:21:33                    | 12:53           | 12:20          |
| Javier, Alexandra       | 0:36:05 | 0:55:54 | 1:54:55 | 19.0               | 241.5           |                  | 1:08:58                    | 10:53           | 10:16          |
| Lagunas, Jocelyn        | 0:38:50 | 0:49:20 | 1:45:03 | 19.0               | 234.4           |                  | 1:04:24                    | 10:10           | 09:39          |
| Lima, Mariah            | 0:36:57 | 1:45:00 | 1:50:00 | 24.0               | 226.9           |                  | 1:23:59                    | 10:30           | 10:52          |
| Loth, Brooke            | 0:39:20 | 0:55:59 | 2:10:40 | 19.0               | 243.7           | 10.0             | 1:15:20                    | 11:54           | 11:01          |
| Kuhlman, Kevin          | 0:38:05 | 0:39:25 | 1:25:50 | 19.0               | 242.5           |                  | 0:54:27                    | 08:36           | 08:04          |
| Mansur, Alexis          | 0:42:02 | 0:53:50 | 2:07:57 | 19.0               | 237.5           | 4.0              | 1:14:36                    | 11:47           | 11:47          |
| Pachucka, Daria         | 0:37:30 | 0:48:13 | 1:51:50 | 19.0               | 236.5           | 6.0              | 1:05:51                    | 10:24           | 10:04          |
| Purser, Michaela        | 0:38:59 | 1:01:25 | 2:14:13 | 19.0               | 257.5           | 5 UP             | 1:18:12                    | 12:21           | 11:05          |
| Seifert, Angelica       | 0:46:45 |         | 1:14:30 | 9.0                | 241.5           |                  | 1:00:38                    | 13:28           | 11:11          |
| Sequeira, Syria         | 0:36:56 | 0:51:42 | 2:08:00 | 19.0               | 258.5           |                  | 1:12:13                    | 11:24           | 10:53          |
| Spiker, Joshua          | 0:32:15 | 0:32:53 | 1:14:44 | 19.0               | 242.5           |                  | 0:46:37                    | 07:22           | 07:29          |
| Steffy, Laura           | 0:47:04 |         | 2:12:04 | 14.0               | 236.5           | 9.0              | 1:29:34                    | 12:48           | 11:34          |
| Vazquez, Valeria        | 0:47:58 | 1:01:00 |         | 9.0                | 231.5           | 10.0             | 0:54:29                    | 12:06           | 12:07          |
| Zamudio, Sarah          | 0:42:40 | 0:46:28 | 1:36:00 | 19.0               | 238.5           | 4.0              | 1:01:43                    | 09:45           | 09:44          |
| Ziamba, Matthew         | 0:44:28 | 0:56:33 | 2:08:45 | 19.0               | 221.5           | 5.0              | 1:16:35                    | 12:06           | 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](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC**

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