

SOAR Student Training Progress Week 24- 4 Mile Bench, 10 Mile Hillwork

| Student / WK 24 | 12-Mar | 14-Mar | 16-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 | 0:33:06 | 0:37:33 | 1:41:30 | 18.0 | 371.5 | | | 0:57:23 | 09:34 | 08:21 |
| Arana, Luis | Injured | Injured | Injured | 0.0 | 323.5 | | | #DIV/0! | #DIV/0! | 09:25 |
| Breault, Charlie | 0:47:37 | 0:49:07 | 2:14:09 | 18.0 | 327.4 | | | 1:16:58 | 12:50 | 12:39 |
| Cisneros, Matthew | 0:56:22 | 0:54:28 | 2:14:08 | 18.0 | 375.5 | | | 1:21:39 | 13:37 | 12:04 |
| De La Paz, Jonathan | 0:43:40 | 0:23:49 | 1:04:39 | 13.0 | 364.5 | | | 0:44:03 | 10:10 | 10:03 |
| Derrick, Samea | 0:34:50 | 0:32:49 | 1:39:33 | 18.0 | 365.5 | | | 0:55:44 | 09:17 | 09:21 |
| Diaz, Nadia | 0:51:58 | 0:49:55 | 2:24:52 | 18.0 | 369.5 | | | 1:22:15 | 13:42 | 13:37 |
| Estrada, Jose | 0:37:40 | 0:37:33 | 1:53:50 | 18.0 | 370.5 | | | 1:03:01 | 10:30 | 09:54 |
| Ford, Elizabeth | 0:43:50 | 0:42:18 | 1:53:49 | 18.0 | 375.5 | | | 1:06:39 | 11:06 | 10:44 |
| Gawra, Simardeep | 0:34:50 | 0:31:39 | 1:36:38 | 18.0 | 377.5 | | | 0:54:22 | 09:04 | 09:09 |
| Kim, Cecilia | 0:51:21 | 0:43:40 | 2:07:00 | 18.0 | 368.5 | | | 1:14:00 | 12:20 | 12:27 |
| Kim, Evan | 0:36:43 | 0:35:45 | 1:49:49 | 18.0 | 336.4 | | | 1:00:46 | 10:08 | 11:16 |
| Kuhlman, Kevin | 0:38:05 | 0:34:20 | 1:33:20 | 18.0 | 364.5 | | | 0:55:15 | 09:13 | 09:16 |
| Martinez, Kimberly | 0:48:20 | 0:46:32 | | 8.0 | 332.4 | 10.0 | 10.0 | 0:47:26 | 11:52 | 10:03 |
| Mendoza, Alejandro | 0:43:40 | 0:42:17 | 2:01:10 | 18.0 | 362.5 | | | 1:09:02 | 11:30 | 11:18 |
| Menjivar, Brian | 0:48:31 | 0:44:54 | 2:40:00 | 18.0 | 369.5 | | | 1:24:28 | 14:05 | 13:19 |
| Olsen, Schuyler | 0:47:37 | 0:47:20 | 2:24:50 | 18.0 | 369.5 | | | 1:19:56 | 13:19 | 11:50 |
| Redfern Kaia | 0:40:52 | 0:39:35 | 1:53:10 | 18.0 | 369.5 | | | 1:04:32 | 10:45 | 10:19 |
| Saturno, Aubrey | 0:45:34 | 0:41:57 | 2:02:55 | 18.0 | 344.4 | | | 1:10:09 | 11:41 | 11:59 |
| Seifert, Angelica | Injured | 0:23:16 | 1:14:30 | 7.0 | 355.4 | | | 0:48:53 | 13:58 | 10:27 |
| Spiker, Christopher | 0:32:09 | 0:31:50 | 1:33:20 | 18.0 | 357.5 | | | 0:52:26 | 08:44 | 09:03 |
| Turpin, Lottie | 0:56:22 | 0:54:28 | Waived | 8.0 | 355.5 | | | 0:55:25 | 13:51 | 14:29 |
| Vadapalli, Dhivya | 0:51:15 | 0:50:25 | 2:25:10 | 18.0 | 357.5 | | | 1:22:17 | 13:43 | 12:56 |
| Vazquez, Valeria | Waived | 0:50:25 | 2:25:10 | 14.0 | 352.5 | | | 1:37:47 | 13:58 | 12:43 |

- 1) Expo rally time is 9am at Lowes! All students MUST have a valid photo ID and pick up their own bib!
- 2) LA Marathon Rally Time is 3am at Whole Foods!!! Our bus leaves at 3:30am for Dodger Stadium! DO NOT BE LATE!!!
- 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 - 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!!!