

SOAR Student Training Progress Week 21- 4 Mile Bench, 10 Mile Hillwork

Student / WK 21	2-Feb	4-Feb	6-Feb	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Apolinar, Vanessa	0:46:11	0:47:06	2:20:44	18.45	326.6		1:18:00	0:12:41	0:12:47
Beckwith,Joel	0:32:35	0:32:13	1:32:53	18.45	339.3		0:52:34	0:08:33	0:08:20
Castano, Peter	0:32:30	0:31:55	1:26:08	18.45	343.3		0:50:11	0:08:10	0:07:56
Castro, Jessica	0:35:47	0:34:43	1:43:39	18.45	339.5		0:58:03	0:09:26	0:09:20
Celis, Karen	0:41:38	0:39:40	2:00:50	18.45	339.1		1:07:23	0:10:57	0:11:14
Chavez, Andy	0:36:07	0:38:00	1:42:00	18.45	316.0		0:58:42	0:09:33	0:09:52
DeLapaz, Carlos	0:36:17	0:34:40	2:20:44	18.45	338.9		1:10:34	0:11:28	0:11:44
DeLapaz, Jonathan	0:42:56	0:41:40	1:50:54	18.45	339.1		1:05:10	0:10:36	0:11:48
Fernandez, Marycruz	0:45:11	0:42:11	1:55:56	18.45	344.5		1:07:46	0:11:01	0:11:08
Ford, David	0:40:11	0:37:58	1:46:38	18.45	343.0		1:01:36	0:10:01	0:09:20
Ford, Elizabeth	0:40:11	0:37:58	1:46:38	18.45	349.4		1:01:36	0:10:01	0:09:39
Fragoza, Christian	0:35:47	0:42:28	1:34:10	18.45	322.1		0:57:28	0:09:21	0:11:01
Green, Hannah	0:37:34	0:35:49	1:34:03	18.45	339.2		0:55:49	0:09:04	0:08:51
Green, Sarah	0:39:56	0:40:23	1:54:40	18.45	339.2		1:05:00	0:10:34	0:10:32
Hoglo, Wyatt	0:36:35	0:34:41	1:51:50	18.45	348.9		1:01:02	0:09:55	0:09:42
Ibarra, Mario	0:51:54	0:42:50	1:50:54	18.45	334.7		1:08:33	0:11:09	0:12:15
Javier, Alexandra	0:38:09	0:36:55	2:20:19	18.45	339.2		1:11:48	0:11:40	0:10:51
Javier, Dannah	0:46:50	0:49:20	2:14:18	18.45	333.0		1:16:49	0:12:29	0:12:26
Jonas, Angelica	0:36:52	Injured	1:55:00	14.35	334.4		1:15:56	0:10:35	0:10:04
Kuhlman, Kevin	0:32:41	0:32:20	1:25:06	18.45	339.1		0:50:02	0:08:08	0:07:56
Loth, Brooke	0:42:56	0:42:28	2:20:14	18.45	336.7		1:15:13	0:12:14	0:11:32
Luna, Karla	0:43:35	0:42:38	2:05:15	18.45	338.0		1:10:29	0:11:28	0:12:11
Mejia, Victoria	0:50:18	0:42:28	1:58:00	18.45	339.1		1:10:15	0:11:25	0:11:41
Ortiz, Dariana	0:42:56	0:41:40	1:58:00	18.45	339.2		1:07:32	0:10:59	0:11:17
Spiker, Joshua	0:32:25	0:31:45	1:25:06	18.45	339.3		0:49:45	0:08:05	0:07:41
Spiker, Katelyn	0:44:42	0:40:33	1:58:06	18.45	339.7		1:07:47	0:11:01	0:10:47
Storaker, Stacey	0:40:11	0:37:58	1:50:11	18.45	345.7		1:02:47	0:10:12	0:09:42
Uhrig, Caroline	0:45:18	0:42:02	1:50:11	18.45	340.0		1:05:50	0:10:42	0:10:45
Ziemba, Matthew	0:36:21	0:46:06	1:45:51	18.45	339.1		1:02:46	0:10:12	0:10:27

- 1) LA Expo rally time changed to 9am Saturday at Lowes. All permission slips to Coach Sarkissian!!
- 2) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC
- 3) SAVE SOAR!!!! Support the Mardi Gras Madness 5K/10K - Sunday February 21st 2016!! Valencia Town Center!! WWW.MGM5K.COM
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- 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, February 11th!!!