DISTANCE PROGRAM-CC/TRACK WK 06 OF 24 (MON 01/04/15-SUN 01/10/15)

		S1 S()	AKE BIG THINGS HAPPEN
RUNNERS-12	TIMEAUCH	AVET AVET	WO AVE THES
53-MALLORY		1542 1312	7,7
52-ABBY	19.53 (63)	1305 1325	
52-FRANKIE	19.26.6283	15.8= 1562	B.3076 (2.3
51-MIYAH	21.47.7153	DNR	
50-CARLEY	DUK	DNE	C= 1.278 (2.10
49-RACHEL	DIE	DNR	116
49-ESTHER	DNR	DNE	
45-MOLLY	22,20.7263	birk .	
44-KYRA	DUR _	DNS	
44-JOSIE	2340,7533	Pus	C=1.398 (2.30
40-NICOLE M	DNR	DME	C. 1131 15.30
00-REBEKA	M	DIVR	A-0.4010 (??)
00-ICEDLICA		Dive	A - 0090 ()
		S1 S2	
RUNNERS-18	TIME ADDET	AVG# AVG#	MO-AVET RES
67-SEAMUS	23.08.5474	i	
67-BEN	22,04.2314	1166 1136	C=1068 (Z.00)
65-CISCO	22 59 5529 4	1126 1096	B. 226 (220)
65-ELADIO	23.204 SSOV 2413 6034	1126 1156	B. DUF
64-SAM B	2413.6034	1156 DNF	- DNE
64-JACK	DNF -	1156 1176	B= 2406 (2.15
62-PHILLIP	2350 .557	1126 1116	C= 1096 (2.10)
62-DANNY	2334 0 5534	1136 1176	
62-NALIUEL	2242-2414	1126 1176	B. 2396 (1.45)
61-KRIS G	2413 GO34	1160 1120	0 101 (1.14)
60-DAVID	2492-6104	1100 1536	C= 1148 (ZIS)
57-THOMAS	NT -		C. 1128 (SIZ)
56-RYAN	NT -		<u> </u>
55-CHASE	29.56.7294		
54-GREG	DUR		Call88 (SIE)
52-WESTON	DNR DNF		0 110 \$215)
46-SAM C	DINR	30.60AERGBIC	C=150e(55)
46-MAX	000		- 120 ()
O-PALIN			
00-PETER			
00-ERIK	4		
			The same of the sa
	WORKOUTS	"EVERY DAY COUNTS"	
26		2.22.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2	National Control of the Control of t
	6 ×400S/1005)		
N A EOW	0x2005/200J+6x150F/15	7.0	
	8×4005/400T 6×200F	l -	

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

	Vett.	<u>V02</u>	YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS
RUNNERS-12	TGT	TIME · AVG#	800# \ 1000 - 160 M63 AVG
53-MALLORY	6124× 602	1854.6183	3/18 -
52-ABBY	638	2006 642	
52-FRANKIE	638	19 19 626	305 627 (23
51-MIYAH	632	13.27.6432	
50-CARLEY		13.21 010	307 630-119
49-RACHEL	702	21.18.7063	303 628.114
49-ESTHER		C1110.100	
45-MOLLY			
44-KYRA			
44-JOSIE		23.20 746	200 721 120
40-NICOLE M		<u> </u>	322 721 129
O-REBEKA			
70 TEEDERGA			NT NT NT
			· · ·
		1202	2014.2 6.16
RUNNERS-18	TGT	TIME · AVG#	WO3. AVG
67-SEAMUS	. 524	11 00 5703	800th 1600 . 4000
77-BEN	524 524	16.28 5293	2184 502 059
5-CISCO	544	17.58 5593	226 506 101
5-ELADIO	532	1/ 50,50/3	221 202 100
4-SAM B	337.	16.50,5363	552 214 105
4-JACK	576	17 11 -113	232 531 167
2-PHILLIP	53G 545	17.14 5443	234 524 107
2-PHILLIP 2-DANNY		17.15.5453	227 528 102
	541	17.04 5413	
2-NAHUEL 1-KRIS G	541	16.58 539	233 525 107
	550	1803 6013	236 617 110
O-DAVID	554	1744 5545	241 515 109
7-THOMAS	609	1818 6063	245 228 105
5-RYAN	-		
5-CHASE			259 611 118
4-GREG			545 222 115
2-WESTON	-		303 62) (19
S-SAM C			
S-MAX	 		
)-PALIN			
)-PETER	 		
-ERIK			
	7		
		WORKOUTS	"EVERY DAY COUNTS"
Mas	4×1609I/		
MOS	3 MILE TEN		
W03	3×800 001	1.45 +1609I/4.1	OOR +800 011415 + 400TV

