Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL	Mid Distance	Distance
Jayden	5.2	7.04	7.22	8.2	7		7.11	41.77		
	7:26 pace	7:45 pace	up, wo, down	7:17 pace	up, wo, down		up, wo, down			
Jordan	7	7	7.11	9.02	4		5.5	40.13		
	7:31 pace	6:51 pace	2 up, 6x3min, down	6:48 pace	7:36 pace		up, 200 wo, down			
Jack	4	4.81	7	6.01	7.51	3.1	5.7	40.03		
	7:14 pace	6:52 pace	up, wo, down	7:11 pace	up, wo, down	6:58 pace	up, 300 wo, down			
Michael	8.01	6	6.14	8	4		6.7	38.85		
	7:54 pace	7:32 pace	up, wo, down	7:50 pace, part on treadmill	treadmill		up, 300 wo, down			
Wesley	No Post	7.03	8	5.11	12.01		6.5	38.65		
		7:43 pace	up, wo, down	7:14 pace	7:45 pace		up, 200 wo, down			
Amare	8.4	5.02	6.01	6.01	5.7		5.1	36.24		
	9:20 pace	7:49 pace	up, wo, down	7:58 pace	up, wo, down		up, wo, down			
Matthew	3.01	5.01	6.5	6.5	7.51		6.7	35.23		
	7:02 pace	7:13 pace	up, wo, down	6:58 pace	up, wo, down		up, 300 wo, down			
Charles	No Post	7	8	5.25	No Post	6	5.52	31.77		
		7:08 pace	up, wo, down	7:00 pace		6:59 pace	up, 300 wo, down			

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Sebastiano	6	No Post	5.8	5	No Post	5	4.88	26.68		
	8:31 pace		7:34 pace	7:56 pace		workout	workout			
Joseph	4	4	4	4	4		2.19	22.19		
	treadmill	treadmill	treadmill	treadmill	treadmill		treadmil wo			
Emilio	No Post	4	3	6	No Post		4.81	17.81		
		8:57 pace	fartlek	8:16 pace						
Dimitri	No Post	5.01	No Post	6	5.62		No Post	16.63		
		8:24 pace		up, wo, down	up, wo, down					
Nick Pandis	No Post	5.09	2	No Post	3.11		No Post	10.2		
		8:08 pace	warm up ?		7:31 pace					
Will	No Post	No Post	No Post	No Post	No Post		No Post	0		
Luke	No Post	No Post	No Post	No Post	No Post		No Post	0		
Brandon								--		

Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL	Mid Distance	Distance
Robert								--		

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