Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL	Mid Distance	Distance
Jordan	11	No Post	8	6.5	9.01	4	6	44.51		
	6:32 pace		6:42 pace	up, wo, down	6:44 pace	7:18 pace	up, wo, down			
Jayden	9.52	5.22	No Post	7.4	8.26	3.08	8.1	41.58		
	7:43 pace	7:29 pace		workout	8:02 pace	7:19	up, wo, down			
Michael	10	No Post	5.9	8.4	1.8	8	6.3	40.4		
	6:58 pace		7:11 pace	up, wo, down	6:39 pace	treadmill	up, wo, down			
Jack	8	3.12	6	10	6	No Post	6.5	40.12		
	6:31 pace	7:10 pace	6:57 pace	up, wo, down	7:02 pace		up, wo, down			
Amare	9.2	3.01	6.02	6.5	6	No Post	6.01	36.74		
	7:33 pace	7:57 pace	7:37 pace	up, wo, down	8:13 pace		7:31 pace			
Charles	No Post	9	4.1	7.91	No Post	No Post	6.5	27.51		
		6:13 pace	8:01 pace	up, wo, down?			up, wo, down			
Joseph	8	3	6	4	6	No Post	No Post	27		
	treadmill	treadmill	treadmill	treadmill	treadmill					
Matthew	10.01	4	5.01	No Post*	2.01	Quarantine	Quarantine	21.03		
	6:57 pace	7:19 pace	6:54 pace	*spoke w/ me	7:19 pace					

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Sebastiano	6	3	No Post	8.18	No Post	No Post	No Post	17.18		
	8:02 pace	7:56 pace		workout						
Wesley	No Post	12	5	No Post	No Post	No Post	No Post	17		
		7:06 pace	7:48 pace							
Emilio	3.45	10	3	No Post	No Post	No Post	No Post	16.45		
	8:15 pace	8:20 pace	8:12 pace							
Dimitri	No Post	6.22	Bike	No Post	Bike	No Post	4	10.22		
		9:38 pace					up, wo, down			
Nick Pandis	No Post	No Post	6.05	No Post	No Post	No Post	No Post	6.05		
			7:43 pace							
Luke	No Post	No Post	No Post	No Post	No Post	1.36	No Post	1.36		
						8:01 pace				
Brandon								--		
Robert								--		

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