

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

RUNNERS-12	TIME	AVG#	S1	S2	WO	AVG#	REST
			AVG#	AVG#			
53-MALLORY	NT		129 ⁵	131 ⁵			
52-ABBY	19.53.637 ³		130 ⁵	132 ⁵			
52-FRANKIE	19.26.628 ³		128 ⁵	129 ⁵	B	307 ⁶	(2.30)
51-MIYAH	21.47.715 ³		DNR				
50-CARLEY	DNR		DNR		C	1.27 ⁸	(2.10)
49-RACHEL	DNR		DNR				
49-ESTHER	DNR		DNR				
45-MOLLY	22.20.726 ³		DNR				
44-KYRA	DNR		DNR				
44-JOSIE	23.40.753 ³		DNR		C	1.39 ⁸	(2.30)
40-NICOLE M	DNR		DNR				
00-REBEKA	NT -		DNR		A	0.40 ¹⁰	(??)

RUNNERS-18	TIME	AVG#	S1	S2	WO	AVG#	REST
			AVG#	AVG#			
67-SEAMUS	23.08.547 ⁴		1				
67-BEN	22.04.531 ⁴		110 ⁶	113 ⁶	C	106 ⁸	(2.00)
65-CISCO	22.09.532 ⁴		112 ⁶	109 ⁶	B	226 ⁶	(2.20)
65-ELADIO	23.20.550 ⁴		112 ⁶	115 ⁶	B	DNF	
64-SAM B	24.13.603 ⁴		115 ⁶	DNF		DNF	
64-JACK	DNF -		115 ⁶	117 ⁶	B	240 ⁶	(2.15)
62-PHILLIP	23.50.557 ⁴		112 ⁶	111 ⁶	C	109 ⁶	(2.10)
62-DANNY	23.34.553 ⁴		113 ⁶	117 ⁶			
62-NAIUEL	22.45.541 ⁴		112 ⁶	112 ⁶	B	239 ⁶	(1.45)
61-KRIS G	24.13.603 ⁴		115 ⁶	115 ⁶			
60-DAVID	24.42.610 ⁴		119 ⁶	123 ⁶	C	114 ⁸	(2.15)
57-THOMAS	NT -				C	115 ⁸	(2.15)
56-RYAN	NT -						
55-CHASE	29.56.729 ⁴						
54-GREG	DNR				C	118 ⁸	(2.15)
52-WESTON	DNF						
46-SAM C	DNR		30.00	AEROBIC	C	120 ⁶	(??)
46-MAX							
00-PALIN							
00-PETER							
00-ERIK							

	WORKOUTS	"EVERY DAY COUNTS"
W02	5/6 x 400S/A	
W02	3/4M-TEMPO	
W03	A 10 x 200S/200T + 6 x 150F/150T	
	B 6 x 300T/400T 6 x 200S/200T	
	C 8 x 400S/400T + 6 x 200F/200T	

DISTANCE PROGRAM-CC TRACK WK 07 OF 24 (MON 01/12/15-SUN 01/18/15)

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

	W01	W02	W03 AVG
RUNNERS-12	TGT	TIME · AVG#	
53-MALLORY	612 ⁴	602 18.54 · 618 ³	800 ⁴ 1600 · 400
52-ABBY	638	20.06 · 642 ³	305 627 · 123
52-FRANKIE	638	19.19 · 626 ³	- - -
51-MIYAH	632	13.27 · 643 ²	307 630 · 119
50-CARLEY			- - -
49-RACHEL	702	21.18 · 706 ³	303 628 · 114
49-ESTHER			- - -
45-MOLLY			- - -
44-KYRA			- - -
44-JOSIE		23.20 · 746	322 721 129
40-NICOLE M			- - -
00-REBEKA			NT NT NT

	W02	W03 AVG
RUNNERS-18	TGT	TIME · AVG#
67-SEAMUS	524	16.28 529 ³
67-BEN	524	17.58 559 ³
65-CISCO		221 505 100
65-ELADIO	532	16.50 · 536 ³
64-SAM B		225 514 102
64-JACK	536	17.14 · 544 ³
62-PHILLIP	545	17.15 · 545 ³
62-DANNY	541	17.04 541 ³
62-NAHUEL	541	16.58 539 ³
61-KRIS G	550	18.03 601 ³
60-DAVID	554	17.44 554 ³
57-THOMAS	609	18.18 606 ³
56-RYAN		- - -
55-CHASE		259 611 118
54-GREG		242 555 112
52-WESTON		303 621 119
46-SAM C		
46-MAX		
00-PALIN		
00-PETER		
00-ERIK		

