Name	Sunday 3/21	Monday 3/22	Tuesday 3/23	Wednesday 3/24	Thursday 3/25	Friday 3/26	Saturday 3/27	TOTAL	Mid Distance	Distance
Jayden	7.7	7.5	7.9	7.37	8	5.6	8	52.07		
	8:11 pace	2, 150s, 5	up, wo, down	7:34 pace	7:29 pace	up, 200wo, down	7:23 pace			
Jack	5.15	6.5	7.2	5.07	5.6	4.11	5.5	39.13		
	6:58 pace	2, 150s, 4	up, wo, down	7:02 pace	up, 200wo, down	7:02 pace	race - 2:13 800			
Michael	No Post	5	6.2	3	6.6	6.71	3	30.51		
		run, 100s	up, wo, down	treadmill	up, 200wo, down		fartlek			
Amare	5.17	4.12	5.5	4.11	5.6	No Post	5.5	30		
	7:44 pace	7:24 pace	up, wo, down	7:57 pace	up, 200wo, down		race - 2:16 800			
Robert	No Post	7.5	5.5	No Post	7.01	1.75	7	28.76		
		2, 150s, 6	up, wo, down		6:54 pace	6:21 pace	up, fartlek, down			
Joseph	4	4	5	4	5.6	No Post	5	27.6		
			up, wo, down		up, 200wo, down		race - 2:34 800			
Matthew	No Post	7.5	7.2	No Post	5.6	No Post	7.02	27.32		
		2, 150s, 4	up, wo, down		up, 200wo, down		up, tempo, down			
Charles	No Post	7.5	7.2	No Post	No Post	5.6	No Post	20.3		
		2, 150s, 5	up, wo, down			up, 200wo, down				

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Brandon	2.01	Off	4	3	4	3.6	off	16.61		
	7:32 pace		8:00 pace	7:28 pace	7:59 pace	7:34 pace				
Jordan	4.36	Quarantine	Quarantine	Quarantine	Quarantine	Quarantine	Quarantine	4.36		
	6:53 pace									
Wesley	?????	?????	?????	?????	?????	?????	?????	?????		
	?????	?????	?????	?????	?????	?????	?????	?????		
Sebastiano	4	3.01	5	No Post	No Post	4	4	20.01		
	7:16 pace	7:41 pace	up, wo, down			7:29 pace	race - 2:32 800			
Emilio	No Post	6.5	No Post	No Post	2.06	6	No Post	14.56		
		2, 150s, 4			7:11 pace	8:24 pace				
Nick Pandis	START		USING		STRAVA		PLEASE	--		

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