Name	Monday 10/4	Tuesday 10/5	Wednesday 10/6	Thursday 10/7	Friday 10/8	Saturday 10/9	Sunday 10/10	TOTAL	Senior	Not a Senior
Matthew	9	8	7.5	8	6.01	8.16	10	56.67		
	7:43 pace	up, 1200s, down	up, 300s, down	7:41 pace	7:49 pace	up, VCP race, down	7:40 pace			
Michael	9	8	7.5	8	6	8.16	10	56.66		
	7:42 pace	up, 1200s, down	up, 300s, down	7:41 pace	7:36 pace	up, VCP race, down	7:20 pace			
Jayden	9.16	8	7.5	8	5.74	8.16	10	56.56		
	7:55 pace	up, 1200s, down	up, 300s, down	7:41 pace	7:41 pace	up, VCP race, down	7:40 pace			
Robert	8	8	7.5	8	6.01	8.16	10	55.67		
	6:52 pace	up, 1200s, down	up, 300s, down	7:41 pace	7:49 pace	up, VCP race, down	7:10 pace			
Amare	9.42	8	7.5	8.05	6.19	8.16	8	55.32		
	7:50 pace	up, 1200s, down	up, 300s, down	7:39 pace	7:46 pace	up, VCP race, dowm	8:11 pace			
Charles	8.01	8	7.5	8	6.01	8.16	9	54.68		
	7:33 pace	up, 1200s, down	up, 300s, down	7:41 pace	8:00 pace	up, VCP race, down	6 treadmill 30min on bike			
Jack	Off	8	7.5	8	6.01	8.16	10.26	47.93		
		up, 1200s, down	up, 300s, down	7:41 pace	7:49 pace	up, VCP race, dowm	7:25 pace			

Name	Monday 10/4	Tuesday 10/5	Wednesday 10/6	Thursday 10/7	Friday 10/8	Saturday 10/9	Sunday 10/10	TOTAL	Senior	Not a Senior
Brandon	6.25	8	7.5	6.01	6.01	No Post	6.01	39.78		
	7:27 pace	up, 1200s, down	up, 300s, down	7:50 pace	8:00 pace		7:01 pace			
Pandis	No Post	8	7.5	6	4	No Post	4	29.5		
		up, 1200s, down	up, 300s, down	7:45 pace	run/elliptical		7:33 pace			
Oliver	Elliptical	Elliptical	Elliptical	Elliptical	Elliptical	Elliptical	Elliptical	--		
	shin hurt	shin hurt	shin hurt	shin hurt	shin hurt	shin hurt	shin hurt			