

TRACK WORKOUTS DEC 2013

| <u>DAY</u> | <u>DATE</u> | <u>WK</u> | <u>WORKOUT SCHEDULE</u> |
|------------|-------------|-----------|--|
| SUN | DEC 01 | | WEEKS 01 AND 02 WERE FOOTLOCKER PREPARATION MILEAGE |
| MON | DEC 02 | | WEEK 03 STARTED ON MONDAY 12/09/13 |
| TUE | DEC 03 | | WORKOUTS FOR DECEMBER CONSIST OF THE FOLLOWING: |
| WED | DEC 04 | | 1. DISTANCE RUNS AT % EFFORTS BETWEEN 60-75% |
| THU | DEC 05 | | 2. PROGRESSION RUNS - GO FASTER AS RUN PROGRESSES |
| FRI | DEC 06 | | 3. MIXES - DISTANCE RUNS AT MINIMUM EFFORT + THRESHOLD PACE |
| SAT | DEC 07 | | 4. PREDICTORS |
| SUN | DEC 08 | | 5. TIME TRIALS AT DISTANCES BETWEEN 400M -1600M |
| MON | DEC 09 | | |
| TUE | DEC 10 | | |
| WED | DEC 11 | | POWERHOUSE WILL BE ON WEDNESDAYS AND SUNDAYS |
| THU | DEC 12 | | CHRISTMAS AND NEW YEARS DAY WILL BE NO PRACTICE |
| FRI | DEC 13 | | |
| SAT | DEC 14 | | MILEAGE THRU WEEK 06 WILL BE RECORDED AS 10% LESS THAN CC WEEKLY AVERAGE |
| SUN | DEC 15 | | |
| MON | DEC 16 | | |
| TUE | DEC 17 | | |
| WED | DEC 18 | | |
| THU | DEC 19 | | |
| FRI | DEC 20 | | |
| SAT | DEC 21 | | |
| SUN | DEC 22 | | |
| MON | DEC 23 | | |
| TUE | DEC 24 | | |
| WED | DEC 25 | | |
| THU | DEC 26 | | |
| FRI | DEC 27 | | |
| SAT | DEC 28 | | |
| SUN | DEC 29 | | |
| MON | DEC 30 | | |
| TUE | DEC 31 | | |

TRACK WEEK START DATES

| | | | | | |
|------------|------------|------------|------------|------------|------------|
| WK01-00/00 | WK02-00/00 | WK03-12/09 | WK04-12/16 | WK05-12/23 | WK06-12/30 |
| WK07-01/06 | WK08-01/13 | WK09-01/20 | WK10-01/27 | WK11-02/03 | WK12-02/10 |
| WK13-02/17 | WK14-02/24 | WK15-03/03 | WK16-03/10 | WK17-03/17 | WK18-03/24 |
| WK19-03/31 | WK20-04/07 | WK21-04/14 | WK22-04/21 | WK23-04/28 | WK24-05/05 |

| <u>PACE</u> | <u>MAINT/OLTY</u> | <u>SUB-LT-TS</u> | <u>THRESHOLD-T</u> | <u>INTERVAL-I</u> | <u>REPETITION-R/F</u> |
|-------------|-------------------|------------------|--------------------|-------------------|-----------------------|
| 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 |

| | | |
|-------|---|--|
| A | = | AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45) |
| BU/BD | = | BUILDUP/BUILD DOWN |
| F | = | 800M RACE PACE |
| I | = | INTERVAL PACE-5K RACE PACE |
| L | = | 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/J | = | REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG |
| TT | = | TIME TRIAL/ALL OUT |

TRACK WORKOUTS ~~JAN~~ 2014

| <u>DAY</u> | <u>DATE</u> | <u>WK</u> | <u>WORKOUT SCHEDULE</u> |
|------------|-------------|-----------|---|
| WED | JAN 01 | 06 | OFF |
| THU | JAN 02 | | DISTANCE |
| FRI | JAN 03 | | DISTANCE |
| SAT | JAN 04 | | OFF |
| SUN | JAN 05 | | POWERHOUSE |
| MON | JAN 06 | 07 | 3(1000I/3.00R+800I/3.00R) |
| TUE | JAN 07 | | POWERHOUSE |
| WED | JAN 08 | | RECOVERY |
| THU | JAN 09 | | POWERHOUSE |
| FRI | JAN 10 | | 8X400D-1/100WJ IN 1.00+8X200D-1/200J |
| SAT | JAN 11 | | OFF |
| SUN | JAN 12 | | POWERHOUSE |
| MON | JAN 13 | 08 | 1000 MIX |
| TUE | JAN 14 | | POWERHOUSE |
| WED | JAN 15 | | 6X600D-1/200WJ IN 2.00 |
| THU | JAN 16 | | POWERHOUSE |
| FRI | JAN 17 | | TRAVEL TO JIMMY CARNES |
| SAT | JAN 18 | | JIMMY CARNES INDOOR TRACK MEET @ U OF FLORIDA |
| SUN | JAN 19 | | POWERHOUSE |
| MON | JAN 20 | 09 | G-7/B-9 MIDDLE 3 @ UP TEMPO |
| TUE | JAN 21 | | G10/B12 X400/400J:S1-S+0.06 S2-S+0.04 S3-S+0.02 S4-S B:3-3-3-3 G: 2-2-2-4 |
| WED | JAN 22 | | POWERHOUSE |
| THU | JAN 23 | | 7M 1ST 4 @ 75% LAST 2 @ T+0.10 |
| FRI | JAN 24 | | G-7/B-9 2X1609I/1.30R |
| SAT | JAN 25 | | OFF |
| SUN | JAN 26 | | POWERHOUSE |
| MON | JAN 27 | 10 | 5 MILE T COURSE @ FASTER THAN MP |
| TUE | JAN 28 | | POWERHOUSE |
| WED | JAN 29 | | CANCELLED-SLEET/ICE |
| THU | JAN 30 | | POWERHOUSE |
| FRI | JAN 31 | | 1600TT OR 4 X 1000@V3200/400J |