	WORKOUTS	"EVERY DAY COUNTS"
W01	4x1609I/1.30R	
W02	3MILE TEMPO	
W03	3x800 ON 4.45 + 1609I/4.00R + 800 ON 4.45 + 400TV	

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

	PR	TGT	S1	S2	1600I	1600**	400S	400S
RUNNERS-12	1000	1000	AVG#	AVG#	TGT	AVG#	TGT	AVG#
53-MALLORY	355*	356	DNR					1208
52-ABBY		407	359 ⁴	358 ⁴				
52-FRANKIE		407	DNR					
51-MIYAH	356*	404	357 ⁴	359 ⁴		620 ³		
50-CARLEY		404	348 ⁴	352 ²				1188
49-RACHEL		-	DNR					
49-ESTHER		-	DNR					
45-MOLLY		-	DNR					
44-KYRA		-	DNR					
44-JOSIE		-	DNR					
40-NICOLE M	447*	-	DNR					
00-REBEKA		-	442 ³	410 ²		725 ²		

	PR*	TGT	S1	S2	1600I	1600**	400S	400S
RUNNERS-18	1000	1000	AVG#	AVG#	TGT	AVG#	TGT	AVG#
67-SEAMUS		319	DNR			502 ⁴		
67-BEN	311*	319	DNR			500 ⁴		
65-CISCO	314*	324	DNR			503 ⁴		
65-ELADIO	316*	324	330 ⁴	328 ⁴		516 ⁴		1078
64-SAM B	329*	329	DNR					1118
64-JACK	329*	329	325 ⁴	DNR				
62-PHILLIP		334	-	-		522 ⁴		1088
62-DANNY		332	320 ⁴	322 ⁴		530 ⁴		1058
62-NAHUEL	334*	332	336 ⁴	340 ⁴		545 ⁴		1128
61-KRIS G		337	DNR					
60-DAVID	340*	340	DNR					
57-THOMAS	345*	345	338 ⁴	340 ⁴		558 ⁴		1138
56-RYAN	345*	-	DNR					
55-CHASE		356	351 ⁴	352 ⁴				1198
54-GREG	356*	404	346 ⁴	342 ⁴				1198
52-WESTON		356	400 ⁴	405 ⁴				1228
46-SAM C		-	436 ³	449 ⁴				
46-MAX		-	359 ³	404 ³				
00-PALIN		-	DNR					
00-PETER		-	DNR					
00-ERIK		-	DNR					
* = 8x1000 / 1.00R ⁶ LESS THAN								

	WORKOUTS	"EVERY DAY COUNTS"
	2 (4x1000T/0.45R)	3.00 RBS
	3/4 x 1609I/1.30R	
	8x400S/160M IN 1.00 + 6x200F/200J * TIMES NOT RECORDED	

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

	HORWILL			AVG#	AVG#
RUNNERS-09	S1	S2	PROJECTED		
53-MALLORY	521	528	527	34.8 ¹⁰	34.0 ³
52-ABBY				39.0 ¹⁰	38.0 ⁸
52-FRANKIE	524	517	542*	38.0 ¹⁰	38.0 ³
51-MIYAH				34.9 ¹⁰	35.0 ³
50-CARLEY	507	504	526	-	-
49-RACHEL				38.0 ¹⁰	37.0 ³
49-ESTHER				-	-
44-JOSIE				-	-
00-REBEKA				-	-

	S1	S2	*PROJECTED	AVG#	AVG#
RUNNERS-22					
67-SEAMUS	405	403	421*	28.5 ¹²	27.5 ³
67-BEN	408	426	435	30.0 ¹²	31.0 ³
65-CISCO	416	410	430*	29.0 ¹²	27.0 ³
65 ELADIO	416	-	-	-	-
64-DANNY	410	410	427*	30.0 ¹¹	DNR
64-SAM B	453	-	-	-	-
64-JACK	441	440	500*	1.13 ¹⁰ (400)	-
62-PHILLIP	424	433	447	30.5 ¹⁰	31.0 ³
62-NAHUEL	-	-	-	-	-
61-KRIS G	-	-	-	-	-
60-DAVID	438	459	509	117 ¹⁰ (400)	-
57-THOMAS	449	446	507	111 ¹⁰ (400)	-
55-CHASE	450	504	517	-	-
54-GREG	449	449	509	115 ¹⁰ (400)	-
52-WESTON	-	-	-	-	-
46-SAM C	-	-	-	-	-
46-MAX	-	-	-	-	-
00-ERIK	-	-	-	-	-
00-PETER	-	-	-	-	-

