Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL	Mid Distance	Distance
Jordan	7	6	7.74	8.01	7.01	3.31		43.07		
	7:08 pace	6:59 pace	2 up, Workout, 2 down	7:26 pace	7:02 pace	7:26 pace	9 mile bike ride			
Amare	5.28	5.01	4.6	5	5	5.5	5	35.39		
	Run @ 7:56 pace	Run @ 7: 31pace	2 up, workout	8:02 pace	7:35 (tempo)	7:41 pace	warm up, workout, cooldown			
Matthew	5	6	5	8	3.29	No Post	6.02	33.31		
	7:29 pace	6:39 pace	1 up, workout, 1 down	7:28 pace	7:09 pace		warm up, workout, cool down			
Michael	7	5.01	7.74	4	6	3.05	No Post	32.8		
	7:14 pace	Run @ 7:18	2 up, Workout, 2 down	on the treadmill	warm up work out cool down	7:30 pace				
Jack	5.05	5.05	5	5.11	6.29	No Post	5	31.5		
	6:56 pace	7:08 pace	1 up, workout, 1 down	7:20 pace	warm up work out cool down		warm up, workout, cooldown			
Wesley	No Post	No Post	8	3.81	No Post	13.08	No Post	24.89		
			warm up, workout, cool down	7:25 pace		7:16 pace				
Charles	No Post	7.01	No Post	No Post	6.26	4.01	5	22.28		
		6:35 pace			warm up workout cool down	8:01 pace	warm up, workout, cooldown			
Jayden	6	6.6	Quarantine	Quarantine	Quarantine	Quarantine	7.8	20.4		
	7:15 pace	7:25 pace	Will ride Bike	Gave him bike workouts			warm up, workout, cooldown			

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Sebastiano	3	3	4	4	No Post	3	No Post	17		
			8:11 pace	7:53 pace		8:16 pace				
Joseph	5 Treadmill	No Post	4 Treadmill	5 Treadmill	4 Treadmill	No Post	4 treadmill	14		
Emilio	2	3	4.16	No Post	No Post	3.33	No Post	12.49		
	8:15 pace	7:49 pace	1.06 "warm up" 3.1 run			7:34 pace				
Will	3	No Post	No Post	No Post	4	10 mile	No Post	12		
	7:39 pace				1 up, 2 tempo, 1 down	bike ride				
Nick Pandis	No Post	5.12	2.01	No Post	No Post	No Post	No Post	7.13		
		8:31 Pace	warmup, run							
Luke	No Post	No Post	2.07	Quarantine	Quarantine	Quarantine	Quarantine	2.07		
			Run @ 8:27 pace							
Dimitri	No Post	No Post	No Post	No Post	No Post	No Post	No Post	?		
Brandon	3.14	BIKE	BIKE	BIKE	BIKE	BIKE	BIKE	--		
	7:14 pace	Still hurting, told him to bike for a few days								

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Robert	No Post	No Post	No Post	No Post	No Post	No Post	No Post	--		
	Assuming he is still hurt									

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