## WORKOUTS JAN 2013

DAY	DATE	∃		<b>WORKO</b>	<u>UT</u>					
TUE	JAN	01	06	6M@I+	1.30					
WED	JAN	02		RHYTH	M-1M@	I+2.00+41	M@1	+1.30+2M@I+	1.00	
THU	JAN	03		POWER	HOUSE					
FRI	JAN	04		2(4X800	T/0.45R	)3.00R BE	TWE	EEN SETS		
SAT	JAN	05		OFF						
SUN	JAN	06		POWER	HOUSE					
MON	JAN	07	07	5X1609	T/1.00R					
TUE	JAN			POWER						
WED	JAN			6M@65						
THU	JAN			POWER						
FRI	JAN					S1=100 IN	1.00	S2=100 IN1 15	S3=AS NEEDED	TO HOLD PACE #=12
SAT	JAN			OFF			2.00	22 100 11 11 12	SO-TRO TIEDEDED	101101251110111-12
SUN	JAN			POWER	HOUSE					
MON	JAN		08			I+1 30+41	M@ 1	+1.00+2M@I+	-0 30	
TUE	JAN		00	POWER		111.50171	VI (5) I	11.0012111611	0.50	
WED	JAN					REDICTO	D			
THU	JAN			POWER		id Dici O				
FRI	JAN					DIEACH	EDC.	-JILLIAN TURN	JOVED	
SAT	JAN					NERS ME		FJILLIAIN I UKI	VOVER	
SUN	JAN			POWER		NINEWS INTE	4C1			
MON	JAN		00			71 IN 1 00	1.40	OD . OV 400VIO	2/100WJ IN 1.00	
TUE	JAN		09	POWER		VJ 11V 1.00	J+ <del>4</del> .C	00K+8A400V32	2/100W3 IN 1.00	
WED	JAN			4 MILE						
THU	JAN:					1 1 15/00	1.20	D. 01 1 00 00	1 1 5	
FRI				TRAVE	-		1.30	B: S1-1.00 S2	2-1.15	
SAT	JAN					="				
	JAN			JIMMY		MEEL				
SUN	JAN		1.0	POWER		20.00				
MON	JAN		10	G-6M/B		30%				
TUE	JAN			POWER		00 00D DE		T		
WED	JAN:					)3.00R BE	TWE	EEN SETS		
THU	JAN:	31		POWER	HOUSE					
						W/E DAT				
WK01-			X02-12/09		3-12/16	WK04-12		WK05-12/30		
WK07-0			₹08-01/20		-01/27	WK10-02		WK11-02/10	WK12-02/17	
WK13-0			X14-03/03		5-03/10	WK16-03		WK17-03/24		
WK19-0	)4/07	WI	K20-04/14	WK21	l-04/21	WK22-04	4/28	WK23-05//05	WK24-05/11	
PACE			MAINT/C	LTY	SUB-L	<u>r-ts</u>	TH	RESHOLD-T	INTERVAL-I	REPETITION-R/F
EFFOR 7	Γ		65%-80%	b	T+0.30	-MP	85-	-88%	90-100%	100+% OR 800PR
REST			N/A		N/A		V5	-0.25/0.30	= TIME	=3 X R TIME
A	=		<b>AEROBI</b>	C(Q = 5F	KPR/VD0	OT <b>5K</b> + 1.0	00) (N	M = 5KPR/VDC	T5K + (1.45)	
BU/BD	=		BUILDUI						,	
F	=		800M RA	CE PAC	Е					
I	=		INTERVA	AL PACE	- <b>5</b> K RAC	E PACE				
L	=						ILEA	GETARGET (T	PROGRESSIVE PA	ACE)
MP	=		MARATI							<i>,</i>
S	=		SPEED/R	EPETITIO	ON PACE	E-MILE RA	CE F	PACE		
ST	=								ECOVERY AS NE	REDED
T/TS	=		LACTAT	E THRES	HOLD F	ACE**MF	TS S	SUB-THRESHO	)LD (T+0.30-MP)	
R/J	=		REST IN	ΓERVAL	R = RES	T(WALK/S	TRF	TCH) J = JOGC	R WALK/IOG	
TT	=		TIMETR			,	_	, = 3000		

#### WORKOUTS FEB 2013

DAY	DATE		WORKOUT
FRI	FEB 01		G-8M/B-10M@60%
SAT	FEB 02		OFF
SUN	FEB 03		POWERHOUSE
MON	FEB 04	11	•5X1000I/1.00R
TUE	FEB 05		POWERHOUSE+(350-300-250-200TT/100W+300J)*TRACK GROUP
WED	FEB 06		HHP-2MTT TRK-(600-500-400-200@V800P)*TRACK GROUP
THU	FEB 07		POWERHOUSE
FRI	FEB 08		3(4X200@V800P/0.30R)400W BETWEEN SETS
SAT	FEB 09		OFF
SUN	FEB 10		POWERHOUSE
MON	FEB 11	12	G-7M/B-9M@65%
TUE	FEB 12		POWERHOUSE
WED	FEB 13		8X1000(T/1.00R+I/2.00R+T/1.00R+I/2.00R+T/5.00R+I/2.00R+T/1.00R+TT)
THU	FEB 14		POWERHOUSE
FRI	FEB 15		6X200S/1.00J+1000I/3.00J+1609T/1.00R+6X200S/1.00J
SAT	FEB 16		OFF
SUN	FEB 17		POWERHOUSE
MON	FEB 18	13	4X1609(I+ OR T-)/1.30R
TUE	FEB 19		(100-200-300-400-300-200-100) @ 800P/EQUAL WALK/JOG RECOVERY
WED	FEB 20		5X1000I/1.00R + 5.00R +1X1000T+6/8X MAGNOLIAS
THU	FEB 21		1600 PREDICTOR 2(400/0.45R+800/1.30R+300/3.00R) (S1+S2 AVG)/15*16
FRI	FEB 22		400'S
SAT	FEB 23		OFF
SUN	FEB 24		POWERHOUSE
MON	FEB 25	14	•1X1200I/3.00JJ+2X1000I/2.30J+3X800I/2.00J*STRIDES
TUE	FEB 26		G-7M/B-9M@65% + 6/8 MAGNOLIAS
WED	FEB 27		1600M/800M PREDICTORS
THU	FEB 28		POWERHOUSE

## TRACK W/E DATES WK01-12/02 WK02-12/09 WK03-12/16 WK04-12/23 WK05-12/30 WK06-01/06

WK07-01/13 WK08-01/20 WK09-01/27 WK10-02/03 WK11-02/10 WK12-02/17 WK13-02/24 WK14-03/03 WK15-03/10 WK16-03/17 WK17-03/24 WK18-03/31

WK19-04/07	WK20-04/14 WK	21-04/21 WK22-0	04/28 WK23-05//0	5 WK24-05/11	
PACE EFFORT REST	<u>MAINT/QLTY</u> 65%-80% N/A	SUB-LT-TS T+0.30-MP N/A	THRESHOLD-T 85-88% V5-0.25/0.30	<u>INTERVAL-I</u> 90-100% = TIME	REPETITION-R/F 100+% OR 800PR = 3 X R TIME
A = BU/BD =	AEROBIC (Q = :		.00) (M = 5KPR/VD0	OT <i>5</i> K + (1.45)	

F 800M RACE PACE

I INTERVAL PACE-5K RACE PACE

LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)

MP MARATHON PACE

S SPEED/REPETITION PACE-MILE RACE PACE

ST 6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED

T/TS LACTATE THRESHOLD PACE\*\*MP-TS SUB-THRESHOLD (T+0.30-MP) R/JREST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG

TIME TRIAL/ALL OUT TT

# WORKOUTS MAR 2013

<u>DAY</u>	DATE		WORKC	<u>IUC</u>			
FRI	MAR 01		TRAVE	LTO CHARLESTO	N-SHAKE OUT RUN	I @ W.ASHLEY TR	.ACK
SAT	MAR 02		SANDL	APPER			
SUN	MAR 03		POWER	HOUSE			
MON	MAR 04	15	G-6M/B	-9M L1-I+1.30()G	3-2/B-4) L2-I+1.00(	G-4/B-4)	
TUE	MAR 05		RECOV	**		J 2 .,	
WED	MAR 06		POWER				
THU	MAR 07			WK AEROBIC			
FRI	MAR 08				00R+4X400/100W	IN 13043 00P4	2¥200/1 00₽&₽
SAT	MAR 09		KOSMI		001C+421400/100W	IN 1.50+5.00K+.	2/12/00/1.00NXX
SUN	MAR 10		POWER				
MON	MAR 10			T/1.00SE T/1.00R+4X400S	//OOW 1 . 1 COOT		
TUE	MAR 11			7/1/1.00R+4X4003 7/400J+2X300F/3(			
WED		•			JUJ+2UUT I		
	MAR 13			HHIHS			
THU	MAR 14		POWER		TOTAL SILVERS OF THE		
FRI	MAR 15				LIDES+SHAKE OUT		
SAT	MAR 16			RELAYS			
SUN	MAR 17		POWER				
MON	MAR 18				00R*5.00R BETW	EEN SETS	
TUE	MAR 19		POWER				
WED	MAR 20		MEET @				
THU	MAR 21			WK-NO TIME			
FRI	MAR 22				200S/100J IN 1.00		
SAT	MAR 23				ANNAH STATE INV	ITATIONAL	
SUN	MAR 24	- 18	POWER	HOUSE			
MON	MAR 25	i	3X1000	T/1.00R+3X1000	I/2.00WJ+3X400F	/400WJ	
TUE	MAR 26	, 1	POWER	HOUSE/TRACK FO	OR TUTORED STUD	ENTS	
WED	MAR 27		2X200S	3/200J+1X800S/3.	00WJ+1X600F/3.0	0WJ+1X400F/2.3	0WJ+1X300F
THU	MAR 28	}	POWER	HOUSE			
FRI	MAR 29	)	6/8 REC	OVERY-60%			
SAT	MAR 30	1	MAYO I	NVITATIONAL			
SUN	MAR 31		POWER	HOUSE			
				TRACK	W/E DATES		
WK01-	-12/02	WK02-1	2/09	WK03-12/16	WK04-12/23	WK05-12/30	WK06-01/06
WK07-		WK08-0		WK09-01/27	WK10-02/03	WK11-02/10	WK12-02/17
WK13-		WK14-0		WK15-03/10	WK16-02/03 WK16-03/17	WK17-03/24	WK18-03/31
WK19-		WK20-0		WK21-04/21	WK22-04/28		
111117	0-1107	W1120-0	77/17	W IX21-0-4/21	W IN22-04/20	WK23-05//05	WK24-05/11
PACE		MAINT/C	OF TV	OUD IT TO	TINEOUGI D T	D ADDIOUSTY A A	DESCRIPTION OF THE RES
	TT.			SUB-LT-TS	THRESHOLD-T	INTERVAL-I	REPETITION-R/F
EFFOR	.1	65%-809	10	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST		N/A		N/A	V5-0.25/0.30	= TIME	=3 X R TIME
		LEDODI	· C (C #1	**************************************			
A	=				00) ( $M = 5KPR/VDC$	OT5K + (1.45)	
BU/BD			P/BUILD				
F	=		ACE PAC				
I	=			-5K RACE PACE			
L	=	LONG R	UN(20-25	%) OF WEEKLY M	IILEAGE TARGET (	PROGRESSIVE PA	.CE)
MP	=		HON PAC				
S	=			ON PACE-MILE RA			
ST	=	6-8X20-3	USECON	D STRIDES-COM	FORTABLY FAST-F	RECOVERY AS NE	EDED
T/TS	=	LACTAT	ETHRES	SHOLD PACE**M	P-TS SUB-THRESH	OLD (T+0.30-MP)	
R/J	=				STRETCH) J = JOG (	OR WALK/JOG	
TT	=	TIMETR	IAL/ALL	OUT			

