

SOAR Student Training Progress Week 23- 4 Mile Bench / 10 Mile Hillwork

| Student / WK 23 | 6-Mar | 8-Mar | 10-Mar | Total Miles Weekly | Total Miles YTD | Total Miles Owed | Average Training Time / WK | Wkly Min / Mile | YTD Min / Mile |
|-------------------------|---------|---------|---------|--------------------|-----------------|------------------|----------------------------|-----------------|----------------|
| Armienta, Maria | 0:56:25 | 0:50:02 | 2:07:20 | 18.0 | 372.7 | | 1:17:56 | 12:59 | 12:04 |
| Breault, Charlie | 0:55:15 | 0:51:59 | 2:18:50 | 18.0 | 372.8 | | 1:22:01 | 13:40 | 12:54 |
| Cabrera, Alexis | 0:56:00 | 0:59:10 | 2:04:30 | 18.0 | 368.0 | | 1:19:53 | 13:19 | 09:55 |
| Carroll-Tramble, Kamari | 0:56:00 | 0:59:10 | 2:10:00 | 18.0 | 364.0 | | 1:21:43 | 13:37 | 12:16 |
| Corona, Luis | 0:56:00 | 0:59:10 | 2:28:58 | 18.0 | 359.5 | | 1:28:03 | 14:40 | 10:41 |
| Dalgan, Abraham | 0:41:09 | 0:43:54 | 2:08:58 | 18.0 | 364.8 | | 1:11:20 | 11:53 | 11:00 |
| DeLaPaz, Jonathan | 0:46:41 | 0:39:33 | 2:06:26 | 18.0 | 372.8 | | 1:10:53 | 11:49 | 10:10 |
| Diaz, Nadia | 0:51:25 | 0:49:50 | 2:29:00 | 18.0 | 365.8 | | 1:23:25 | 13:54 | 13:43 |
| Estrada, Aimee | 0:56:50 | | 3:27:00 | 18.0 | 370.5 | | 2:11:55 | 14:39 | 10:48 |
| Ford, Elizabeth | 0:43:00 | 0:42:25 | 1:58:40 | 18.0 | 366.8 | | 1:08:02 | 11:20 | 11:01 |
| Garcia, Dale | 0:55:50 | 0:44:02 | 2:26:20 | 18.0 | 344.6 | | 1:22:04 | 13:41 | 12:49 |
| Green, Hannah | 0:35:06 | 0:33:46 | 1:33:00 | 18.0 | 349.8 | | 0:53:57 | 09:00 | 09:40 |
| Hoglo, Lukas | 0:49:34 | 0:51:57 | 2:17:07 | 18.0 | 363.7 | | 1:19:33 | 13:15 | 12:17 |
| Hoglo, Wyatt | 0:36:50 | 0:36:50 | 1:49:48 | 18.0 | 364.7 | | 1:01:09 | 10:12 | 09:07 |
| Islas, Willow | 0:50:20 | 0:49:50 | 1:14:25 | 13.0 | 356.8 | | 0:58:12 | 13:26 | 11:58 |
| Kim, Hana | 0:44:36 | 0:48:00 | 2:04:18 | 18.0 | 361.8 | | 1:12:18 | 12:03 | 11:44 |
| Kuhlman, Kevin | 0:49:58 | 0:33:40 | 0:38:00 | 14.0 | 369.8 | | 0:40:33 | 08:41 | 09:14 |
| Lagunas, Jocelyn | 0:39:50 | 0:40:19 | 1:49:48 | 18.0 | 367.8 | | 1:03:19 | 10:33 | 10:00 |
| Mendoza, Alejandro | 0:55:15 | 0:44:02 | 2:26:20 | 18.0 | 372.8 | | 1:21:52 | 13:39 | 11:47 |
| Nadeau, Kelly | 0:41:02 | 0:39:27 | 1:57:15 | 18.0 | 362.4 | | 1:05:55 | 10:59 | 11:16 |
| Olsen, Schuyler | 0:50:25 | 0:49:50 | 2:18:50 | 18.0 | 364.8 | | 1:19:42 | 13:17 | 11:38 |
| Philips, Ryan | 4:43:50 | 0:51:59 | 1:57:00 | 38.0 | 366.7 | | 2:30:56 | 11:55 | 10:33 |
| Rojas, Jaret | 0:56:00 | 0:59:10 | 2:03:47 | 18.0 | 369.8 | | 1:19:39 | 13:17 | 08:56 |
| Seifert, Angelica | 0:46:41 | 0:41:08 | 2:12:40 | 18.0 | 365.3 | | 1:13:30 | 12:15 | 10:54 |
| Song, Erin | 0:43:17 | 0:50:41 | | 9.0 | 360.8 | | 0:46:59 | 10:26 | 12:20 |
| Spiker, Katelyn | 0:27:02 | 0:17:30 | 2:15:35 | 13.0 | 345.6 | | 1:00:02 | 13:51 | 10:41 |
| Toothman, Anika | 0:50:25 | 0:50:02 | 2:18:50 | 18.0 | 367.8 | | 1:19:46 | 13:18 | 11:27 |
| Vazquez, Valeria | 0:55:15 | 0:47:39 | 2:26:50 | 18.0 | 371.0 | | 1:23:15 | 13:52 | 11:56 |

- 1) LA Expo rally time 9am Saturday at Lowes. All permission slips to Coach Sarkissian by Thursday!!**
- 2) LA Marathon rally time 3am Sunday at Whole Foods. Bus departs at 3:30am. Best of Luck Sunday!!!**
- 3) All students must arrange to be picked up at the LA Marathon finish line in Santa Monica! See packet for details!**
- 4) Proper nutrition and maintaining your recovery regiment is CRITICAL this week!! 80-100 oz of Water per day!!!**
- 5) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC**