

SOAR Student Training Progress Week 7- 5 Mile Bench, 5 Mile Hillwork

| Student / WK 7 | 15-Nov | 17-Nov | 19-Nov | Total Miles Weekly | Total Miles YTD | Total Miles Owed | Average Training Time / WK | Wkly Min / Mile | YTD Min / Mile |
|-------------------------|---------------|---------------|---------------|---------------------------|------------------------|-------------------------|-----------------------------------|------------------------|-----------------------|
| Apolinar, Miguel | 0:32:37 | 0:42:06 | | 9.0 | 69.2 | 5.0 | 0:37:22 | 08:18 | 08:41 |
| Beckwith, Joel | 0:34:32 | 0:24:46 | | 7.0 | 57.7 | 15.0 | 0:29:39 | 08:28 | 08:03 |
| Carroll-Tramble, Kamari | 0:49:22 | 1:00:00 | 1:02:00 | 14.0 | 74.2 | | 0:57:07 | 12:14 | 11:46 |
| Castano, Peter | 0:31:40 | 0:38:00 | 0:39:49 | 14.0 | 70.2 | 4.0 | 0:36:30 | 07:49 | 07:36 |
| Chavarin, Robert | 0:41:59 | 0:41:12 | 0:41:33 | 14.0 | 55.2 | 4.0 | 0:41:35 | 08:55 | 08:24 |
| Chavez, Andy | 0:39:52 | 0:45:06 | 0:51:04 | 14.0 | 74.2 | | 0:45:21 | 09:43 | 09:21 |
| Commons, Carlee | 0:43:05 | 1:02:00 | | 9.0 | 61.2 | 12.0 | 0:52:33 | 11:41 | 11:23 |
| DeLapaz, Carlos | 0:42:45 | | 0:51:20 | 9.0 | 69.2 | 5.0 | 0:47:03 | 10:27 | 09:36 |
| DeLapaz, Jonathan | Injured | Injured | Injured | 0.0 | 0.0 | | #DIV/0! | #DIV/0! | 00:00 |
| Diaz, Miguel | 0:41:56 | | 0:41:33 | 9.0 | 69.2 | 5.0 | 0:41:45 | 09:17 | 08:07 |
| Estrada, Aimee | 0:50:07 | 1:00:00 | 1:02:00 | 14.0 | 69.7 | 5.0 | 0:57:22 | 12:18 | 12:14 |
| Ford, Elizabeth | 0:37:13 | 0:47:15 | 0:48:10 | 14.0 | 74.2 | | 0:44:13 | 09:28 | 09:53 |
| Garcia, Dale | 0:57:52 | 0:55:45 | 0:57:49 | 15.0 | 65.1 | 9.0 | 0:57:09 | 11:26 | 11:44 |
| Green, Hannah | 0:32:50 | 0:42:00 | 0:41:43 | 14.0 | 74.2 | | 0:38:51 | 08:20 | 08:20 |
| Hoglo, Lukas | 0:53:49 | 1:05:50 | 1:20:00 | 14.0 | 74.2 | | 1:06:33 | 14:16 | 12:41 |
| Hoglo, Wyatt | 0:32:50 | 1:23:10 | 0:41:43 | 19.0 | 79.2 | 5 UP | 0:52:34 | 08:18 | 08:49 |
| Ibarra, Mario | 0:50:07 | | 0:55:30 | 9.0 | 64.2 | 10.0 | 0:52:48 | 11:44 | 12:04 |
| Javier, Alexandra | 0:37:40 | 0:51:03 | 0:47:32 | 14.0 | 74.2 | | 0:45:25 | 09:44 | 09:48 |
| Lagunas, Jocelyn | 0:36:33 | 0:48:30 | 0:47:10 | 14.0 | 60.1 | | 0:44:04 | 09:27 | 09:44 |
| Lima, Mariah | | 0:59:30 | 1:02:00 | 11.2 | 50.4 | 6.8 | 1:00:45 | 10:51 | 10:52 |
| Loth, Brooke | 0:44:37 | 0:54:29 | 1:04:00 | 14.0 | 74.2 | | 0:54:22 | 11:39 | 11:31 |
| Kuhlman, Kevin | 0:43:05 | 0:40:50 | 0:39:46 | 15.0 | 67.2 | 7.0 | 0:41:14 | 08:15 | 07:37 |
| Mansur, Alexis | 0:44:57 | 0:55:34 | 0:55:25 | 14.0 | 74.2 | | 0:51:59 | 11:08 | 11:44 |
| Martinez, Michael | 0:31:18 | 0:40:34 | 0:37:52 | 14.0 | 69.2 | 5.0 | 0:36:35 | 07:50 | 07:22 |
| Nunez, Paulina | 0:44:22 | 0:52:49 | 1:00:53 | 14.0 | 74.2 | | 0:52:41 | 11:17 | 10:26 |
| Pachucka, Daria | 0:37:49 | | 0:52:06 | 9.0 | 67.3 | 5.0 | 0:44:58 | 09:59 | 09:58 |
| Padilla, Tanya | 0:37:30 | 0:48:06 | 0:46:30 | 14.0 | 66.2 | 8.0 | 0:44:02 | 09:26 | 09:37 |
| Priester, Angela | 0:33:09 | 0:42:38 | 0:42:38 | 14.0 | 60.1 | 8.0 | 0:39:28 | 08:27 | 09:20 |
| Purser, Michaela | 0:42:59 | 0:49:29 | 1:03:00 | 14.0 | 74.2 | | 0:51:49 | 11:06 | 10:44 |
| Seifert, Angelica | 0:43:20 | 0:54:30 | 0:54:54 | 14.0 | 74.2 | | 0:50:55 | 10:55 | 10:54 |
| Sequeira, Syria | 0:39:45 | 0:49:27 | 0:54:00 | 14.0 | 74.2 | | 0:47:44 | 10:14 | 10:24 |
| Spiker, Joshua | 0:32:57 | 0:35:09 | 0:37:13 | 14.0 | 74.2 | | 0:35:06 | 07:31 | 07:16 |
| Steffy, Laura | 0:45:02 | 0:55:28 | 0:57:29 | 14.0 | 76.2 | | 0:52:40 | 11:17 | 10:40 |
| Vazquez, Valeria | 0:45:26 | 1:02:00 | 0:59:49 | 14.0 | 74.2 | | 0:55:45 | 11:57 | 11:50 |
| Zamudio, Sarah | 1:38:00 | 0:46:50 | 0:46:10 | 19.0 | 75.2 | | 1:03:40 | 10:03 | 09:21 |
| Ziemba, Matthew | | | | 0.0 | 60.2 | 14.0 | #DIV/0! | #DIV/0! | 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.**