Name	Sunday 2/14	Monday 2/15	Tuesday 2/16	Wednesday 2/17	Thursday 2/18	Friday 2/19	Saturday 2/20	TOTAL	Mid Distance	Distance
Jordan	bike	8	7	5.59	No Post	3	6	34.59		
		up, treadmill wo, down	up, treadmill wo, down	7:04 pace		7:12 pace	race day			
Jack	5	8	7	5.16	3.6	5.01	5	33.77		
	7:01 pace	up, treadmill wo, down	up, treadmill wo, down	7:12 pace	7:49 pace	7:37 pace	7:05 pace			
Jayden	6.1	8	No Post	7.1	8.2	6	2.92	32.22		
	7:03 pace	up, treadmill wo, down		7:11 pace	7:15 pace	7:12 pace	7:38 pace			
Matthew	4.46	7.5	7	3.5	4	No Post	3.67	25.67		
	6:43 pace	up, treadmill wo, down	up, treadmill wo, down	treadmill	treadmill		6:55 pace			
Joseph	4	5	4	4	4	4	No Post	21		
	treadmill	up, treadmill wo, down	treadmill	treadmill	treadmill	treadmill	treadmill			
Sebastiano	4	No Post	4.86	5	No Post	No Post	No Post	9.86		
	7:34 pace		workout	7:26 pace						
Robert	No Post	No Post	2.52	4	No Post	No Post	No Post	9.02		
			ran 2.5, then did rowing workout	7:19 pace						
Amare	No Post	No Post	No Post	5.03	No Post	No Post	No Post	5.03		
				7:59 pace						

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Michael	No Post	No Post	No Post	No Post	4	No Post	No Post	4		
					treadmill					
Charles	No Post	3	No Post	No Post	No Post	No Post	No Post	3		
		treadmill								
Wesley	No Post	No Post	No Post	No Post	No Post	No Post	No Post	0		
Nick Pandis	No Post	No Post	No Post	No Post	No Post	No Post	No Post	0		
Emilio	No Post	No Post	No Post	No Post	No Post	No Post	No Post	0		
Luke								0		
Brandon								--		

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