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

	PR	TGT	SI	25	I 50001	NGTH-LITTLE THI	4002	400 \$
RUNNERS-12	1000	1000	AVG#	AVG	TGT	AVG#	TGT	AVGH
53-MALLORY	355*	356	DNR					1508
52-ABBY		407	3594	3584				160 -
52-FRANKIE		407	DNR	320				
51-MIYAH	356*	404	3574	3594	···	6203		
50-CARLEY	0 - 2	404	3484	3522		W 20		1188
49-RACHEL		-127	DNR					* • • •
49-ESTHER		- The state of the	DNR				· · · · · · · · · · · · · · · · · · ·	
45-MOLLY			DWR					
14 KYRA		40	DNR					
14-JOSIE			DNR					
40-NICOLE M	447*		DNR					
00-REBEKA		-	4473	4102		7252		
	1	······································				1 6 2		
	PRX	TET	S1	<u>S2</u>	16007	<u>16∞**</u>	40725	400\$
RUNNERS-18	1000	1000	AVGH	AVGT	TOST	AVG#	767	AVG#
7-SEAMUS		319	DNR			5024		AVG
77-BEN	3114	319	DUR			500 ⁴		
55-CISCO	314*	357	DUR			203 ^H		
5-ELADIO	316*	324	3 20 H	3284	N. P. Standard Co.	\$16 ⁴		1078
4-SAM B	350*	329	DNR	<u> </u>		210		1118
4-JACK	329*	329	3254	DNR				1110
2-PHILLIP	26.1	334		DIAK				1008
2-DANNY		332	3204	3224		5224	·	1088
2-NAHUEL	334*	332		3404		5304 545		1128
1-KRIS G	2-1	337	DNR	J 10		343		112
0-DAVID	340*	340	DNR					
7-THOMAS	345*	345	3384	340 ⁴	·	558 ⁴		1138
6-RYAN	345*	373	DWR	210		228.		112.
5-CHASE	3 (3	35G	3514	3524			7100	1198
4-GREG	356¥		3464	3424				1198
2-WESTON	200.	404	4004					
6-SAM C	<u> </u>	356	4363					122
6-8AM C 6-MAX			3593	4043			····	~
D-PALIN		da d	DNK	401				<u> </u>
D-PETER	 		DUR					
D-FELEK D-ERIK			DUR					
N-DIVIV	 		NNV					
	24 <	2 V1	10	LESSTIA				
	\\\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	0 × 1000	THOOK	LESS TIA	и			
	1		WOD!!	TRO				
	20	11 101 =	WORKOU			"EVERY DAY COU	NTS"	
	2,5	HXIO	301-/0	.45R)	3.00 RBS			
	-1.		/	l 🗪 😘				
	314	X 100	247 (1.30 R				· · · · · · · · · · · · · · · · · · ·

DISTANCE PROGRAM-CC/TRACK WK 12 OF 24 (MON 02/16/15-SUN 02/22/15)

SI SZ PROJECTED ANG# ANG# SI SZ PROJECTED ANG# SI SZ	AVE - 34.03 - 35.03 - 37.03
524 517 542* 39.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0°	34.0 ³ 38.0 ³ 38.0 ³ 37.0 ³ 37.0 ³ AVG# 2.27.5 ³
524 517 542* 39.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0° 37.0° 38.0°	34.0 ³ 38.0 ³ 38.0 ³ 37.0 ³ 37.0 ³ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~
524 517 542* 39.0° 38.0°	23808 23803 23703 23703 2 2 2 2753
507 504 526 38,0 37,0 5 S1 S2 PROJECTED ANG# ANG# 405,403 421 28,5 2,27,5 5 408,426 435 30,0 2,31,0 3 416,410 430* 29,0 12,7,0 3 416,410 427 30,0 11 DNR 4133 447 30,5 50,0 31,0 3 438,459 509 117 10 (4w) 449,446 507 111 10 (4w)	* 35.03 ~ 37.03 ~ ~ AVG# 2.27.53
507 504 526 38,0 37,0 37,0 37,0 37,0 37,0 37,0 37,0 37	* 35.03 ~ 37.03 ~ ~ AVG# 2.27.53
380° 370° 370° 370° 370° 370° 370° 370° 37	310° ~ ~ AVG# 2.275 ³
\$1 \$2 PROJECTED ANG# ANG# 405.403 421 28.512.27.53 408.426 435 30.012.31.03 416 410 430* 29.012.27.03 416 - 410 427 30.011 DNR 453 410 500 117.010 DNR 411 440 500 117.010 JNR 412 433 447 30.50 31.03 414 446 507 111.00 (410)	310° ~ ~ AVG# 2.275 ³
S1 S2 *PROJECTED ANG* ANG* ANG* ANG* ANG* ANG* ANG* ANG*	# AVG# 2.275 ³
S1 S2	# AVG# 2.275 ³
S1 S2 PROJECTED ANG# ANG# 405 403 42 X 28.5 2.27.5 3	# AVG# 2.275 ^S
405 403 421 28,5 ¹² 27,5 ³ 408 426 435 30.0 ¹² 31.0 ³ 416 410 430* 29,0 ¹² 27.0 ³ 416 410 427 30.0 ¹¹ DNR 413 440 500* 1.13 ¹⁰ (400) 424 433 447 30.5 ¹⁰ 31.0 ³	² . 27.5 ⁸
405 403 421 28,5 ¹² 27,5 ³ 408 426 435 30.0 ¹² 31.0 ³ 416 410 430* 29,0 ¹² 27.0 ³ 416 410 427 30.0 ¹¹ DNR 413 440 500* 1.13 ¹⁰ (400) 424 433 447 30.5 ¹⁰ 31.0 ³	² . 27.5 ⁸
405 403 421 28,5 ¹² 27,5 ³ 408 426 435 30.0 ¹² 31.0 ³ 416 410 430* 29,0 ¹² 27.0 ³ 416 410 427 30.0 ¹¹ DNR 413 440 500* 1.13 ¹⁰ (400) 424 433 447 30.5 ¹⁰ 31.0 ³	² . 27.5 ⁸
405 403 421 28,5 ¹² 27,5 ³ 408 426 435 30.0 ¹² 31.0 ³ 416 410 430* 29,0 ¹² 27.0 ³ 416 410 427 30.0 ¹¹ DNR 413 440 500* 1.13 ¹⁰ (400) 424 433 447 30.5 ¹⁰ 31.0 ³	² . 27.5 ⁸
405,403 421 28,5 ¹² ,27,5 ³ 408,426 435 30.0 ¹² ,31,0 ³ 416 410 430* 29,0 ¹² 27,0 ³ 416 - 410 410 427 30.0 ¹¹ DNR 453	² . 27.5 ³
408 426 435 30.012.31.03 416 410 430* 29.012.7.03 416 - 410 410 427* 30.01 DNR 453 441 440 500* 1.136(460) 424 433 447 30.510 31.03 438 459 509 11710(400) 449 446 507 11110(400)	
416 410 430* 29.012 27.03 416 - 410 410 427* 30.011 DNR 453 - 441 440 500* 1.136(460) 424 433 447 30.56 31.03 438 459 509 11710(460) 449 446 507 11110 (460)	
416 - 427 × 30.0" DNR 453	2012/ 2018/
410 410 427 30.0" DNR 453	61.0
453 441 440 500* 1.136(460) 424 433 447 30.56 31.03 438 459 509 1176(400) 449 446 507 1116 (400)	N. O.
441 440 500 * 1.13 b (400) 424 433 447 30.5 to 31.03 438 459 509 117 to (400) 449 446 507 111 to (400)	NNK
424 433 447 30.5° 31.03 438 459 509 117° (400) 449 446 507 111° (400)	11
438 459 509 11710 (400) 449 446 507 11110 (400)	
438 459 509 11710(4vo) 449 446 507 11110(4vo)	21.0
449 446 507 1110 (400)	
449 446 507 1110 (400)	Carp
	-100)
w 1 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	700)
	(400)
115. (400)	, TVV *
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	4
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	449 446 507 11100 (450 504 517 - 449 449 509 11510 (

