Name	Sunday 8/8	Monday 8/9	Tuesday 8/10	Wednesday 8/11	Thursday 8/12	Friday 8/13	Saturday 8/14	TOTAL	Senior	Not a Senior
Jack	5.96	9.87	9.53	6.22	8.31	5.44	7.21	52.54		
	8:02 pace	camp	AM: 2.5 PM:7	7:23 pace	up, wo, down	8:16 pace	7:20 pace			
Matthew	No Post	11	7	9	7	7	11	52		
		7:06 pace	treadmill	7:37 pace	treadmill	6:57 pace	7:13 pace			
Michael	9	6	5	7	7	4	10	48		
	7:20 pace	7:27 pace	7:37 pace	7:27 pace	7:32 pace	7:44 pace	7:36 pace			
Jayden	11	7.28	4.21	9.89	7.53	6.45	Off	46.36		
	8:10 pace	8:58 pace	8:07 pace	8:00 pace	7:42 pace	7:20 pace				
Joseph	No Post	9	6	7	6	7	3.57	38.57		
		treadmill	treadmill	treadmill		treadmill	7:54 pace			
Charles	7.1	6	6.05	No Post	6.01	5	6	36.16		
	7:00 pace	6:59 pace	6:51 pace		6:50 pace	Run + swim	7:01 pace			
Brandon	8	7	3	3.5	3.01	7.01	No Post	31.52		
	7:03 pace	6:47 pace	up, workout, down	up, 7x400, down	6:40 pace	6:51 pace				
Amare	5	5.37	7	7.01	No Post	7.01	Off	31.39		
	9:11 pace	8:33 pace	8:22 pace	8:54 pace		8:11 pace	Traveling home			

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Robert	No Post	No Post	9.08	5.04	8	No Post	No Psot	22.12		
			7:22 pace	7:18 pace	treadmill					
Emilio	No Post	3	4	3.04	2	No Post	No Post	12.04		
		8:28 pace	8:57 pace	9:30 pace	7:58 pace					

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