

Name	Monday 10/25	Tuesday 10/26	Wednesday 10/27	Thursday 10/28	Friday 10/29	Saturday 10/30	Sunday 10/31	TOTAL	Senior	Not a Senior
Jack	7	8.03	7.14	8.15	7	7.19	7.6	52.11		
	up. 4642, down	7:14 pace	up, 300 wo, down	7:25 pace	7:31 pace	race day	7:06 pace			
Matthew	7	8.03	7.14	8.15	7	7.19	7	51.51		
	up, 4642, down	7:14 pace	up, 300 wo, down	7:25 pace	7:07 pace	race day	7:07 pace			
Michael	7	7.32	7.14	8.15	7	7.19	7	50.8		
	up, 4642, down	fartlek	up, 300 wo, down	7:25 pace	7:35 pace	race day	7:28 pace			
Jayden	7	6	7.14	8.15	7	7.19	7.1	49.58		
	up, 4642, down	7:14 pace	up, 300 wo, down	7:25 pace	7:17 pace	race day	7:24 pace			
Robert	7	8	7	8	5.01	7.19	7.04	49.24		
	elliptical	elliptical	elliptical	elliptical	7:38 pace	race day	7:18 pace			
Amare	7	6	7.14	4	6	7.19	7.05	44.38		
	up. 4642, down	7:10 pace	up, 300 wo, down	7:34 pace	7:49 pace	race day	7:36 pace			
Charles	Pool	Pool	Pool	Pool	Pool	7.19	No Post	40		
						race day				

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