SHEET 1

ONTE ATT THE OLD							27.01.12	7			- 	
SWEAT THE SM	ALLST	JFF-TRAIN	YOUR W	<u>EAKNESS,</u>	RACE Y	OUR STR	ENGTH	LITT	LETH	INGS MA	KE BIG THI	NGS HAPPEN
	lowT	10001	30001	IDOUT	1200	. 1000	800	.600	,400	· 500	101	3200M
RUNNERS-09	TOT	· TGT	AVGTT	AVCH	TGT	TGT	TGT	TET	TET	TGT	TIME	PROJ.
53-MALLORY			DILR		433	348	242	157	121	040		
52-ABBY	407	348	3564	3464	441	354	250				1748	1058
52-FRANKIE	_	-	DNR			<u>ا در .</u> 	230	201	123	-0.K	1850	1136
51-MIYAH	404	. 344	3544	3454	441	354	250	2-	he	- -	100=	1100
50-CARLEY	~	-	DWR	<u> </u>	10	<u> </u>	たりひ	207	125	042	1835	W27
49-RACHEL	429	40	3544	DWR	4_1						1750	1059
49-ESTHER	-	<u></u>	DIE	-							DNR	
44-JOSIE	-	-7	DUR									
00-REBEKA	_		BINR	-						-		
SARA	411	35)	2-114	7110-4				<u> </u>	-	••		
SAKA	111	221	3544	345 ⁴					~	سر	+	
	 										7	
	 -											
	<u> </u>					,						

<u></u> _	1											
		- 16007	E 1600T		1500	1000	· 800	.600	.40	0.200	TOTAL	3200M
RUNNERS-22	TOT	·TGT	AVG	· AVG#	·						TIME	PROJ
67-SEAMUS			DNR	-	343	369	6 212	139	100	6 033		
67-BEN	331	305	335 _H	3054	345						1504	917
65-CISCO	324	308	3274	2594	345	308					1502	915
65 ELADIO	324	308	3314	3184	347	312					1544	941
64-DANNY	329	312	325 ³	_)NR	347	312				<u>6 034</u>	1517	925
64-SAM B	329	312	330 ²	DNR		312	216	14)	105	8 034	1502	915
64-JACK	329	312	325H	3124		-			-			
62-PHILLIP	334	_31Z_	3333	DUR	_325_	316	-		113		-	
62-NAHUEL	334	317	3301		355	316	226	149		036	1542	940
61-KRIS G	337	320	3314	DNR	357	318	228	121	114	937		·
50-DAVID	340	323	331 ⁴	3184	402	322		151		037	1644	1018
57-THOMAS	340	<u> </u>		3264	414	332	258	15	114	637	164)	1017
55-CHASE	350	227	DNR	2=4	7,,,,				-			-
54-GREG	356 400	337 341	3504 3414	3364 3364	433	348	236	12	118	038	1744	1057
	1	•			433	348	23C	157	118	850	1724	1043
2-WESTON	T	348	3594	3514	433	348	236	157	118	98	1848	1135
16-SAM C	435	412	4214	DNR	Ph	_		_	4	~	•	
6-MAX	432	412	359 ³	DWIR	-	•	L	-	_	-	•	
0-ERIK	432	412	3594	DNR	•	-		_	_			
00-PETER	432	412	3594	DNR	-	_		-			-	
	<u> </u>	· · · · · · · · · · · · · · · · · · ·									-	
	1											