WORKOUTS

"EVERY DAY COUNTS"

W01 1600 PROJECTED: 2 (400 / 0.45R + 800 / 1.30R + 3.00 / 3.00R)
RESULT x 1.067 = 1600M

W02 B: 12 x 200F / 100 IN 100M + 4 x 200 / 200J
G: 10 x 200F / 100 IN 100M 4 x 200 / 200J

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

	1000T	1000I	1000T	1000I	1200	1000	800	600	400	200	TOT	3200M
RUNNERS-09	TGT	TGT	AVG ^{FF}	AVG ^{FF}	TGT	TGT	TGT	TGT	TGT	TGT	TIME	PROJ
53-MALLORY	-	-	DNR	-	433	348	242	157	121	040	1748	1058
52-ABBY	407	348	356 ⁴	346 ⁴	441	354	250	207	125	042	1850	1136
52-FRANKIE	-	-	DNR	-	-	-	-	-	-	-	-	-
51-MIYAH	404	344	354 ⁴	345 ⁴	441	354	250	207	125	042	1835	1127
50-CARLEY	-	-	DNR	-	-	-	-	-	-	-	1750	1059
49-RACHEL	429	40	354 ⁴	DNR	-	-	-	-	-	-	DNR	-
49-ESTHER	-	-	DNR	-	-	-	-	-	-	-	-	-
44-JOSIE	-	-	DNR	-	-	-	-	-	-	-	-	-
00-REBEKA	-	-	DNR	-	-	-	-	-	-	-	-	-
SARA	411	351	354 ⁴	345 ⁴	-	-	-	-	-	-	-	-

	1000T	1000I	1000T	1000I	1200	1000	800	600	400	200	TOTAL	3200M
RUNNERS-22	TGT	TGT	AVG ^{FF}	AVG ^{FF}	TGT	TGT	TGT	TGT	TGT	TGT	TIME	PROJ
67-SEAMUS	-	-	DNR	-	343	306	212	139	106	033	1504	917
67-BEN	321	305	332 ⁴	305 ⁴	345	308	214	140	107	033	1502	915
65-CISCO	324	308	327 ⁴	259 ⁴	345	308	214	140	107	033	1544	941
65 ELADIO	324	308	331 ⁴	318 ⁴	347	312	216	141	108	034	1517	925
64-DANNY	329	312	325 ³	DNR	347	312	216	141	108	034	1502	915
64-SAM B	329	312	330 ²	DNR	-	-	-	-	-	-	-	-
64-JACK	329	312	325 ⁴	315 ⁴	355	316	226	149	113	036	-	-
62-PHILLIP	334	317	332 ³	DNR	355	316	226	149	113	036	1542	940
62-NAHUEL	334	317	330 ¹	DNR	357	318	228	151	114	037	-	-
61-KRIS G	337	320	331 ⁴	318 ⁴	402	322	228	151	114	037	1644	1018
60-DAVID	340	323	334 ⁴	326 ⁴	414	332	228	151	114	037	1641	1017
57-THOMAS	-	-	DNR	-	-	-	-	-	-	-	-	-
55-CHASE	356	337	350 ⁴	336 ⁴	433	348	236	157	118	038	1744	1057
54-GREG	400	341	341 ⁴	336 ⁴	433	348	236	157	118	038	1724	1043
52-WESTON	407	348	359 ⁴	351 ⁴	433	348	236	157	118	038	1848	1135
46-SAM C	432	412	421 ⁴	DNR	-	-	-	-	-	-	-	-
46-MAX	432	412	359 ³	DNR	-	-	-	-	-	-	-	-
00-ERIK	432	412	359 ⁴	DNR	-	-	-	-	-	-	-	-
00-PETER	432	412	359 ⁴	DNR	-	-	-	-	-	-	-	-

WORKOUTS

"EVERY DAY COUNTS"

