

Name	Sunday 7/18	Monday 7/19	Tuesday 7/20	Wednesday 7/21	Thursday 7/22	Friday 7/23	Saturday 7/24	TOTAL	Senior	Not a Senior
Jayden	8.47	7.39	4.46	7.57	7	7.18	4	46.07		
	7:13 pace	7:06 pace	8:00 pace	8:19 pace	7:23 pace	8:32 pace	7:28 pace			
Matthew	8	7	7	5	6.5	4	4.82	42.32		
	6:58 pace	6:33 pace	7:24 pace	7:03 pace	7:23 pace	7:07 pace	7:20 pace			
Jack	8.06	6.04	6.08	6	6.06	6.01	4.03	42.28		
	6:57 pace	7:00 pace	7:09 pace	6:38 pace	7:08 pace	7:02 pace	7:09 pace			
Joseph	4	6	6	6	6	8	6	42		
	treadmill	8:08 pace	treadmill	treadmill	8:09 pace	treadmill	treadmill			
Amare	8.01	4.01	6.08	7.65	6	6	4.01	41.76		
	8:04 pace	7:52 pace	8:06 pace	7:52 pace	8:24 pace	8:23 pace	8:10 pace			
Michael	7	5	6	6	6	5	2	37		
	7:30 pace	7:29 pace	7:27 pace	7:26 pace	part in, part out	7:47 pace	7:11 pace			
Charles	8	5	No Post	6	No Post	6	No Post	25		
	6:50 pace	6:52 pace		6:59 pace		6:55 pace				
Robert	No Post	5	5	6	No Post	No Post	4	20		
		7:09 pace	7:04 pace	7:43 pace			7:00 pace			











































































































