WO1	WORKOUTS
W0.2	1200 [3.00R + 1000 [240+ 800 S / 200R + 600 S / 140S + 2×400 S / LOOR + 4×200 \$ / BBOR

DISTANCE PROGRAM-CC/TRACK WK 13 OF 24 (MON

	A C	YOUR STRENGTH-LITTLE THINGS MAKE BIG THING	GS HAPPEN
RUNNERS-09	- AVG	TI ME TRIAL	
	<u>\$1 - \$2 -53</u>	1600 800	
53-MALLORY	<u> </u>	• •	
52-ABBY		550 -	
52-FRANKIE			
51-MIYAH		539 -	
50-CARLEY	81.81.80 754	537 -	
49-RACHEL	757	<u>- 2</u> 5l	
49-ESTHER		-	
44-JOSIE		623 4	
00-REBEKA		•	
SARA		S53 -	
		TIME TRIAL	
RUNNERS-22		1600 800	
7-SEAMUS	66 · 63 · 65	1640 000	 -
7-BEN	69.69.68	10.111	
5-CISCO	67.66.66	1120	
5-ELADIO			
-DANNY	67.66 68	445 -	
-SAM B	67 66 6 6	437 -	
I-JACK	70 7. 71		
2-PHILLIP	70 70 71	S08 -	
2-NAHUEL	70 70 71	457 -	
I-KRIS G	74 76 73	516 ~	
D-DAVID	74 75 73	519 231	
	TT: 515		
Z-THOMAS	REHAB RUN	-	
-CHASE			
-GREG		526 -	
-WESTON		<i>•</i>	
-SAM C			
-MAX		- 252	
-ERIK		- 259	
PETER		- 234	
Wol	WORKOUTS	"EVERY DAY COUNTS"	
	3(3×400¢/100MIN 0.50)1	1.00 KBS	
MOZ	SAT TIME TRIALS		

DISTANCE PR	OGRAM-CC/TRACK WK 1	4 OF 24 (MON 03	3/02/15-SUN 03/08	3/1 <i>5</i>)	•	
	MALL STUFF-TRAIN YOUR				THINGS MAKE BIG	TLIINICE LIA DOENI
	1500 16	00		2.11. (31. 11.1.)	HILLOO WAKE DIO	THINGS HAPPEN
RUNNERS-09		OBSIED		AVG 10		
53-MALLORY		22		119		
52-ABBY		38		123		
52-FRANKIE		-		125		
51-MIYAH	202 20] 2	24		123		
50-CARLEY	503 459 5	22		119		
49-RACHEL		49		<u>' </u>		
49-ESTHER	- 322 3			123		
44-JOSIE					· · · · · · · · · · · · · · · · · · ·	
00-REBEKA	532 545 6	02				
SARA	332 212 0	<u> </u>		20		
AVIVA		· · · · · · · · · · · · · · · · · · ·		الإل	1	
	15					
DIDATES	1500	600		400	100gT	
RUNNERS-22	SETI SETS	PROJECTED		AVE#	AUG3	
67-SEAMUS	357.400	415		10412	331	
67-BEN	102,401	423		10712	731	
65-CISCO	472 404	425		10612	331	
65-ELADIO	4120422	435		DNF		
64-DANNY	410 - 410	427		10612	331	
64-SAM B				DNR		
64-JACK	432, 431	450		11115	328	
62-PHILLIP	DNF	-		11012		
62-NAHUEL		446	,	11112		
61-KRIS G	437 434	454		1412		
60-DAVID	438 428			DNF	345	
57-THOMAS	439 440	452 459		NAC P	ーレラン NT	
55-CHASE		510	1	ONR 18 ¹²	352	
54-GREG		518	i	12/2		- Annual Control of the Control of t
52-WESTON	DNE	3.			11.52	
46-SAM C	ON	-)NR	402	
46-MAX	DUR			 		
00-ERIK	DNB	-				
00-PETER	DNR	٠-		1		
JASON	440.438	458		1		
44XV	110 420	120		<u> </u>		
N			77.2			
						
			· · · · · · · · · · · · · · · · · · ·			
	IIIODIX	OI TES				
14100	WORK		"EX	ERY DAY CO		(11.12)
W04	2 (400/0.45R+	R DO/ \$ 307	300/3.voR) × 1.0	67	
· · ·	011/011	, <u>)</u> ,				
WO Z	G10/B12×400	\$/1.∞ <i>K</i>				*1.06
	,	<i>I</i>				
W03	3×1000T/1.00R	* AT END C	OF GM AER	081C RI	JN	
	1					

DISTANCE PROGRAM-CC/TRACK WK 15 OF 24 (MON 03/09/15-SUN 03/15/15)

