

Name	Sunday 7/4	Monday 7/5	Tuesday 7/6	Wednesday 7/7	Thursday 7/8	Friday 7/9	Saturday 7/10	TOTAL	Senior	Not a Senior
Jayden	7.31	5	7.49	4.46	2	5.23	6.4	37.89		
	7:50 pace	7:48 pace	8:05 pace	8:03 pace	7:39 pace	7:24 pace	7:47 pace			
Matthew	7	5.01	6	5	5.01	6	2.01	36.03		
	7:07 pace	7:14 pace	treadmill	treadmill	6:51 pace	7:16 pace	6:52 pace			
Jack	7.08	5.28	5.05	6.11	5	5.04	2	35.56		
	6:53 pace	7:09 pace	6:29 pace	7:20 pace	7:02 pace	7:02 pace	7:09 pace			
Amare	7.01	5.03	5.03	5.02	5.01	2.02	4.02	33.14		
	8:17 pace	8:00 pace	7:43 pace	8:44 pace	8:43 pace	7:43 pace	8:32 pace			
Joseph	7	3	4.5	No Post	5	5	5	29.5		
	9:46 pace	treadmill	9:45 pace		treadmill	treadmill	treadmill			
Brandon	2	7.01		5		5	4.01	23.02		
	7:08 pace	7:27 pace		7:29 pace		7:28 pace	6:29 pace			
Charles	7	5	2	No Post	No Post	No Post	No Post	14		
	7:05 pace	6:54 pace	7:20 pace							
Robert	Quarantine	4	5	No Post	5	No Post	No Post	14		
		7:17 pace	7:01 pace		6:48 pace					











































































































































