Name	Sunday 2/7	Monday 2/8	Tuesday 2/9	Wednesday 2/10	Thursday 2/11	Friday 2/12	Saturday 2/13	TOTAL	Mid Distance	Distance
Jordan	snow	6.12	7	5.02	9.45	7.01	6	40.6		
		7:31 pace	up, wo, down	6:47 pace	up, wo, down	6:56 pace	6:38 pace			
Jayden	snow	7.1	6	5.2	7.6	7.4	7.2	40.5		
		7:16 pace	7:26 pace	7:31 pace	7:16 pace	7:05 pace	6:57 pace			
Jack	snow	6.4	6	7.5	7.5	5.1	6.33	38.83		
		7:12 pace	7:07 pace	up, wo, down	up, wo, down	7:38 pace	up, tempo, down			
Joseph	4	4	4	4	4	4	4	28		
	treadmill	treadmill	up, wo, down	treadmill	up, wo, down	treadmill	treadmill			
Michael	snow	No Post	7	3.7	9	3.77	4	27.47		
			up, wo, down	7:21 pace	up, wo, down	7:19 pace	treadmill			
Matthew	snow	3.5	4	3.5	3.82	3.5	3.5	21.82		
		treadmill	up, wo, down	treadmill	7:55 pace	treadmill	treadmill			
Charles	snow	No Post	6.4	No Post	9	No Post	No Post	15.4		
			6:43 pace		6:30 pace					
Amare	snow	4,02	4	3.01	snow	No Post	4.03	11.04		
		8:28 pace	8:03 pace	8:15 pace			7:57 pace			

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Wesley	snow	No Post	7	No Post	9	No Post	No Post	22		
			up, wo, down		up, wo, down					
Nick Pandis	snow	No Post	No Post	6	No Post	No Post	No Post	6		
				up, wo, down						
Emilio	bike	No Post	1.68	No Post	No Post	No Post	No Post	4.18		
			8:30 pace							
Sebastiano	snow	Quarantine	Quarantine	Quarantine	Quarantine	Quarantine	4	4		
							7:34 pace			
Luke	No Post	No Post	No Post	No Post	No Post	No Post	No Post	0		
Robert					3.82			6.32		
					7:55 pace					
Brandon								--		

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