RUNNERS-09	<u>S1 S2 S3 S4</u>
53-MALLORY	DNR
52-ABBY	1284 1244 1264 1264
52-FRANKIE	DNR
51-MIYAH	1274 1234 1293 DNR
50-CARLEY	1244 1234 (234 [].49 [0.2]
49-RACHEL	
49-ESTHER	
44-JOSIE	
00-REBEKA	
SARA	1304 1544 1504 1564
<u> </u>	
RUNNERS-22	S1 S2 S3 \$4
77-SEAMUS	
7-BEN	1128
5-CISCO	1/02
5-ELADIO	
4-DANNY	
4-SAM B	DUR DUR DUR
4-JACK	Land to be a second
2-PHILLIP	
2-MAHUEL	tick talk
I-KRIS G	
)-DAVID	1 (The Hold Hell I'm
	1114 1125 1115
7-THOMAS	1169 1135 1165 DNR 1199 1169 1219 AND
S-CHASE	119 116 121 BANG
L-GREG	1214 1214 1152 DWR
2-WESTON	
S-SAM C	
-MAX	
-ERIK	
-PETER	1204. 1534 (195
	WORKOUTS "EVERY DAY COLD FEST
MOT 1	WORKOUTS "EVERY DAY COUNTS" 4 (4/5 x 400/100m in 1.00) 51+53 = \$+0.05 / \$2+\$4=\$ 4.00 RB
	41715 X7001100M IN 1.00) 51+53 = \$+0.05 / \$2+\$4=5 4.00 RB
J	

<u>DISTANCE PROGRAM-CC/TRACK WK 16 OF 24 (MON 03/16/15-SUN 03/22/15)</u>

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE	THINGS MAKE BIG THINGS HADDEN
	TIME OF THE OF T

	TEMPO		
RUNNERS-09	TIME AUG#M	TGT AVET	
53-MALLORY	27.29 6524	3428	
52-ABBY	27.29 6524	DNR	
52-FRANKIE	DNR	DNR	
51-MIYAH	DNR	DNR	
50-CARLEY	DNF	3598	
49-RACHEL	DUF	DNR	
49-ESTHER	DNR	4095	
44-JOSIE	DNR	Dur	
00-REBEKA	DNR	DIVIR	
00-SARA	27/2 6484	4075	

	TEMPO	10007 10007	
RUNNERS-22	TIME AVGTM	TGT AVG	
67-SEAMUS	27.40 i S32 ^S	DNS	
67-BEN	28,39 5435	358,	
65-CISCO	26.58 5235 X	3201	
65-ELADIO	29.15 55\5	37 C "	
64-DANNY	28,42 5445 X	3468	
64-SAM B	28,53 S465 X	3247	
64-JACK	DHR	DNG	
62-PHILLIP	DNR	DioR	
62-NAHUEL	DNR	345 ⁸	
61-KRIS G	30.41 6085	3428 3428	
60-DAVID	30,56 6 48 5*	3428	
57-THOMAS	DWR	3458	
55-CHASE	DNR	322 ₆	
54-GREG	35.38 C312X	Hosz	
52-WESTON	DNR	DNR.	
46-SAM C		4344	
46-MAX		4363	
00-ERIK		DNR	· · · · · · · · · · · · · · · · · · ·
00-PETER	*	4254	
		80011	

W01	WORKOUTS "EVERY DAY COUNTS" 4 (5 MILE TEMPO
WoZ	2 (4×1000T/045R) 3,00RB5 * ABOVS*+ 3×1000T/0,45R

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

		<u> </u>	TOOK WI	CILININO, KA	E YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN
RUNNERS-09	1600	800	400	500	
3-MALLORY	607	259	120	040	
2-ABBY	DNR				1247 6232
52-FRANKIE	DNR				DNR -
51-MIYAH	809	256	121	039	1903 6213
0-CARLEY	618	256	120	.040	1829 6103
9-RACHEL	DNR				DNR ~
9-ESTHER	DHB				DNE -
4-JOSIE	DNR				DNR ~
O-REBEKA	DNR				
00-SARA	DNR	~			

					1609 16097
RUNNERS-22	1600	800	400	200	TGT TIME AUG#
67-SEAMUS	DNB				DNR -
67-BEN	-508	229	108	0.33	DINR -
65-CISCO	511	552	107	033	1554 S183
65-ELADIO	SIH	DNF			DUR -
64-DANNY	513	224	108	033	DNR -
64-SAM B	522	241	WI	037	1645 535
64-JACK	DNR				DNR ~
62-PHILLIP	DUR				DNR -
52-NAHUEL	225	237	112,	637	1810 603
61-KRIS G	531	238	110	638	D ND -
50-DAVID	536	238	113	038	Dur -
57-THOMAS	529	238	109	038	18.11 603
55-CHASE	DUR				1822 607
54-GREG	548	521	7/7	038	DNR -
16-SAM C	DWR				DNS -
16-MAX	DUR				\3.57 6.58
00-ERIK	DNR				
00-PETER	DNR				DNR -
00-WESTON	DNR				Dur -
					Dur -
					Viyi

