Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL	Mid Distance	Distance
Jayden	8	7	7.5	8	8	7	7.2	52.7		
	7:37 pace	7:29 pace	up, wo, down	7:45 pace	run/elliptical	7:26 pace	7:26 pace			
Jack	4	8	7.5	6.06	8	5.03	6.1	44.69		
	7:19 pace	up, wo, down	up, wo, down	6:59 pace	run/elliptical	7:09 pace	run + 200s			
Jordan	7.54	5	7.5	7.24	8		5	44.28		
	7:13 pace	up, wo, down	up, wo, down	6:46 pace	run/elliptical	8 mile bike	race day			
Michael	No Post	5	6	7	8	5	5.5	36.5		
		up, wo, down	up, wo, down	7:16 pace	run/elliptical	treadmill	7:05 pace			
Amare	4	6	7.5	4.01	6	5.01	No Post	32.52		
	7:54 pace	8:39 pace	up, wo, down	8:43 pace	run/elliptical	8:09 pace				
Charles	No Post	6	7.5	No Post	8	No Post	5	26.5		
		up, wo, down	up, wo, down		run/elliptical		race day			
Wesley	No Post	5			5	No Post	5	25		
		up, wo, down	10 mile bike	10 mile bike	run/hills		race day			
Joseph	3	4	4	4	5	5	No Post	25		
	treadmill	treadmill	up, wo, down	treadmill	run/elliptical	treadmill				

Sebastiano	No Post	No Post	6	No Post	6	No Post	4	16		
			up, wo, down		run/elliptical		7:47 pace			
Nick Pandis	No Post	No Post	6.5	No Post	6	No Post	No Post	12.5		
			up, wo, down		run/elliptical					
Luke	No Post	No Post	6	No Post	6	No Post	No Post	12		
			up, wo, down		run/ellipitcal					
Emilio	3	6	3	No Post	No Post	No Post	No Post	12		
	7:54 pace	up, wo, down	8:08 pace							
Demitri								0		
Matthew								--		
Brandon								--		
Robert								--		