

SOAR Student Training Progress Week 6- 4 Mile Bench, 5K Event

Student / WK 6	6-Nov	8-Nov	10-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	0:33:30	1:15:50	0:26:43	16.4	62.5			0:45:21	08:18	07:56
Arana, Luis	0:40:25	0:38:28	0:26:47	11.4	61.5			0:35:13	09:16	09:33
Breault, Charlie	0:48:04	0:50:20	0:43:13	11.4	65.5			0:47:12	12:25	12:40
Castillo, Cristian	0:49:53	0:45:59	0:38:37	11.4	45.5			0:44:50	11:48	11:28
Cisneros, Matthew	0:51:00	0:49:07	0:38:16	11.4	61.5			0:46:08	12:08	11:24
De La Paz, Jonathan	0:40:44	0:41:30	0:34:53	11.4	61.5			0:39:02	10:16	10:16
Derrick, Samea	0:35:35	0:33:45	0:29:00	11.4	61.5			0:32:47	08:38	09:10
Diaz, Nadia	0:53:05	0:54:03	0:43:43	11.4	61.5			0:50:17	13:14	13:29
Estrada, Jose	0:35:43	0:35:48	0:31:28	11.4	61.5			0:34:20	09:02	09:13
Ford, Elizabeth	0:41:40	0:40:37	0:35:37	11.4	61.5			0:39:18	10:20	10:27
Gawra, Simardeep	0:34:25	1:24:30	0:26:45	16.4	63.5		5.0 UP	0:48:33	08:53	09:18
Kim, Cecilia	0:46:00	0:45:25	0:38:12	11.4	63.5			0:43:12	11:22	11:15
Kim, Evan	0:45:27	0:40:33	0:37:50	11.4	24.4			0:41:17	10:52	11:00
Kuhlman, Kevin	0:30:15	0:33:51	0:25:39	11.4	61.5			0:29:55	07:52	08:22
Llamas, Christopher	0:31:12	1:11:40	0:25:00	16.4	61.5			0:42:37	07:48	08:05
Martinez, Kimberly	0:51:00	0:44:20	0:34:40	11.4	36.4			0:43:20	11:24	11:43
Mendoza, Alejandro	0:40:46	0:41:30	0:36:32	11.4	61.5			0:39:36	10:25	10:42
Menjivar, Brian	0:53:35	1:12:00	0:48:09	11.4	61.5			0:57:55	15:14	14:20
Nakatami, Kotone	0:51:00	1:19:00	0:40:52	14.4	58.5			0:56:57	11:52	12:00
Olsen, Schuyler	0:45:50	1:37:40	0:34:46	16.4	61.5			0:59:25	10:52	11:47
Pierre, Jordan	0:50:47	0:44:10	0:32:40	11.4	61.5			0:42:32	11:12	09:52
Redfern Kaia	0:39:10	0:39:15	0:32:40	11.4	61.5			0:37:02	09:45	10:00
Sandoval, Andrew	0:43:04	0:42:00	0:34:04	11.4	61.5			0:39:43	10:27	10:05
Saturno, Aubrey	0:47:10	1:39:45	0:40:15	16.4	36.4			1:02:23	11:25	12:06
Seifert, Angelica	0:38:53	0:39:39	0:31:44	11.4	61.4			0:36:45	09:40	10:04
Spiker, Christopher	0:35:48	0:33:29	0:27:33	11.4	61.5			0:32:17	08:30	08:42
Turpin, Lottie	1:00:42	2:07:40	0:45:51	15.4	61.5			1:18:04	15:13	15:05
Vadapalli, Dhivya	0:48:04	0:51:27	0:42:10	11.4	59.5			0:47:14	12:26	12:51
Valencia, Jonathan	0:35:25	0:34:27	0:27:10	11.4	61.5			0:32:21	08:31	08:40
Vazquez, Valeria	0:49:03	0:51:27	0:41:35	11.4	64.5			0:47:22	12:28	12:15

- 1) 12th Annual SOAR Gobble Wobble (OPTIONAL) at Towsley Canyon 7AM Thanksgiving Day! Come and get the stuffin' kicked out of ya!
- 2) Team Physicals due Friday December 7th!! NO Exceptions!!
- 3) 12th Annual SOAR Nutrition Clinic this Saturday! Bring a beach chair and warm clothes for post run. Run location CHANGE to Facey!!!
- 4) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! All miles owed must be made up by Thursday, December 7th at coaches discretion to participate in the SOAR Jingle Bell Run.
- 5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D