## WORKOUTS APR 2013

<u>Day</u> <u>I</u>	DATE		WORKC	UI			
MON A	APR 01	19	4 MILE	TEMPO			
TUE A	APR 02		G-6M/B	-8M @ 60%			
WED A	APR 03		2(3/4X8	00V3 <mark>2</mark> /400 IN 3.0	00) 5.00 BETWEEN	SETS	
THU A	APR 04		POWER	HOUSE	•		
	APR 05			X 400S/1.30R			
	APR 06			ORT CLASSIC			
	APR 07		POWER				
	APR 08	20			1800/2 00P 1600/1	40D+2Y400/1 00I	R+4X200/0.30R @ V
	APR 09	20		-8M @ 60%	+600/2.00N+000/1.	401X+2X400/1.001	X+4A200/0.50K @ \
	APR 10				S/1.00R+2X300F/1.	30D	
	APR 11		POWER		3/1.00K+2A300F/1.	.30K	
	APR 12		TACO B				
	APR 13		TACO B				
	APR 14	4.	POWER				Aller a restaura a la
	APR 15	21				30) 4.00R BETWE	ËN SETS OR 9M @ 6
	APR 16		2X400S	/100M IN 1.00+	5X200F/200J		
WED A	APR 17		COUNT	Y CHAMPIONSH	IP@BLUFFTON		
THU A	APR 18		POWER	HOUSE			
FRI A	APR 19		5000TT	OR 200 B(S1:10	ON 1.00/S2:8 ON 1	.15) G(S1:8 ON 1.	10/S2 6 ON 1.30)
SAT A	APR 20		OFF				•
SUN A	APR 21		POWER	HOUSE			
MON A	APR 22	22	W/U+HA	ANDOFFS+STRIE	ES		
TUE /	APR 23		REGION	N CHAMPIONSHI	P @ BERKELEY/BU	IS LEAVES @ 12.30	OPM
WED A	APR 24			OSS COUNTRY N			
THU A	APR 25				0I/2.00R+1X1000V	32/3 00R+2X400	S/2001
	APR 26				200F/200J+2X500F/		
	APR 27		OFF-PR	-	2001/2003/22/13001/	3003+2/13001/100	JJ
	APR 28		POWER				
	APR 29	23			-800-600-400@V3 <b>2</b> /	DICTANCE IO	CD 437.400E/4007
	APR 30	23	RECOV		-800-000 <del>-1</del> 00@ V 321	- DISTANCE JO	J OK 4A400F/400J
	100		TEECO V				
				TRAC	K W/E DATES		
WK01-12	/02	WK02-	12/09	WK03-12/16	WK04-12/23	WK05-12/30	WW.06 01/06
WK07-01		WK08-0		WK09-01/27	WK10-02/03	WK11-02/10	WK06-01/06
WK13-02		WK14-0		WK15-03/10	<del> </del>		WK12-02/17
WK19-04					WK16-03/17	WK17-03/24	WK18-03/31
W K19-04	-/0/	WK20-0	) <del>4</del> /14	WK21-04/21	WK22-04/28	WK23-05//05	WK24-05/11
<u>PACE</u>		MAINT/	QLTY	SUB-LT-TS	THRESHOLD-T	INTERVAL-I	REPETITION-R/F
EFFORT		65%-80	%	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST		N/A		N/A	V5-0.25/0.30	= TIME	= 3 X R TIME
				- · · · · ·	. 5 5.25/0.50	- 11111	-5 A R HIVIL
	=	AEROB	IC (Q = 5)	KPR/VDOT5K + 1	.00) (M = $5$ KPR/VD	OT5K + (1.45)	
BU/BD =	<b>=</b>	BUILDU	P/BUILD	DOWN		. ,	
F =	=	800M R.	ACE PAC	E			
I =	=			-5K RACE PACE			
-	_				MILEAGE TARGET (	PROGRESSIVE PA	(CE)
_	=		HON PAC			(	)
L =				ON PACE-MILE R	ACE PACE		
L =	=						
L = MP = S =	=			ID STRIDES-COM	IFORTABLY FAST-I	RECOVERA VE	(EDED
L = MP = S = ST =		6-8X20-3	30 SECON	D STRIDES-COM SHOLD PACE**N	FORTABLY FAST-I	RECOVERY AS NE OLD (T±0,30 M/D)	EEDED
L = MP = S = T/TS =	=	6-8X20-3 LACTA	30 SECON TE THRES	SHOLD PACE**M	IP-TS SUB-THRESH	OLD (T+0.30-MP)	EEDED
L = MP = S = ST = T/TS = R/J = T/TS	=	6-8X20-3 LACTAT REST IN	30 SECON TE THRES	SHOLD PACE**M R = REST(WALK	IFORTABLY FAST-I IP-TS SUB-THRESH /STRETCH) J = JOG (	OLD (T+0.30-MP)	BEDED

#### WORKOUTS MAY 2013

DAY MON TUE WED THU FRI	DATE MAY 22 MAY 25 MAY 30 MAY 3	7 CC01 51 3 LS 9 PC	ORKOUT MILE TEMPO D OWERHOUSE AHAWK MILE TEMPO			
			CC W	TEEK START DATES		
WK01- WK07- WK13- WK19-	07/08 08/19	WK02-06/0 WK08-07/1 WK14-08/2 WK20-10/0	3 WK03-06/10 5 WK09-07/22 6 WK15-09/02	WK04-06/17 WK10-07/29 WK16-09/09 WK22-10/21	WK05-06/24 WK11-08/05 WK17-09/16 WK23-10/28	WK06-07/01 WK12-08/12 WK18-09/23 WK24-11/04
PACE EFFORT REST	Γ	<u>MAINT/QL1</u> 65%-80% N/A	Y SUB-LT-TS T+0.30-MP N/A	THRESHOLD-T 85-88% V5-0.25/0.30	<u>INTERVAL-I</u> 90-100% = TIME	REPETITION-R/F 100+% OR 800PR = 3 X R TIME
A BU/BD F	= = =	,	Q = 5KPR/VDOT5K + UILD DOWN E PACE	1.00) ( $M = 5KPR/VD$	OT5K + (1.45)	

LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)

6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED

LACTATE THRESHOLD PACE\*\*MP-TS SUB-THRESHOLD (T+0.30-MP)

REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG

INTERVAL PACE-5K RACE PACE

SPEED/REPETITION PACE-MILE RACE PACE

MARATHON PACE

TIME TRIAL/ALL OUT

I

L

MP

S

ST

T/TS

R/J

TT

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Digital Colline Collin
SWEAT THE SMALL STUFE-TRAIN YOUR WEAKNESS RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

SWEAT THE DAY	1	PRO		ACTUAL		-LITTLE THINGS MAKE BIG	
RUNNERS	X		X	X	X	X	X
FAITH							
CARLEY	301:	131	701	74807210658	,	555.418.246.111-	14.05
CIARA		755		DNR	7	DNF	
ESTHER				DNR		DWR	
REBEKA				DNR		DNS	
ABBY	852	722	125	812,800.750		621.447.308.124-	15.40
MALLORY	852	755	725	812. DNF * SOCCE		619:442.306.124-	
FRANKIE	838	808	738	812.810.745	•	630.456.315.126-	16.07
NORA	900	830	600	827 - 825 - 815		NO WATCH	
		TARG	Ex	ACTUAL			
RUNNERS		IANG			v	Jalice as an What Links	TOTAL
JACK M	SSI GSI	621	221 x	× 645.615.550	X	MILE 1200 X800 400 5033 M IN 14.52/MI	
SEAN	100	636	606	642.612.22			11.41 11.41
COLTON	I					444.339 215 059 -	
	706	<u>636</u>	606	645.615.550			
SAM	725	<u>(\$5</u> _	625	DNF		508.400 237 110 - 52 <b>0</b> .358 234 105 -	
NOA	162	<b>G</b> SS_	625	DNR DNR		DMB 2501-328 534 102 -	15.21
VICTOR JACK B	730	<b>—</b>	7.5.	DNF		517 = 402·237 · 112 -	12 00
	730	766	(30	DINIR		DNK 211-405-521-115	12.00
ELADIO CHANDLED	1 -	700	630				
CHANDLER	730	700	<u> </u>	DNF 717.710.652		DUR DUR DIV TO	111
KRIS	756	726	G26	717.710.652		543.417.246.114 -	
GREGORY	756	726	656			539 412.253.114 -	13,58
DAVID	801	731	701	GUT. DWF*KNEE		540 413·300-116 -	
CHASE	861	<u> 131</u>	701	730,715,655		545 418.250-116-	1409
WESTON	832	801	732	735.720.700		DNR	
CARSON	-	, rap	.je	DWR		DUR	
AUSTIN			4	DWR		DUR	
JASON				DNS		DNS	
					<b>*</b>	011 2010 - 41 0102 FOR WILE	**
			~@ <u>∓</u> +	200 67 MO) I H	.30	ONTTOMS :	
	AB O		06.1.30	~2.00 MILE . 0.30	1.00	1.30.200	
	STEPDO PRECIDI	SWN!	troodt 101 x Z	13.00R +120077/4 2015/1.00R	ngo R	+860TT/3.00R +1	100TT #= +0.05
				·			

AB START DISTANCE FOR SUBVS
RI.4 S/F 167M
R2.3 200M 333M
R3.2 ZOOM SOOM
R4.1 S/F 666M

# DISTANCE PROGRAM-CC/TRACK WK00 OF 24 (MON 12/00-SUN 01/00)

<u></u>	MALL STUFF-TRAIN YOUR WEAKNESS, RACE YOU  TARCET A CTUAL	TARGET	ACTURL
RUNNERS	x Li. LZ. L3 x Li. LZ. L3 x	X	x #: AVG X
FAITH	DNR	NA	4.113.5
CARLEY	801.131.701 750.716.650		4.112.3
CIARA	825 755725 825.725651		4.115.3
ESTHER	DWR		DNR
REBEKA	DNR		
ABBY	825 755 725 825 725 785		
MALLORY	82.5755725 825.725.655		
FRANKIE	DUR		
NORA	Nr.		4
		V	
		TROGT	ACTUAL_
RUNNERS	x4.12-13 x11.12.13 x	X	X TO AVG X
JACK M	65/62/55/6,45 60/540	NA	4.59.8
SEAN	DNE		2.59.2
COLTON	DNR		4.100.3
ROBBIE	DUR		72.059.8
SAM	722 652 622 645.601.540		4.107.5
NOA	DWR		3.103.6
CTOR	DNF		4.105.7
JACK B	725-655-625 645-601-540		4:111.1
ELADIO	- DW=		DNE
CHANDLER	DNE		2:100.0
Ç <u>işç</u> o	DiviF		3.10409
PHILLIP	801.731.701 746.720 650		DNR
AUSTIN	DNR		DNR
KRIS	756-726656 746.720.650		DNR
GREGORY	756 726-656 746-720-650		4.111.6
DAVID	89.731.701 746.720.650	<b>\</b>	4.111.4
CHASE	DHG		DWK
WESTON	DUR		DWR
CARSON	852 732 152 746.720.815	1/	DMR

