

**SOAR Student Training Progress Week 23- 4 Mile Bench, 20 Mile Qualifier**

Student / WK 23	5-Mar	7-Mar	9-Mar	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	1:20:44	1:02:30	3:01:32	38.0	353.5			1:48:15	08:33	07:55
Arana, Luis	0:35:31	0:20:00	1:35:00	16.0	323.5			0:50:10	09:24	09:00
Breault, Charlie	0:45:49	0:46:13	4:40:48	28.0	309.4			2:04:17	13:19	12:37
Cisneros, Matthew	0:47:04	0:41:23	4:19:58	28.0	357.5			1:56:08	12:27	11:27
De La Paz, Jonathan	0:38:00	0:42:08	3:07:00	28.0	351.5			1:29:03	09:32	09:37
Derrick, Samea	0:31:15	0:30:32	3:09:14	28.0	347.5			1:23:40	08:58	08:58
Diaz, Nadia	0:49:48	0:48:05	4:39:30	28.0	351.5			2:05:48	13:29	13:01
Estrada, Jose	0:38:00	0:42:08	3:28:15	28.0	352.5			1:36:08	10:18	09:25
Ford, Elizabeth	0:40:01	0:40:13	3:39:24	28.0	357.5			1:39:53	10:42	10:15
Gawra, Simardeep	0:35:28	0:30:30	3:07:00	28.0	359.5			1:24:19	09:02	08:46
Kim, Cecilia	1:38:00	0:44:05	3:58:09	33.0	350.5			2:06:45	11:31	11:57
Kim, Evan	0:35:28	0:35:48	3:30:48	28.0	318.4			1:34:01	10:04	10:47
Kuhlman, Kevin	0:57:06	0:52:38	3:53:08	28.0	346.5			1:54:17	12:15	08:44
Martinez, Kimberly	0:39:52	1:10:05	3:35:00	41.0	324.4			1:48:19	07:56	09:37
Mendoza, Alejandro	0:49:48	1:31:05	4:09:42	33.0	344.5			2:10:12	11:50	10:47
Menjivar, Brian	2:51:50	0:47:15	4:37:00	38.0	351.5			2:45:22	13:03	12:43
Olsen, Schuyler	1:36:10	0:41:23	4:09:13	33.0	351.5			2:08:55	11:43	11:16
Redfern Kaia	0:38:52	0:37:51	3:53:18	28.0	351.5			1:43:20	11:04	09:49
Saturno, Aubrey	0:43:29	0:42:48	4:14:41	28.0	326.4			1:53:39	12:11	11:24
Seifert, Angelica	0:49:48	1:10:00	3:43:00	28.0	348.4			1:54:16	12:15	09:46
Spiker, Christopher	0:49:48	0:31:40	3:09:19	30.0	339.5			1:30:16	09:02	08:40
Turpin, Lottie	0:49:48	0:48:48	4:53:00	28.0	347.5			2:10:32	13:59	13:55
Vadapalli, Dhivya	0:50:10	0:51:20	4:38:18	28.0	339.5			2:06:36	13:34	12:18
Vazquez, Valeria	1:52:10	0:51:20	4:14:53	33.0	338.5			2:19:28	12:41	12:06

- 1) Congrats on completing the SOAR 20 Miler! You are ASTOUNDING!!! Marathon Uniforms / Info Packets Distributed this WEEK!!
- 2) LA Expo rally time 9am Saturday at Lowes. All permission slips to Coach Sarkissian!!
- 3) 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 Sunday, March 11th!! NO MILES MAY BE MADE UP MARATHON WEEK!!
- 4) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC
- 5) Proper nutrition and maintaining your recovery regiment is CRITICAL from this point forward!! 80-100 oz of Water per day!!!