Name	Sunday	Monday	Tuesday	Wednesday (Snowed)	Thursday (Snowed)	Friday	Saturday	TOTAL	Mid Distance	Distance
Jayden	9	6.5	7	8.1	6	3	10	49.6		
	7:37 pace	7:35 pace	warm up workout cooldown	7:27 pace	7:02 pace	?? Pace	7:30 pace			
Matthew	9.01	5	7	6	6	5	6.01	44.02		
	7:18 pace	Treadmill	warm up workout cooldown	7:11 pace	Treadmill	Treadmill	6:48 pace			
Jack	8.06	5.09	7	5	5	4.09	8	42.24		
	6:44 pace	7:35 pace	warm up workout cooldown	7:05 pace	7:05	7:41 pace	7:40 pace			
Jordan	10	5	7.04	6	No Post	No Post	2.82	30.86		
	7:01 pace	7:27 pace	warm up, 70s workout, cool down	7:17 pace			7:55 pace			
Michael	6.08	No Post	7	4.5	No Post	4	8	29.58		
	7:45 Pace		warm up workout cooldown	Treadmill		7:49 pace	Treadmill			
Amare	7.02	5.01	5.5	5.12	No Post	No Post	4.02	26.67		
	7:57 pace	7:57 pace	warm up workout cooldown	8:18 pace			8:37 pace			
Joseph	7	5	1	4	No Post	4	4	25		
	treadmill	treadmill	4x .2 miles	treadmill		treadmill	treadmill			
Wesley	No Post	8.37 mile bike	6.5	6.12	No Post	No Post	No Post	17.12		
			warm up workout cooldown	6:33 pace						

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Charles	No Post	9	7	No Post	No Post	No Post	No Post	16		
		6:45 pace	warm up workout cooldown							
Sebastiano	5	No Post	5.2	4	No Post	No Post	No Post	14.2		
	7:46 pace		warm up workout cooldown	8:17 pace						
Will	11.54 mile bike	No Post	No Post	No Post	No Post	No Post	No Post	5.75		
Emilio	No Post	3	3	No Post	No Post	No Post	No Post	6		
		8 minute pace	7:30 pace							
Nick Pandis	No Post	No Post	No Post	No Post	No Post	No Post	No Post	0		
Dimitri	No Post	No Post	No Post	No Post	No Post	No Post	No Post	0		
Brandon	HURT	HURT	HURT	HURT	HURT	HURT	HURT	--		
	BIKING	BIKING	BIKING	BIKING	BIKING	BIKING	BIKING			
Robert	HURT	HURT	HURT	HURT	HURT	HURT	HURT	--		
	Hurt									

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