	1-4-2 RHY	THM LI=IM	LZ=4M L3=	• ;	
				W=I+1.30	
L	1×40077	5,00 R* WAL	K JOG - STRETC	H 13=I+1.00	
		21			
					-
}					

## DISTANCE PROGRAM-CC/TRACK WK06 OF 24 (MON 12/31-SUN 01/06)

SWEAT THE SMA	ALL STUFF TRAIL	N YOUR WEAKNES	SS, RACE YOUR STRENGTH-LI	TTLE THINGS MAKE BI	G THINGS HAPPEN
		VICOR WITHING	NATE (SW)		
RUNNERS	X	X	X X	X	プ·X
FAITH	75%	60705		5M@60%	305 DUR
CARLEY	V-V	DWR	<b>/</b>	1 SM @ 60%	311 4315 DWF
CIARA	80%	6.723	r	1 SMO 60%	324 4.315 4.310
REBEKKA		Ding	L	* DNR	327 DNR
ABBY	~	DNE	·	1 DNE	324
MALLORY		6.NI		1 SM@ 60%	324
FRANKIE	_	DNR	1	1 DNR	338
NORA		3.NT	\	1 SM @ 60%	328
JACKIE	_	bur	<b>~</b>	DNR	358
RACHEL	_	DNR	<b>N</b>	DNR	<u> </u>
	<u> </u>			A:07512 (W3	)
<u></u>	TARGET"	ACTUAL	WITA ROST .	ACTUAL	TARET SI \$2
RUNNERS	X	X	X H. od Zaleg x LY	41.12x13.14	X
JACK M	70%	6.611	° (51-62) 551-521	651 617 551-455	233 4,226 4,223
SEAN	75 %	6.611	o 70G 636 606 536	706 634 SS8 S24	241 4.235 4.236
COLTON	75%	6.611	» 706 636 606 53b	700 634 558 523	241 DNR
ROBBIE		DNR	0 1	5MO 60%	300 3.253 3.253
SAM		DNK	DIVIR	DNR .	250 DNR
NOA		3.11	725:655-625:555	725 - 655 - 619 , 55	5 252 4 249 4.243
VICTOR		DIR	o 735.705635,605	735-655 @ CD4.60	2944.2524246
JACK B		DNR	DOR	DM	254 DWR
ELADIO	`~	DNR	o Kind	5M060%	914-410 225-4 425
CHANDLER		DWR	070606	706.634.630.614	
ciscò	7020	6-711	७ १५५ भाग ६५५ ६१५	744 = 655- 617-606	3024.254 4.250
PHILLIP	70%	<u>6.725</u>	9756.726 656 626	756.754.617,606	308 4-306 4-302
AUSTIN	*	DMR		DNR	1-1 Dur
KRIS	·	DNR	0756-726-656-626	756 - 754 617 666	308 4.306 4.301
GREGORY		DNK	756 126 656 626	DNEX HIP	308 DIVIE
DAVID		DNR	1	DNE	311 4.306 4.303
CHASE	12%	<u> હત્યાં</u>	V	DNR	311 DNF
WESTON	7 - 6	DUR		DNR	317 DWR
CARSON	75%	6.7.30		DIVR	320 1 4.314 4.31
JASON	, <u>M</u>	DNR		5M@ 60%	V-1 DNF

W.	6M@ 60-70%
W	LIZIM@ I+2,00 12=410@ I+130 L3=110@ I+1,00 L4=110@ I+0.30
W	3 2 (4 x 800T-0.04/0.45 R#) 3.00 R BETWEEN SET'S
	+ > ACTIVE REST (WALK'STRETCH · JOG)

632

644

651

4.540

3-625

DNR

3.625

CHASE

JASON

CARSON

WESTON

		IN_YOUR WEAKNESS,		UR STRENGTH-LITTLE T	HINGS MAKE BIG	THINGS HAPPEN
	TARGET			ET 2 ACTUAL		3) ACTUAL
RUNNERS	PAGES	# · AVG		# AVG		# · AVG
FAITH		DNR	NA	i DWR	<u> </u>	DNR
CARLEY	6.32	4.630		DNF	-	DNR
CIARA	655	4.642		6.736	128	10.127
REBEKKA		DWR		DNR	·	DINR
ABBY	<b>LSS</b>	4 743		6.812	128	09.129
MALLORY	655	DWR		DNR	128	110/28
FRANKIE	725	4.723		DNF	<u> </u>	<b>DNS</b> 133
NORA	812	4.811		5 .850	-	M·M
JACKIE	.=	UNR		DNR	-	DNR
RACHEL		DNR	<del>-</del>	DWR	·	DNR
					<u>-</u>	
	TARGET			<u> </u>		3
RUNNERS	PACE	# · AVG		#: AVG_	* TARGET	ACTUAL
JACK M	516	<u>5.506</u>	NA	7 0543	105	10-104
SEAN	532	5.618		70547	Boi	10:100
COLTON		DNR		6.612	107	10.107
ROBBIE		DUR		5~7\B	KOSMIN	
SAM	-	DNR		7,605	112	10.115
NOA	222	2.224		DNR	112	10.11
VICTOR		DWR		6 NT	<u>]</u> 15	10.112
JACK B		DWR		7.6%	114	10.116
ELADIO	229	3.625		6.720		10.115
CHANDLER	559	3.602		3·NT	112	10-112
CISCO		DNR		7.666	118	10:113
PHILLIP	650	4.539		7-6-41	-	DNR
AUSTIN		DWR	_	DNR	*****	NA
KRIS	620	4,538		7.641	121	P11-01
GREGORY	620	4.538		4.147	-	DNR
DAVID	632	4.544		DNE	122	08.19
CITACIE	1 27	11 -	1			A. 0

\* BISEDON VOOT PROTECTED MILE

DIVE

DNP

MR

1	5x1609T/1.00R
(2)	76M·AEROBIC
3	3 (2400@GP) REST: SI/100 IN1.00 S2/100 IN 1.15 S3=ASMICH AS NEEDED *= #REPS IN SET= AS LONG AS PACE HELD

DUR

DWR

DUR

DINR

#### DISTANCE PROGRAM-CC/TRACK WK08 OF 24 (MON 01/14-SUN 01/20)

SWEAT THE SMALL STUFF-TR	AIN YOUR WEAKNESS RACE!	YOUR STRENGTH-LITTLE THIN	IGS MAKE BIG THINGS HAPPEN

RUNNERS FAITH	11.12.13	LI # PAVG	C1			
		<u>LI - [2 - 13</u>	<u>Si + SS</u>	1600 PRED	<u>1600M</u>	800M
			DNR	(***)	DNR	DNR
CARLEY	731.701-631	1.731 4.742. DNF	Sil. 510	5.31	548.51	238,45
CIARA	755 725 655	1.755 4.720 1.637	DNEXFOO	T WORD	DNR	DNR
ABBY	755 725 655	2151 2454 2251	531.548	607.	669,53	250.56
MALLORY	755 725 655	DE DUR -		551	559.82	238.45
FRANKIE	822 752 727	1922 4.746 1.705	5 DNR		DNR	DNB
NORA	903 833 803	1.903 4.856 1.835	2 630 × 635	6.59	707.02	DNR
JACKIE			DNR		DNR	DNR
						•
				· · · · · · · · · · · · · · · · · · ·		
	TARGET	ACTUAL	1600M PRE	DICTOR	BLUFFTON	MEET
RUNNERS	11 - 15 - 13	H - AVG 13	<u>31.52</u>	1600M PRED	1600M	_800M
JACK M	621 · SSI · 521	5M·RECOVERY	DNEXINO		446.61	DNR
SEAN	636.606.536		DARKUR	<u> </u>	DNR	DNR
COLTON	633.663.533	1-633 4-708-DN	F 413 0 41L	t:430	443.92	DNR
ROBBIE	~	5M. RECOVER			DNR	DUR
SAM	625 - 655 - 825		1 440 50c		520,73	DNR
NOA	P25 - P55 - 22		1 436=433	425	505.14	219.62
VICTOR	700.630.60	DNB,	1 DURAA		510.15	222.44
JACK B	R2.82.22		1 DNRXIVE	EL -	520,90	DNR
ELADIO	760.630.600		1 442643	sc 508	81.212	227-83
CHANDLER	PR - PR - 222		y DNEXU		DNR	DNR
CISCO	714 • 644 • 614	1.314 4.825 5.6		18 452	<u> 501.17</u>	720,91
PHILLIP	726 656 626		18 451050	516 oc	521.34	229.92
KRIS	776 656 626				523.16	
GREGORY	126 626 626			Γ -	527.62	233,91
DAVID	731 701 63		IF DNR*A	_	524.91	245.43
CHASE	731 701 631		7 454×5	07 52i	DNR	DNR
WESTON	745 215 645		7 504°5	35 541	DNR	DNR
JASON		DNR-	-1 DWR		DNR	DNR
CARSON	748.718 648	। नाम भगा ।		41 551	DNR	DNR
		·		-		
						10001

MT	1M@IH.30 · 4M@I+1.60 1/2 M@I+0.30
W	2(400/0.45R + 800/1.30R+300/3.00R) AVG X1.067 = 1600 FREDICTION 1600 PML X 0,9375 = 1500 TARGET

# DISTANCE PROGRAM-CC/TRACK WK09 OF 24 (MON 01/21-SUN 01/27)

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPI	PEN

	TARGET	.21.25	ACTUAL	\$1.82				<b>5</b> Et	1	26.1	2
RUNNERS		·320017 ·		#-AVG	PR	TOT	ACTUAL	9008	16008	900P	16007
55-FAITH	-	-	DNR		2540	S240	DNR				
53-CARLEY	123	128	7.122	4.125	265)	2632	2625 H	10:364	0,39+	6.0.36	0,39+
49-CIARA	_	-	DNR		j.	<b>*</b>	DNR	DNR			
49-MALLORY	129	134	7.124	4-131	•	•	DNR	0.0394	·041+	6.040	0.41+
49-ABBY		- '	DNR		Ø500	2804	13562MTT	2M	RECO\	rry	
45-FRANKIE	135	139	7.130	4.135	3037	2940	DNR	10.012	0454	6.0401	043+
40-NORA	_		DNR		0000	3332	1644 422577	DNI	3		
				101 <b>1</b> 00 100 100 100 100 100 100 100 100 100				<u>.</u>			
	TARGE	SS-IZ T	ACTUA	L S1-S2				SETI		SET	2
RUNNERS	<del> </del>		# · AVG		PR	गडा	ACTUAL	# 800	1600	#.800	1600
69-JACK M	106	110	8.106	7.108	2054	2132	2128		-032+	6.079	+.032+
66-COLTON	110	113	8.108	•	2203		2157 *		JŘ		+ 032+
65-SEAN	110	113	8.109		2235		270m X-1	1 Mil		•	
00-ROBBIE	~ <u>.</u>	-	DNR		AM	AV	12.29 <sup>2MT</sup>	¥		101029	3+
61-SAM	116	-	8.114	DUSTEMALL FIND	2315	2346	3-NT	10.030	:0337		-
61-NOA	115	150	8.114	6-118	2358	2346	2323**	DIS	TANCE	XHDM	
61-CHANDLER	•	•	5M-R	ECOVERYAGROIM	2350	2346	3-1857	10	0.294		
60-JACK B	119	121	8-118	5.118	2331	2352	DNR	DN	R.		
59-VICTOR	118	120	7.113	5.124	0000	2412	2344**	10.317		8.031+	(7387 <sup>+</sup>
59-ELADIO	119	122	8.116	5.118	0000	2412	2-1209	10038		8 035+	0377
56-CISCO	116	. •			2515	2520	2332		+035+	4 031+	035+
55-JASON	-	-	DNR		,		DNR	DN			
54-PHILLIP	119	izs	8.118	4.123	0000	2608	2436**	10.030	f 038t	G· 0334	037+
54-KRIS	119	125	8.118	4.125	0000	2608	2427**	10.03	640394	8.032+	0374
54-GREGORY	155	12.5	8.119	4-122	රපපල	2608	2422**	10.03	40384	8 .033+	4 750
53-DAVID	120	127	8.118	DIVE-HIP	0000	2632	Z-NT	DN	R		
53-CHASE	•	-	DWR		1085	2632	DNR	DM	?		
51-WESTON	-	-	DNR	~	2941	2720	2736**	Dul			
50-CARSON	•	-	8.122		0000	2744	DNR	DN	<u>ک</u>		
	ļ							•			
		×									

wo1	SI= 8x 400@ MILEPACE/100 IN 1.00 SZ=#x400@ ZMILE PACE/100 IN 1.00 (4.00R	Between S
SOW	4M TEMPO	
	4.m BETWEEN SETS	
WOB	B: 2(10x200) S1=1.00 S2=1.15 G: (10x200) (6x200) S1=10 52=120	1600-80
	(cooking 1/4.	

