Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance
Jayden	7.4	7	7	6	5	7.4	8	47.8		
	7:06 pace	up, wo, down	6:56 pace	6:56 pace	race - 5:23 1600	7:08 pace	2 wu, 20 400s, 1 down			
Charles	8	8	7	7	7	8	Traveling home	45		
	7:01 pace treadmill	up, wo, down on treadmill	treadmill	treadmill	treadmill	20x60s on treadmill				
Jack	5.09	6	6.14	5.24	6.07	6.06	8	42.6		
	7:11 pace	up, wo, down	6:53 pace	up, 200s, down	6:45 pace	6:59 pace	2 wu, 20 400s, 1 down			
Michael	6	6	3	5.24	No Post	4.05	8	32.29		
	treadmill	up, wo, down	6:55 pace	up, 200s, down		7:14 pace	2 wu, 20 400s, 1 down			
Amare	No Post	6	4.05	4	5	4.01	8	31.06		
		up, wo, down	8:01 pace	up, 200s, down	7:48 pace	7:44 pace	2 wu, 20 400s, 1 down			
Robert	No Post	4.26	6	No Post	5	7.01	8	30.27		
		7:06 pace	up, wo, down		race - 5:22 1600	7:09 pace	2 wu, 20 400s, 1 down			
Matthew	No Post	6.01	6.01	No Post	5	4	8	29.02		
		6:57 pace	6:57 pace		race - 5:06 1600	treadmill	2 wu, 20 400s, 1 down			
Jayden Li	bike	5	5	4.44	7.58	No Post	7	29.02	plus 60 miles of biking	
	21 miles of biking	run & 14 mile bike	up, wo, down	9:27 pace & 8 mile bike	AM- 3.54 PM- 4.04		2 wu, 10 400s, 1 down			

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance
Joseph	No Post	5	4	4	4	No Post	7	24		
		up, wo, down	treadmill	treadmill	treadmill		2 wu, 10 400s, 1 down			
Sebastiano	No Post	6	5	No Post	5.24	allergy issue	7	23.24		
		7:29 pace	up, wo, down		up, 200s, down		wup, 10x400, down			
Brandon	bike	4.01	3.01	off	3.21	off	3	13.23		
	30 min	8:04 pace	8:19 pace		7:11 pace		7:16 pace			
Wesley	No Post	7.22	No Post	No Post	No Post	No Post	4.5	11.72		
							7:53 pace			
Jordan	Quarantine	Quarantine	Quarantine	Quarantine	Quarantine	Quarantine	Quarantine	0		
Emilio	START		USING		STRAVA		PLEASE	0		
Nick Pandis	START		USING		STRAVA		PLEASE	--		

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance

Name	Sunday 3/28	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday 4/1	Friday 4/2	Saturday 4/3	TOTAL	Mid Distance	Distance