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Jack	4.04	8.6	6.65	6.11	6.09	6.09	6.1	43.68		
	7:10 pace	race - 5:01 1600	up, 4642,2321, down	6:57 pace	up, fartlek, down	7:07 pace	Race- 10:32 3200			
Jayden	5.45	5	7.04	6.88	7.6	7.25	Getting	39.22		
	8:12 pace	race- 2:24 800	6:47 pace	7:58 pace	wu, fartlek, down	7:32 pace	Vaccine			
Michael	5	5.37	6.65	No Post	5	6	6.5	34.52		
	treadmill	7:21 pace	up, 4642,2321, down		up, fartlek, dowm	7:34 pace	up, 4x5x200, down			
Matthew	No Post	5	6.65	7	6.09	No Post	6.5	31.24		
		Race - 2:16 800	up, 4642,2321, down	7:08 pace	up, fartlek, down		up, 4x5x200, down			
Robert	No Post	4	6.65	No Post	6.01	7.01	6.5	30.17		
		race - 2:17 800	up, 4642,2321, down		up, fartlek, down	6:35 pace	up, 4x5x200, down			
Sebastiano	4	5	5.02	4	6.02	No Post	6	30.04		
	7:17 pace	race - 5:58 1600	up, 2x2321, down	7:30 pace	up, fartlek, down		race - 12:47 3200			
Amare	No Post	4	6.65	5.06	6.08	6.15	No Post	27.94		
		race - 5:10 1600	up, 4642,2321, down	8:15 pace	up, fartlek, down	8:27 pace				
Joseph	4	4	5	No Post	4	4	6	27		
	treadmill	rzce - 2:31 800	up, wo, down		treadmill	treadmill	race - 14:08 3200			

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Jordan	4.23	3	4.27	5	5.56	off	3.73	25.79		
	7:03 pace	?	6:43 pace	7:05 pace	7:02 pace		6:55 pace			
Wesley	6	No Post	5	No Post	5	No Post	5	21		
			up, wo, down		up, wo, down		up, wo, down			
Charles	8	No Post	5.5	No Post	6.08	No Post	No Post	19.58		
	6:49 pace		up, wo, down		up, fartlek, down					
Brandon	4.41	4	off	3.02	4	off	3.01	18.44		
	8:08 pace	6:48 pace		6:47 pace	7:06 pace		7:01 pace			
Emilio	No Post	No Post	1.65	1	6.02	No Post	4	12.67		
			wu, wo	9:51 pace	up, fartlek, down		8:04 pace			
Jayden Li	3.23	bike	4.92	No Post	2.17	1.31	No Post	11.63		
	& 11.85 bike	13.78 miles	10:08 pace		7:05 pace	6:44 pace				
Nick Pandis	START		USING		STRAVA		PLEASE	--		

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