

SOAR Student Training Progress Week 16- 4 Mile Bench, 10 Mile Long

Student / WK 16	15-Jan	17-Jan	19-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladueno, Rigoberto		0:37:10	1:29:35	14.0	212.8	4.0		1:03:22	09:03	08:11
Arana, Luis		0:38:01	1:25:25	14.0	210.8	4.0		1:01:43	08:49	09:31
Breault, Charlie	0:52:20	0:48:40	2:15:10	18.0	172.7			1:18:43	13:07	13:27
Castillo, Cristian	0:41:14	0:42:12	1:52:50	18.0	198.8			1:05:25	10:54	11:33
Cisneros, Matthew	0:41:41	0:51:03	2:16:01	18.0	220.8			1:16:15	12:43	11:39
De La Paz, Jonathan	0:49:10	0:42:50	1:39:50	18.0	214.8			1:03:57	10:39	10:07
Derrick, Samea	0:36:00	0:36:00	1:29:35	18.0	210.8			0:53:52	08:59	09:24
Diaz, Nadia	0:50:57	0:51:03	2:15:00	18.0	214.8			1:19:00	13:10	13:30
Estrada, Jose	0:40:15	0:42:51	1:42:42	18.0	215.8			1:11:29	07:57	09:50
Ford, Elizabeth	0:42:30	0:40:16	1:50:37	18.0	215.8			1:04:28	10:45	10:39
Gawra, Simardeep	0:34:38	0:35:25	1:29:15	18.0	222.8			0:53:06	08:51	09:07
Kim, Cecilia	0:47:00	0:54:34	2:05:19	18.0	222.8			1:15:38	12:36	12:24
Kim, Evan	0:42:21	0:38:55	1:49:29	18.0	181.7			1:03:35	10:36	11:30
Kuhlman, Kevin	0:32:20		1:23:18	14.0	205.8	4.0		0:57:49	08:16	09:06
Llamas, Christopher	0:31:52	0:27:30	1:16:05	18.0	205.8			0:45:09	07:31	08:00
Martinez, Kimberly	0:46:40	0:48:46	2:00:00	18.0	187.7			1:11:49	11:58	11:39
Mendoza, Alejandro	0:41:40	0:49:50		8.0	208.8	10.0	10.0	0:45:45	11:26	10:47
Menjivar, Brian		1:06:12	2:15:00	14.0	210.8	4.0		1:40:36	14:22	13:27
Nakatani, Kotone	0:44:00	0:48:40	2:05:15	18.0	211.8			1:12:38	12:06	12:12
Olsen, Schuyler		0:45:40	2:04:18	14.0	210.8	4.0		1:24:59	12:08	11:52
Redfern Kaia	0:36:12	0:38:20	1:46:20	18.0	214.8			1:00:17	10:03	10:07
Saturno, Aubrey	0:42:20	0:42:30	1:52:30	18.0	189.7			1:05:47	10:58	12:02
Seifert, Angelica	0:48:55	0:36:44	1:37:51	18.0	215.7			1:01:10	10:12	10:04
Spiker, Christopher	0:33:20	0:36:44	1:20:10	18.0	216.8			0:50:05	08:21	08:46
Turpin, Lottie	0:50:57	0:51:03	2:16:07	18.0	214.8			1:19:22	13:14	14:33
Vadapalli, Dhivya	0:47:20		2:05:20	14.0	213.8	4.0		1:26:20	12:20	12:48
Vazquez, Valeria	0:52:20		2:21:38	14.0	217.8	4.0		1:36:59	13:51	12:27

1) Next marathon benchmark - Mt Hollywood 12K Trail Run, Sunday February 10th at Griffith Park in LA! Meet at Lowes 6am!

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 Mt Hollywood 12K Trail Run, Sunday February 10th in LA! Meeting time is 6am 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, February 7th to participate in the Mt Hollywood 12K Trail Run!!

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 New Year from SOAR!!!