WO1	1000x8 [T I T I T] [I . I . T] REST 2.00 100 200 100 500 2.00 2.00 -
WO2	1200I/3.00R + 1000I/2.40R + 800S/2.00R + 600S/1.40S + 2x400S/1.00R + 4x200S/0.30R

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

	AVG	TIME TRIAL
RUNNERS-09	S1 · S2 · S3	1600 800
53-MALLORY	84 · 85 · 83	- -
52-ABBY		550 -
52-FRANKIE		- -
51-MIYAH		539 -
50-CARLEY	81 · 81 · 80	537 -
49-RACHEL	754	- 251
49-ESTHER		- -
44-JOSIE		623 -
00-REBEKA		- -
SARA		553 -

	TIME TRIAL
RUNNERS-22	1600 800
67-SEAMUS	66 · 63 · 65
67-BEN	69 · 69 · 68
65-CISCO	67 · 66 · 66
65-ELADIO	67 · 66 · 68
64-DANNY	67 66 66
64-SAM B	- -
64-JACK	70 70 71
62-PHILLIP	70 70 71
62-NAHUEL	74 76 73
61-KRIS G	74 75 73
60-DAVID	TT: 515
57-THOMAS	REHAB RUN
55-CHASE	- -
54-GREG	526 -
52-WESTON	- -
46-SAM C	- -
46-MAX	- 252
00-ERIK	- 259
00-PETER	- 234

WORKOUTS

"EVERY DAY COUNTS"

W01	3(3X400g/100m IN 0.50) 4.00 RBS
W02	SAT TIME TRIALS

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

	1500		1600		
RUNNERS-09	SET1	SET2	PROJECTED	AVG ¹⁰	
53-MALLORY	504	458	522	119	
52-ABBY	514	519	538	123	
52-FRANKIE	-	-	-		
51-MIYAH	505	501	524	123	
50-CARLEY	503	459	522	119	
49-RACHEL	522	532	549	123	
49-ESTHER	-	-	-		
44-JOSIE	-	-	-		
00-REBEKA	532	545	602		
SARA				120	

	1500		1600	400	1000T
RUNNERS-22	SET1	SET2	PROJECTED	AVG [#]	AVG ³
67-SEAMUS	357	400	415	104 ¹²	331
67-BEN	403	409	423	107 ¹²	331
65-CISCO	412	404	425	106 ¹²	331
65-ELADIO	412	422	435	DNF	
64-DANNY	410	410	427	106 ¹²	331
64-SAM B	-	-	-	DNR	
64-JACK	432	431	450	111 ¹²	328
62-PHILLIP	DNF	-	-	110 ¹²	
62-NAHUEL	429	426	446	111 ¹²	
61-KRIS G	437	434	454	114 ¹²	
60-DAVID	438	428	452	DNF	345
57-THOMAS	439	440	459	DNR	NT
55-CHASE	449	452	510	DNF	352
54-GREG	453	503	518	118 ¹²	
52-WESTON	DNF	-	-	DNR	402
46-SAM C	DNR	-	-		
46-MAX	DNR	-	-		
00-ERIK	DNR	-	-		
00-PETER	DNR	-	-		
JASON	440	438	458	↓	

WORKOUTS

"EVERY DAY COUNTS"

(11.15)

W01	2(400/1.45R + 800/1.30 + 300/3.00R) * 1.067	
W02	610/812 x 400S/1.00R	*1.067
W03	3X1000T/1.00R * AT END OF 6M AEROBIC RUN	

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

	S1	S2	S3	S4
RUNNERS-09				
53-MALLORY	DNR			
52-ABBY	128 ⁴	124 ⁴	126 ⁴	126 ⁴
52-FRANKIE	DNR			
51-MIYAH	127 ⁴	123 ⁴	129 ³	DNR
50-CARLEY	124 ⁴	123 ⁴	123 ⁴	[1.09/0.21]
49-RACHEL				
49-ESTHER				
44-JOSIE				
00-REBEKA				
SARA	130 ⁴	124 ⁴	120 ⁴	126 ⁴

