

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

Student / WK 5	30-Oct	1-Nov	3-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Aladuena, Rigoberto	0:30:00	0:29:55		8.0	46.1	5.0	5.0	0:29:58	07:29	07:51
Arana, Luis	0:41:02	0:38:28	0:50:24	13.0	50.1			0:43:18	10:00	09:37
Breault, Charlie	0:54:25	0:45:42	1:01:20	13.0	54.1			0:53:49	12:25	12:43
Castillo, Cristian	0:37:32	0:54:40	0:59:04	13.0	34.1			0:50:25	11:38	34:05
Cisneros, Matthew	0:50:15	0:50:24	0:54:10	13.0	50.1			0:51:36	11:55	11:15
De La Paz, Jonathan	0:36:43	0:38:27	1:45:24	18.0	50.1			1:00:11	10:02	10:16
Derrick, Samea	1:04:00	0:35:39	0:50:13	16.0	50.1			0:49:57	09:22	09:17
Diaz, Nadia	0:55:23	0:51:15	1:10:35	13.0	50.1			0:59:04	13:38	13:31
Estrada, Jose	0:38:30	0:38:05	0:52:00	13.0	50.1			0:42:52	09:53	09:15
Ford, Elizabeth	0:44:30	0:42:15	0:53:45	13.0	50.1			0:46:50	10:48	10:28
Gawra, Simardeep	0:33:33	0:34:13	0:47:35	13.0	47.1			0:38:27	08:52	09:22
Kim, Cecilia	0:46:15	0:45:05	0:56:00	13.0	47.1			0:49:07	11:20	11:14
Kim, Evan	0:44:39	0:45:00	0:55:00	13.0	13.0			0:48:13	11:08	11:08
Kuhlman, Kevin	0:33:39	0:34:13	0:47:48	13.0	50.1			0:38:33	08:54	08:28
Llamas, Christopher	0:32:11	0:32:15	0:45:30	13.0	50.1	5.0	5.0	0:36:39	08:27	08:09
Martinez, Kimberly	0:44:55	0:43:00	1:05:00	13.0	25.0			0:50:58	11:46	11:53
Mendoza, Alejandro	0:50:13	0:39:38	0:52:00	13.0	50.1			0:47:17	10:55	10:45
Menjivar, Brian	0:53:30	0:50:02	1:11:00	13.0	50.1			0:58:11	13:26	14:10
Nakatami, Kotone	0:49:59	0:51:10	1:05:00	13.0	44.1	3.0		0:55:23	12:47	12:01
Olsen, Schuyler	0:45:40	0:49:09	1:05:15	13.0	45.1	5.0	5.0	0:53:21	12:19	11:58
Pierre, Jordan	0:49:58	0:50:23	0:51:04	13.0	50.1			0:50:28	11:39	09:37
Redfern Kaia	0:40:36	0:40:30	0:51:41	13.0	50.1			0:44:16	10:13	10:04
Sandoval, Andrew	0:43:00	0:43:22	0:51:19	13.0	50.1			0:45:54	10:35	10:01
Saturno, Aubrey	0:49:00	0:49:09	1:02:30	13.0	20.0	5.0	5.0	0:53:33	12:21	12:27
Seifert, Angelica	0:39:47	0:39:48	0:50:40	13.0	50.0			0:43:25	10:01	10:09
Spiker, Christopher	0:36:40	0:36:00	0:43:30	13.0	50.1			0:38:43	08:56	08:45
Turpin, Lottie		0:53:30	1:12:18	9.0	46.1	4.0		1:02:54	13:59	15:04
Vadapalli, Dhivya	0:54:25	0:51:06	1:56:00	18.0	48.1			1:13:50	12:18	12:56
Valencia, Jonathan	0:35:24	0:34:44	0:43:30	13.0	50.1			0:37:53	08:44	08:43
Vazquez, Valeria	0:54:25	1:30:10	1:00:20	16.0	53.1			1:08:18	12:48	12:13

- 1) Brave 5K departure time is 5:00am, Saturday, November 10th. Meet at Lowes. Permission slips to Coach Sarkissian ASAP!**
- 2) Team Physicals due Friday December 7th!! NO Exceptions!!**
- 3) SOAR HOLIDAY 50/50 RAFFLE IS ON NOW! ALL PROCEEDS TO BENEFIT STUDENTS OFF AND RUNNING!**
- 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, November 8th at coaches discretion to participate in the Brave 5K.**
- 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**