

**SOAR Student Training Progress Week 18- 5 Mile Bench / 15 Mile Long**

Student / WK 18	30-Jan	1-Feb	3-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	0:48:19	0:49:38	3:25:20	23.0	266.5		1:41:06	13:11	11:50
Breault, Charlie	0:46:34	0:47:32	3:26:24	23.0	266.5		1:40:10	13:04	12:40
Cabrera, Alexis	3:48:10	0:32:52	2:14:00	38.0	258.0	4.0	2:11:41	10:24	09:35
Carroll-Tramble, Kamari	0:42:57	0:39:55	3:08:27	23.0	260.5		1:30:26	11:48	12:03
Commons, Carlee	2:27:10	0:40:32	3:30:00	32.0	254.5	6.0	2:12:34	12:26	09:55
Corona, Luis	0:40:11		2:48:50	19.0	249.5	11.0	1:44:31	11:00	10:32
Dalgan, Abraham	0:42:57	0:42:02	3:08:28	23.0	258.5		1:31:09	11:53	10:51
DeLaPaz, Jonathan	0:35:15	0:39:52	2:32:22	23.0	266.5		1:15:50	09:53	09:54
Diaz, Nadia	0:50:46	0:51:20	3:41:12	23.0	259.5		1:47:46	14:03	13:46
Estrada, Aimee	0:42:07	1:02:53	2:49:47	23.0	256.5	5.0	1:31:36	11:57	10:27
Ford, Elizabeth	0:51:13	0:39:39	2:44:10	24.0	260.5		1:25:01	10:38	11:03
Garcia, Dale	0:39:10	0:47:55	3:02:03	23.0	257.3		1:29:43	11:42	12:30
Godinez, Isis	0:50:17	0:45:07		9.0	234.2	15.0	0:47:42	10:36	11:20
Green, Hannah	0:31:56	0:32:45	2:15:05	23.0	278.6	UP 18.3	1:06:35	08:41	08:49
Hoglo, Lukas	0:49:12	0:48:26	3:30:23	23.0	257.4		1:42:40	13:24	12:04
Hoglo, Wyatt	0:37:15	0:34:55	2:18:15	23.0	258.4		1:10:08	09:09	08:58
Islas, Willow	1:03:12		3:30:23	19.0	256.5	4.0	2:16:48	14:24	11:44
Kim, Hana	0:31:25	0:41:46	3:12:03	22.0	255.5	4.0	1:28:25	12:03	11:40
Kuhlman, Kevin	1:02:53	0:52:55	2:21:59	23.0	263.5		1:25:56	11:12	08:59
Lagunas, Jocelyln	1:40:40	0:37:10	3:21:45	28.0	256.5	5.0	1:53:12	12:08	09:55
Mendoza, Alejandro	0:49:32	0:46:37	2:51:03	23.0	266.5		1:29:04	11:37	11:32
Nadeau, Kelly	2:12:10	0:42:13	3:09:00	32.0	264.4	UP 9.0	2:01:08	11:21	11:14
Olsen, Schuyler	0:43:15	0:43:21	2:59:07	23.0	258.5		1:28:34	11:33	11:33
Philips, Ryan	2:21:10	0:52:55	2:27:49	32.0	260.4		1:53:58	10:41	10:26
Rojas, Jaret	2:40:19		2:09:22	26.0	256.5	7.0	2:24:50	11:09	08:34
Seifert, Angelica	0:40:13	0:41:57	2:50:56	23.0	266.5	UP 6.0	1:24:22	11:00	10:37
Song, Erin	0:47:32		3:16:02	19.0	262.3	UP 1.0	2:01:47	12:49	12:17
Spiker, Katelyn	0:38:28	0:39:23	2:43:04	23.0	260.5		1:20:18	10:28	10:18
Toothman, Anika	0:41:20	0:41:46	3:08:24	23.0	261.5	UP 1.0	1:30:30	11:48	11:14
Vazquez, Valeria	2:41:40	0:53:55	3:23:50	31.0	278.5	UP 18.0	2:19:48	13:32	12:14

**1) Next marathon benchmark - SRLA Friendship Run 18 Miler! Sunday February 11th! Meet at Lowes 6am!**

**2) 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, February 8th at coaches discretion to participate in the SRLA Friendship Run.**

**3) Next marathon benchmark - SRLA Friendship Run 18 Miler! Sunday February 11th! Meet at Lowes 6am!**

**4) Check out SOAR-SC.org. Like us on Facebook at [www.facebook.com/soarsantaclarita](http://www.facebook.com/soarsantaclarita) - Instagram SOAR\_SC - Snapchat - SOAR\_SC**

**5) Keep Training Hard! SOAR '18 ROCKS!!!! ÷D**