

Name	Monday 9/13	Tuesday 9/14	Wednesday 9/15	Thursday 9/16	Friday 9/17	Saturday 9/18	Sunday 9/19	TOTAL	Senior	Not a Senior
Jack	6.07	9	9.01	8	4.05	8	12.08	56.21		
	7:26 pace	up, 20x400, down	7:33 pace VCP	4 outside, 30 elliptical	7:23 pace	up, race, down	7:23 pace			
Michael	6	9	9.01	8	4	8	11	55.01		
	7:22 pace	up, 20x400, down	7:33 VCP	4 outside, 30 elliptical	7:56 pace	up, race, down	7:19 pace			
Jayden	6	9	9	6	4.11	8	12	54.11		
	7:31 pace	up, 20x400, down	7:36 pace		7:17 pace	up, race, down	7:31 pace			
Amare	6	6.01	7	6	6	9	10	50.01		
	8:54 pace	8:02 pace	up, 300s, down	up, tempo, down	8:19 pace	up, VCP back loops, down	8:52 pace			
Matthew	40min pool	9	9	80min Pool	pool	8	60min pool	50		
		up, 20x400, down	flat part of VCP			up, race, down				
Charles	40min pool	67min pool	9	80min Pool	pool	8	60min pool	50		
		20x90s hard	flat part of VCP			up, race, down				
Robert	6	9	9	8	4.05	8	Off	44.05		
	7:24 pace	up, 20x400, down	7:39 pace	4 outside, 30 elliptical	7:23 pace	up, race, down				

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