# DISTANCE PROGRAM-CC/TRACK WK10 OF 24 (MON 01/28-SUN 02/03)

SWEAT THE SMA	LL STUEE TRACK	WK10 OF 24 (N	10N 01/28-SUN 02/03	)	HINGS MAKE BIG THIN	
	- COLUMN TO THE TOTAL OF THE TO	YOUR WEAKNE	SS, RACE YOUR STR	ENGTHALTTI ET	TIM ICO L C. T	
	TARGET	ACTUAL	TADCET	AN EN A	HINGS MAKE BIG THIN	IGS HAPPEN

RUNNERS	TARGET		TARGE	STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN  T ACTUAL
	80%	# AVG	- AVG	# AVG # AVG
55-FAITH	659	DNR	305	DUR
53-CARLEY	659	6.734	311	4.312 4.310
49-CIARA	-	DNR	324	DNR 7.510
49-MALLORY	••	DNR	324	
49-ABBY		DNR	324	DNR
45-FRANKIE	744	6.734	338	DNR
40-NORA		DNR	359	DNR
				DNR
	TARGET	ACTUAL	TARGET	4.0
RUNNERS	80%	#·AVG	AVC	ACTUAL
59-JACK M	\$37	7. 551	233	#: AVG #AVG
6-COLTON	547	7. 553	<u>241</u>	A.SSZ S.SSG*KNEE
5-SEAN	-	DNR		4.235 4.234
0-ROBBIE	_	4-705	241	4.235 4.234 N.23
1-SAM	-	DNR	255	DNR
1-NOA	-	DNR	<u> 250</u>	4.243 4.244
1-CISCO		4-608	252	DNR
-CHANDLER	-	DNE	302	4.241 4.237
)-JACK B	•	DUR	250	DNR
-VICTOR	619	7.615	<u> 524</u>	DNR
-ELADIO	624	7.627	524	3.245 *12K RACE
-JASON	-	DUR	254	4.546 5.524MIB
-PHILLIP	654	7.630		DNK
-KRIS	654	7.652	308	DNR
GREGORY	3	DNF	308	DNR
DAVID	659	7.637	308	4.255 4.252
CHASE		DNR	311	4.303 2.302*UR
WESTON		DNR	311	DNK
CARSON		DNR	317	DNR
		NUK	320	3.310 FIZK RACE

Wo1	G-6M/B-7M @ 80%
Mos	2 (4 x 800 T-0.04/0.45R) 3.00-4.00 R BETWEEN SETS

# SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGE	T ACTUAL	TAG	GET ACTUAL	ACTUAL
RUNNERS		#·AVG			#5 #52 #53
55-FAITH		DWR	N	IA DNR	,DNR
53-CARLEY	349	4.353		12.23 **	4350 4344 434.8
49-CIARA		DNR		DWR	DATK
49-MALLORY		DNR		DHK	DNR
49-ABBY	404	4.409		13.18 **	440.0 939.0 938.8
45-FRANKIE	412	5.417		13.32 4*	440.5 440.0 438.7
40-NORA		DNR			DNR
	TAPKE	- ACTIVA		rect Actual	ACTUAL
RUNNERS	· FARCA	4F.AVG		SSCI_1121WIL	#S1 #S2 #S3
69-JACK M	304	5.30p	N	Δ	429.4 428.4 A28.5
66-COLTON	310	5.308	-1		429.5 328.2 -329.3
65-SEAN	312	5.313			
00-ROBBIE		ONR			\$28.6 330.4 \$29.4
61-SAM	323	5.323			433.1 433.2 432.8
61-NOA		DWR		77	D/18
61-CISCO	337	5.319			DNK
61-CHANDLER	323	DINR			DNR - 4335 432.6
60-JACK B		DNR			DNR
59-VICTOR	328	2.318			43130 436.24299
59-ELADIO	328	5.325		11.16**	432.5.432.0 432.3
55-JASON		DNR		DNR	DNR
54-PHILLIP		DNR		DNR	DNF*URI
54-KRIS	345	5.336	1	11.28**	DNR.
E4 ODEOODY	345	2.336		11.35**	434.5 434.5.435.0
S4-GREGORY					
	348			11.25**	34,0 4348 434.9
53-DAVID	348	DNR		11.25**	34'0 431'8, 131'6
53-DAVID 53-CHASE				1212	DNR
53-DAVID 53-CHASE 51-WESTON	348	DWR DWR DWR		15:48**  512	DNR DNR DNP
54-GREGORY 53-DAVID 53-CHASE 51-WESTON 50-CARSON	348	DWR DWR DWR		15:48**  512	DNR

tow	5×1000I/I.00R
W02 W02	600.500.400.200/= DISTANCE RECOVERY * 80014 PACE ZMILE TIME TRIAL
Mo3	3 (4x200 TT/0.30R) 400M WALK BETWEEN SETS

WEAT THE SMALL STUFF-TRAIN YOUR WEAK	NESS RACE YOUR STRENGTH-L.	ITTLE THINGS MAKE BIG THINGS HAPPEN

S TO DE LE STEEL	7					2 2 2 2 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	
wo	TARG	ET	ACTUAL WO	3 TARGE	T	AC.	CUA L
RUNNERS	4	T	# # 1 + 1	200 1000	1C00	200 10	000 1600 200
55-FAITH	-	•	DWS.	from allows	-	DNR	
53-CARLEY	404	344	DNR - 342 -	0.40 344	631	DNR	
49-CIARA	420	359	1404	0.44 359	654	043 1	103 709 042
49-ABBY	-	مسية	DNB	044 359	654	043	355 640 042
45-FRANKIE	432	415	3410 3359 358	042 412	717	044	406 652 044
40-NORA	150005	Page-1800	DUR	052 440	800	0.50	840 185 28H
00-RACHEL		enter.	DNR .	- des éco	/3m	DNR	
49-MALLORY	420	359	3410 5 40 8 328	044 359	654		103 709 042
				- 19			
Moil	TAR	792		" TA RGE"		A_C	TUAL
RUNNERS	1	<u> </u>	#T #I TT	200 1000 1	COO	200 1	000 1600 200
69-JACK M	(Property Control of C		DNR*DISTANCE		~~	DNR	
66-COLTON	324	30%	3311 2304 259	034 308	519		307 519 DNF
65-SEAN	326	310	3319 2304 300	035 310	532	034	305 518 033
00-ROBBIE			DISTANCE	Magazin estimate	مسيدون	DNR	
61-SAM	337	320	3341 311,310	According (September )	1-th Contract	DNR	
61-NOA	- Catalon		DUR	equinos equinos		DNR	
61-CISCO	COPED	<b>4</b>	DISTANCE	The state of the s	Agricultural State of the Land	DNR	
61-CHANDLER	340	313	33433320,318	tratica, disperso	-Services	DNF	
60-JACK B	343	352	DNR	*GEO-CONTO	******	DNR	
59-VICTOR	343	325	33422309 308	037 325	959	ONE	
59-ELADIO	343	325	3343,320,318	037 325	559	DNF	
55-JASON		<b>(1000)</b>	DISTANCE	guidense officiales	~~	DNR	
54-PHILLIP	100	341	3342,354,353	039 341	625	DNR	
54-KRIS	400	341	HHMS		625		23 617 038
54-GREGORY	400	34)	HHMS		625	DUR	
53-DAVID	404	344	HHMS		625	0383	23 618 038
53-CHASE	404	344	3404 2348 339	039 345	630	০3৪ ३	35 621 038
51-WESTON	415	382	3413 2409,405	040 350		039 3	49 641 037
50-CARSON	415	322	3412 407 356	- Carrer #500 p	Nazaro	DUR	
00-RUBEN	******	4250°	TRACK	ACTO NATO	45500	DUR	

Wal	B-9M/G-7M@65%
	8×1000 (T/1.00R+I/2.00R+T/1.00R+I/2.00R+T)+500R+(I/2.00R+T/1.00R
-	16×2005/1,10-2,100+ 1000I/3,00T+1600T/1,00R+6x2005/1,00-200J

	TARGET	WOI ACTUAL	WOZACTVAL	ACTUAL	WO3 ACTUAL	
RUNNERS		# · AVG				
55-FAITH	NA	DNR	DNRO		DIMR	4
53-CARLEY		4/632	507-455		5.128	
50-RACHEL		DNR	DNR		8.128	DM
49-CIARA		DNR	DNR		8-127	4-12
45-FRANKIE		4/643**	DNR		8.127	4.12
49-ABBY*		3/640			DNR	
40-NORA*		3/207	'		DUR	
49-MALLORY*	4	2/629	DNR		8.127	1)15
	TARGET	WOLACTUAL	WOZ ACTUAL	ACTUAL	WOBACTU	JA
RUNNERS			#AVG OR \$1.5	2	\$1_	<u>S2</u> .
69-JACK M	NA	4.515	DISTANCE	NA	8.106	4.10
66-COLTON		DUR	419.413	AU	8.167	
65-SEAN		4.540	DISTANCE	NA	DNR	
64-ROBBIE		2.550			8.110	
64-CISCO		3.524	426.422		DMR	
61-SAM		DNR	DISTANCEMB	8.444 .433	8.112	4.11
61-NOA		DUR	DNR	, , , , , , , , , , , , , , , , , , , ,	DNR	
61-CHANDLER		DNR	439.433		2.116	
60-JACK B		3.542	5-32 <b>3</b> ·340		8-112	4.11
59-VICTOR		2 . 532	425.425		8.112	
<b>5</b> 9-ELADIO		3 - 552	5.323.340	436.446	DWR	
55-JASON		2 · 543	3.331		DNR	
54-PHILLIP		4,552	5.328.345		511.8	4.115
54-KRIS		4.551	DHR	AK	8.114	
54-GREGORY		DWR	DUR	AN	DWR	
53-DAVID		Dhr	DUR	NA	DNR	
53-CHASE		DNR	5.34 .400	- ** \	DNR	
33-CHASE			5.356 .413	NA	8-125	M-ING
		DNR	3736 7114	Nr		
51-WESTON 50-CARSON		DNR DNR	5-355-412	NA NA		4-12

