| Name | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTAL | Mid Distance | Distance |
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| Jordan | 10 | 5 | 7.5 | 7 | 6.5 | 9 | 14.01 | 60.01 | | |
| | 7:11 pace | 7:11 pace | up, wo, down | 6:40 pace | up, wo, down | 6:41 pace | 6:18 pace | | | |
| Jayden | 8.1 | 4.69 | 7.5 | 8 | 7.5 | 7.29 | 13.22 | 56.3 | | |
| | 7:46 pace | 8:10 pace | up, wo, down | 7:49 pace | up, wo, down | 7:41 pace | 8:20 pace | | | |
| Jack | 8.14 | 4 | 7.5 | 6.1 | 7.5 | 6.11 | 9.08 | 50.13 | | |
| | 6:21 pace | 7:20 pace | up, wo, down | 7:14 pace | up, wo, down | 7:08 pace | 6:34 pace | | | |
| Charles | 10.01 | 5.01 | 7.5 | 8 | 7.5 | No Post | 12.1 | 50.12 | | |
| | 6:52 pace | 7:06 pace | up, wo, down | 7:03 pace | up, wo, down | | 6:34 pace | | | |
| Michael | 9 | No Post | 7.5 | 5.5 | 7.5 | 5 | 12.01 | 46.51 | | |
| | 6:55 pace | | up, wo, down | treadmil | up, wo, down | 7:02 pace | 6:59 pace | | | |
| Amare | 8.26 | 4 | 6.5 | 6 | 5.5 | 6.04 | 9.01 | 45.31 | | |
| | 8:07 pace | 7:58 pace | up, wo, down | 8:01 pace | up, wo, down | 7:42 pace | 6:58 pace | | | |
| Wesley | No Post | 5.03 | 5 | 3.01 | 6.5 | 9.14 | 13 | 41.68 | | |
| | | 7:23 pace | 7:33 pace | 7:26 pace | up, wo, down | 7:57 pace | 6:43 pace | | | |
| Joseph | 8 | 4 | 4 | 6 | 4 | 6 | 9 | 41 | | |
| | treadmill | treadmill | workout | treadmill | workout | treadmill | treadmill | | | |

| Name | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | TOTAL | Mid Distance | Distance |
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| Sebastiano | 6.01 | 3 | 5.5 | 4 | 5.5 | No Post | 6.01 | 30.02 | | |
| | 8:18 pace | 8:05 pace | up, wo, down | 8:21 pace | up, wo, down | | 7:52 | | | |
| Nick Pandis | No Post | No Post | 6.5 | No Post | 5.5 | No Post | No Post | 12 | | |
| | | | up, wo, down | | up, wo, down | | | | | |
| Luke | No Post | 1.36 | 5.5 | 1.37 | 5.5 | No Post | No Post | 13.73 | | |
| | | 7:53 pace | up, wo, down | 8:15 pace | up, wo, down | | | | | |
| Demitri | No Post | No Post | 6.5 | No Post | No Post | No Post | No Post | 6.5 | | |
| | | | up, wo, down | | | | | | | |
| Emilio | No Post | 3 | 3.02 | No Post | No Post | No Post | No Post | 6.02 | | |
| | | 7:18 pace | wu, wo | | | | | | | |
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