

Name	Monday 10/11	Tuesday 10/12	Wednesday 10/13	Thursday 10/14	Friday 10/15	Saturday 10/16	Sunday 10/17	TOTAL	Senior	Not a Senior
Jack	7.42	8.05	9.69	8	6.01	7.38	9.1	55.65		
	7:01 pace	up, 8x800, down	up, VCP fartlek, down	7:10 pace	7:21 pace	bowdoin race	7:04 pace			
Michael	7	8.05	9.37	8	6	7.38	9	54.8		
	7:35 pace	up, 8x800, down	up, fartlek, down	7:37 pace	7:15 pace	bowdoin race	7:24 pace			
Matthew	7	8.05	9.32	8	6.01	7.38	9	54.76		
	7:31 pace	up, 8x800, down	up, fartlek, down	7:37 pace	7:21 pace	bowdoin race	7:09 pace			
Amare	6	7.05	8.68	8	6.01	7.38	7.01	50.13		
	7:38 pace	up, 8x800, down	up, fartlek, down	7:37 pace	7:21 pace	bowdoin race	7:38 pace			
Jayden	3.01	7.05	8.3	8	6.01	7	10.1	49.47		
	7:47 pace	up, 8x800, down	up, fartlek, down	7:37 pace	7:21 pace	7:24 pace	7:33 pace			
Robert	7	8.05	No Post	8	6	7.38	9	45.43		
	7:22 pace	up, 8x800, down		7:37 pace	7:15 pace	bowdoin race	7:12 pace			
Charles	7	8.05	No Post	8	6.01	7.38	Pool	42.44		
	7:03 pace	up, 8x800, down		7:37 pace	7:21 pace	bowdoin race				

[illegible]