WOI	4 x 1609 I/1.30 R
W02A	5x1000I/1.00R* 5.00R AFTER REPSIX1000T + 8 MAGNOLIAS
Wo3	8x4005/600WJ + 3.00R + 4X4005/1.00WJ

SWEAT THE SM	ALL STUFF-TRAIN	YOUR WEAKNESS	RACE YO	HR STRENGTH-LIT	TLE THINGS MAKE	RIG TUINGS I
	TASGET	_AUTJA_	216-21G	ACTU AL	TEL THRIGO WAILE	OLO TILINOS .
RUNNERS	1200 1000 80		1600M	51 52	1600 M	
55-FAITH	4300 344 30		-	452.9 509.1	521,5	
53-CARLEY	430.344.3Q		521	504.0 507.0		
50-RACHEL		- DUR		507.2	-	
19-CIARA	445 359 31			S32.0 SSZ/	6069	
45-FRANKIE	454 407 31		<u> </u>	531.0.542.3	120°C4	
49-ABBY*		DINK	602	DUR	) 00112	
40-NORA*			659	DNR		
49-MALLORY*		DIVIR	551	524.2.524.5	3 546 C*	
		214.0		0 - 112 02(1	0.340.6	
*=MS/2ND SPRT						******
	TARGET	ACTUAL	PREDICT	OF ACTUAL	<u> </u>	
RUNNERS	1200 1K & 800	1200-1K.800	1600M	31 25	1600M	
59-JACK M	336 °301 221		>	411.0 410.5		
66-COLTON	B45 , 308 23X		430	DN8	,~110	<u></u>
55-SEAN	348 . 310 23			DNR		
4-ROBBIE		VI ·	ė.	4257 -	<b>~</b>	
4-CISCO	400 - 320 240	358,318,237	442	4245429	9 4451	
51-SAM	400-320 240		509	4377 = 444		
1-CHANDLER	403 ,321 242		454	DNR	11 July	
50-JACK B	4030321 242			447,60 445.	50505 1X	
9-VICTOR	406 +325 2214	INS	443	430.0, 436.1		
9-ELADIO	406 - 325 244	2MTT-1114**	500	432.9. 4421		
55-JASON		DNR		NT -	-	·
54-PHILLIP	418 - 334-252	412-330-3244	516	442,70453	1 = 567.7*	
4-KRIS	418 - 334 252	411-33003244		DNR	1- 50112	
54-GREGORY	418:334:252			DNR		
3-DAVID	424.341 256		~	DUR		
3-CHASE	424, 341 256	143733413256	521	DNR		
1-WESTON	408-351 304	14282353330	541	DNR		
0-CARSON	411 , 355 306		221	489.4.539.	- S409X	
0-RUBEN	-	1.30	·	121.7 231.	<u> </u>	
* Worker		<del></del>				
		**************************************				
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Wol	[x1700] /2	0001 + 2x1000	7/7 200	T 4 2 VO T	/2 -	
.,401	121000012	CU3 T 6 11000	L,50.	7 7 3 V 8007	1 4,000	
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Wol	[XIZOOI/3.00] + 2×10001/2.30] + 3×8001/2.00]	
Mos	2(400/0,4512+800/1,3012+300/3,0012)	(S1+S2)x .534

SWEAT THE SMA	464		CTUAL			RGET	ACTUA		TGT-			TUA	
RUNNERS			<u> </u>	LZ			Si	S?		- #: • AVC		1600	$\overline{}$
55-FAITH*			_				SOCCE	:R	-	DYS		· 604	
53-CARLEY			>-				8.120	4-119	10r			· 60°	
50-RACHEL			<del></del>				DNR	, 11 1		DWR	DINE		
49-CIARA	8021	ל לצו	2/200, 4	1725			8,134	416	725	6759	7	<u> </u>	
45-FRANKIE	802.		2 800.4	ţ			DNFXA			DNR			
49-ABBY*	0.5 22.		<u>. ب ت د .</u>	, , 🕠			HHMS	- MILLEY		DNR		<u>-</u> -	
40-NORA*			<b>5</b> -		•		THMS			DNR			
49-MALLORY*			-				SUCCEP	2	•	DNF	*		
*=MS/2ND SPRT					~								
	TARE	हिं	ACTUA	71	AT	ROET	4CTUAL		TGT	-ACT	'_A	CTU	1
RUNNERS	171	12	_ 7.7	1,2			ટ્ય	SZ		*#·AVG		1600	
69-JACK M	621	221	4/6214	555	R	-	5,38,3		551	6.623	226		10
66-COLTON	635	605			B	~	5/41.1			DNR		502	10
65-SEAN	636	606	4/6214		В	***	5143.6		606	6 623	2.26		10
64-ROBBIE	TRK		<b>64</b>	л <b>ү</b>	-	-	DNR		4x300/38		~		
64-CHANDLER	TRK			_	ъ	-	DUR		-	DINR		,,	
64-CISCO		,	7/NT		-	.=-	DNR	*****		DNR			
61-SAM					42		KNEE		-	DNF	234	522	ΙÍ
60-JACK B	-	-	4/6304	1555	A	115	8-115 4	116	625	7-557	236		
59-VICTOR	~	•	4/6304	1620	A	115	8:113 4			6.623	736		Ì0
59-ELADIO			4/6304	1620	A	112	8-112 40			DNR			
55-JASON			4/15		A		7.119 2.		649.	7-640			
54-PHILLIP	-	•	4/6304	1650	A	720	8-116 4			7.629	241:	545	119
54-KRIS			_			-04	HHMS			7.68	241.		11
54-GREGORY			محنية		-	_	7MUH			768			
53-DAVID			~		.00	æ	HHMS			DUR			
53-CHASE			(na		~	-	BMB			DNR			
51-WESTON			-		B		DNR			DNE			
50-CARSON					<del></del>	127	8-1242	1=129		DNR	253	626	13
											<del>- 11-11.</del>		
W61	G-7/	B-9	110	) <u>T</u> + [	.30	L2@:	[41,00						
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44033	13 CA	1774	, N. G	10101	172-1	MOS	LTINO .	- 20	10				

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SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG TH	TINGS HAPPEN

	TARGET ACTUAL
RUNNERS	1600.400, 1600 1600
55-FAITH*	. DNR
<i>5</i> 3-CARLEY	464 122 629 400 122 617 114-055, 29
50-RACHEL	2x400-1x200 165-109-031
49-CIARA	420 128 652 DNFX FOOT 126-164-37
45-FRANKIE	420 128 652 412 129 639 128-101-37
49-ABBY*	JNR
40-NORA*	DNR
49-MALLORY*	2×1000-1×400 407-130-
* 10/0 TO SDDT	
*=MS/2ND SPRT	
RUNNERS	
69-JACK M	316 107 514 366 102 458 NA 058 642 27
66-COLTON	324 108 526 318 107 537 0.59,043 26 326 109 530 300 167 542 800985000000 759,043 76
65-SEAN 64-ROBBIE	
64-ROBBIE 64-CHANDLER	
64-CISCO	329 110 534 321-107-542 105-044-27
61-SAM	
60-JACK B	2/1
59-VICTOR	
59-ELADIO	173 0467 03
55-JASON	
54-PHILLIP	200 in /20 322 UP (2)
54-KRIS	357 120 623 DNR
54-GREGORY	359 120 623 DNR
53-DAVID	DNR
53-CHASE	357 120623 349-116-69
51-WESTON	DNS
50-CARSON	410 125 648 359 128 632
	12-013-01150-00
	·

<u> </u>	3 x1000T/1.0017 + 1 x1600T + 1 x1600T
WOZ	2x400F/4005 + 2x300F/3005 + 200TT

DISTANCE PROGRAM-CC/TRACK WK17 OF 24 (MON 03/18-SUN 03/24)

SWEAT THE SMA	29AT		ACTUSA		MERT			
	loop.		# AUC #		116 -1			 
RUNNERS			2.325 5					 
53-CARLEY	344	125						 
50-RACHEL			4.4022	-120				 
49-CIARA	<i>A 1 1 1 1 1 1 1 1 1 1</i>		DNS	VIII)				 
45-FRANKIE	407	130	4.415	אאג				 
49-ABBY*			DNIS					 
40-NORA*	-		DUR					 
49-MALLORY*			JUB					 
55-FAITH*			DNR			····		 
*=MS/2ND SPRT					/la a ======			
	TARGE		ACTUAL		MEET			 
RUNNERS	(000) +	7-tou	# OVA·#	AVG				 
69-JACK M	301	107	5.303 4	·103	***************************************			 
66-COLTON	308	109	5.311 4	106	· · · · · · · · · · · · · · · · · · ·			 
65-SEAN	310	109	5.312 4	-107				 
64-ROBBIE		-	4.335 2	·io5				 
64-CHANDLER	_		DNR					 
64-CISCO	325	110	5.320 4	109				 
il-SAM	320	114	5,330 D	JR		···		 
60-JACK B	325	ils	5-323 4	114				 
59-VICTOR	385	114	DNR					 
59-ELADIO	325	113	DNR					 
55-JASON	541		4,351 DA	JR.				 
54-PHILLIP	341	119	5.320 4·	112				
54-KRIS	34)	119	5.328 4.					 
54-GREGORY	<b>5</b> -	-	DIVR					
53-DAVID	344	119	5.346 2.	116				
53-CHASE		***	DIVR	A.A.:#7				 
51-WESTON		_	DNR					 
50-CARSON	オくみ	127	4.355 2	130	* 40			
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 WOI	5x1000 T/1,00R+5,00R+G-2/B-4 x 4005/1,00R
1	

