

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

Student / WK 16	16-Jan	18-Jan	20-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:48:46	0:46:49	2:16:57	18.0	224.5		1:17:31	12:55	11:37
Breault, Charlie	0:53:30	0:46:03	2:16:57	18.0	224.5		1:18:50	13:08	12:41
Cabrera, Alexis		0:30:50	1:38:00	14.0	216.0	4.0	1:04:25	09:12	09:40
Carroll-Tramble, Kamari	0:48:09	0:47:44	2:12:32	18.0	218.5		0:47:57	05:20	11:38
Commons, Carlee	0:45:22	0:36:14	1:40:57	18.0	218.5		1:00:51	10:09	09:46
Corona, Luis			1:47:40	10.0	210.5	8.0	1:47:40	10:46	10:18
Dalgan, Abraham	0:43:30	0:42:15	1:54:26	18.0	216.5		1:06:44	11:07	10:42
DeLaPaz, Jonathan	0:42:34	0:39:24	1:40:02	18.0	224.5		1:00:40	10:07	09:51
Diaz, Nadia	0:52:10	0:50:30	2:17:59	18.0	217.5		1:20:13	13:22	13:42
Doughergy, Eric	0:44:20	0:41:49		8.0	203.5	15.0	0:43:05	10:46	11:30
Estrada, Aimee	0:48:04	0:42:00	2:02:32	18.0	219.5		1:10:52	11:49	10:19
Ford, Elizabeth	0:50:40	0:49:42		10.0	216.5	2.0	0:50:11	10:02	11:07
Garcia, Dale	0:54:27	0:56:30	2:14:04	14.0	215.3		1:21:40	17:30	12:29
Godinez, Isis	0:45:28	0:42:59	2:00:00	18.0	191.2	20.0	1:09:29	11:35	11:20
Green, Hannah	0:36:56	2:36:35	1:25:27	28.0	236.6	UP 18.3	1:32:59	09:58	08:47
Hoglo, Lukas	0:48:27	0:46:15	2:10:45	18.0	215.4		1:15:09	12:31	11:58
Hoglo, Wyatt	0:33:05	0:32:39	1:25:25	18.0	216.4		0:50:23	08:24	08:55
Islas, Willow	0:47:10	0:56:30	2:12:32	18.0	218.5		1:18:44	13:07	11:34
Kim, Hana	0:43:19	0:44:17	0:56:30	12.0	217.5		0:48:02	12:00	11:38
Kuhlman, Kevin	0:55:06	0:52:12	1:36:11	20.0	221.5		1:07:50	10:10	08:49
Lagunas, Jocelyln	0:47:10	0:38:38	1:39:55	18.0	219.5		1:01:54	10:19	09:50
Mendoza, Alejandro	0:53:01	0:42:45	1:58:25	18.0	224.5		1:11:24	11:54	11:27
Nadeau, Kelly	0:41:09	0:43:04	1:37:00	18.0	194.4	20.0	1:00:24	10:04	11:18
Olsen, Schuyler	0:45:22	0:39:20	1:53:05	18.0	216.5		1:05:56	10:59	11:35
Philips, Ryan	0:53:31	1:20:40	1:48:00	22.0	209.4	9.1	1:20:44	11:01	10:25
Rojas, Jaret	0:35:00	0:35:00	1:19:02	18.0	221.5		0:49:41	08:17	08:24
Seifert, Angelica	0:43:28	0:39:30	1:53:37	18.0	224.5	UP 6.0	1:05:32	10:55	10:34
Song, Erin	0:45:40		2:02:30	14.0	214.3	4.0	1:24:05	12:01	12:14
Spiker, Katelyn	0:41:14	0:40:04	1:43:30	18.0	218.5		1:01:36	10:16	10:19
Toothman, Anika	0:45:22	0:40:15	1:52:08	18.0	219.5	UP 1.0	1:05:55	10:59	11:14
Vazquez, Valeria	0:53:32	0:47:42	2:12:18	18.0	218.5		1:17:51	12:58	12:04

1) CONGRATS ON COMPLETING YOUR FIRST HALF MARATHON!! YOU ROCK!!

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, February 8th at coaches discretion to participate in the SRLA Friendship Run.

3) Next marathon benchmark - SRLA Friendship Run 18 Miler! Sunday February 11th! Meet at Lowes 6am!

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