	S1	S2	S3	S4
RUNNERS-22				
67-SEAMUS	108 ⁵	103 ⁵	108 ⁵	105 ³
67-BEN	112 ⁵	-	-	-
65-CISCO	110 ⁵	-	-	-
65-ELADIO	111 ⁵	109 ⁵	114 ⁵	108 ³
64-DANNY	111 ⁵	DNR	DNR	DNR
64-SAM B	DNR			
64-JACK	115 ⁴	111 ⁴	115 ⁴	DNR
62-PHILLIP	113 ⁴	108 ⁴	113 ⁴	DNR
62-NAHUEL	116 ⁴	114 ⁴	DNR	DNR
61-KRIS G	116 ⁴	111 ⁴	117 ⁴	DNR
60-DAVID	117 ⁴	113 ⁴	116 ⁴	DNR
57-THOMAS	116 ⁵	113 ⁵	116 ⁵	DNR
55-CHASE	119 ⁵	116 ⁵	121 ⁵	DNR
54-GREG	121 ⁴	121 ⁴	115 ²	DNR
52-WESTON				
46-SAM C				
46-MAX				
00-ERIK				
00-PETER	120 ⁴	123 ⁴	119 ²	

	WORKOUTS	"EVERY DAY COUNTS"
W01	4 (4/5 x 400/100M IN 1.00)	S1+S3 = S+0.05 / S2+S4 = S 4.00 RBS

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

	TEMP	PD	1000T	1000T
RUNNERS-09	TIME	AVG#M	TGT	AVG#
53-MALLORY	27.29	6524		8458
52-ABBY	27.29	6524		DNR
52-FRANKIE	DNR			DNR
51-MIYAH	DNR			DNR
50-CARLEY	DNF			3598
49-RACHEL	DNF			DNR
49-ESTHER	DNR			4095
44-JOSIE	DNR			DNR
00-REBEKA	DNR			DNR
00-SARA	27.12	6484		4075

[illegible]

	WORKOUTS	"EVERY DAY COUNTS"
W01	4/5 MILE TEMPO	
W02	2 (4x1000T/0.45R) 3.00RB5 * A Box5* + 3x1000T/0.45R	

DISTANCE PROGRAM-CC/TRACK WK 17 OF 24 (MON 03/23/15-SUN 03/29/15)

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

	1600	800	400	200	1609T	TIME	AVG#
RUNNERS-09							
53-MALLORY	607	259	120	040		DNR	-
52-ABBY	DNR					1247	623 ²
52-FRANKIE	DNR					DNR	-
51-MIYAH	608	256	121	039		1903	621 ³
50-CARLEY	618	256	120	040		1829	610 ³
49-RACHEL	DNR					DNR	-
49-ESTHER	DNR					DNF	-
44-JOSIE	DNR					DNR	-
00-REBEKA	DNR						
00-SARA	DNR						



	1600	800	400	200	1609	1609T	TIME	AVG#
RUNNERS-22					TGT			
67-SEAMUS	DNR					DNR	-	
67-BEN	508	229	108	033		DNR	-	
65-CISCO	511	225	107	033		1554	518 ³	
65-ELADIO	514	DNF				DNR	-	
64-DANNY	513	224	108	033		DNR	-	
64-SAM B	522	241	111	037		1645	535	
64-JACK	DNR					DNR	-	
62-PHILLIP	DNR					DNR	-	
62-NAHUEL	525	237	112	037		18.10	603	
61-KRIS G	531	238	110	038		DNR	-	
60-DAVID	536	238	113	038		DNR	-	
57-THOMAS	529	238	109	038		18.11	603	
55-CHASE	DNR					1822	607	
54-GREG	548	251	117	038		DNR	-	
46-SAM C	DNR					DNR	-	
46-MAX	DNR					13.57	6.58	
00-ERIK	DNR					NT	-	
00-PETER	DNR					DNR	-	
00-WESTON	DNR					DNR	-	

	WORKOUTS	"EVERY DAY COUNTS"
WO 1	$(2 \times 1600I / 2.00R) + (2 \times 800S / 2.00R) + (4 \times 400S / 1.00MIN 1.30) + (4 \times 200S / 2.00R) 3.00RBS$	
WO 2	3 MILE TEMPO (2M W/U + 2MC/D) 8 M	

DISTANCE PROGRAM-CC/TRACK WK 18 OF 24 (MON 03/30/15-SUN 04/04/15)

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

	1000 TGT		1000		200	
RUNNERS-09	T	I	T.AVG	I.AVG	S1	S2
53-MALLORY					0.38 ¹⁰	0.35 ⁸
52-ABBY			355 ⁴	348 ⁴		
52-FRANKIE						
51-MIYAH			352 ³	345 ²		
50-CARLEY						
49-RACHEL						
49-ESTHER						
44-JOSIE						
00-REBEKA						
00-SARA			350 ³	340 ⁴		

