

SOAR Student Training Progress Week 15- 4 Mile Bench, Holiday

Student / WK 15	22-Dec	24-Dec	26-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:45:56	Holiday	Holiday	4.0	197.3		0:45:56	0:11:29	0:12:49
Beckwith, Joel	0:30:10	Holiday	Holiday	4.0	208.7		0:30:10	0:07:32	0:08:07
Castano, Peter	0:31:50	Holiday	Holiday	4.0	205.6	4.0	0:31:50	0:07:58	0:07:46
Castro, Jessica	0:36:28	Holiday	Holiday	4.0	210.2		0:36:28	0:09:07	0:09:17
Celis, Karen	0:42:48	Holiday	Holiday	4.0	209.8		0:42:48	0:10:42	0:11:07
Chavez, Andy	0:31:52	Holiday	Holiday	4.0	184.3		0:31:52	0:07:58	0:09:31
DeLapaz, Carlos	0:44:12	Holiday	Holiday	4.0	209.6		0:44:12	0:11:03	0:11:43
DeLapaz, Jonathan	0:51:45	Holiday	Holiday	4.0	209.8		0:51:45	0:12:56	0:11:53
Fernandez, Marycruz		Holiday	Holiday	0.0	211.2	4.0	#DIV/0!	#DIV/0!	0:10:16
Ford, David	0:36:28	Holiday	Holiday	4.0	213.8		0:36:28	0:09:07	0:09:03
Ford, Elizabeth	0:36:01	Holiday	Holiday	4.0	219.2		0:36:01	0:09:00	0:09:33
Fragoza, Christian	0:36:19	Holiday	Holiday	4.0	192.8		0:36:19	0:09:05	0:10:08
Green, Hannah	0:35:17	Holiday	Holiday	4.0	209.9		0:35:17	0:08:49	0:08:37
Green, Sarah	0:40:35	Holiday	Holiday	4.0	209.9		0:40:35	0:10:09	0:10:13
Hoglo, Wyatt	0:35:50	Holiday	Holiday	4.0	219.2	Up 10.0	0:35:50	0:08:58	0:09:28
Ibarra, Mario	0:49:28	Holiday	Holiday	4.0	209.6		0:49:28	0:12:22	0:11:50
Javier, Alexandra	0:51:45	Holiday	Holiday	4.0	209.8		0:51:45	0:12:56	0:10:42
Javier, Dannah		Holiday	Holiday	0.0	204.7	Up 1.0	#DIV/0!	#DIV/0!	0:13:03
Jonas, Angelica	0:35:50	Holiday	Holiday	4.0	214.0		0:35:50	0:08:58	0:09:56
Kuhlman, Kevin	0:27:56	0:49:13	Holiday	10.0	229.8	Up 20.0	0:38:34	0:07:43	0:07:47
Loth, Brooke		Holiday	Holiday	0.0	203.4	4.0	#DIV/0!	#DIV/0!	0:11:45
Luna, Karla	0:45:46	Holiday	Holiday	4.0	208.7		0:45:46	0:11:26	0:12:17
Mejia, Victoria	0:49:30	Holiday	Holiday	4.0	209.8		0:49:30	0:12:22	0:11:23
Ortiz, Dariana	0:51:45	Holiday	Holiday	4.0	209.9		0:51:45	0:12:56	0:11:04
Spiker, Joshua	0:36:01	Holiday	Holiday	4.0	210.0		0:36:01	0:09:00	0:07:29
Spiker, Katelyn	0:45:00	Holiday	Holiday	4.0	210.0		0:45:00	0:11:15	0:10:55
Storaker, Stacey	0:37:13	Holiday	Holiday	4.0	216.3		0:37:13	0:09:18	0:09:29
Uhrig, Caroline	0:42:31	Holiday	Holiday	4.0	199.8	10.0	0:42:31	0:10:38	0:10:35
Ziemba, Matthew	0:44:12	Holiday	Holiday	4.0	209.8		0:44:12	0:11:03	0:10:40

- 1) SO Cal 1/2 Marathon Rally Time is 5am at Lowes. Permission slips to Coach Sarkissian ASAP!
- 2) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC
- 3) NEXT OFFICIAL TEAM QUALIFIER - SO CAL HALF MARATHON SATURDAY JANUARY 9TH 2016!
- 4) Congrats on Clearing the 200 Mile Benchmark!! YOU Rock!
- 5) Proper nutrition and maintaining your recovery regiment is CRITICAL from this point forward!! 80-100 oz of Water per day!!!
- 6) 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 7th at coaches discretion to participate in the So Cal 1/2 Marathon.