#### DISTANCE PROGRAM-CC/TRACK WK18 OF 24 (MON 03/25-SUN 04/01)

RUNNERS KET IKT 4557 #/AKC #/MC TAC 800 800 800 800 800 600 600 600 600 555 112 0  53-CARLEY 404 344 112 DNR 041 244 154 114 056 2/040 300 156 112 0  49-CARA DNR 055 - 146 110 052 3/032 - 151 11/1 0  49-CABA DNR 044 258 206 123 102  49-ABBY*  49-ABBY*  49-ABBY*  49-MALLORY*  55-FAITH*  TARGET ACTUAL TAR GET ACTUAL  RUNNERS KT. KT 400 #ARC #AC #AC #AC #AC #AC #AC #AC #AC #AC #A	SWEAT THE SMA	T			OUR WEAKNESS, RA ACTUAL		A R	~ ~	<u> </u>	<u>re i H</u>		AKE E TV	$\nabla$ /	NGS F	IAPPEN
SE-CARLEY 404 344 112 DINK	DI MNIEDO					· · · · · · · · · · · · · · · · · · ·	<del></del>		•	300	1/		) ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( (	-400	2:300
50-RACHEL  DNR  SS - [46 110 052 3(632 - 151 1]] 6 49-CIARA  49-CIARA  DNR  - DNR - FOST  DNR - FOST  49-ABBY*  40-NORA*  49-MALLORY*  *=MS/2ND SPRT  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  SS-FAITH*  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  SS-FAITH*  *=MS/2ND SPRT  *=MS/2ND SPRT  TARGET ACTIVAL  TARG		+ -													
49-CIARA 45-FRANKIE 424 463 126 DNR 044 258 206 123 102 49-ABBY* 40-NORA* 49-MALLORY* 55-FAITH*  TARGET ACTIVAL TARGET ACTIVAL  TO 044 324 313 2 100 00 334 220 00 00 00 00 00 00 00 00 00 00 00 00		404	394	115										4	
45-FRANKIE   124   463   126   DNR						(22)	-	1 16	HO	<u> </u>					`~
49-ABBY* 40-NORA* 49-MALLORY* 55-FAITH*  TARGET ACTIVAL TARGET ACTIVAL  RUNNERS INT: INT 400F #AM TAC HAVE 69-JACK M 316 301 700 3311 3/253 3100 034 214 132 101 045 2103 215 233 107 06 66-COLTON 324 348 1/20 3/316 3/308 3/105 034 214 132 101 045 2103 215 233 107 06 64-CHANDLER DNR 029 - 136 104 048 107 108 04 64-CHANDLER DNR 029 - 136 104 048 107 108 04 64-CISCO 337 320 109 3/37 3/20 3/108 037 230 147 110 053 2/035 234 147 108 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 125 04 64-CISCO 337 320 109 3/37 3/20 3/108 037 230 147 110 053 2/035 230 147 110 05 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 124 142 105 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 125 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 125 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 120 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 120 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 120 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 120 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 12 054 218 120 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 112 054 218 147 105 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 112 054 218 147 105 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 112 054 218 147 105 04 69-JACK B 343 325 105 3/333 DNF 035 224 147 112 054 218 147 105 04 69-JACK B 344 115 3/331 3/337 3/115 038 234 147 110 053 DNR-MEET 69-JACK B 344 115 3/331 3/337 3/115 038 234 147 110 053 DNR-MEET 69-JACK B 344 115 3/331 3/32 3/110 038 234 147 110 053 DNR-MEET 69-JACK B 344 115 3/331 3/32 3/112 038 238 147 110 053 DNR-MEET		1(21)	Ais7	la.c		aul	258	760	123	100	<u>U</u>	NR-	1-007	`	
40-NORA*  49-MALLORY*  55-FAITH*  TARGET ACTUAL  RUNNERS IKT IKT YOF #AO #AC #AO 300 GCO YOO 305 ZOO 800 YOO YOO YOO SOO GCO YOO 305 ZOO 800 GCO YOO 305 ZOO 800 GCO YOO 305 ZOO 800 YOO YOO YOO YOO YOO YOO YOO YOO YOO Y	· · · · · · · · · · · · · · · · · · ·	464	402	126	<u> VNK</u>		~20	400	165	102	20		N FOT		
#=MS/2ND SPRT  *=MS/2ND SPRT  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  TARGET ACTIVAL  RUNNERS  KT. KT VOF #ANG TANCTHANG  69-JACKM  316, 301, 100, 3/311, 3/678, 3/100, 034, 214, 132, 107, 045, 208, 201, 132, 107, 066-COLTON  324, 326, 020, 3/36, 3/363, 3/100, 034, 214, 132, 107, 045, 208, 216, 133, 107, 066-COLTON  324, 326, 020, 3/36, 3/363, 3/100, 034, 214, 132, 107, 045, 208, 216, 133, 107, 066-COLTON  324, 326, 020, 3/36, 3/363, 3/100, 034, 214, 132, 107, 045, 208, 216, 133, 107, 066-COLTON  324, 326, 020, 3/36, 3/363, 3/100, 034, 2/14, 132, 107, 045, 2/103, 2/16, 2/14, 132, 107, 066-COLTON  324, 326, 020, 3/36, 3/100, 034, 2/14, 132, 107, 046, 2/104, 2/14, 1/10, 047, 1/10,															
*=MS/2ND SPRT  TARGET ACTUAL  TARGET ACTUAL  RUNNERS IKT IKT WOF #ANC TANC TANC TO 300 GOO HOO 300 ZOO 800 GOO HOO 300 ZOO ZOO 800 ZOO 800 GOO HOO 300 ZOO ZOO ROO 300 ZOO ZOO ROO 300 ZOO ZOO ROO 300 ZOO ZOO ZOO ROO 300 ZOO ZOO ZOO ROO 300 ZOO ZOO ROO 300 ZOO ZOO ZOO ROO 300 ZOO ZOO ZOO ZOO ZOO ZOO ZOO ZOO ZOO Z		-						<b>1</b> 001	100	100			20000		n
*=MS/2ND SPRT  TARGET ACTUAL  TARGET ACTUAL  RUNNERS		-				044	528	201	14.	/ 100				<u> &lt;</u>	
TARGET ACTUAL TARRET ACTUAL  RUNNERS   KT - KT 40F # AC # A	55-FAITH*	<u> </u>				<b></b>					1/4	0 11	INE		
TARGET ACTUAL TARRET ACTUAL  RUNNERS   KT - KT 40F # AC FAC HAVE   200 800 GOO 400 305 200 800 500 400 - 306 69-JACK M 316 301 105 3311 34258 3100 034 214 132 101 045 2103 215 133 100 066-COLTON 324 308 600 3186 31808 31105 034 214 132 101 045 2103 215 133 100 066-SEAN 326 310 101 31316 31808 31105 034 218 135 103 047 21034 219 132 102 066-SEAN 326 310 101 31316 31808 31105 034 218 135 103 047 21034 219 132 102 066-SEAN 326 310 101 31316 31808 31105 039 - 133 101 046 31029 - 133 101 056 64-CHANDLER DUR 029 - 136 104 048 NO TIME 64-CISCO 337 320 109 3133 5123 31108 037 230 147 (10 053 2105 234 147 108 04 059 21036 237 320 109 31333 -DNF 038 232 150 113 055 21036 233 150 101 045 59-VICTOR 343 325 105 31333 -DNF 038 232 150 113 055 21036 233 150 101 045 59-VICTOR 343 325 105 31335 3185 3107 035 224 149 112 054 21036 230 144 114 045 59-FLADIO 343 325 105 31335 3135 3107 035 224 149 112 054 21036 230 144 114 045 59-FLADIO 343 325 105 31337 3115 037 240 150 173 055 21036 235 151 110 045 54-KRIS 400 341 115 31337 3132 3116 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3134 3132 3112 038 240 150 113 055 110 045 54-GREGORY 400 341 115 3134 3123 3112 038 240 150 113 055 110 045 1		<del> </del>			<del></del>										
TARGET ACTUAL TARRET ACTUAL  RUNNERS   KT - KT 40F # AC # A		-													
TARGET ACTUAL TARRET ACTUAL  RUNNERS   KT - KT 40F # AC FAC HAVE   200 800 GOO 400 305 200 800 500 400 - 306 69-JACK M 316 301 105 3311 34258 3100 034 214 132 101 045 2103 215 133 100 066-COLTON 324 308 600 3186 31808 31105 034 214 132 101 045 2103 215 133 100 066-SEAN 326 310 101 31316 31808 31105 034 218 135 103 047 21034 219 132 102 066-SEAN 326 310 101 31316 31808 31105 034 218 135 103 047 21034 219 132 102 066-SEAN 326 310 101 31316 31808 31105 039 - 133 101 046 31029 - 133 101 056 64-CHANDLER DUR 029 - 136 104 048 NO TIME 64-CISCO 337 320 109 3133 5123 31108 037 230 147 (10 053 2105 234 147 108 04 059 21036 237 320 109 31333 -DNF 038 232 150 113 055 21036 233 150 101 045 59-VICTOR 343 325 105 31333 -DNF 038 232 150 113 055 21036 233 150 101 045 59-VICTOR 343 325 105 31335 3185 3107 035 224 149 112 054 21036 230 144 114 045 59-FLADIO 343 325 105 31335 3135 3107 035 224 149 112 054 21036 230 144 114 045 59-FLADIO 343 325 105 31337 3115 037 240 150 173 055 21036 235 151 110 045 54-KRIS 400 341 115 31337 3132 3116 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3134 3132 3112 038 240 150 113 055 110 045 54-GREGORY 400 341 115 3134 3123 3112 038 240 150 113 055 110 045 1	* ) (O/O) ID (IDDIII					-									
RUNNERS IKT - IKT 400F #AVC #AVC #AVC #AVC #AVC #AVC #AVC #AVC	*=MS/2ND SPRT		3 ( ) E	· <del>†</del>	ACTI IN I		T A i	2 12	ET		AC	7/1	<b>A</b> 1		
69-JACK M 316 30; 100 3/311 3/258 3/100 034 214 132 101 045 2/08 211 32 101 066-COLTON 324 308 100 3/316 3/308 3/105 034 214 132 101 045 2/08 218 133 102 065-SEAN 326 3/10 101 3/316 3/308 3/105 034 218 135 103 047 2/634 219 132 102 066-COLTON 324 3/308 3/105 034 218 135 103 047 2/634 219 132 102 066-SEAN 326 3/10 101 3/316 3/308 3/105 034 218 135 103 044 2/634 2/9 133 101 04 04-COLTON 3/308 3/10 04-COLTON 3/308 3/10 04-COLTON 3/308 3/10 04-COLTON 3/308 3/30 04-COLTON 3/30 04-COLTON 3/30 04-COLTON 3/30 04-COLTON 3/30	DENTIFIC					7 (hr				9DC				حمادا	7-
66-COLTON 324 308 100 3/316 3/303 3/102 034 214 132 101 645 2/03 215 133 102 6 65-SEAN 326 310 101 3/316 3/308 3/105 034 218 135 103 047 2/634 219 132 102 6 64-ROBBIE DNR 029 - 133 101 044 3/029 - 133 101 0 64-CHANDLER DNR 029 - 136 104 048 NO TIME: 64-CISCO 337 320 109 3/37 3/108 037 230 147 100 053 2/035 234 147 108 04 60-JACK B 343 325 110 3/333 DNF 038 232 150 113 055 2/036 233 150 161 04 59-VICTOR 343 325 105 3/333 DNF 035 224 136 (04 048 1004 142 105 64 59-ELADIO 343 325 105 3/335 3/318 3/107 038 234 149 112 054 2/036 235 151 110 04 55-JASON 400 3/41 115 3/339 3/332 3/110 038 234 150 113 055 2/036 235 151 110 04 54-PHILLIP 400 3/41 115 3/339 3/332 3/110 038 234 147 110 053 DNR-MEET 54-GREGORY 400 3/41 115 3/347 3/332 3/112 038 230 149 117 105 054 117 055 53-DAVID 404 3/44 115 3/342 3/342 3/342 3/312 038 235 149 112 054 11	v nr														
65-SEAN  926 310 101 3/316 3/308 3/105 034 218 135 103 047 2/634 219 132 102 0 64-ROBBIE  DNR  029 - 136 104 048 No TIME 64-CISCO  337 320 109 3539 3823 3/108  637 230 147 110 053 2/05 234 147 108 04  66-LISAM  337 320 109 3539 3823 3/10 038 232 150 113 055 2/036 233 150 101 04  59-VICTOR  343 325 110 3/333 DNF  035 224 149 112 054 2/034 224 142 105 04  59-ELADIO  343 325 105 3/333 3/38 3/107 035 2/04 048 2/034 224 142 105 04  59-ELADIO  343 325 105 3/333 3/38 3/107 035 2/04 048 2/034 224 142 105 04  55-ELADIO  343 345 105 3/337 3/115 037 240 150 1/3 055 2/086 235 151 110 04  54-PHILLIP  400 341 115 3/337 3/312 3/10 038 234 147 110 053 DNR-MEET  54-GREGORY  400 341 115 3/337 3/312 3/112 038 240 150 113 055 11 10 04  54-GREGORY  400 341 115 3/337 -DNF  038 240 150 113 055 11 110 04  54-GREGORY  400 341 115 3/337 -DNF  038 240 150 113 055 11 110 04  54-GREGORY  400 341 115 3/337 -DNF  038 240 150 113 055 11 110 04														-	041
64-ROBBIE DNR 029 - 133 101 046 3 1029 - 133 101 066 64-CHANDLER DNR 029 - 136 104 048 NO TIME: 64-CISCO 337 320 109 3330 DNF 034 277 137 104 048 2 1034 221 143 104 04 061-SAM 337 320 109 3539 31823-31108 037 230 147 (10 053 2 1035 234 147 108 04 060-JACKB 343 325 110 31333-DNF 038 232 150 113 055 2 1036 233 150 167 04 059-VICTOR 343 325 105 31333 DNF 035 224 136 (04 048 2 1034 224 142 105 04 059-ELADIO 343 325 105 31335 3138 3107 035 204 149 112 054 2 1035 230 144 114 04 055-JASON 400 341 115 31339 3132 3115 039 240 150 113 055 2 1036 235 151 110 04 04 04 04 04 04 04 04 04 04 04 04 04															Odr
64-CHANDLER DNR		1	310	101							<u> </u>				७५]
64-CISCO 337 320 109 330 DNF 034 219 137 104 048 2 1034 7211 143 104 056 1-SAM 337 320 109 3539 3823-3108 037 230 147 (10 053 2 1055 234 147 108 07 60-JACK B 343 325 110 3/333 DNF 038 232 150 113 055 2 1036 233 150 169 04 59-VICTOR 343 325 165 3/333 DNF 035 224 136 (04 048 2 1034 224 142 105 04 59-ELADIO 343 325 165 3/335 3/318 3/107 035 224 149 112 054 21035 230 144 114 04 55-JASON 400 341 115 3/339 3/332 3/10 038 234 150 113 055 2/036 235 151 110 04 54-KRIS 400 341 115 3/339 3/332 3/10 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3/349 3/332 3/112 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3/349 3/342 3/312 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3/342 3/342 3/312 038 235 149 112 054 11 11		+												101	०५५
61-SAM  337 320 109 3539 3 B23-3 108  60-JACK B  343 325 110 31333 - DNF  59-VICTOR  343 325 105 31333 - DNF  59-ELADIO  343 325 105 31333 - DNF  59-ELADIO  343 325 105 31333 - DNF  55-JASON  400 341 115 31337 3115  54-KRIS  400 341 115 31337 3110  54-KRIS  400 341 115 31337 - DNF  54-GREGORY  400 341 115 31337 - DNF  54-GREGORY  400 341 115 31337 - DNF  55-DAVID  404 344 115 31342 31342 3112  638 235 147 112 654  11 15 31342 31342 3112  638 235 147 112 654  11 15 31342 31342 3112  638 235 147 112 654  11 15															P
60-JACK B 343 325 110 31333 - DNF 038 232 150 113 055 21036 233 150 169 04 59-VICTOR 343 325 165 31333 - DNF 035 224 149 112 054 21034 224 142 105 04 59-ELADIO 343 325 105 31333 - DNF 035 224 149 112 054 21035 230 144 114 04 55-JASON 400 341 115 31339 31332 3110 038 234 150 113 055 21036 235 151 110 04 54-PHILLIP 400 341 115 31339 31332 3110 038 234 150 113 055 21036 235 151 110 04 54-KRIS 400 341 115 31339 31332 3112 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 31342 31342 3112 038 235 149 112 054 11 11											7			•	
59-VICTOR 343 325 165 3/333 DNF 035 224 136 64 048 2/034 224 142 105 64 59-ELADIO 343 325 165 3/335 3/38 3/07 035 224 149 112 054 2/035 230 144 114 045 55-JASON 400 341 115 3/339 3/332 3/10 038 234 150 113 055 2/036 235 151 110 04 54-PHILLIP 400 341 115 3/339 3/332 3/10 038 234 150 113 055 2/036 235 151 110 04 54-KRIS 400 341 115 3/339 DNF 038 234 147 110 053 DNR MEET 54-GREGORY 400 341 115 3/342 3/		-									1				047
59-ELADIO 343 355 105 3135 3/318 3/107 035 2124 149 112 054 21635 230 144 114 045 55-JASON 400 341 115 3/339 3/337 3/115 039 240 150 113 055 2/686 250 - 110 04 54-PHILLIP 400 341 115 3/339 3/332 3/110 038 234 150 113 055 1/036 235 151 110 04 54-KRIS 400 341 115 3/339 3/332 3/112 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3/339 DNR- 038 240 150 113 055 "" " 53-DAVID 404 344 115 3/342 3/342 3/342 3/312 038 235 149 112 054 "" "		1									1			_fol_	049
55-JASON 400 341 115 3/337 3/115 039 240 150 113 655 2/686 250 - 110 04 54-PHILLIP 400 341 115 3/339 3/332 3/110 038 234 150 113 055 2/636 235 151 110 04 54-KRIS 400 341 115 3/339 -DNF 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3/339 -DNF 038 240 150 113 055 "" 53-DAVID 404 344 115 3/342 3/								• •			7			105	048
54-PHILLIP 400 341 115 3/389 3/332 3/10 038 234 150 113 055 4036 235 151 110 04 54-KRIS 400 341 115 3/389 3/332 3/12 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3/389-DNF 038 240 150 113 055 "" 53-DAVID 404 344 115 3/342 3/342 3/312 038 235 149 112 054 "" 1	59-ELADIO			7 .							2/035	230	144	114	740
54-KRIS 400 341 115 3/339 3/332 3/12 038 234 147 110 053 DNR-MEET 54-GREGORY 400 341 115 3/339-DNF 038 240 150 113 055 " " " 53-DAVID 404 344 115 3/342 3/42 3/	55-JASON	-							0 113	055				110	840
54-GREGORY 400 341 115 3/337-DNF 038 240 150 113 055 " " " 53-DAVID 404 344 115 3/342 3/342 3/312 038 235 147 112 054 11 1"	54-PHILLIP	400			17				0 113	0.55				OII	049
53-DAVID 404 344 115 3/342 3/342 3/112 038 235 149 112 054 11 1'	54-KRIS	400	341	112	3/337 3/332 3/12	033	र 23 <sup>५</sup>	147	1110	053	INA	3- M	7 33		
53-DAVID 404 344 115 3/342 3/342 3/112 038 235 149 112 054 11 12 53-CHASE 404 344 115 3/349 3/343 3/117 040 245 2/038 248 203 188 055	54-GREGORY	400	341	115	3/339-DNF				<u> 113</u>	055	- 41	٦,	\		
53-CHASE 404 344 115 3/349 3/343 3/117 040 245 2/03x 248 203 1/8 055	53-DAVID	404	344			03	8 235	5 14	9 117	2054	11	1			
1100	53-CHASE	404	344	_112	3/349 3/343 3/117	04	0 245	<u>s</u> ~		TP	2/038	248	203	118	055
51-WESTON 411 351 117 3/346 3/353 3/115 @41 250 2/040 257 205 1/6 055	51-WESTON	411	321	117	3/346 3/353 \$115	04	1250	<del>() -</del>	***	.^	2/040	257	202	116	୯୪୪
50-CARSON = = DNR 2/040300 211 123 0S	50-CARSON		`Z.	. هتر	DNB ,				ب	****	2/040	300			
	·														
				***************************************											
			,'												
		L													
	5 4 1 Am 4	7 4	1000	\ <del>-\</del> 1	mp 1 3vin	77T.		i	2 0	Vice	-1	<b>^</b>			
TWOOP/ JOOPX F + 3X10001XE + 3X400F/400WJ	W01	121	100	- 111	WK T 3VIO	<u> </u>	WW.	1 t.	<u> → ∧</u>	<u> 400</u>	<u> </u>	<u>ാ W 2</u>			

