

Name	Monday 8/23	Tuesday 8/24	Wednesday 8/25	Thursday 8/26	Friday 8/27	Saturday 8/28	Sunday 8/29	TOTAL	Senior	Not a Senior
Matthew	7	8	7	10	5.38	12	6	55.38		
	7:29 pace	4mile progression, all out mile	hills	7:32 pace VCP	7:44 pace	7:44 pace	7:40 pace			
Jack	7.05	8	7	12.04	6.09	9.01	6.03	55.22		
	7:19 pace	4mile progression, all out mile	hills	7:32 pace VCP	7:35 pace	7:10 pace	7:22 pace			
Jayden	7	7	7	9	6.16	7.1	8.8	52.06		
	8:10 pace	4mile progression, all out mile	hills	8:16 pace	7:29 pace	7:10 pace	8:14 pace			
Michael	5	8	7	9	5.38	11	6	51.38		
	7:33 pace	4mile progression, all out mile	hills	7:42 pace VCP	7:44 pace	7:25 pace	7:36 pace			
Amare	4.01	8	7		5	10	7.01	41.02		
	7:59 pace	4mile progression, all out mile	hills	traveling to DR	8:10 pace	7:55 pace	8:53 pace			
Charles	No Post	8	7	9.04	6	8	No Post	38.04		
		4mile progression, all out mile	hills	7:25 pace VCP	7:56 pace	7:22 pace				
Robert	5	7	7	7.23			3	29.23		
	7:07 pace	3mile progression, all out mile	hills	8:11 pace VCP			8:12 pace			











































































































