	1000 TGT		1000		200	
RUNNERS-22	T	I	T.AVG	I.AVG	S1	S2
67-SEAMUS			319 ⁴	259 ⁴	0.36 ¹²	0.27 ⁸
67-BEN			320 ⁴	304 ⁴	0.30 ¹²	0.29 ⁸
65-CISCO			DNR		0.31 ¹²	0.29 ⁸
65-ELADIO			DNR		DNR	
64-DANNY			325 ⁴	313 ⁴	0.32 ¹²	0.29 ⁸
64-SAM B			DNR		0.32 ¹²	0.31 ⁸
64-JACK			DNR		DNR	
62-PHILLIP			DNR		0.32 ¹²	0.31 ⁸
62-NAHUEL			330 ⁴	322 ⁴	0.34 ¹²	0.32 ⁸
61-KRIS G			DNR		DNR	
60-DAVID			334 ⁴	323 ⁴	DNR	
57-THOMAS			337 ⁴	329 ⁴	0.35 ¹²	0.32 ⁸
55-CHASE						
54-GREG			340 ⁴	333 ⁴	DNR	
46-SAM C						
46-MAX			NTS	-		
00-ERIK			DNR			
00-PETER			DNR			
00-WESTON			DNR			

	WORKOUTS	"EVERY DAY COUNTS"
W01	8x1000: PACE: } MIX & SECC REST: }	
W02	(B12/G10 x 200/B1.00-G1.10R) 4RBS 8x200/200J IN 1.30	

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

	1000I	
RUNNERS-09	AVG#	1200 1000 800 600 400
53-MALLORY		
52-ABBY	3455	DNF * KNEE
52-FRANKIE		
51-MIYAH		
50-CARLEY		423.343.257.211.116.
49-RACHEL	3553	
49-ESTHER		
44-JOSIE		
00-REBEKA		
00-SARA	3464	

	1000I	
RUNNERS-22	AVG#	1200.1000.800.600.400.200
67-SEAMUS	2555	344 302 212 139 62/58 32
67-BEN	3064	345 302 217 146 65/68 32
65-CISCO		345 302 217 140 64/58 32
65-ELADIO		DNR
64-DANNY	3075	345 302 216 140 64/63 34
64-SAM B	3115	345 308 228 149 69/68 32
64-JACK		
62-PHILLIP		
62-NAHUEL		
61-KRIS G		
60-DAVID		
57-THOMAS		
55-CHASE		
54-GREG		
46-SAM C		
46-MAX		
00-ERIK		
00-PETER		
00-WESTON		

	WORKOUTS	"EVERY DAY COUNTS"
	5x1000 / 1.30R	

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

	S1	S2	CANOVA		
RUNNERS-09	AV#	AV#	600	400	200
	AV#	AV#	AV#	AV#	AV#
53-MALLORY	B 249 ⁴	253 ³	151.1 ³	111.6 ³	39.5 ³
52-ABBY	B 300 ⁴	301 ³			
52-FRANKIE					
51-MIYAH			154.9 ³	113.4 ³	41.5 ³
50-CARLEY			152.7 ³	112.8 ³	39.9 ³
49-RACHEL					
49-ESTHER	B 306 ²	DNF			
44-JOSIE					
00-REBEKA					
00-SARA					

	S1	S2	CANOVA				
RUNNERS-22	AV#	AV#	600	400	200	METERS	PROJ
	AV#	AV#	AV#	AV#	AV#		
67-SEAMUS	A 137 ³	137 ³	130.3 ³	0.58.3 ³	320 ³	857	155.6
67-BEN	A 139 ³	142 ³	132.5 ³	0.59.9 ³	326 ³		
65-CISCO	B 224 ⁴	221 ⁴	130.0 ³	0.58.5 ³	307 ³	864	154.5
65-ELADIO	DNR		DNR				
64-DANNY			131.3 ³	0.59.3 ³	319 ³	850	156.2
64-SAM B	232 ⁴	DNF(236 ³)				766	213.0
64-JACK						736	2.220
62-PHILLIP							
62-NAHUEL	244 ⁴	250 ²					
61-KRIS G							
60-DAVID							
57-THOMAS							
55-CHASE							
54-GREG							
46-SAM C							
46-MAX							
00-ERIK							
00-PETER							
00-WESTON							

