

SOAR Student Training Progress Week 18- 5 Mile Bench, 10 Mile Hillwork

| Student / WK 18 | 12-Jan | 14-Jan | 16-Jan | Total Miles Weekly | Total Miles YTD | Total Miles Owed | Average Training Time / WK | Wkly Min / Mile | YTD Min / Mile |
|---------------------|---------|---------|---------|--------------------|-----------------|------------------|----------------------------|-----------------|----------------|
| Apolinar, Vanessa | 0:35:27 | 1:00:00 | 2:12:12 | 18.0 | 256.4 | | 1:15:53 | 0:12:39 | 0:12:47 |
| Beckwith, Joel | 0:20:36 | 0:36:47 | 1:22:40 | 18.0 | 261.1 | 7.0 | 0:46:41 | 0:07:47 | 0:08:09 |
| Castano, Peter | 0:20:15 | 0:40:40 | 1:24:53 | 18.0 | 273.1 | | 0:48:36 | 0:08:06 | 0:07:50 |
| Castro, Jessica | 0:25:56 | 0:42:43 | 1:42:12 | 18.0 | 269.3 | | 0:56:57 | 0:09:30 | 0:09:19 |
| Celis, Karen | | | 2:12:12 | 10.0 | 260.9 | 8.0 | 2:12:12 | 0:13:13 | 0:11:15 |
| Chavez, Andy | 0:25:45 | 0:54:12 | 2:02:00 | 18.0 | 245.8 | | 1:07:19 | 0:11:13 | 0:09:44 |
| DeLapaz, Carlos | 0:26:49 | 0:46:38 | 2:02:20 | 18.0 | 268.7 | | 1:05:16 | 0:10:53 | 0:11:48 |
| DeLapaz, Jonathan | 0:29:16 | 0:54:12 | 1:58:09 | 18.0 | 268.9 | | 1:07:12 | 0:11:12 | 0:11:54 |
| Fernandez, Marycruz | 0:31:04 | 0:52:08 | 1:57:06 | 18.0 | 274.3 | | 1:06:46 | 0:11:08 | 0:11:06 |
| Ford, David | 0:23:57 | | 2:04:05 | 13.0 | 267.9 | 5.0 | 1:14:01 | 0:11:23 | 0:09:15 |
| Ford, Elizabeth | 0:25:02 | 0:45:15 | 1:47:15 | 18.0 | 278.3 | | 0:59:11 | 0:09:52 | 0:09:35 |
| Fragoza, Christian | 0:32:49 | 0:45:37 | 2:02:20 | 18.0 | 251.9 | | 1:06:55 | 0:11:09 | 0:10:25 |
| Green, Hannah | 0:25:56 | 0:44:50 | 1:42:30 | 18.0 | 269.0 | | 0:57:45 | 0:09:38 | 0:08:46 |
| Green, Sarah | 0:30:20 | 0:51:29 | 2:12:12 | 18.0 | 269.0 | | 1:11:20 | 0:11:53 | 0:10:28 |
| Hoglo, Wyatt | 0:25:04 | 0:44:57 | 1:47:26 | 18.0 | 278.7 | | 0:59:09 | 0:09:52 | 0:09:35 |
| Ibarra, Mario | 0:36:44 | 1:01:40 | 2:16:18 | 18.0 | 268.7 | | 1:18:14 | 0:13:02 | 0:12:03 |
| Javier, Alexandra | 0:29:16 | 0:47:56 | 2:02:28 | 18.0 | 269.0 | | 1:06:33 | 0:11:06 | 0:10:43 |
| Javier, Dannah | 0:37:00 | 1:04:02 | | 8.0 | 252.8 | 10.0 | 0:50:31 | 0:12:38 | 0:12:15 |
| Jonas, Angelica | Injured | 0:45:36 | 0:50:30 | 10.0 | 273.5 | | 0:48:03 | 0:09:37 | 0:09:58 |
| Kuhlman, Kevin | 0:20:17 | 0:36:04 | 1:26:15 | 18.0 | 268.9 | | 0:47:32 | 0:07:55 | 0:07:46 |
| Loth, Brooke | 0:33:30 | 1:00:00 | 1:58:11 | 18.0 | 266.5 | | 1:10:34 | 0:11:46 | 0:11:50 |
| Luna, Karla | 0:33:00 | 0:56:28 | 2:02:27 | 18.0 | 267.8 | | 1:10:38 | 0:11:46 | 0:12:13 |
| Mejia, Victoria | 0:36:44 | 1:01:38 | 2:09:50 | 18.0 | 268.9 | | 1:16:04 | 0:12:41 | 0:11:35 |
| Ortiz, Dariana | 0:34:39 | 1:00:00 | 1:58:11 | 18.0 | 269.0 | | 1:10:57 | 0:11:49 | 0:11:15 |
| Spiker, Joshua | 0:23:20 | 0:35:47 | 1:24:53 | 18.0 | 269.1 | | 0:48:00 | 0:08:00 | 0:07:35 |
| Spiker, Katelyn | 0:30:10 | 0:57:01 | 1:54:16 | 18.0 | 269.5 | | 0:43:35 | 0:04:51 | 0:10:40 |
| Storaker, Stacey | 0:28:23 | | 1:47:20 | 13.0 | 270.4 | 5.0 | 1:07:52 | 0:10:26 | 0:09:35 |
| Uhrig, Caroline | 0:28:23 | 0:55:13 | 1:57:06 | 18.0 | 268.9 | | 1:06:54 | 0:11:09 | 0:10:43 |
| Ziemba, Matthew | 0:32:39 | 0:48:34 | 1:41:31 | 18.0 | 268.9 | | 1:00:55 | 0:10:09 | 0:10:28 |

- 1) SAVE SOAR!!!! Support the Mardi Gras Madness 5K/10K - Sunday February 21st 2016!! Valencia Town Center!! WWW.MGM5K.COM**
- 2) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC**
- 3) FINAL OFFICIAL TEAM QUALIFIER - SOAR 20 MILER SATURDAY JANUARY 30TH 2016! PERMISSION SLIPS THIS WEEK!**
- 4)SAVE SOAR!!!! Support the Mardi Gras Madness 5K/10K - Sunday February 21st 2016!! Valencia Town Center!! WWW.MGM5K.COM**
- 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 28th at coaches discretion to participate in the SOAR 20 Miler.**