

Name	Monday 8/16	Tuesday 8/17	Wednesday 8/18	Thursday 8/19	Friday 8/20	Saturday 8/21	Sunday 8/22	TOTAL	Senior	Not a Senior
Matthew	8	7	9	7	7	12	7	57		
	7:30 pace	7:12 pace	7:19 pace	up, 300s, down	treadmill	7:20 pace	treadmill			
Jack	7.02	6.01	9.06	7	7	11.02	6.01	53.12		
	7:15 pace	7:42 pace	6:53 pace	7:26 pace	up, 300s, down	7:32 pace	7:24 pace			
Jayden	6.23	10	8.7	6.55	6.67	12.75	Hurricane	50.9		
	7:58 pace	8:23 pace	7:24 pace	8:12 pace	8:16 pace	8:08 pace				
Michael	6	6.01	6	8	7	10	6.5	49.51		
	7:47 pace	8:02 pace	7:35 pace	7:38 pace	up, 300s, down	7:34 pace	treadmill			
Amare	6	7.01	9.01	6.01	7.2	10.01	Hurricane	45.24		
	7:53 pace	7:55 pace	8:13 pace	8:20 pace	up, 300s, down	AM: 7 PM: 3				
Charles	8	7	5	6	No Post	No Post	Hurricane	26		
	7:10 pace	6:59 pace	7:16 pace	up, tempo						
Joseph	No Post	No Post	5.5	No Post	4	11	2	22.5		
			treadmill		8:08 pace	treadmill	treadmill			
Brandon	6.01	5	6	No Post	4	No Post	Hurricane	21.01		
	6:34 pace	up, 800 wo, down	6:49 pace		up, 800s, down					

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