MOI	(2x1600[(2.00R)+(2x800\$/2.00R)+(4x4005/100M1N1.30)+(4x2008/2w))3.60RB5
 WOZ	3 MILE TEMPO (2MW/W + 2MC/D) & M

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

	1000 TGT	1000	YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS H.	APPE
RUNNERS-09	TI	TAVE IAVE	<u>51</u> 52	
53-MALLORY			0.3810 0.3580 ===	
52-ABBY		3554 3484	0.38. 0.324	
52-FRANKIE		7.22 040.		
51-MIYAH		3523 3452		
50-CARLEY		307 313		
49-RACHEL				
49-KACHEL 49-ESTHER				
49-ESTHER 44-JOSIE				
00-REBEKA				
00-KEBEKA 00-SARA		3503 3404		
		300 310		
	1000 TGT	_1600		
RUNNERS-22	T	TAVE T.AVE	<u> </u>	
67-SEAMUS		3194 S294	0.36 1278	
67-BEN		3204 3044	6.3012 0298	
65-CISCO		DMR	0.3012 0298 0.3112 0298	
65-ELADIO		phs	DNR	
4-DANNY		3254 3134	DNR 013212 0298	
4-SAM B		DWR	0,3212 031 8	
54-JACK		DNR		
62-PHILLIP		DNR	DNR	
2-NAHUEL		3304 3224	0.3515 0.318	
1-KRIS G		DNR	0.3412 0.328	
0-DAVID		3344 3234	Dhb	
7-THOMAS		3374 3294	DNR	
5-CHASE		031 72	0.3512 0.324	
4-GREG		3404 333 ⁴	DÍNE	
6-SAM C		2101 222.		
6-MAX		NT5 -		
0-ERIK				
D-PETER		DNB		
D-WESTON		DNS	/	
NOTCA	·	DUR	V	
W0.1	8×1000; P	WORKOUTS ACE + SMINX SE	"EVERY DAY COUNTS" € CC	
Woz	•	x 200/B1.00-G1.10	OR)4PBS 8 X200 /2005 IN 1.30	

DISTANCE PROGRAM-CC/TRACK WK 19 OF 24 (MON 04/06/15-SUN 04/11/15)

	TOOUT	ESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN
RUNNERS-09	ACT	1200 1000 800 600 400
53-MALLORY		- 1000 1000 AND OUR HIM
52-ABBY	3422	DNEXKNEC
52-FRANKIE	10	NA VENER
51-MIYAH		
50-CARLEY		423.343.257.211.116.
49-RACHEL	3553	472.242.521.711.110.
49-ESTHER	333	
44-JOSIE		
00-REBEKA		
00-SARA	3464	
	LOOOL	
RUNNERS-22	#W#	1200.1000.800.660.400.200
7-SEAMUS	255 ⁵	344 362 212 139 62/58 32
67-BEN	3064	345 302 217 146 65/68 37
5-CISCO		345 302 217 146 65/68 32 345 302 217 140 64/58 32
5-ELADIO		DUR 211 140 61/58 52
4-DANNY	3075	345 362 216 140 64/63 34
4-SAM B	3115	
4-JACK	Ž.	345 308 228 149 69/68 32
2-PHILLIP		
2-NAHUEL		
1-KRIS G		
0-DAVID		
7-THOMAS		
5-CHASE		
4-GREG		
6-SAM C		
5-MAX		
)-ERIK		
)-PETER		
)-WESTON		
	WORKOUTS	"EVEDV DAV COLDED"
	5×1000/1.30R	"EVERY DAY COUNTS"
	1001	
1		

<u>DISTANCE PROGRAM-CC/TRACK WK 20 OF 24 (MON 04/13/15-SUN 04/18/15)</u>

	<u>ALL STUFF-</u> TRAIN YOUR W		<u>ON 04/18/15)</u> STRENGTH-LITTLE THINGS MAKE I		OF0F0 -
	20 25	OCK	CANDVA	BIG THINGS HAI	PPEN
RUNNERS-09	WH WH		CANOVA 1004 AVA		
53-MALLORY	B 2494 2533		151.13. 111.63 39.53		
52-ABBY	830043013		حراد هاالا التحا		······································
52-FRANKIE					
51-MIYAH			154.93.113.43 41.53		
50-CARLEY			15273 - 11283 3993		
49-RACHEL			132.1 3 116.10 31.7		
49-ESTHER	B 3062 DNF				
44-JOSIE					
00-REBEKA					
00-SARA					
	27 25		CHN DA 💆		
RUNNERS-22	AV# AV#		GOO, HUN TON ZOO #	and the same of	200
67-SEAMUS	A 1373 1373		130.33 0.58.33 3203	<u>METERS</u>	PROJ
67-BEN	A 1393 1423		135.23 0.2843 3563	857	122
55-CISCO	B 224 2214		300 4 0.58.53 3073	864	1 P 1 1 1
55-ELADIO	DNR		DNB 1900 4 0.2812 201	<u> </u>	154.
4-DANNY	,		131.33. 0.59.33 31.93	0°50	1200
4-SAM B	2324 DNF(2363)	82400 1108	181.2 4 0.31.3 31,1	<u>850</u>	156.2
4-JACK		SA 100 JIO		166	213.0
2-PHILLIP				736	2.270
2-NAHUEL	2444 2502				
1-KRIS G					
0-DAVID					
7-THOMAS					
5-CHASE					
4-GREG					
6-SAM C		4			
6-MAX					
O-ERIK					
O-PETER					
D-WESTON					
	WORKO	UTS	"EVEDV DAY COLD TIO"		
101 A	Z (3×600) 200M 11		"EVERY DAY COUNTS"		
B	1 [4x 800 \ 500 x h] Z	12.00 (8)=200185	13 m		
	- 1 W RAN LENDANY II	2 AO (25 - BOO AA) 1	~ 3.00)		
MOS	CAMMIN & SVI WOLD	- rion on la	- mail 1/9 and		
Mos	CAMOVA 3 X 600 (4	DF+0.02/700F	-0.01) 8.VOR		

