Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL	Mid Distance	Distance
Jordan	9	5	3.01	8.57	7.71	5	5	43.29		
	6:45 pace	up, 600 wo, down	7:20 [ace	2 up, treadmill workout, cd	7:01 pace	7:09 pace	race day			
Amare	6	5	3.02	8.57	4.01	2	5	33.6		
	8:57 pace	up, 600 wo, down	7:59 pace	2 up, treadmill workout, cd	7:52 pace	8:19 pace	race day			
Jayden	6.7	5	2.9	5.5	5.02	3.2	4.5	32.82		
	7:16 pace	up, 600 wo, down	6:57 pace	up, wo, down	7:14 pace	7:03 pace	7:13 pace			
Jack	6.03	5	3.02	5.5	6.09	Day Off	6	31.64		
	7:00 pace	up, 600 wo, down	7:28 pace	up, wo, down	7:06 pace	(Spoke to coach)	run + 200s			
Joseph	4	5	6	4	5	6	No Post	30		
	treadmill	up, 600 wo, down	treadmill	up, wo, down	treadmill	treadmill				
Charles	7	5	No Post	8.57	No Post	4	Quarantine	24.57		
	7:22 pace	up, 600 wo, down		2 up, treadmill workout, cd		7:25 pace				
Wesley	No Post	5	Bike	8.57	Bike	No Post	5	24.57		
		up, 600 wo, down		2 up, treadmill workout, cd			race day			
Michael	No Post	5	4	5.5	3	No Post	5	22.5		
		up, 600 wo, down	30min treadmill	up, wo, down	7:11 pace		race day			

Matthew	3	Coach Vene	3	4	3	3.5	No Post	16.5
	20min treadmill		20min treadmill	ran during workout	6:51 pace	25min treadmill		
Sebastiano	No Post	3.04	No Post	No Post	5.02	No Post	4	12.06
		7:43 pace			7:39 pace		7:19 pace	
Nick Pandis	No Post	5	No Post	5	No Post	No Post	No Post	10
		up, 600 wo, down		up, wo, down				
Luke	No Post	No Post	No Post	No Post	No Post	No Post	No Post	0
Emilio	No Post	3	No Post	3	No Post	No Post	No Post	6
		7:55 pace		8:06 pace				
Brandon								--
Robert								--