	WORKOUTS		"EVERY DAY COUNTS"
W01	A	2(3x600)	200M IN 2.00-S.00RBS
	B	2(4x800/200WT IN 2.00(S2=300WT IN 3.00)	
W02		CANOVA: 3x600(400F+0.02/200F-0.01)/8.00R	
W03		KOSMIR 800 PREDICTOR	

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

RUNNERS-09	W02	1K AVG #
53-MALLORY	A. 501.5 459.0 = 519.25	3364
52-ABBY	A. 515.0 519.0 = 538.13	3454
52-FRANKIE	DNR	DNR
51-MIYAH	A. 503.0 506.2 = 524.91	3425
50-CARLEY	A. 501.5 459.0 = 520.27	3385
49-RACHEL		5X6W/4.00R 1485
49-ESTHER		DNR
44-JOSIE		
00-REBEKA	B. 652-245.0	
00-SARA		
00-SAVANNAH		

RUNNERS-22	W02	1K AVG #	600.500.400.200
67-SEAMUS	C. 1066 1026	3045	127 113 57 29
67-BEN	B. 957M-1.55.6	3005	127 113 57 29
63-CISCO	D. 2326		
63-ELADIO	D. 2356	DNR	
64-DANNY	C. 1086 1046	3065	129 113 57 29
64-SAM B	D. 2306	3115	
64-JACK		DISTANCE	
62-PHILLIP	C. 1126 1126	DNF	
62-NAHUEL		3175	
61-KRIS G		DISTANCE	
60-DAVID			
57-THOMAS			
55-CHASE			
54-GREG			
46-SAM C			
46-MAX			
00-ERIK			
00-PETER			
00-WESTON			

	WORKOUTS	"EVERY DAY COUNTS"
W01	A. HORWILL B. KOSMIN C. 2(6X400S/100M IN 1.00) 5.00RBS D. 2(3X800/32/200M IN 1.30) 5.00RBS	
W02	A 5X1000I/1.00R B BLAST(600.500.400.200)/100W-400J REST	

DISTANCE PROGRAM-CC/TRACK WK 22 OF 24 (MON 04/27/15-SUN 05/03/15)

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

	1600* 400 • 200	4M-T	400m
RUNNERS-09	AVG #	TIME-AVG	AVG #
53-MALLORY	554 ³ 110 -		1.197
52-CARLEY		25.33.623	1.197
52-MIYAH	617 ³ 111 -		1.197
52-ABBY	628 ³ - -		1.267
49-RACHEL			
49-ESTHER			
44-JOSIE			
44-JOSIE			
00-SARA			
00-SAVANNAH			

	1600* 400 • 200	4M-T*TRK	400m
RUNNERS-22	AVG #	TIME-AVG	AVG #
67-SEAMUS	456 ³ 058 028	20.33.568	101 ⁸
67-BEN	504 ³ 059 028	22.10.532	105 ⁵
65-CISCO	459 ³ 058 027	21.31.523	
64-DANNY	502 ³ 058 026	21.42.525	
64-SAM B	510 ³ 109 028	23.26.551	108 ⁸
64-JACK	DNR		
62-PHILLIP	530 ³ - -		
62-NAHUEL	515 102 031	22.01.530	
61-KRIS G	DIST	24.25.606	
60-DAVID		25.12.618	
57-THOMAS		17.40.553	
55-CHASE			
54-GREG		18.45.615	
46-SAM C			
46-MAX			
00-ERIK			
00-PETER			
00-WESTON			

	WORKOUTS	"EVERY DAY COUNTS"
W01	3X1600 / 1.00R + 5.00R + 400 / 5.00R + 200	
W02	4 MILE TEMPO	
W03	8x400S / 100M IN 1.00 + 8x200F / 200J (GIRLS-7)	

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

		200 (AVG #)		
RUNNERS-09	800 - 1600 - 800 - 400 [#]	S1	S2	
53-MALLORY	A 252 554 259 123 ⁴	0.39 ¹⁰	0.34 ⁴	
52-CARLEY	B 4.59 - 447 - 512.5	0.39 ¹⁰	0.32 ⁶	
52-MIYAH	B 458 458 - 518.6			
52-ABBY	A 256 613 312 128 ⁴	0.40 ¹⁰	0.36 ⁶	
49-RACHEL				
49-ESTHER				
44-JOSIE				
44-JOSIE				
00-SARA				
00-SAVANNAH				

