

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

Student / WK 12	18-Dec	20-Dec	22-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	0:29:52	0:42:38	Holiday	9.0	146.7			0:36:15	08:03	08:05
Arana, Luis	0:36:12	0:50:02	Holiday	9.0	144.7			0:43:07	09:35	09:27
Breault, Charlie	0:48:39	1:09:20	Holiday	9.0	144.7			0:59:00	13:07	12:26
Castillo, Cristian	0:39:14	0:55:52	Holiday	9.0	128.7			0:47:33	10:34	11:15
Cisneros, Matthew	0:38:38	1:07:10	Holiday	9.0	150.7			0:52:54	11:45	11:21
De La Paz, Jonathan	0:42:08	0:42:41	Holiday	9.0	144.7			0:42:24	09:25	09:52
Derrick, Samea	0:36:15	0:45:56	Holiday	9.0	145.7			0:41:05	09:08	09:23
Diaz, Nadia	0:54:56	1:05:40	Holiday	9.0	144.7			1:00:18	13:24	13:24
Estrada, Jose	0:42:08	0:45:46	Holiday	9.0	145.7			0:43:57	09:46	09:46
Ford, Elizabeth	0:39:50		Holiday	4.0	145.7	5.0		0:39:50	09:58	10:33
Gawra, Simardeep	0:35:25	0:42:35	Holiday	9.0	147.7			0:39:00	08:40	09:02
Kim, Cecilia	0:51:20	1:08:35	Holiday	9.0	147.7			0:59:57	13:19	12:01
Kim, Evan	0:40:10	1:08:35	Holiday	9.0	111.6			0:54:22	12:05	11:29
Kuhlman, Kevin	0:36:48	0:41:55	Holiday	9.0	145.7			0:39:22	08:45	08:52
Llamas, Christopher		0:39:20	Holiday	5.0	145.7	4.0		0:39:20	07:52	08:01
Martinez, Kimberly	0:40:54	0:57:39	Holiday	9.0	117.6			0:49:17	10:57	11:29
Mendoza, Alejandro	0:42:08	0:56:46	Holiday	9.0	148.7			0:49:27	10:59	10:37
Menjivar, Brian	0:49:20	1:03:56	Holiday	9.0	144.7			0:56:38	12:35	13:26
Nakatani, Kotone	0:49:20	1:03:56	Holiday	9.0	141.7			0:56:38	12:35	12:09
Olsen, Schuyler	0:43:47		Holiday	4.0	139.7	5.0		0:43:47	10:57	11:43
Redfern Kaia	0:40:50	0:52:25	Holiday	9.0	144.7			0:46:37	10:22	10:00
Saturno, Aubrey	0:46:27	0:59:47	Holiday	9.0	119.6			0:53:07	11:48	11:56
Seifert, Angelica	0:36:20	0:49:39	Holiday	9.0	145.6			0:43:00	09:33	10:08
Spiker, Christopher		0:49:00	Holiday	5.0	140.7	4.0		0:49:00	09:48	08:50
Turpin, Lottie	0:49:26	1:07:10	Holiday	9.0	144.7			0:58:18	12:57	14:36
Vadapalli, Dhivya	0:53:33	1:04:40	Holiday	9.0	142.7			0:59:07	13:08	12:50
Vazquez, Valeria	0:53:33		Holiday	4.0	142.7	5.0		0:53:33	13:23	12:08

- 1) Training resumes 9am December 27th. Thursday's Run will be a 5 miler at Iron Horse.
- 2) Team Physicals due NOW!! Students not having a physical clearance on file will have training suspended until received!
- 3) Next Team Qualifier will be the Irvine Half Matakon, Saturday January 12th in Irvine!
- 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, January 10th to participate in the Irvine Half Marathon!!
- 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 Happy Holidays from SOAR!!!