Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL	Mid Distance	Distance
Jayden	6	8	7.1	7	8.1	3	6	45.2		
	7:47 pace	up, wo, down	7:38 pace	up, wo, down	7:05 pace	?	Race Day			
Jordan	5	8	6	8	4	5	6	43		
	7:14 pace	wu, wo, down	7:01 pace	up, wo, down	?	?	Race Day			
Jack	4	8	6.01	7	6	4.07	6	42.08		
	7:27 pace	up, wo, down	7:00 pace	up, wo, down	7:16 pace	7:05 pace	Race Day			
Charles	4.1	8	8.01	7.5	8.12	No Post	6	41.73		
	8:10 pace	up, wo, down	6:51 pace	up, wo, down	6:52 pace		Race Day			
Amare	4	8	6.04	7	6.01	4	5	40.05		
	8:42 pace	wu, wo, down	8:29 pace	up, wo, down	8:35 pace	8:51 pace	Race Day			
Michael	No Post	8	2.5	7	2.81	No Post	6	26.31		
		up, wo, down	7:05 pace	up, wo, down	7:13 pace		Race Day			
Nick Pandis	No Post	7	No Post	7	No Post	No Post	6	20		
		up, wo, down		up, wo, down			Race Day			
Wesley	No Post	8	No Post	7	No Post	3	No Post	18		
		wu, wo, down		up, wo, down		7:41 pace				

Sebastiano	No Post	7	No Post	6	4	No Post	No Post	17		
		up, wo, down		up, wo, down	7:45 pace					
Joseph	6 miles	4	6	5	No Post	No Post	No Post	15		
	treadmill	up, wo down	treadmill	treadmill						
Demitri	No Post	7	No Post	7	No Post	No Post	No Post	14		
		up, wo, down		up, wo, down						
Luke	No Post	7	No Post	6	No Post	No Post	No Post	13		
		up, wo, down		up, wo, down						
Emilio	8	No Post	No Post	No Post	No Post	No Post	No Post	8		
	8:28 pace									
Matthew								--		
Brandon								--		
Robert								--		