

Name	Monday 9/6	Tuesday 9/7	Wednesday 9/8	Thursday 9/9	Friday 9/10	Saturday 9/11	Sunday 9/12	TOTAL	Senior	Not a Senior
Jack	7.81	9	9.12	7	7.2	8.41	12.05	60.59		
		up, VCP backloops, down	7:21 pace	7:15 pace	freshman for a run day	up, fartlek, down	7:17 pace			
Jayden	7	9	9	7	7.2	7	11.34	57.54		
	7:41 pace	up, VCP backloops, down	7:55 pace	7:31 pace	freshman for a run day	up, fartlek, down	7:40 pace			
Michael	4.32	9	8	7	7.2	8	11	54.52		
	7:42 pace	up, VCP backloops, down	7:44 pace	7:27 pace	freshman for a run day	up, sunken meadow 5k, down	7:28 pace			
Amare	8.01	9	8	4.11	7.2	9	10	55.32		
	8:27 pace	up, VCP backloops, down	8:39 pace	7:30 pace	freshman for a run day	up, 20 400s, down	8:51 pace			
Robert	Elliptical	8	6	7	7.2	8	7	50.2		
	60min	up, VCP backloops, down	7:04 pace	7:35 pace	freshman for a run day	up, sunken meadow 5k, down	7:46 pace			
Matthew	Aqua Jog	Aqua Jog	6	7	7.2	8.41	8	46.61		
			7:25 pace		freshman for a run day	up, fartlek, down	7:45 pace			
Brandon	No Post	5	7.01	7.01	7.2	8.41	8.01	42.64		
		up, mile repeats	7:36 pace	7:28 pace	freshman for a run day	up, fartlek, down	7:25 pace			