W01	ZX10007/1,000 + 3X10001XE + 3X400F/40001XE
W02	2x2005/2005 + 1x8005/400W5+1x600F/400W5+1x400F/3,00W5 +1x300F
	(A) = 3.00  (B) = 3.00

# DISTANCE PROGRAM-CC/TRACK WK19 OF 24 (MON 04/02-SUN 04/08)

(Wi	TARGET M	12 MACGUAL (W)	TARGET	ACTUAL (W3)	ACTUAL
RUNNERS	AVG TOT	FMILES AVE TOT	Moos	ST SZAVG	
53-CARLEY		DIR	256	3.254 3.254	4-123
50-RACHEL		DNR			DNR
49-CIARA		DIVR		DNR	DINR
45-FRANKIE		DNR			4.126
49-ABBY*		DNR	322	3.310 2.309	DNR
40-NORA*		(27.00	330	3.332 2.332	
49-MALLORY*		(นาอั		3.300 2.305	
55-FAITH*			<i>,</i> ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
EMMY			330	3-333 2-321	<b>—</b>
*=MS/2ND SPRT	TARGET.	ACTUAL	TARGET	ACTUAL	ACTUAL
RUNNERS	ANGGISTOT	MILES - AVQ - TOT	860M	H. AVG FAVG	# AVG
69-JACK M	523 (21.32)	(25:05)		4.216 4.513	6-104
66-COLTON	533 (22.12)	4.540(22.41)	223	4.222 4.222	DNE
65-SEAN	203 (22.114)	DNR	5.52	4.222 4.219	DNR
64-ROBBIE		DNR		1 600 1 2011	6-109
64-CHANDLER		DNR			6-114
64-CISCO	5:54(23.46)	(23,01)	232	4.230 4.228	DNG
51-SAM	5.54(23,46)	4.611(29.44)	2.35	4.235	G-112
60-JACK B	5,58 (23.52)	(24.30)	238	4.235 3.233	DNR
59-VICTOR	5,58 (12.31)	NT	233	4.232 1.223	6-108
59-ELADIO		NT	233	4.231 2.230	6-111
55-JASON	625(25.40)	(26.30)	245	4.239 3.240	6-113
54-PHILLIP	023(2).40)	DIVR	245	100, 32,0	6-113
54-KRIS		DNR	245	4-240 3-249	DNR
54-GREGORY		DNR	245	4.248 3.248	6-116
53-DAVID		DNR	245	4.245 3.241	6-114
53-CHASE	638 (26.32)	(2.25)		7.612 2611	DNR
51-WESTON	200 15 15 15 15 15 15 15 15 15 15 15 15 15	NT.	307		DINE
50-CARSON		DNR	<b>1</b>		DIVP
MAX		NT.	330	3.325 3.331	DNR
	,	W	307	4.251 2.256	DNR

W02	B:2(4x800V32/400M IN 3.00M) S.00 BETWEEN SETS G:2(3x800V32/400M IN 3.00M) """""""""""""""""""""""""""""""""""
	G: 2 (3x 800 V32 (400M IN 3.00 M) " "
l ow	4M TEMPO
WOZ	G-4/B-G X4005/1.30R

