

Name	Monday 9/20	Tuesday 9/21	Wednesday 9/22	Thursday 9/23	Friday 9/24	Saturday 9/25	Sunday 9/26	TOTAL	Senior	Not a Senior
Robert	8.04	8.3	8.3	8.06	5	8	9	54.7		
	7:36 pace	up, 3xmile, down	up, 10x600, down	7:34 pace	7:17 pace	bowdoin race	7:14 pace			
Jack	6.01	8.3	8.3	8.06	5.03	8	10.5	54.2		
	7:27 pace	up, 3xmile, down	up, 10x600, down	7:34 pace	7:24 pace	bowdoin race	7:15 pace			
Jayden	6.1	8.3	8.3	8.06	4.92	8	10	53.68		
	7:09 pace	up, 3xmile, down	up, 10x600, down	7:34 pace	7:20 pace	bowdoin race	7:38 pace			
Matthew	7	8.3	8.3	8.06	5	8	9	53.66		
	7:36 pace	up, 3xmile, down	up, 10x600, down	7:34 pace	7:19 pace	bowdoin race	7:47 pace			
Michael	6.01	8.3	8.3	8.06	5	8	9.01	52.68		
	7:27 pace	up, 3xmile, down	up, 10x600, down	7:34 pace	7:19 pace	bowdoin race	7:30 pace			
Charles	7	8.3	8	7	8	8	5	51.3		
	7:36 pace	up, 3xmile, down	4 outside then pool	47min pool	52min pool	bowdoin race				
Amare	5.01	8	6	4.51	5	9.01	7	44.53		
	7:54 pace	8:15 pace	up, workout, down	8:04 pace		8:00 pace	7:58 pace			

