

**SOAR Student Training Progress Week 16- 5 Mile Bench, 15 Mile Hillwork**

Student / WK 16	29-Dec	31-Dec	2-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	1:06:09	Holiday	3:17:00	20.0	217.3		2:11:34	0:13:09	0:12:51
Beckwith,Joel	0:46:05	1:15:12	2:17:15	28.4	237.1	Up 8.0	1:26:11	0:09:06	0:08:11
Castano, Peter	0:40:52	1:15:17	2:06:00	28.4	234.0		1:20:43	0:08:32	0:07:48
Castro, Jessica	0:45:26	Holiday	2:37:45	20.0	230.2		1:41:35	0:10:10	0:09:20
Celis, Karen	0:53:57	Holiday	3:01:05	20.0	229.8		1:57:31	0:11:45	0:11:09
Chavez, Andy	0:46:55	1:36:13		13.4	197.7	7.0	1:11:34	0:10:41	0:09:36
DeLapaz, Carlos	1:05:12	Holiday	3:48:57	20.0	229.6		2:27:04	0:14:42	0:11:54
DeLapaz, Jonathan	0:54:54	Holiday	3:26:45	20.0	229.8		2:10:49	0:13:05	0:11:57
Fernandez, Marycruz	0:56:27	0:53:52	3:07:00	24.0	235.2		1:39:06	0:12:23	0:10:25
Ford, David	0:42:08	Holiday	2:45:20	20.0	233.8		1:43:44	0:10:22	0:09:08
Ford, Elizabeth	0:47:16	Holiday	2:39:00	20.0	239.2		1:43:08	0:10:19	0:09:36
Fragoza, Christian	1:05:05	Holiday	3:26:40	20.0	212.8		2:15:52	0:13:35	0:10:23
Green, Hannah	0:48:17	Holiday	2:33:38	20.0	229.9		1:40:58	0:10:06	0:08:43
Green, Sarah	0:57:39	Holiday	3:13:14	20.0	229.9		2:05:26	0:12:33	0:10:22
Hoglo, Wyatt	0:48:26	1:47:32	2:42:30	28.4	247.6	Up 18.0	1:46:09	0:11:13	0:09:35
Ibarra, Mario	1:05:10	Holiday	3:48:57	20.0	229.6		2:27:03	0:14:42	0:12:01
Javier, Alexandra	0:50:30	Holiday	2:21:02	18.1	227.9	2.0	1:35:46	0:10:35	0:10:41
Javier, Dannah		Holiday		0.0	204.7	19.0	#DIV/0!	#DIV/0!	0:13:03
Jonas, Angelica	0:50:51	1:47:35	2:42:30	28.4	242.4		1:46:59	0:11:18	0:10:02
Kuhlman, Kevin		Holiday		0.0	229.8		#DIV/0!	#DIV/0!	0:07:47
Loth, Brooke		Holiday	3:12:00	15.0	218.4	9.0	3:12:00	0:12:48	0:11:49
Luna, Karla	0:56:34	Holiday	3:10:16	20.0	228.7		2:03:25	0:12:20	0:12:18
Mejia, Victoria	1:06:09	Holiday	3:27:00	20.0	229.8		2:16:35	0:13:39	0:11:32
Ortiz, Dariana	1:06:09	Holiday	3:17:00	20.0	229.9		2:11:34	0:13:09	0:11:12
Spiker, Joshua	0:44:17	0:36:52	2:06:00	24.0	234.0	Up 4.0	1:09:03	0:08:38	0:07:33
Spiker, Katelyn	0:59:43	1:49:50	3:06:45	28.4	238.4	Up 8.0	1:58:46	0:12:33	0:11:01
Storaker, Stacey	0:46:56	Holiday	2:41:42	20.0	236.3		1:44:19	0:10:26	0:09:32
Uhrig, Caroline	0:57:05	0:55:31	3:13:14	25.0	224.8	5.0	1:41:57	0:12:14	0:10:41
Ziemba, Matthew	0:44:02	Holiday	2:32:00	20.0	229.8		1:38:01	0:09:48	0:10:36

- 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](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Twitter @SOAR\_SC
- 3) NEXT OFFICIAL TEAM QUALIFIER - SO CAL HALF MARATHON SATURDAY JANUARY 9TH 2016!
- 4)SAVE SOAR!!!! Support the Mardi Gras Madness 5K/10K - Sunday February 21st 2016!! Valencia Town Center!!
- 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.