

SOAR Student Training Progress Week 13- 5 Mile Bench / 10 Mile Long

| Student / WK 13 | 26-Dec | 28-Dec | 30-Dec | Total Miles Weekly | Total Miles YTD | Total Miles Owed | Average Training Time / WK | Wkly Min / Mile | YTD Min / Mile |
|-------------------------|---------|---------|---------|--------------------|-----------------|------------------|----------------------------|-----------------|----------------|
| Armienta, Maria | 0:58:49 | 0:58:49 | 2:05:00 | 20.0 | 165.4 | | 1:20:53 | 12:08 | 11:24 |
| Breault, Charlie | 1:01:24 | 1:02:29 | 2:13:50 | 20.0 | 165.4 | | 1:25:54 | 12:53 | 12:39 |
| Cabrera, Alexis | | | 2:20:01 | 10.0 | 150.9 | 10.0 | 2:20:01 | 14:00 | 09:36 |
| Carroll-Tramble, Kamari | 0:54:39 | 1:06:57 | 1:56:01 | 20.0 | 159.4 | | 1:19:12 | 11:53 | 12:04 |
| Chabolla, Daija | 0:58:18 | | | 5.0 | 134.2 | 11.0 | 0:58:18 | 11:40 | 10:15 |
| Commons, Carlee | 0:49:23 | 0:51:06 | 1:44:35 | 20.0 | 159.4 | | 1:08:21 | 10:15 | 09:42 |
| Corona, Luis | 0:50:40 | 0:46:40 | 2:02:00 | 20.0 | 154.4 | 5.0 | 1:13:07 | 10:58 | 10:12 |
| Dalgan, Abraham | 1:00:00 | 0:55:48 | 1:54:27 | 20.0 | 157.4 | | 1:16:45 | 11:31 | 10:31 |
| DeLaPaz, Jonathan | 0:58:16 | 0:54:57 | 1:40:27 | 20.0 | 165.4 | | 1:11:13 | 10:41 | 09:52 |
| Diaz, Nadia | 1:16:42 | 1:14:41 | 2:28:39 | 20.0 | 158.4 | | 1:40:01 | 15:00 | 13:33 |
| Doughergy, Eric | | 1:00:20 | 1:55:29 | 15.0 | 154.4 | 5.0 | 1:27:55 | 11:43 | 11:27 |
| Estrada, Aimee | | | 1:56:08 | 10.0 | 155.4 | 4.0 | 1:56:08 | 11:37 | 10:03 |
| Ford, Elizabeth | 0:52:30 | 0:51:30 | 1:44:18 | 20.0 | 174.4 | UP 15.0 | 1:09:26 | 10:25 | 10:20 |
| Garcia, Dale | 1:00:47 | 1:03:22 | 2:08:08 | 20.0 | 160.2 | | 1:24:06 | 12:37 | 12:01 |
| Godinez, Isis | 1:00:22 | 0:59:47 | | 10.0 | 137.1 | 15.0 | 1:00:04 | 12:01 | 11:18 |
| Green, Hannah | 0:43:53 | 0:44:10 | | 10.0 | 167.5 | UP 8.3 | 0:44:01 | 08:48 | 08:40 |
| Hoglo, Lukas | 1:01:07 | 1:00:20 | | 10.0 | 163.3 | UP 7.0 | 1:00:44 | 12:09 | 11:50 |
| Hoglo, Wyatt | 0:44:45 | 0:44:25 | | 10.0 | 164.3 | UP 7.0 | 0:44:35 | 08:55 | 08:47 |
| Islas, Willow | | 1:06:57 | 2:14:58 | 15.0 | 153.4 | 6.0 | 1:40:58 | 13:28 | 12:10 |
| Kim, Hana | 0:59:50 | 0:56:33 | 1:55:15 | 20.0 | 163.4 | UP 5.0 | 1:17:13 | 11:35 | 11:34 |
| Kuhlman, Kevin | 0:41:50 | 0:41:31 | 1:32:07 | 20.0 | 160.4 | | 0:58:29 | 08:46 | 08:38 |
| Lagunas, Jocelyln | 0:48:50 | 0:45:55 | 1:36:30 | 20.0 | 160.4 | | 1:03:45 | 09:34 | 09:46 |
| Mendoza, Alejandro | 1:00:02 | 0:59:47 | 1:56:19 | 20.0 | 165.4 | | 1:18:43 | 11:48 | 11:19 |
| Nadeau, Kelly | 0:54:17 | | | 5.0 | 156.4 | 10.0 | 0:54:17 | 10:51 | 10:49 |
| Olsen, Schuyler | 1:01:30 | | 2:07:20 | 15.0 | 152.4 | 5.0 | 1:34:25 | 12:35 | 11:43 |
| Philips, Ryan | | | 1:42:00 | 10.0 | 154.4 | 5.0 | 1:42:00 | 10:12 | 10:01 |
| Rojas, Jaret | | | 1:28:10 | 10.0 | 150.4 | 10.0 | 1:28:10 | 08:49 | 08:23 |
| Seifert, Angelica | 1:01:30 | 0:55:00 | 2:07:10 | 20.0 | 165.4 | UP 6.0 | 1:21:13 | 12:11 | 10:32 |
| Song, Erin | 1:02:08 | 0:56:15 | 1:58:04 | 20.0 | 159.2 | | 1:18:49 | 11:49 | 12:18 |
| Spiker, Katelyn | 0:52:45 | | 1:43:40 | 15.0 | 159.4 | 5.0 | 1:18:13 | 10:26 | 10:17 |
| Toothman, Anika | 0:43:40 | | 2:04:01 | 15.0 | 160.4 | UP 1.0 | 1:23:50 | 11:11 | 11:07 |
| Vazquez, Valeria | | 1:01:40 | 2:14:58 | 15.0 | 154.4 | 5.0 | 1:38:19 | 13:07 | 11:54 |

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