

SOAR Student Training Progress Week 12- 5 Mile Bench / Holiday

Student / WK 12	19-Dec	21-Dec	23-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:44:50	0:57:47	Holiday	9.0	145.4		0:51:19	11:24	11:21
Breault, Charlie	0:48:24	1:01:02	Holiday	9.0	145.4		0:54:43	12:10	12:38
Cabrera, Alexis	0:34:36	0:46:15	Holiday	9.0	140.9		0:40:26	08:59	09:14
Carroll-Tramble, Kamari	0:42:59	1:00:04	Holiday	9.0	139.4		0:51:32	11:27	12:04
Chabolla, Daija	0:41:49	0:55:00	Holiday	9.0	129.2	UP 4.0	0:48:25	10:45	10:07
Commons, Carlee	0:36:00	0:48:30	Holiday	9.0	139.4		0:42:15	09:23	09:39
Corona, Luis	0:35:35		Holiday	4.0	134.4	5.0	0:35:35	08:54	10:08
Dalgan, Abraham	0:46:37	0:57:34	Holiday	9.0	137.4		0:52:06	11:35	10:26
DeLaPaz, Jonathan	0:35:51	0:48:35	Holiday	9.0	145.4		0:42:13	09:23	09:48
Diaz, Nadia	0:55:17	1:11:00	Holiday	9.0	138.4		1:03:08	14:02	13:26
Doughergy, Eric	0:40:24	0:53:38	Holiday	9.0	139.4		0:47:01	10:27	11:25
Estrada, Aimee	0:39:40	0:49:48	0:59:58	15.0	145.4	UP 6.0	0:49:49	09:58	09:56
Ford, Elizabeth	0:39:43	0:51:35	0:52:00	14.0	154.4	UP 15.0	0:47:46	10:14	10:20
Garcia, Dale	0:50:38	1:00:00	Holiday	9.0	140.2		0:55:19	12:18	11:58
Godinez, Isis	0:44:42		Holiday	4.0	127.1	5.0	0:44:42	11:11	11:14
Green, Hannah	0:36:00	0:43:54	1:46:45	21.3	157.5	UP 18.3	1:02:13	08:46	08:40
Hoglo, Lukas	0:55:37	1:03:42	0:57:19	16.0	153.3	UP 17.0	0:58:53	11:02	11:48
Hoglo, Wyatt	0:33:30	0:53:24	0:46:37	16.0	154.3	UP 17.0	0:44:30	08:21	08:46
Islas, Willow			Holiday	0.0	138.4	1.0	#DIV/0!	#DIV/0!	12:03
Kim, Hana	0:44:02	0:58:23	Holiday	9.0	143.4	UP 5.0	0:51:13	11:23	11:34
Kuhlman, Kevin	0:44:59	0:55:22	Holiday	9.0	140.4		0:50:11	11:09	08:37
Lagunas, Jocelyln	0:35:40	0:48:30	Holiday	9.0	140.4		0:42:05	09:21	09:47
Mendoza, Alejandro	0:49:15	0:56:23	Holiday	9.0	145.4		0:52:49	11:44	11:16
Nadeau, Kelly	0:41:24	0:59:05	0:57:21	14.0	151.4	UP 5.0	0:52:37	11:16	10:49
Olsen, Schuyler	0:43:40	1:11:07	Holiday	9.0	137.4		0:57:24	12:45	11:39
Philips, Ryan	0:44:56	0:55:19	Holiday	9.0	144.4	UP 5.0	0:50:08	11:08	10:00
Rojas, Jaret	0:33:30	0:45:19	Holiday	9.0	140.4		0:39:25	08:45	08:20
Seifert, Angelica	0:38:20	0:48:38	Holiday	9.0	145.4	UP 6.0	0:43:29	09:40	10:23
Song, Erin	0:49:00	1:03:00	Holiday	9.0	139.2		0:56:00	12:27	12:21
Spiker, Katelyn	0:39:40	0:50:30	0:51:00	14.0	144.4		0:47:03	10:05	10:17
Toothman, Anika	0:43:40	0:58:32	Holiday	9.0	145.4	UP 6.0	0:51:06	11:21	11:06
Vazquez, Valeria	0:45:10	0:55:40	Holiday	9.0	139.4		0:50:25	11:12	11:48

1) RALLY TIME FOR THE SO CAL 1/2 MARATHON IS 5:00AM AT LOWES. PERMISSION SLIPS DUE TO COACH SARKISSIAN BY 1/11!

2) 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, January 11th at coaches discretion to participate in the So Cal 1/2 Marathon.

3) TRAINING WILL BE SUSPENDED FOR STUDENTS NOT HAVING COMPLETED A TEAM PHYSICAL AFTER 1/11/18!

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

5) Keep Training Hard! SOAR '18 ROCKS!!!! ÷D