

SOAR Student Training Progress Week 17- 5 Mile Bench / 10 Mile Hillwork

Student / WK 17	23-Jan	25-Jan	27-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:48:01	0:59:48	2:37:29	19.0	243.5		1:28:26	13:58	11:45
Breault, Charlie	0:41:32	0:54:22	2:10:58	19.0	243.5		1:15:37	11:56	12:39
Cabrera, Alexis	0:30:00			4.0	220.0	19.0	0:30:00	07:30	09:33
Carroll-Tramble, Kamari	0:47:21	0:49:35	2:02:17	19.0	237.5		1:13:04	11:32	12:04
Commons, Carlee	0:38:59			4.0	222.5	15.0	0:38:59	09:45	09:46
Corona, Luis	1:36:25	0:52:01	2:08:07	20.0	230.5	7.0	1:32:11	13:50	10:30
Dalgan, Abraham	0:40:05	0:59:18	2:09:20	19.0	235.5		1:16:14	12:02	10:47
DeLaPaz, Jonathan	0:40:42	0:52:33	1:48:04	19.0	243.5		1:07:06	10:36	09:54
Diaz, Nadia	0:50:30	1:03:50	2:41:58	19.0	236.5		1:32:06	14:33	13:45
Doughergy, Eric			2:09:40	10.0	213.5	24.0	2:09:40	12:58	11:35
Estrada, Aimee	0:40:45		1:53:45	14.0	233.5	5.0	1:17:15	11:02	10:22
Ford, Elizabeth	0:51:10	0:49:35	1:49:43	20.0	236.5	1.0	1:10:09	10:31	11:05
Garcia, Dale	0:43:40	1:03:50	2:27:03	19.0	234.3		1:24:51	13:24	12:32
Godinez, Isis	0:45:55	3:53:10	2:13:50	34.0	225.2	5.0	2:17:38	12:09	11:23
Green, Hannah	0:32:50	0:40:24	1:45:44	19.0	255.6	UP 18.3	0:59:39	09:25	08:50
Hoglo, Lukas	0:47:21	0:57:30	2:10:52	19.0	234.4		1:18:34	12:24	11:59
Hoglo, Wyatt	0:32:40	0:46:30	1:43:00	19.0	235.4		1:00:43	09:35	08:57
Islas, Willow	0:39:52	0:51:31	2:10:52	19.0	237.5		1:14:05	11:42	11:35
Kim, Hana	0:31:20	0:31:25	2:05:48	16.0	233.5	3.0	1:02:51	11:47	11:39
Kuhlman, Kevin	0:32:00	0:50:42	1:37:07	19.0	240.5		0:59:56	09:28	08:51
Lagunas, Jocelyln	0:37:00	0:44:30		9.0	228.5	10.0	0:40:45	09:03	09:47
Mendoza, Alejandro	0:43:40	1:02:29	2:13:10	19.0	243.5		1:19:46	12:36	11:31
Nadeau, Kelly	3:18:50	0:59:16	2:05:00	38.0	232.4		2:07:42	10:05	11:13
Olsen, Schuyler	0:40:05	0:51:31	1:55:28	19.0	235.5		1:09:01	10:54	11:33
Philips, Ryan	0:41:30	0:54:34	1:42:30	19.0	228.4	9.1	1:06:11	10:27	10:25
Rojas, Jaret			1:18:00	9.0	230.5	10.0	1:18:00	08:40	08:25
Seifert, Angelica	0:40:39	0:52:34	1:53:48	19.0	243.5	UP 6.0	1:09:00	10:54	10:35
Song, Erin	2:55:30	0:54:33	2:05:59	29.0	243.3	UP 5.0	1:58:41	12:17	12:15
Spiker, Katelyn	0:38:25	0:46:35	1:44:20	19.0	237.5		1:03:07	09:58	10:18
Toothman, Anika	0:39:26	0:52:01	1:55:30	19.0	238.5	UP 1.0	1:08:59	10:54	11:12
Vazquez, Valeria	3:05:45	1:03:10	2:21:30	29.0	247.5	UP 10.0	2:10:08	13:28	12:09

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