

SOAR Student Training Progress Week 10- 5 Mile Bench, 10 Mile Long

| Student / WK 10 | 4-Dec | 6-Dec | 8-Dec | Total Miles Weekly | Total Miles YTD | Total Miles Owed | Long Miles Owed | Average Training Time / WK | Wkly Min / Mile | YTD Min / Mile |
|---------------------|---------|---------|---------|--------------------|-----------------|------------------|-----------------|----------------------------|-----------------|----------------|
| Aladuena, Rigoberto | 0:37:37 | 0:38:40 | 1:19:34 | 19.0 | 123.5 | | | 0:51:57 | 08:12 | 08:10 |
| Arana, Luis | 0:45:12 | 0:34:25 | 1:31:00 | 19.0 | 121.5 | | | 0:56:52 | 08:59 | 09:32 |
| Breault, Charlie | 1:01:45 | 0:47:27 | Injured | 9.0 | 121.5 | 10.0 | 10.0 | 0:54:36 | 12:08 | 12:23 |
| Castillo, Cristian | 0:56:18 | 1:36:20 | 1:41:21 | 24.0 | 105.5 | | | 1:24:40 | 10:35 | 11:33 |
| Cisneros, Matthew | 1:03:21 | 0:39:23 | 1:42:37 | 19.0 | 127.5 | | | 1:08:27 | 10:48 | 11:28 |
| De La Paz, Jonathan | 0:52:47 | 0:32:07 | 1:27:19 | 19.0 | 121.5 | | | 0:57:24 | 09:04 | 10:00 |
| Derrick, Samea | 0:44:08 | 0:49:30 | 1:34:50 | 20.0 | 122.5 | | | 1:02:49 | 09:25 | 09:26 |
| Diaz, Nadia | 1:05:34 | 0:54:24 | 2:09:01 | 19.0 | 121.5 | | | 1:23:00 | 13:06 | 13:28 |
| Estrada, Jose | 0:46:39 | 0:43:15 | 1:35:25 | 19.0 | 122.5 | | | 1:01:46 | 09:45 | 09:50 |
| Ford, Elizabeth | 0:51:31 | 0:39:30 | 1:41:50 | 19.0 | 122.5 | | | 1:04:17 | 10:09 | 10:40 |
| Gawra, Simardeep | 0:42:25 | 0:33:13 | 1:18:50 | 19.0 | 124.5 | | | 0:51:29 | 08:08 | 09:07 |
| Kim, Cecilia | 0:57:57 | 0:55:17 | 1:22:00 | 14.0 | 124.5 | | | 1:05:05 | 13:57 | 11:45 |
| Kim, Evan | 0:54:30 | 0:42:34 | 1:40:25 | 19.0 | 88.4 | | | 1:05:50 | 10:24 | 11:21 |
| Kuhlman, Kevin | 0:53:30 | 0:34:38 | 1:18:20 | 19.0 | 122.5 | | | 0:55:29 | 08:46 | 08:49 |
| Llamas, Christopher | 0:40:09 | 0:32:24 | 1:22:00 | 19.0 | 122.5 | | | 0:51:31 | 08:08 | 08:05 |
| Martinez, Kimberly | 1:03:58 | 0:47:27 | 1:57:33 | 19.0 | 94.4 | 5.0 | 5.0 | 1:16:19 | 12:03 | 11:47 |
| Mendoza, Alejandro | 0:52:57 | 0:39:22 | 1:33:25 | 19.0 | 125.5 | | | 1:01:55 | 09:47 | 10:43 |
| Menjivar, Brian | 1:06:00 | 0:44:37 | 1:47:35 | 19.0 | 121.5 | | | 1:12:44 | 11:29 | 13:42 |
| Nakatani, Kotone | 1:06:00 | 0:46:18 | 1:47:35 | 19.0 | 114.5 | 4.0 | | 1:13:18 | 11:34 | 12:11 |
| Olsen, Schuyler | 0:58:28 | 1:46:50 | 1:44:35 | 24.0 | 121.5 | | | 1:29:58 | 11:15 | 11:52 |
| Redfern Kaia | 0:48:50 | 0:37:12 | 1:22:17 | 19.0 | 121.5 | | | 0:56:06 | 08:52 | 09:59 |
| Sandoval, Andrew | 0:51:42 | 1:36:10 | 1:22:00 | 24.0 | 121.5 | | | 1:16:37 | 09:35 | 10:08 |
| Saturno, Aubrey | 0:57:30 | 0:45:45 | 1:58:33 | 19.0 | 96.4 | | | 1:13:56 | 11:40 | 12:06 |
| Seifert, Angelica | 0:46:42 | 0:36:41 | 1:33:34 | 19.0 | 122.4 | | | 0:58:59 | 09:19 | 10:17 |
| Spiker, Christopher | 0:42:38 | 0:31:41 | 1:26:23 | 19.0 | 121.5 | | | 0:53:34 | 08:27 | 08:50 |
| Turpin, Lottie | 1:05:42 | 0:54:30 | 2:20:48 | 19.0 | 121.5 | | | 1:27:00 | 13:44 | 14:49 |
| Vadapalli, Dhivya | 1:01:45 | 0:46:51 | 2:04:23 | 19.0 | 119.5 | | | 1:17:40 | 12:16 | 12:48 |
| Vazquez, Valeria | 1:01:40 | 1:38:40 | 2:04:23 | 28.0 | 124.5 | | | 1:34:54 | 10:10 | 11:57 |

- 1) Congrats on completing your first 10 miler! Rally time for the Santa Monica Venice Christmas 10K Run is 530am at Lowes!
- 2) Team Physicals due NOW!! Students not having a physical clearance on file by Tuesday December 18th will have training suspended!
- 3) Permission slips and ride plan to Coach Sarkissian by Thursday!
- 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 13th to participate in the Santa Monica Christmas 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