

SOAR Student Training Progress Week 7- 5 Mile Bench, 5 Mile Hillwork

Student / WK 7	13-Nov	15-Nov	17-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	0:29:40	0:40:00	0:47:15	14.0	76.5			0:38:58	08:21	07:59
Arana, Luis	0:39:40	0:53:09	0:48:20	14.0	75.5			0:47:03	10:05	09:38
Breault, Charlie	0:47:13	0:57:35	1:00:20	14.0	79.5			0:55:03	11:48	12:32
Castillo, Cristian	0:45:16	1:02:00		9.0	54.5	5.0	5.0	0:53:38	11:55	11:34
Cisneros, Matthew	0:40:00	0:54:40	0:55:20	14.0	75.5			0:50:00	10:43	11:18
De La Paz, Jonathan	0:37:35	0:55:03	0:51:22	14.0	75.5			0:48:00	10:17	10:16
Derrick, Samea	0:39:40	0:51:13	0:53:18	14.0	75.5			0:48:04	10:18	09:20
Diaz, Nadia	0:53:25	1:04:57	1:10:35	14.0	75.5			1:02:59	13:30	13:29
Estrada, Jose	0:39:40	0:47:53	0:52:51	14.0	75.5			0:46:48	10:02	09:20
Ford, Elizabeth	0:41:11	0:59:45	0:54:10	14.0	75.5			0:51:42	11:05	10:32
Gawra, Simardeep	0:34:02	0:44:48		9.0	72.5			0:39:25	08:46	09:13
Kim, Cecilia	0:45:45	0:59:50	1:01:01	14.0	72.5			0:55:32	11:54	11:21
Kim, Evan	0:42:05	0:56:50	1:01:00	14.0	38.4			0:53:18	11:25	11:08
Kuhlman, Kevin	0:47:00		0:52:00	9.0	70.5	5.0		0:49:30	11:00	08:45
Llamas, Christopher	0:33:30	0:40:45	0:41:42	14.0	70.5			0:38:39	08:17	08:07
Martinez, Kimberly	0:45:03	0:57:35	1:04:15	14.0	50.4			0:55:38	11:55	11:46
Mendoza, Alejandro	0:45:27	0:54:55	0:58:40	14.0	75.5			0:53:01	11:22	10:47
Menjivar, Brian	0:52:00	1:09:00	1:11:00	14.0	75.5			1:04:00	13:43	14:15
Nakatami, Kotone		1:09:00	1:04:15	10.0	68.5	4.0		1:06:38	13:19	12:11
Olsen, Schuyler	0:47:30		0:59:55	9.0	70.5	5.0		0:53:43	11:56	11:48
Pierre, Jordan		0:54:00	0:46:22	10.0	71.5	4.0		0:50:11	10:02	09:54
Redfern Kaia	0:39:40	0:51:48	0:54:10	14.0	75.5			0:48:33	10:24	10:04
Sandoval, Andrew	0:41:25	0:55:27	0:49:52	14.0	75.5			0:48:55	10:29	10:09
Saturno, Aubrey		1:00:10	1:05:15	10.0	46.4	4.0		1:02:43	12:33	12:13
Seifert, Angelica	0:44:16	0:48:14	0:49:57	14.0	75.4			0:47:29	10:11	10:05
Spiker, Christopher	0:38:17	0:44:20	0:50:10	14.0	75.5			0:44:16	09:29	08:49
Turpin, Lottie	0:56:25	1:17:42	1:11:32	14.0	75.5			1:08:33	14:41	15:02
Vadapalli, Dhivya	0:48:12	1:05:58	1:05:15	14.0	73.5			0:59:48	12:49	12:51
Valencia, Jonathan	0:39:40	0:47:35		9.0	70.5	5.0	5.0	0:43:38	09:42	08:51
Vazquez, Valeria	0:48:09	1:05:58		9.0	73.5	5.0	5.0	0:57:04	12:41	12:19

1) 12th Annual SOAR Gobble Wobble (OPTIONAL) at Towsley Canyon 7AM Thanksgiving Day! Come and get the stuffin' kicked out of ya!

2) Team Physicals due Friday December 7th!! NO Exceptions!!

3) Saturday December 1st, Annual SOAR Bi-Athlon. 3 Mile Run. 30 Minute Spin Class at the Paseo Club. Details soon!!

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, December 7th at coaches discretion to participate in the SOAR Jingle Bell Run.

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