

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

Student / WK 16	22-Jan	24-Jan	26-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	0:31:15	0:39:17	1:34:30	19.0	231.8	4.0		0:55:01	08:41	08:12
Arana, Luis	0:33:47	0:44:55	1:29:21	19.0	229.8	4.0		0:56:01	08:51	09:28
Breault, Charlie	0:43:18	0:59:50	2:05:48	19.0	191.7			1:16:19	12:03	13:21
Castillo, Cristian	0:38:54	0:52:41		9.0	207.8	10.0	10.0	0:45:48	10:11	11:28
Cisneros, Matthew	0:53:58	1:09:36	2:08:01	19.0	239.8			1:23:52	13:14	11:45
De La Paz, Jonathan	0:41:30	0:50:43	0:53:43	19.0	233.8			0:48:39	07:41	09:58
Derrick, Samea	0:34:10	0:43:57	1:40:42	19.0	229.8			0:59:36	09:25	09:24
Diaz, Nadia	0:53:48	1:09:36	2:39:02	19.0	233.8			1:34:09	14:52	13:34
Estrada, Jose	0:41:30	0:50:48	0:50:15	19.0	234.8			0:47:31	07:30	09:42
Ford, Elizabeth	0:40:32	0:52:17	1:52:11	19.0	234.8			1:08:20	10:47	10:39
Gawra, Simardeep	0:37:07	0:43:33	1:38:30	19.0	241.8			0:59:43	09:26	09:08
Kim, Cecilia	0:45:20	1:03:20	2:15:30	19.0	241.8			1:21:23	12:51	12:25
Kim, Evan	0:40:32	0:54:28	1:55:24	19.0	200.7			1:10:08	11:04	11:28
Kuhlman, Kevin	1:12:05	0:43:33	1:48:18	23.0	228.8			1:14:39	09:44	09:09
Llamas, Christopher	0:29:02	0:38:17	1:20:25	19.0	228.8			0:49:15	07:47	07:59
Martinez, Kimberly	0:48:06	0:51:40	2:20:00	19.0	206.7			1:19:55	12:37	11:43
Mendoza, Alejandro	0:41:30	0:50:53	0:53:43	8.0	216.8	10.0	10.0	0:48:42	18:16	11:14
Menjivar, Brian	1:40:40	1:05:00	2:20:00	23.0	233.8			1:41:53	13:17	13:26
Nakatani, Kotone	0:52:34	1:05:00	2:20:00	19.0	230.8			1:25:51	13:33	12:17
Olsen, Schuyler	0:42:12	0:56:00		9.0	219.8	14.0	10.0	0:49:06	10:55	11:49
Redfern Kaia	0:40:58	0:50:45	1:48:37	19.0	233.8			1:06:47	10:33	10:09
Saturno, Aubrey	0:42:50	0:56:12	2:08:39	19.0	208.7			1:15:54	11:59	12:02
Seifert, Angelica	0:35:03	0:47:56	1:48:30	19.0	234.7			1:03:50	10:05	10:04
Spiker, Christopher	Injured	Injured	0:56:07	5.0	221.8			0:56:07	11:13	08:55
Turpin, Lottie	0:53:58	1:09:36	2:41:18	19.0	233.8			1:34:57	15:00	14:35
Vadapalli, Dhivya	1:36:50	1:06:40	2:05:20	23.0	236.8			1:36:17	12:33	12:47
Vazquez, Valeria	1:36:40	1:08:50		13.0	230.8	10.0	10.0	1:22:45	12:44	12:28

- 1) Next marathon benchmark - Mt Hollywood 12K Trail Run, Sunday February 10th at Griffith Park in LA! Meet at Lowes 6am!
- 2) **SAVE SOAR!! SUPPORT MARDI GRAS MADNESS 2/24/19!! WWW.MGM5K.COM SPREAD THE WORD!!**
- 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!!!