

**SOAR Student Training Progress Week 11- 5 Mile Bench, 10 Mile Hillwork**

Student / WK 11	24-Nov	26-Nov	28-Nov	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:59:27	Holiday	2:21:30	15.4	134.3		1:40:28	0:13:03	0:12:53
Beckwith,Joel	0:38:55	0:56:38	1:22:51	20.8	145.7		0:59:28	0:08:35	0:08:17
Castano, Peter	0:41:10	Holiday	1:24:41	15.4	146.7		1:02:56	0:08:10	0:07:37
Castro, Jessica	0:45:22	1:13:10	1:43:34	20.8	147.2		1:14:02	0:10:41	0:09:19
Celis, Karen	0:54:08	Holiday	1:54:20	15.4	146.8		1:24:14	0:10:56	0:11:09
Chavez, Andy	0:42:00	Holiday		5.1	106.2	15.0	0:42:00	0:08:14	0:09:30
DeLapaz, Carlos	0:59:10	Holiday		5.1	136.5	10.0	0:59:10	0:11:36	0:11:37
DeLapaz, Jonathan	1:02:00	Holiday	2:19:43	15.4	146.8		1:40:51	0:13:06	0:11:33
Fernandez, Marycruz	0:49:35	1:00:00	2:05:36	20.8	152.2		1:18:24	0:11:18	0:10:11
Ford, David	0:42:59	1:00:00	1:43:26	20.8	150.8		1:08:48	0:09:55	0:09:05
Ford, Elizabeth	0:46:45	1:00:00	1:42:02	20.8	156.2		1:09:36	0:10:02	0:09:39
Fragoza, Christian	0:51:00	Holiday	2:02:54	15.4	125.7		1:26:57	0:11:18	0:10:11
Garcia, Dale	1:02:46	Holiday		5.1	115.8	10.0	1:02:46	0:12:18	0:12:51
Green, Hannah	0:39:51	Holiday	1:35:23	15.4	146.9		1:07:37	0:08:47	0:08:41
Green, Sarah	0:52:36	Holiday	1:54:25	15.4	146.9		1:23:30	0:10:51	0:10:15
Hoglo, Wyatt	0:46:10	1:10:30	1:53:16	20.8	156.2	Up 10.0	1:16:39	0:11:03	0:09:36
Ibarra, Mario	0:59:00	Holiday	2:14:01	15.4	137.5	9.0	1:36:31	0:12:32	0:11:35
Javier, Alexandra	1:02:00	Holiday	2:00:00	15.4	146.8		1:31:00	0:11:49	0:10:24
Javier, Dannah	1:05:35	2:19:49	2:25:05	25.4	132.0	9.0	1:56:50	0:13:48	0:13:00
Jonas, Angelica	0:40:05	1:11:10	1:41:00	19.7	151.0		1:10:45	0:10:46	0:10:14
Kuhlman, Kevin	0:38:32	Holiday	1:24:35	15.4	146.8		1:01:34	0:08:00	0:07:49
Loth, Brooke		1:18:00	2:05:07	15.7	136.4	8.0	1:41:33	0:12:56	0:11:38
Luna, Karla	0:58:42	Holiday	2:07:22	15.4	141.6	4.0	1:33:02	0:12:05	0:12:28
Mejia, Victoria	0:59:27	Holiday	2:13:50	15.4	146.8		1:36:38	0:12:33	0:11:08
Ortiz, Dariana	1:02:00	1:58:10	2:00:00	25.7	146.9		1:40:03	0:11:41	0:10:49
Spiker, Joshua	0:35:32	1:10:36	1:24:40	20.8	147.0		1:03:36	0:09:10	0:07:15
Spiker, Katelyn	0:57:30	1:14:30	2:01:20	20.8	147.0		1:24:27	0:12:11	0:10:54
Storaker, Stacey	0:46:45	1:00:00	1:43:26	20.8	153.3		1:10:04	0:10:06	0:09:43
Uhrig, Caroline	0:56:22	Holiday	1:54:20	15.4	146.8		1:25:21	0:11:05	0:10:33
Ziemba, Matthew	0:51:00	Holiday	1:38:38	15.4	146.8		1:14:49	0:09:43	0:10:49

- 1) Santa to the Sea Half Marathon Rally Time is 5am at Lowes. Permission slips to Coach Sarkissian ASAP!
- 2) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC
- 3) 2016 PHYSICAL CLEARANCES NOW DUE FOR ALL STUDENTS! NO EXCEPTIONS! TRAINING RESTRICTED AFTER 11/14/15 UNTIL CLEARED.
- 4) SOAR 50/50 Results In!! \$2,131.50 Raised for Team 2016!!! Thanks to all!!!
- 5) Proper nutrition and maintaining your recovery regiment is CRITICAL from this point forward!! 80-100 oz of Water per day!!!
- 6) 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, December 10th at coaches discretion to participate in the Santa to the Sea 1/2 Marathon.