		200 (AVG #)		
RUNNERS-22	800 - 1600 - 800 - 400 [#]	S1	S2	
67-SEAMUS	B 356.8 356.8 - 412.6	0.31 ¹²	0.29 ⁸	
67-BEN	B 426 - 424 - 434.8	0.32 ¹²	0.30 ⁸	
65-CISCO	A 227 457 217 - 111 ⁴	0.32 ¹²	0.28 ⁸	
64-DANNY	B 419.5	0.33 ¹²	0.30 ⁸	
64-SAM B	A 224 - 502 - 232 - 110 ⁴	0.34 ¹²	0.32 ⁸	
64-JACK				
62-PHILLIP				
62-NAHUEL				
61-KRIS G				
60-DAVID				
57-THOMAS				
55-CHASE				
54-GREG				
46-SAM C				
46-MAX				
00-ERIK				
00-PETER				
00-WESTON				

	WORKOUTS	"EVERY DAY COUNTS"
W01	A: MILE PREDICTOR B: 800/1.00R + 1600/1.30R + 800/5.00R + 4x400/100M IN 1.00 (ALL @ V32)	
W02	B12/G10 X 200 S ON B-1.00/G1.15 + 5.00R + B8/G6 X 200 F ON B1.15/G1.30	

DISTANCE PROGRAM-CC/TRACK WK 24 OF 24 (MON 05/11/15-SUN 05/17/15)

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

	A:400 B:1000	SET 1	SET 2	PROTECTION
RUNNERS-09		400 • 800 • 300	400 • 800 • 300	
53-MALLORY	B DNF	DNF		
52-CARLEY	DNR	DNR		
52-MIYAH		1.18.243 59 (500)	116 256 58 (505)	525.73
52-ABBY				
49-RACHEL	A 113 ⁸			
49-ESTHER				
44-JOSIE				
44-JOSIE				
00-SARA	A 122 ⁸			
00-SAVANNAH				

	A:400 B:1000	SET 1	SET 2	
RUNNERS-22		400 • 800 • 300	400 • 800 • 300	
67-SEAMUS	B 255 ⁵	59.211.46 (355)	101.216.45 (402)	415.17
67-BEN	B DNF			
65-CISCO	B 304 ⁵	DNR		
64-DANNY		DNF		
64-SAM B	B 315 ³	DNF		
64-JACK	T 17.25			
62-PHILLIP				
62-NAHUEL				
61-KRIS G				
60-DAVID				
57-THOMAS	T 18.34			
55-CHASE				
54-GREG	T 19.43			
46-SAM C				
46-MAX				
00-ERIK				
00-PETER				
00-WESTON				
00-RYAN	T 19.43			

WORKOUTS

"EVERY DAY COUNTS"

W01	A 8x400F / 5.00R
	B 5x1000I / 1.00R
W02	1600 PREDICTOR
	T: SKTT

		LUMBERJACK				
GIRLS	2014					
53-MALLORY	128.445					
52-ABBY	127.457					
52-FRANKIE	129.451					
51-CARLEY						
50-MIYAH						
49-ESTHER						
49-RACHEL	130.506					
44-KYRA						
40-NICOLE M						
40-JOSIE						
00-REBEKA						
00-MOLLY						

BOYS	2014					
67-SEAMUS	110.347					
67-BEN	110.352					
65-CISCO	111.351					
65-ELADIO	115.410					
64-SAM B	113.358					
64-JACK	115.403					
62-PHILLIP	112.405					
62-DANNY	115.410					
62-NAHUEL	117.419					
61-KRIS G	117.406					
60-DAVID	120.409					
57-THOMAS	121.423					
56-RYAN	120.423					
55-CHASE	124.438					
54-GREG	126.443					
52-WESTON	124.437					
46-SAM C	-					
46-MAX	-					

[illegible]

2014						
GIRLS-11						
1-CARLEY	627	606	-			
52-MALLORY	628 ²	-	623			
51-ABBY	-	623	617			
50-REBEKA	-	-	645			
50-FRANKIE	628	625	-			
50-ESTHER	-	-	640			
50-MOLLY	-	711	704			
48-RACHEL	-	646 ²	623 ²			
44-KYRA	-	-	722 ²			
38-NICOLE M	757 ²	756	745			
00-NICOLE A	-	-	-			
00-LEXI	-	-	-			

[illegible]