#### DISTANCE PROGRAM-CC/TRACK WK20 OF 24 (MON 04/09-SUN 04/15)

	•
SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOU	R STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TA	RGET	•	# · AV G # AV # AV6
RUNNERS	CODI	400 3	<del>)</del> @	1000 = 400 = 300
53-CARLEY	404		54	3,350 3.121 2.053
50-RACHEL	404	12.2	<sup>3</sup> S3	2+356 3-122 2-053
49-CIARA	-	~	-	DNR
45-FRANKIE	1754	152	103	3.420 3.129 2.101
49-ABBY*	~	<del></del>		DNR
40-NORA*	-		•	DNR
49-MALLORY*	418	126	058	NOTIME
55-FAITH*	35%	118	0 <b>5</b> 3	3-346
# 1 (0 lo) To copy				
*=MS/2ND SPRT	_ ŤA	RGE	τ	# ave # ave # ave
<u>RUNNERS</u>	1000	<u>400 3</u>	300	1000 400 300
69-JACK M	316	107	24C	3.310 3.105 2.644
66-COLTON	324	108	245	3.315 3.108 2.041
65-SEAN	324	108	045	3.321 3.169 2.044
64-ROBBIE	324	110	344	2.323 3.110 2.043
64-CHANDLER	7>-			DNR
64-CISCO	337	109	046	3.321 3.11) 2.045
61-SAM	**		<u></u>	MILE TT 5.18.21
60-JACK B	**	-	-	MILE TT S.11.6
59-VICTOR	340	112	347	<b>2</b> -332 3-109 2,048
59-ELADIO	340	112 0	<u> </u>	3,332 3,111 2,052
55-JASON		-	٠,	MILE TTO SIS.28
54-PHILLIP	<b>57</b>	7%	•	DNR
54-KRIS	70	-20		DWR
54-GREGORY			<u></u>	DUR
53-DAVID		-	Van	DNB
53-CHASE	4	.7		MILE TT. S40,93
51-WESTON		-	_	MILE TT. 546,53 XX
50-CARSON	5.4m	-	مم	DMS
00-MAX	*	-	vs.	MILE 74. 6.59,07
00THOMAS	~ <b>*</b>			MILG TT . 5,24,96 **
				*X = PR

W O	3 × 10	20T(0.4284	3 x 400	15/100R +	3 x300F	11.30R
		CLOASSBHT=T		5= MILE RP	F:	SOUM RP
<del></del>					•	
	ļ					
		100				

RUNNERS	LL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN
	TARGET METUAL
	1200-1000-800-600-400-200 1200 1000 000 600 400 400 200
53-CARLEY	430 = 345 300 215 130 045 430-237,300=213-126 042
50-RACHEL	430 : 345 : 300 · 215 · 130 . 945
49-CIARA	
45-FRANKIE	452 403 315 226 137 048 446 359 316 223 134 045
49-ABBY*	
40-NORA*	
49-MALLORY*	
55-FAITH*	
* MC/2NID CDDT	
*=MS/2ND SPRT	TARGET ACTUAL
RUNNERS	1200 - 1000 - 800 - 600 - 400 - 200
<del></del>	
	338 301 225 148 112 036 336.258-225 147 107 033
64-ROBBIE	338 301 225 148 112 036 343 301-224 145 110 034
64-CHANDLER	600M-143 S00M-184 400M-167 GX200M-030
54-CISCO A	345 307 230 152 115 037 349.300-227 147 109 029
61-SAM B	4,535
60-JACK B	4,531
59-VICTOR	1 20
	345 307 230 152 115 037 350 308 233 157 114 036
55-JASON	4.609
54-PHILLIP	4.550
54-KRIS	4551
54-GREGORY	
53-DAVID	4.609
53-CHASE	4.611
51-WESTON	4-631
50-CARSON	DNR
00-MAX	NT
00THOMAS	3.621

	TARGET	ACTUAL	TARGET	ACTURIL	ACTUAL
RUNNERS			1600P. 800P		37 25
53-CARLEY		DIMP-	124 38	2420 5:034	0.36 036
50-RACHEL		DW		DIVE	036 041
49-CIARA		DWR		DNR	037 037
45-FRANKIE	128-13)	6.127 6.128	129 -	2.130 5038	DNR
49-ABBY*		145		MS	
40-NORA*		MS			
49-MALLORY*		Soccer			
55-FAITH*		SOUTER		4	
*=MS/2ND SPRT				6 7 .	ψ.
	TARGET	ACTUAL	TAGET	ACTUN.	<u>ACTUAL</u>
RUNNERS	<u>SI 52</u>		400 - 200		52 22
69-JACK M		DNR	7-20%	- Dros	DNR
66-COLTON	107 110	DINI		DINR	0.30 0.29
65-SEAN	108 111	_6,	108 03)	2,108 5:0.29	DNR
64-ROBBIE		DNR		DNR	030 030
64-CHANDLER		DWR		DIME	DNR
64-CISCO	-		109 033	2168 5.031	030 030
61-SAM	9M@69	36	114 6.35	2.112 5033	034 032
60-JACK B	<del>                                     </del>		113 0.36	5.115 2032	* SK PAGE
59-VICTOR	<del>  </del>		115 035	2.110 5.031	DNR
59-ELADIO	<del>                                     </del>		112 034	5.109 5.032	ONE
55-JASON			1100 0 000	DNR	034 032
54-PHILLIP		· .	115, 035	5.033	*SK PACER
54-KRIS				MS	8E.81
54-GREGORY	-		-		18,47
53-DAVID					18.54
53-CHASE	+			DIVR	19.19
51-WESTON			****	DUR	<u> UNB</u>
50-CARSON	1		<del></del>	Due	DNR
00-MAX	*6			2.127 5.040	
00THOMAS	X6+		24	2.112 5032	DNR

WO 1	(6×4005/100 in 1.00 + 6×4605+0103/1.30) 4.00 BETWEEN SETS
WO 2	2x4005/100 10100+5x2008/2005
W03	SEAHAWK* TIMES NOT RECORDED
W04	SK-TT (HHP) B(10x20001100 +8x200011.15) G(8011.10+6011.30)

SWEAT THE SMA		110 G			ø Al			TAR				6 14VC		
RUNNERS		I V32	<del></del>					200 So		MO		560		
53-CARLEY	8 ~	-	121	Siy	012	0 524,	3 -				4.034	2.13		
50-RACHEL	N -		121	DIVR						-	4,034	2.13		
49-CIARA	D'			4m	∆€1	2081C					D			
45-FRANKIE	Ď			6M							1			
49-ABBY	5			SM										
40-NORA	Ď			SM	7								#1000 to 1000	
49-MALLORY	AU			DNR										
55-FAITH*	NA			DWR							<b>↓</b>			
*=2ND SPRT	-	Kan Ci		4+	3 /			4						
RUNNERS		ARG(			<u>ь У,</u>	V(>			<u>-6€T</u>			<u> AVG</u>		
				スいそ		> 200	<del></del>		100	WO	4	100 -	S2.4vo	
69-JACK M	A 316	301 528	3 106	3(12°	3 ''	520 103	<u> </u>	<u>r</u>	06	B		102	4.103	
66-COLTON	B -	8 - 3	107	314010	<u> </u>	524-10	4			ħ	Dr		9	
65-SEAN	A 324	<u>. 508 50</u>				3,306			108	B	<del>``</del>	107	4106	<del></del>
64-ROBBIE	<u> </u>				LZo	गड हा।	244	14-2	1.44	E	12.	24:15	23/13	* MJ.
64-CHANDLER	A 334	717 41	/ ! \0	DUR	210	20 1							V	
64-CISCO		317 30	6 108			<u>= 311 = 10</u>	01							
61-SAM	0			6M:	ACIZ	OBIC								
60-JACK B 59-VICTOR	D*34			6M	-+	*****							···	
59-VICTOR 59-ELADIO	D	1		3M	-									
55-JASON	N			6M									· · · · · · · · · · · · · · · · · · ·	
54-PHILLIP	ALA			4mx	000					~				
54-KRIS	NA D	<del></del>												
54-GREGORY	D			4M	7	ROBC								
53-DAVID	D			(M)	$\rightarrow$								***	
53-CHASE	v →			DIVR	4	<u> </u>					***			
51-WESTON	1-1			DIVE										
50-CARSON	Tri			DNR										
00-MAX	D				ACD	Ji Bi				~~~				
OOTHOMAS	D					OBIC.								
					8 W \nK	VDIV_								

Wa <sub>1</sub>	A	3×1000T/100R + 2×1000 200R +1×1000V32/300R +2×400\$/200R 680M2M
		3 x 200F/200T+2x500F/300T+2x300F/200T MODES GOM
<u> </u>	0_	CC DISTANCE RUN IN HHP
· · · · · · · · · · · · · · · · · · ·		
	E	(100, 200, 300, 200, 100) = DISTANCE JOB RECOVERY

#### DISTANCE PROGRAM-CC/TRACK WK23 OF 24 (MON 04/29-SUN 005/05)

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET # AVG	<u>AvG</u>
RUNNERS		1000 800 600 400
53-CARLEY	B	333 239 154 70
50-RACHEL	B	
49-CIARA	2-642	
45-FRANKIE	DNR	
49-ABBY	3.650	
40-NORA	3.759	
49-MALLORY	DWR	
	TARGET F. AVG	
RUNNERS	6 000	1000 800 600 400
69-JACK M	A 3.252	250 234 138 63
66-COLTON	<u>B</u>	HX400~59.8
65-SEAN	A 36258	249 213 137 61
64-ROBBIE	<u>B</u>	4x400 = 59.6
64-CISCO	A 3 · 306	258 219 142 62
61-SAM	1. S43*DNF	
60-JACK B	5.527	1) 1) 0 - 0
59-VICTOR	DNR	4×450.9
59-ELADIO	5,625	
55-JASON	5.545	
54-PHILLIP	5. इप्प	
54-KRIS	५. इ. ५	
54-GREGORY	DN8*FOOT	
53-DAVID	5.604	
53-CHASE	DNR* BACK	
51-WESTON	5.628	
50-CARSON	DNR*A	<u> </u>
00-MAX	3.742	/
00THOMAS	3.608	
		/

W01 5 x	1609T/5,00R X1000Y3Z/1.30R	
A: 3	x1000V32/1.50R	
13: C	1001A 600'S + 2x200F/200J	
WOZ 1000	-800 -600 · 400	

## DISTANCE PROGRAM-CC/TRACK WK24 OF 24 (MON 05/06-SUN 005/13)

SWEAT THE SMALL	I STUEETDAIN VOI	D WEAKNESS RAC	E VOLIR STRENGTH	LUTTLE THINGS MAKE	RIG THINGS HAPPEN

SWEAT TIES	VIA	TARGET
RUNNERS		
53-CARLEY	C	501 123,259,057 M20,249,056 X534
50-RACHEL	C	124 259 058 / 120,250 057 * 535
49-CIARA	D	·
45-FRANKIE		DUR
49-ABBY	D	635
40-NORA	D	7.26
49-MALLORY	C	125.259.058/120 251.0057 2536
EMMY	•	716
		TARGET
RUNNERS		1-2K 1K 800 60 410 200
69-JACK M	A	333.758-222-146.111-035 332.255.21901430107.032
66-COLTON	6	416AVG>+ 107.220.051/107.237.053
65-SEAN	Α	337 301 225 148 112 036 DNR
64-ROBBIE	B	
64-CISCO	A	340 34 227 149 113 036 348 307 228 744 105 029
61-SAM	D	520
60-JACK B	_	DNR
59-VICTOR	₿	
59-ELADIO	D	520
55-JASON	-	DWR
54-PHILLIP	D	526
54-KRIS		DNR
54-GREGORY	D	345
53-DAVID	D	\$ 33
53-CHASE		DUR
51-WESTON	D	T. T
50-CARSON	-	DUR
00-MAX	D	<u>C42</u>
00THOMAS	D	606

101	A (1200/3.00+1000/2.40+200/2.00+600/1.40R+.2x400/1.00	0+4x200/03+x)@V32
	C 2(400/0,45R+800/1,30R+300/13,10) AVEXI D DISTANCE + 1609 @ V5000	1,067=1600 PREDICTION