

Name	Sunday 8/1	Monday 8/2	Tuesday 8/3	Wednesday 8/4	Thursday 8/5	Friday 8/6	Saturday 8/7	TOTAL	Senior	Not a Senior
Jayden	10.4	5.27	7.14	8.2	7.1	7.07	6.67	51.85		
	7:54 pace	7:55 pace	7:47 pace	7:44 pace	8:02 pace	up, fartlek, down	8:13 pace			
Matthew	10	7.1	7	5	7.1	8	3	47.2		
	7:12 pace	7:05 pace	7:05 pace	7:00 pace	up, fartlek, down	7:23 pace	7:11 pace			
Robert	7.34	5	8	5.07	8	5.06	5	43.47		
	7:56 pace	treadmill	treadmill	6:51 pace	treadmill	Fartlek	treadmill			
Jack	5.02	10.11	5	8	7.1	7.06	Off	42.29		
	7:03 pace	7:04 pace	7:28 pace	7:14 pace	up, fartlek, down	7:31 pace	(going to camp)			
Amare	Off	5	6	7.01	7.01	7	9.02	41.04		
	(Travel to Jamaica)				up, fartlek, down					
Michael	9	5	6	6	5	4	4	39		
	7:33 pace	7:40 pace	7:37 pace	7:42 pace	fartlek	7:41 pace	7:33 pace			
Charles	6.01	5.01	5.5	5.02	5.01	5	3	34.55		
	7:02 pace	6:51 pace	7:03 pace	6:54 pace	6:55 pace	?	?			
Joseph	5	7	6	6	3	5	No Post	32		
					fartlek					

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