

SOAR Student Training Progress Week 9- 4 Mile Bench, 8 Mile Long

Student / WK 9	29-Nov	1-Dec	3-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Miguel	0:58:17	0:57:55	1:50:00	20.0	89.2	11.0	1:15:24	11:19	09:01
Beckwith,Joel	0:37:09	1:08:05	1:08:51	20.0	93.7	5.0	0:58:02	08:42	08:12
Carroll-Tramble, Kamari	0:48:23	0:46:25	1:36:30	16.0	100.2		1:03:46	11:57	11:51
Castano, Peter	0:32:18	0:36:20	1:20:40	16.0	102.2		0:49:46	09:20	07:53
Chavarin, Robert	0:32:44	0:29:29	1:07:27	16.0	87.2		0:43:13	08:06	08:29
Chavez, Andy	0:41:02	0:37:43	1:18:03	16.0	104.2		0:52:16	09:48	09:34
DeLapaz, Carlos	0:35:49	0:34:24	1:35:14	16.0	101.2		0:55:09	10:20	09:46
Diaz, Miguel	0:29:52	0:29:39	1:07:27	16.0	101.2		0:42:19	07:56	08:14
Estrada, Aimee	0:49:55	1:02:50	1:35:16	17.0	95.7	5.0	1:09:20	12:14	12:11
Ford, Elizabeth	0:41:40	0:40:37	1:23:17	16.0	101.2		0:55:11	10:21	09:52
Garcia, Dale	0:41:01	1:18:40	1:35:14	19.0	100.1		1:11:38	11:19	11:43
Green, Hannah	0:32:18	0:31:56	1:09:22	16.0	106.2	6 UP	0:44:32	08:21	08:22
Hoglo, Wyatt	0:32:18	0:33:04	1:08:14	16.0	111.2	11 UP	0:44:32	08:21	08:44
Ibarra, Mario	1:00:30		1:34:14	12.0	92.2	8.0	1:17:22	12:54	12:10
Javier, Alexandra	0:40:00	0:37:20	1:19:49	16.0	100.2		0:52:23	09:49	09:54
Lagunas, Jocelyn	0:36:13	0:45:12	1:15:30	17.0	93.1		0:52:18	09:14	09:39
Lima, Mariah	0:37:09	0:42:54	1:21:53	16.0	77.6	6.8	0:53:59	10:07	10:35
Loth, Brooke	0:42:11	0:41:24	1:28:00	16.0	100.2		0:57:12	10:43	11:24
Kuhlman, Kevin	0:29:16	0:28:27	1:05:26	16.0	99.2	1.0	0:41:03	07:42	07:42
Mansur, Alexis	0:59:06	1:38:05	1:38:24	21.0	100.2		1:25:12	12:10	11:50
Pachucka, Daria	1:34:05	0:49:27	1:22:00	22.0	107.2	6 UP	1:15:11	10:15	10:01
Padilla, Tanya	0:49:00	0:48:00	1:17:00	18.0	95.2	5.0	0:58:00	09:40	09:37
Purser, Michaela	0:44:26	0:42:03	1:30:00	16.0	101.2		0:58:50	11:02	10:49
Seifert, Angelica	0:41:47	0:41:44	1:29:03	16.0	106.2		0:57:31	10:47	10:56
Sequeira, Syria	0:50:45	0:40:55	1:39:21	17.0	107.2		1:03:40	11:14	10:31
Spiker, Joshua	0:44:34	0:45:00	0:41:31	16.0	106.2		0:43:42	08:12	07:28
Steffy, Laura	0:58:29		1:36:47	12.0	104.2	4.0	1:17:38	12:56	11:01
Vazquez, Valeria	0:47:00	1:45:00	1:40:00	21.0	100.2		1:24:00	12:00	11:59
Zamudio, Sarah	0:40:03	0:34:50	1:20:00	16.0	101.2		0:51:38	09:41	09:32
Ziamba, Matthew	0:49:55	0:54:37	1:36:30	16.0	83.2		1:07:01	12:34	12:05

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.

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

5) Congrats on completing your first 100 miles!!!! YOU ROCK!!!!