

SOAR Student Training Progress Week 3- 4 Mile Bench, 5 Mile Hillwork

Student / WK 3	29-Sep	1-Oct	3-Oct	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:55:00	0:38:32	1:04:50	12.5	29.6		0:52:47	0:12:40	0:12:44
Beckwith,Joel	0:37:23	0:32:07	0:34:54	11.2	28.3		0:34:48	0:09:19	0:08:31
Castano, Peter	0:31:31	1:21:02	0:45:48	17.5	29.5		0:52:47	0:09:03	0:07:42
Castro, Jessica	0:38:40	0:58:51	0:51:33	15.7	29.8		0:49:41	0:09:30	0:09:19
Celis, Karen	0:55:45	0:30:45	0:56:06	12.5	29.6		0:47:32	0:11:24	0:11:06
Chavez, Andy		0:30:00	0:53:20	8.5	8.5		0:41:40	0:09:48	0:09:48
DeLapaz, Carlos	0:49:44	0:29:42	0:58:47	12.5	29.6		0:46:04	0:11:03	0:11:14
DeLapaz, Jonathan	0:49:58	0:29:58	0:58:55	12.5	25.6	4.0	0:46:17	0:11:06	0:11:28
Fernandez, Marycruz	0:43:14	0:29:40	0:55:15	12.5	29.6		0:42:43	0:10:15	0:10:08
Ford, David	0:39:25	0:26:00		7.2	21.2	7.0	0:32:43	0:09:05	0:08:47
Ford, Elizabeth	0:41:21	0:27:52	0:52:05	12.5	29.6		0:40:26	0:09:42	0:09:40
Fragoza, Christian		0:29:54	0:51:11	8.5	8.5		0:40:32	0:09:32	0:09:32
Garcia, Dale	0:55:00	0:34:24		7.2	24.3	4.0	0:44:42	0:12:25	0:12:17
Green, Hannah	0:35:40	0:24:53	0:47:20	12.5	29.6		0:35:58	0:08:38	0:08:27
Green, Sarah	0:45:44	0:30:25	0:50:57	12.5	29.6		0:42:22	0:10:10	0:10:02
Hoglo, Wyatt	0:38:40	0:27:08	0:50:15	12.5	29.6		0:38:41	0:09:17	0:09:16
Ibarra, Mario	0:50:04	0:30:45	1:02:46	12.5	26.6	3.0	0:47:52	0:11:29	0:11:09
Javier, Alexandra	0:48:56	0:32:00	0:51:25	12.5	29.6		0:44:07	0:10:35	0:10:25
Javier, Dannah	0:59:46	0:37:12	1:05:29	12.5	20.5	3.0	0:54:09	0:13:00	0:12:15
Jonas, Angelica	1:53:45	0:28:58	0:53:35	18.5	33.6		1:05:26	0:10:37	0:11:00
Kuhlman, Kevin	0:33:39	0:22:00	0:45:48	12.5	26.6	3.0	0:33:49	0:08:07	0:07:50
Loth, Brooke	2:26:30			13.1	21.2	7.0	2:26:30	0:11:11	0:11:03
Luna, Karla	0:58:15	0:36:16	1:06:44	12.5	29.6		0:53:45	0:12:54	0:13:00
Mejia, Victoria	0:48:56	0:32:00	0:59:55	12.5	29.6		0:46:57	0:11:16	0:11:00
Neri, Alvaro	0:36:08	0:24:42		7.2	24.3	4.0	0:30:25	0:08:27	0:08:25
Ortiz, Dariana	0:46:10	0:32:00	0:58:23	12.5	29.6		0:45:31	0:10:55	0:10:48
Spiker, Joshua	0:27:14	0:19:59	0:45:48	12.5	29.6		0:31:00	0:07:26	0:07:05
Spiker, Katelyn	0:48:00	0:30:10	0:54:10	12.5	29.6		0:44:07	0:10:35	0:10:32
Storaker, Stacey	0:43:21	0:29:31	0:52:05	12.5	25.6	4.0	0:41:39	0:10:00	0:09:24
Uhrig, Caroline	0:42:21	0:29:31	0:55:30	12.5	29.6		0:42:27	0:10:11	0:10:07
Villalobos, Cayze	0:36:01	0:29:05		7.2	24.3	4.0	0:32:33	0:09:02	0:09:26
Ziamba, Matthew	0:45:20	0:38:22	0:49:55	12.5	29.6		0:44:32	0:10:41	0:10:43

- 1) Cycle Up Bi-Athlon Rally Time is 5am, Saturday October 10th. This special event will be a combination 5K run / 45 Minute Spin Class.
- 2) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC
- 3) LA Spooktacular 5K departure time is 5:30am, Sunday, October 18th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!
- 4) SAVE SOAR! 2016 Team FUNraiser California Pizza Kitchen Thursday October 19th!!!!
- 5) 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, October 15th at coaches discretion to participate in the LA Spooktacular 5K.