

SOAR Student Training Progress Week 6- 5 Mile Bench, 5 Mile Hillwork

Student / WK 6	8-Nov	10-Nov	12-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:33:50	0:36:36	0:44:48	13.0	60.2		0:38:25	08:52	08:45
Beckwith, Joel			0:41:11	5.0	50.7	8.0	0:41:11	08:14	07:58
Carroll-Tramble, Kamari	0:48:21	0:50:00	1:00:00	13.0	60.2		0:52:47	12:11	11:42
Castano, Peter	0:31:32		0:40:39	9.0	56.2	4.0	0:36:06	08:01	07:34
Chavarin, Robert		0:36:34	0:44:36	9.0	41.2	4.0	0:40:35	09:01	08:16
Chavez, Andy	0:35:46	0:37:06	0:45:32	13.0	60.2		0:39:28	09:06	09:17
Commons, Carlee	0:44:57		1:01:00	9.0	52.2	8.0	0:52:59	11:46	11:20
DeLapaz, Carlos	0:40:47	0:37:53	0:49:40	13.0	60.2		0:42:47	09:52	09:28
DeLapaz, Jonathan	Injured	Injured	Injured	0.0	0.0		#DIV/0!	#DIV/0!	00:00
Diaz, Miguel	0:36:24	0:36:29	0:37:54	13.0	60.2		0:36:56	08:31	07:55
Estrada, Aimee	0:48:50	0:50:01		8.0	55.7	5.0	0:49:26	12:21	12:14
Ford, Elizabeth	0:40:26	0:50:28	0:52:20	13.0	60.2		0:47:45	11:01	09:57
Garcia, Dale		0:46:12	1:04:26	9.0	50.1	10.0	0:55:19	12:18	11:47
Green, Hannah	0:34:05	0:34:57	0:44:36	13.0	60.2		0:37:53	08:44	08:20
Hoglo, Lukas	0:53:21	0:53:15	1:09:49	13.0	60.2		0:58:48	13:34	12:25
Hoglo, Wyatt	0:36:11	0:32:20	0:42:14	13.0	57.2		0:36:55	08:31	08:54
Ibarra, Mario	0:48:13	0:50:01		8.0	55.2	5.0	0:49:07	12:17	12:07
Javier, Alexandra	0:40:47	0:42:06	0:50:42	13.0	60.2		0:44:32	10:17	09:49
Lagunas, Jocelyn	0:39:26	0:38:22	0:48:10	13.0	46.1		0:41:59	09:41	09:48
Lima, Mariah		0:48:04	0:54:48	9.0	39.2	4.0	0:51:26	11:26	10:53
Loth, Brooke	0:46:53	0:44:21	1:02:20	13.0	60.2		0:51:11	11:49	11:29
Kuhlman, Kevin	0:41:29	0:33:35	0:40:41	13.0	52.2	8.0	0:38:35	08:54	07:31
Mansur, Alexis	0:49:28	0:48:45	1:00:00	13.0	60.2		0:52:44	12:10	11:49
Martinez, Michael	0:32:58	0:31:15		8.0	55.2	5.0	0:32:07	08:02	07:17
Nunez, Paulina	0:44:27	0:40:29	0:58:47	13.0	60.2		0:47:54	11:03	10:17
Pachucka, Daria	0:41:54	0:40:29	0:51:23	11.1	58.3		0:44:35	12:03	09:57
Padilla, Tanya	0:42:23		0:50:00	9.0	52.2	8.0	0:46:12	10:16	09:39
Priester, Angela	0:33:03			4.0	46.1	8.0	0:33:03	08:16	09:28
Purser, Michaela	0:44:57	0:45:18	0:56:59	13.0	60.2		0:49:05	11:20	10:40
Seifert, Angelica	0:46:19	0:44:51	0:58:47	13.0	60.2		0:49:59	11:32	10:54
Sequeira, Syria	0:42:41	0:40:17	0:53:23	13.0	60.2		0:45:27	10:29	10:26
Spiker, Joshua	0:33:21	0:27:20	0:36:34	13.0	60.2		0:32:25	07:29	07:13
Steffy, Laura	0:47:05	0:46:31	0:58:29	13.0	62.2		0:50:42	11:42	10:34
Vazquez, Valeria	0:48:26	0:50:28	1:06:25	13.0	60.2		0:55:06	12:43	11:49
Zamudio, Sarah		0:37:23	0:48:58	9.0	56.2	4.0	0:43:10	09:36	09:14
Ziamba, Matthew	0:48:09	0:48:15	0:49:53	13.0	60.2		0:48:46	11:15	11:39

- 1) Next marathon benchmark - Team 10K Qualifier - Santa Monica Venice Christmas Run Saturday December 10th!**
- 2) ALL STUDENTS MUST HAVE A COMPLETED PHYSICAL ON FILE BY FRIDAY DECEMBER 9TH TO CONTINUE TRAINING. 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, December 8th at coaches discretion to participate in the Santa Monica - Venice 10K.**