<u>DISTANCE PROGRAM-CC/TRACK WK 21 OF 24 (MON 04/20/15-SUN 04/25/15)</u>

	OGRAM-CC/TRACK WK 21 OF 24 (MC						
SWEAT THE SM	MALL STUFF-TRAIN YOUR WEAKNESS	S, RACE YOUR STR	ENGTH-I	ITTLE	THING	S MAKE BIG THINGS HA	PPI
		MOJ_					
RUNNERS-09	\ <u></u>	I K. AVE					
53-MALLORY	A.501,5 459.0=519.25	3364	,		——————————————————————————————————————		
52-ABBY	A.SISO ,519,0 = 538.13	345					
52-FRANKIE	DNR	DNR					
51-MIYAH	A .503.0 , 506.2 = 524.91	3425					
50-CARLEY	A.501.5.459.0 = 520.27	3382					
49-RACHEL		5x(v)/4.00R	1485				
49-ESTHER		DNR	2 10				
44-JOSIE		77.5					
00-REBEKA	B.652-245.0						
00-SARA							
00-SAVANNAH		*					
							
							
		Mos					
RUNNERS-22		JK AVG#	600.	Sper	1100	.7/7	
67-SEAMUS	C-1080 1050	3042	127			<u>२०८ </u>	
67-BEN	B. 857M - 1.55.6	3002 804-		113	_57		
65-CISCO	D. 5356	5002	157	113	57	54	
65-ELADIO	D. 532e	DNR					
64-DANNY	C. 1080 1040	3062	1-0	1100		A.	
64-SAM B	D.530e	3115	129	113	57	29	
64-JACK							
52-PHILLIP	C* 1150 1150	DISTANCE			····		
SO NAMEEL	~ 11¢ 10¢	DNF				1	
61-KRIS G		311/2					
50-DAVID		DISTANCE					
57-THOMAS				·			
55-CHASE							
4-GREG							
6-SAM C					·		
6-MAX							
0-MAX 0-ERIK							
O-PETER							
0-WESTON		₽					
			~ <u>~</u>				
· · · · · · · · · · · · · · · · · · ·							
	WORKOUTS		"EVERY	DAY C	OUNTS	<u>S</u> "	
<u> </u>	A-HORWILL						
	B-KOSMIN						
	C- 2(6x4005/100MIN	1.00) 5.00RI	3S				
	D- 2(3X 800V32/200M IN	1.30) S. On RI	35				
WOZ	1.00R		_			· · · · · · · · · · · · · · · · · · ·	
	B BLAST (600.500.400.2			KES			

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

	1600	4.00	* *20en	YM T	NGTH-LITTLE THINGS MAKE BIG THINGS I UOO €
RUNNERS-09	AVG		_ <u> </u>	TIME AVE	AVG
53-MALLORY	2243	1)0	-	111.77.18	1.187
52-CARLEY	00	-42		25.33.673	1197
52-MIYAH	6173	111	~	73,22,077	1,197
52-ABBY	628		~		1267
49-RACHEL					1.60
49-ESTHER					
44-JOSIE	 				
44-JOSIE					
00-SARA					
00-SAVANNAH					
	1600		· 200	YM-T KTRK	Ноом
RUNNERS-22	AVG			TIME - NG	AVG TO
67-SEAMUS	1120g	028	058	20.33, 568	1618
67-BEN	5043	<u>02</u> 3	028	22.10.532	1055
65-CISCO	4593	028	027	21.31 . 523	
54-DANNY	502°		, 026	21.42.525	
54-SAM B	5103	109	028	2326.551	1088
54-JACK	DNR				
62-PHILLIP	5303		-		
52-NAHUEL	212	102	031	22.01.530	
61-KRIS G	DIST			24.25.606	
60-DAVID				25.12.618	
57-THOMAS				17.40·553	
55-CHASE	4				
54-GREG				18.45.615	
16-SAM C	·				
16-MAX	····				
00-ERIK					
00-PETER					
0-WESTON					
			WORKOU	<u>rs</u>	EVERY DAY COUNTS"
No.1	3×16	00	11.60R	+5.00R+400/	S.102 1-200
W02	4 MILE	TEM	PC)		
EDW	8×40	05/K	JUL MOX	00 +8 × 200 F/200	TC (51912) TC
		- 1		- Comment of the contract of t	- JUINLAN I

<u>DISTANCE PROGRAM-CC/TRACK WK 23 OF 24 (MON 05/04/15-SUN 05/10/15</u>

	MALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRE	
RUNNERS-09		
53-MALLORY		
52-CARLEY	B4,59.447.512.5 0.39% 0.326	
52-MIYAH	R 450 455,512 6	
52-ABBY	AZS6 613 312 1284 0.4010 0.36	
49-RACHEL	1 - 30 012 112 120	
49-ESTHER		
44-JOSIE		
44-JOSIE		
00-SARA		
00-SAVANNAH	H	
.,,		
	200 (AVE)
RUNNERS-22	800.1600 800.400 \$1 52	
67-SEAMUS	8 326 8 326 8 - 415 to 031,5 056	
67-BEN	3 426 - 424 - 434.8 032 0.30	}
55-CISCO	A 227 457 214.1114 0.3212 0.28	\$
54-DANNY	B 419.5 0.3312 0.305	}
54-SAM B	A 724 · 502 · 237 · 1104 034 0328	
54-JACK	1 1 3 VC = 24 · 110 · V · 31 · V · 36	
52=PHILLIP		
52-NAHUEL		
51-KRIS G		
0-DAVID		
77-THOMAS		
5-CHASE		
4-GREG		
6-SAM C		
6-MAX		
0-ERIK		
0-PETER		
0-WESTON		
100		
	WORKOUTS	EVEDV DAY COLD TO
W01	A: MILE PREDICTOR	EVERY DAY COUNTS"
	B: 800/1.008+1600/1.308+800/5.008+	Willes / Drawn L. Com Com
	2 - 2 - 2 - 10001 1130K 1 8001 2 - 00 K +	4x 400\ 100W IP 100 (VIT(0) 135)
WOZ	B12/G10 X200\$ ON B-1.00/G1.15+	0.0010
	the same of the sa	

