

Name	Sunday 1/31	Monday 2/1	Tuesday 2/2	Wednesday 2/3	Thursday 2/4	Friday 2/5	Saturday 2/6	TOTAL	Mid Distance	Distance
Jack	6	3.5	5	6	6.5	4	7.18	38.18		
	7:09 pace	7:19 pace	7:28 pace	6:58 pace	6:56 pace	7:17 pace	race day			
Michael	No Post	6	8	4	7	No Post	8	33		
		treadmill	treadmill	treadmill	up, wo, down		race day			
Jayden	6	snow	4.8	6	6.2	5.64	4	32.64		
	6:58 pace		6:57 pace	7:37 pace	7:18 pace	7:35 pace	8:05 pace			
Jordan	8	snow	snow	snow	7	3.05	8	26.05		
	6:43 pace				up, wo, down	6:44 pace	race day			
Amare	6.01	snow	snow	3.01	7	No Post	6	22.02		
	7:45 pace			8:03 pace	up, wo, down		race day			
Matthew	3.5	snow	3	4	3.43	3.5	3.5	20.93		
	treadmill		treadmill	treadmill	7:17 pace	treadmill	7:19 pace			
Joseph	6	snow	snow	4	2.29	4	No Post	16.29		
	treadmill			treadmill	10:46 pace	treadmill				
Wesley	No Post	snow	snow	Bike	6.01	No Post	6	17.01		
					7:19 pace +strides		race day			

