

SOAR Student Training Progress Week 14- 5 Mile Bench, 10 Mile Hillwork

Student / WK 14	1-Jan	3-Jan	5-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	Holiday	0:39:47	1:20:44	15.0	176.7			1:00:16	08:02	08:04
Arana, Luis	Holiday		1:55:13	10.0	169.7	5.0		1:55:13	11:31	09:36
Breault, Charlie	Holiday	2:04:30	Injured	10.0	154.7			2:04:30	12:27	13:28
Castillo, Cristian	Holiday		2:22:00	10.0	153.7	5.0		2:22:00	14:12	11:37
Cisneros, Matthew	Holiday	0:55:09		5.0	170.7	10.0	10.0	0:55:09	11:02	11:34
De La Paz, Jonathan	Holiday	0:51:39	2:00:46	15.0	174.7			1:26:13	11:30	10:04
Derrick, Samea	Holiday		1:42:16	10.0	165.7	10.0		1:42:16	10:14	09:27
Diaz, Nadia	Holiday	1:05:24	2:22:10	15.0	174.7			1:43:47	13:50	13:31
Estrada, Jose	Holiday	0:52:40	1:48:54	15.0	175.7			1:20:47	10:46	09:56
Ford, Elizabeth	Holiday	0:53:05	1:52:21	15.0	175.7			1:22:43	11:02	10:38
Gawra, Simardeep	Holiday	0:44:35	1:48:19	15.0	187.7	UP 10.0		1:16:27	10:12	09:10
Kim, Cecilia	Holiday	1:07:39	2:26:00	15.0	187.7			1:46:50	14:15	12:22
Kim, Evan	Holiday	0:55:30	2:09:44	15.0	141.6			1:32:37	12:21	11:37
Kuhlman, Kevin	Holiday	0:44:22	1:32:11	15.0	169.7			1:08:17	09:06	09:14
Llamas, Christopher	Holiday	0:36:52	1:25:55	15.0	169.7	4.0		1:01:24	08:11	08:03
Martinez, Kimberly	Holiday	1:03:00		5.0	137.6	10.0	10.0	1:03:00	12:36	11:34
Mendoza, Alejandro	Holiday	0:58:15	2:00:46	15.0	178.7			1:29:31	11:56	10:47
Menjivar, Brian	Holiday	1:02:50	2:17:10	15.0	174.7			1:40:00	13:20	13:25
Nakatani, Kotone	Holiday	1:02:20	2:00:20	15.0	171.7			1:31:20	12:11	12:14
Olsen, Schuyler	Holiday	0:59:53	2:22:53	15.0	169.7	5.0		1:41:23	13:31	11:53
Redfern Kaia	Holiday	0:53:43	1:56:48	15.0	174.7			1:25:16	11:22	10:08
Saturno, Aubrey	Holiday	0:56:30	2:13:40	15.0	149.6			1:35:05	12:41	12:10
Seifert, Angelica	Holiday	0:46:06	1:47:04	15.0	175.6			1:16:35	10:13	10:07
Spiker, Christopher	Holiday	0:44:22	1:32:20	15.0	180.7			1:08:21	09:07	08:51
Turpin, Lottie	Holiday	1:14:56		5.0	174.7			1:14:56	14:59	14:37
Vadapalli, Dhivya	Holiday	2:09:00	2:13:50	20.0	177.7			2:11:25	13:09	12:50
Vazquez, Valeria	Holiday	2:02:30	2:25:50	20.0	172.7	5.0		2:14:10	13:25	12:18

- 1) Training resumes 9am January 3rd. 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 Matahon, Saturday January 12th in Irvine! Meeting time is 5am at Lowes.
- 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!!!