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Jayden	off	5.32	6.2	6	6	6	6.2	35.72		
		7:49 pace	7:31 pace	up, tempo, down	7:12 pace	6:58 pace	7:09 pace			
Jack	5	5.09	5.02	Off (knee)	5	5	5	30.11		
	6:58 pace	6:34 pace	6:51 pace		6:48 pace	6:53 pace	6:46 pace			
Michael	5.5	3.35	5	5	5	No Post	5	28.85		
	7:00 pace	7:13 pace	7:22 pace	6:50 pace	treadmill		treadmill			
Amare	4.01	5.01	4.26	5	No Post	5.27	4.01	27.56		
	7:38 pace	7:29 pace	7:13 pace + strides	8:21 pace		7:25 pace	7:19 pace			
Matthew	No Post	5	5.02	6.02	No Post	5.16	6	27.2		
		6:55 pace	6:51 pace	6:50 pace		7:02 pace	6:38 pace			
Jordan	No Post	6	5.01	No Post	5.12	4.58	6.01	26.72		
		6:59 pace	7:10 pace		7:09 pace	7:05 pace	6:40 pace			
Sebastiano	3	3	No Post	3	6	No Post	5	20		
	7:17 pace	7:09 pace		7:04 pace	7:12 pace		7:29 pace			
Charles	No Post	6	No Post	6.02	3.1	3	No Post	18.12		
		6:41 pace		6:50 pace	7:07 pace	run + bike				

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Robert	No Post	6.05	6.04	6.02	No Post	No Post	No Post	18.11		
		6:45 pace	7:06 pace	7:03 pace						
Joseph	Off	4	No Post	No Post	4	4	4	16		
Emilio	Off	4	No Post	4	No Post	No Post	6	14		
		8:39 pace		8:16 pace			8:13 pace			
Brandon	Off	2.51	Off	3.24	Off	Off	3.12	8.87		
		7:32 pace		8:17 pace			7:23 pace			
Wesley	?????	?????	?????	?????	?????	?????	?????	?????		
	?????	?????	?????	?????	?????	?????	?????	?????		

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