

SOAR Student Training Progress Week 14- 4 Mile Bench, 10 Mile Long

Student / WK 14	15-Dec	17-Dec	19-Dec	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:43:25	0:51:43	2:17:30	18.2	193.3		1:17:33	0:12:47	0:12:55
Beckwith,Joel	0:35:25	0:28:50	1:16:38	18.2	204.7		0:46:58	0:07:44	0:08:10
Castano, Peter	0:35:07		1:20:08	14.1	201.6		0:57:38	0:08:10	0:07:45
Castro, Jessica	0:38:24	0:37:37	1:31:14	18.2	206.2		0:55:45	0:09:11	0:09:17
Celis, Karen	0:46:15	0:51:43	1:41:48	18.2	205.8		1:06:35	0:10:59	0:11:08
Chavez, Andy	0:48:49	0:50:23	1:45:00	18.2	180.3		1:08:04	0:11:13	0:09:39
DeLapaz, Carlos	0:55:19	0:46:16	2:17:30	18.2	205.6		1:19:42	0:13:08	0:11:46
DeLapaz, Jonathan	0:52:50	0:52:00	2:17:30	18.2	205.8		1:20:47	0:13:19	0:11:48
Fernandez, Marycruz	0:45:09	0:42:49	1:43:55	18.2	211.2		1:03:58	0:10:33	0:10:16
Ford, David	0:37:11	0:36:43	1:33:02	18.2	209.8		0:55:39	0:09:10	0:09:02
Ford, Elizabeth	0:37:11	0:36:39	1:43:05	18.2	215.2		0:58:58	0:09:43	0:09:35
Fragoza, Christian	0:55:19	0:33:50	1:26:30	18.2	188.8		0:58:33	0:09:39	0:10:14
Green, Hannah	0:34:43	0:33:19	1:24:31	18.2	205.9		0:50:51	0:08:23	0:08:36
Green, Sarah	0:39:57	0:41:22	1:43:05	18.2	205.9		1:01:28	0:10:08	0:10:14
Hoglo, Wyatt	0:35:12	0:33:38	1:30:42	18.2	215.2	Up 10.0	0:53:11	0:08:46	0:09:31
Ibarra, Mario	0:55:40	0:50:08	2:07:45	18.2	205.6		1:17:51	0:12:50	0:11:48
Javier, Alexandra	0:52:50	0:52:00	1:50:00	18.2	205.8		1:11:37	0:11:48	0:10:32
Javier, Dannah	0:56:30	2:03:29	2:09:37	23.2	204.7	Up 5.0	1:43:12	0:13:21	0:13:03
Jonas, Angelica	0:35:16	0:33:27	1:30:42	18.2	210.0		0:53:08	0:08:46	0:10:01
Kuhlman, Kevin	0:26:46	1:24:57	1:20:30	24.2	219.8	Up 14.0	1:04:04	0:07:57	0:07:47
Loth, Brooke	0:46:08	0:51:43	2:06:00	18.2	203.4		1:14:37	0:12:18	0:11:45
Luna, Karla	0:43:17	0:43:24	1:59:12	18.2	204.7		1:08:38	0:11:19	0:12:21
Mejia, Victoria	0:55:20	0:50:10	2:07:28	18.2	205.8		1:17:39	0:12:48	0:11:19
Ortiz, Dariana	0:52:50	0:52:00	1:50:00	18.2	205.9		1:11:37	0:11:48	0:10:56
Spiker, Joshua	0:34:27	0:30:03	1:20:04	18.2	206.0		0:48:11	0:07:57	0:07:22
Spiker, Katelyn	0:44:25	0:41:09	1:51:09	18.2	206.0		1:05:34	0:10:49	0:10:54
Storaker, Stacey	0:37:11	0:37:05	1:32:37	18.2	212.3		0:55:38	0:09:10	0:09:29
Uhrig, Caroline	0:41:27	0:42:52		8.2	195.8	10.0	0:42:09	0:10:17	0:10:34
Ziemba, Matthew	0:45:36	0:46:16	1:20:48	18.2	205.8		0:57:33	0:09:29	0:10:38

- 1) SO Cal 1/2 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 - Instagram SOAR_SC - Twitter @SOAR_SC
- 3) NEXT OFFICIAL TEAM QUALIFIER - SO CAL HALF MARATHON SATURDAY JANUARY 9TH 2016!
- 4) Congrats on Clearing the 200 Mile Benchmark!! YOU Rock!
- 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, January 7th at coaches discretion to participate in the So Cal 1/2 Marathon.