

SOAR Student Training Progress Week 23- 4 Mile Bench, 10 Mile Hillwork

Student / WK 23	7-Mar	9-Mar	11-Mar	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Beckwith,Joel	0:43:05	0:38:07	1:42:30	18.0	370.2		1:01:14	10:12	08:46
Carrroll-Tramble, Kamari	0:48:42	0:52:22	2:05:20	18.0	372.3		1:15:28	12:35	11:57
Castano, Peter	0:31:30	0:30:22	1:21:04	18.0	371.2		0:47:39	07:56	07:49
Chavarin, Robert	0:47:45	0:36:22	2:02:18	18.0	358.2		1:08:48	11:28	08:45
Chavez, Andy	0:43:13	0:37:35	1:30:00	18.0	383.3		0:56:56	09:29	09:32
DeLapaz, Carlos	0:48:02	0:38:11	2:02:18	18.0	378.3		1:09:30	11:35	10:26
Diaz, Miguel	0:47:45	0:36:17	2:02:18	18.0	373.3		1:08:47	11:28	08:44
Estrada, Aimee	0:49:03	0:30:55	1:26:54	9.0	363.8		0:55:37	18:32	12:37
Ford, Elizabeth	0:40:20	0:42:35	1:50:35	18.0	372.3		1:04:30	10:45	10:08
Garcia, Dale	0:51:07	0:50:13	1:16:51	13.0	348.0		0:59:24	13:42	12:01
Green, Hannah	0:42:20	0:41:18	2:02:40	18.0	372.3		1:08:46	11:28	08:52
Hoglo, Wyatt	0:34:10	0:37:45	1:47:30	18.0	381.3		0:59:48	09:58	08:55
Ibarra, Mario	0:50:20	0:52:22	2:05:29	18.0	376.3		1:16:04	12:41	12:20
Javier, Alexandra	0:46:50	0:41:18	2:21:02	18.0	372.3		1:16:23	12:44	10:36
Lagunas, Jocelyn	0:39:10	0:39:14	1:49:37	18.0	367.2		1:02:40	10:27	09:48
Lima, Mariah	0:43:05	0:38:24	1:45:00	18.0	356.7		1:02:10	10:22	10:51
Loth, Brooke	0:46:50	0:50:13	2:21:02	18.0	384.5		1:19:22	13:14	11:15
Kuhlman, Kevin	0:34:43	0:36:14	1:38:39	18.0	377.3		0:56:32	09:25	08:18
Mansur, Alexis	0:45:32	0:49:59	1:59:00	18.0	372.3		1:11:30	11:55	11:19
Pachucka, Daria	0:44:00	0:42:00	1:51:55	18.0	373.3		1:05:58	11:00	10:11
Purser, Michaela	0:45:15	0:42:29	2:03:49	18.0	385.3		1:10:31	11:45	11:14
Seifert, Angelica	0:42:25	0:44:05	1:57:22	18.0	372.3		1:07:57	11:20	11:14
Sequeira, Syria	0:40:24	0:43:36	2:05:29	18.0	389.3		1:09:50	11:38	11:12
Spiker, Joshua	0:32:52	0:28:57	1:21:04	18.0	371.3		0:47:38	07:56	07:30
Steffy, Laura	0:50:54	0:52:26	2:21:02	18.0	372.1		1:21:27	13:35	11:57
Vazquez, Valeria	0:50:00	0:50:20	2:20:42	18.0	372.3		1:20:21	13:23	12:20
Zamudio, Sarah	0:46:55	0:38:10	1:44:00	18.0	373.3		1:03:02	10:30	09:55
Ziamba, Matthew	0:43:27	0:47:37	2:21:30	18.0	357.3		1:17:31	12:55	12:10

1) LA Expo rally time 9am Saturday at Lowes. All permission slips to Coach Sarkissian by Thursday!!

2) LA Marathon rally time 3am Sunday at Whole Foods. Bus departs at 3:30am. Best of Luck Sunday!!!

3) All students must arrange to be picked up at the LA Marathon finish line in Santa Monica! See packet for details!

4) Proper nutrition and maintaining your recovery regiment is CRITICAL this week!! 80-100 oz of Water per day!!!

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