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

	A.	STUFF-TRAIN YOUR WEAKNES HOO B-1000		CILE I THINGS MAKE BIG TI	
RUNNERS-09	-			SELS.	PREDECTION
53-MALLORY	Q	DNE	400 ·800 ·300	400.800 300	
52-CARLEY		DNR	DNE		
52-MIYAH		VNI	DNR	Ma Om in 6	
52-ABBY			1.18, 243 59 (5.60	116 256 58 (50)	5) 525,73
49-RACHEL	A	1138			
49-ESTHER	1	113			
44-JOSIE	-				
44-JOSIE					
00-SARA	A	1558	,		
00-SAVANNAH		100			
	A:	400 B:1000	SETA		
RUNNERS-22				SCT 2	
67-SEAMUS	3	255s	400.800.300	400 800 300	
67-BEN		DNE	59.211.46 (355)	101-216-45 (402)	415:17
65-CISCO	§ 3	30¥5	A		
64-DANNY			DWR DWF		
64-SAM B	B	3153			
64-JACK	10	17.25	DNIE		
62-PHILLIP		11107			
62-NAHUEL					
61-KRIS G					
60-DAVID	 				
57-THOMAS	1	18.34			
55-CHASE	+	18134			
54-GREG	1	19,43			
16-SAM C					
16-MAX	-				
0-ERIK	-				
O-PETER					
0-WESTON	1		والمرابعة والمرا	المدراء والمدرون والمراهد المدرون المدرون المدرون والمراود والمراود والمراود والمراود والمدرون والمراود والمدر	والمساوات
O-RYAN	<u></u>	19,43			
U-RYAN	1	1643			
	 				
······································	<u> </u>				
	 				
	J				
	7	MODIFOLMS			
1810 4		WORKOUTS (C	"EVERY DA	Y COUNTS"	
TCM	A B	8×400F /5.00R			
	D	5 × 1000 T/1,00 R			
MOS		30 PREDICTOR			
	1 6	SKTT.			
		_			

GIRLS				
53-MALLORY	359 = 355			
52-ABBY	400			
52-FRANKIE	408			
51-CARLEY	355			
50-MIYAH	0.00°326			
49-ESTHER	433			***************************************
49-RACHEL	413			
44-KYRA	456 440×			
40-NICOLE M	503 = 447*			
40-JOSIE				
00-REBEKA	415			
00-MOLLY	433			

<u>BOYS</u>		
67-SEAMUS	3160	
67-BEN	31603114	
65-CISCO	31403147	
65-ELADIO	3310316*	
64-SAM B	329 2319 4	
64-JACK	324,323X	
62-PHILLIP	3210	
62-DANNY	329 0	
62-NAHUEL	335,343	
61-KRIS G	3270	
60-DAVID	336°344 *	
57-THOMAS	3430349*	
56-RYAN	3550342*	
55-CHASE	3530	
54-GREG	348 • 342*	
52-WESTON	3250	
46-SAM C	•	
46-MAX		
		-

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			†

	LUMBERT	nek					
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			<u> </u>
67-SEAMUS	110.347			
67-BEN	10.352			
65-CISCO	111 - 351			
65-ELADIO	115.410			
64-SAM B	113.358			
64-JACK	115.403			
62-PHILLIP	112.405	71/1		
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	٦ -			

3 (3x)	400 I/100R +1200T)	

31DI 0 11					Į.
GIRLS-11	627	606			
!-CARLEY	6585	000	623		
52-MALLORY		623	617		
51-ABBY	1400m	*	645		
50-REBEKA	<u> </u>	625	9-12		
50-FRANKIE	628	623	640		
50-ESTHER		711	उठ्य		
50-MOLLY		1117	(223		
48-RACHEL	-	6462	623 ²		
44-KYRA	7572		745		
38-NICOLE M	7572	756	175		
00-NICOLE A					
00-LEXI	-	**-			
	1				
BOYS-20					
66-SEAMUS	507	500	501		
64-CISCO	5512 5402	,	508		
62-ELADIO	5402	526	50%		
62-PHILLIP	SHZ		SIT		
2-SAM B	-	-	\$40 4592		
62-BEN	515	517	4592		
61-JACK	536	524	526		
60-DANNY	-	524 554	521		
60-NAHUEL	524	542	34-4		
59-KRIS G	536	539	534		
59;DAVID	545	-	544		,
57-WESTON	7.73		610		
57-WESTON 57-THOMAS	543	611			
57-THOMAS 57-CHASE	1	619	611		
56-GREG	614	635	-		
42-RYAN	6192	648	616		
74-1V1 PMN		3,0			
			- 		
	-				
ſ					
		- 1			
	13×160	9/1,00R	PREDICTOR		
			1 1	1	
		•			