TRACK WEEK START DATES

| | | | | | |
|------------|------------|------------|------------|------------|------------|
| WK01-00/00 | WK02-00/00 | WK03-12/09 | WK04-12/16 | WK05-12/23 | WK06-12/30 |
| WK07-01/06 | WK08-01/13 | WK09-01/20 | WK10-01/27 | WK11-02/03 | WK12-02/10 |
| WK13-02/17 | WK14-02/24 | WK15-03/03 | WK16-03/10 | WK17-03/17 | WK18-03/24 |
| WK19-03/31 | WK20-04/07 | WK21-04/14 | WK22-04/21 | WK23-04/28 | WK24-05/05 |

| <u>PACE</u> | <u>MAINT/OLTY</u> | <u>SUB-LT-TS</u> | <u>THRESHOLD-T</u> | <u>INTERVAL-I</u> | <u>REPETITION-R/F</u> |
|-------------|-------------------|------------------|--------------------|-------------------|-----------------------|
| 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 |

| | | |
|-------|---|--|
| A | = | AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45) |
| BU/BD | = | BUILDUP/BUILD DOWN |
| F | = | 800M RACE PACE |
| I | = | INTERVAL PACE-5K RACE PACE |
| L | = | LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE) |
| MP | = | MARATHON PACE |
| S | = | SPEED/REPETITION PACE-MILE RACE PACE |
| SHWK | = | GIRLS-6M/BOYS-7M @ MAX AEROBIC CAPACITY |
| 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/J | = | REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG |
| TT | = | TIME TRIAL/ALL OUT |

TRACK WORKOUTS FEB 2014

| <u>DAY</u> | <u>DATE</u> | <u>WK</u> | <u>WORKOUT SCHEDULE</u> |
|------------|-------------|-----------|--|
| SAT | FEB 01 | 09 | OFF |
| SUN | FEB 02 | | POWERHOUSE |
| MON | FEB 03 | 10 | 3/4 X 1609I/1.30R |
| TUE | FEB 04 | | POWERHOUSE |
| WED | FEB 05 | | 10K-TT |
| THU | FEB 06 | | POWERHOUSE |
| FRI | FEB 07 | | 8X1000:T/2.00R+I/1.00R+T/2.00R+I/1.00R+T/5.00R+I/2.00R+I/2.00R+T |
| SAT | FEB 08 | | OFF |
| SUN | FEB 09 | | POWERHOUSE |
| MON | FEB 10 | 11 | 5X1609T/1.00R |
| TUE | FEB 11 | | POWERHOUSE |
| WED | FEB 12 | | 6 X 800@ 3200RP/400J |
| THU | FEB 13 | | POWERHOUSE |
| FRI | FEB 14 | | 1600 PREDICTOR: 2(400/0.45R+800/1.30R+300/3.00R)*10THS 2 SET AVG * 1.067 |
| SAT | FEB 15 | | OFF |
| SUN | FEB 16 | | POWERHOUSE |
| MON | FEB 17 | 12 | 4 MILE TEMPO |
| TUE | FEB 18 | | POWERHOUSEP |
| WED | FEB 19 | | 3218T/3.00R+3218T/5.00R+1000I/2.00R+400I |
| THU | FEB 20 | | POWERHOUSE |
| FRI | FEB 21 | | 10M @60-70% |
| SAT | FEB 22 | | OFF |
| SUN | FEB 23 | | POWERHOUSE |
| MON | FEB 24 | 13 | 5X1000T-0.06/200J+4.00R+1000TT @ BIG WOODS |
| TUE | FEB 25 | | POWERHOUSE |
| WED | FEB 26 | | RHYTHM: 1M @ I+1.30+4M @ I+1.00+2M @I+0.30 |
| THU | FEB 27 | | POWERHOUSE |
| FRI | FEB 28 | | TURNOVER & HANDOFFS |

TRACK WEEK START DATES

| | | | | | |
|------------|------------|------------|------------|------------|------------|
| WK01-00/00 | 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 | WK21-04/21 | WK22-04/28 | WK23-05/05 | WK24-05/12 |

| <u>PACE</u> | <u>MAINT/QLTY</u> | <u>SUB-LT-TS</u> | <u>THRESHOLD-T</u> | <u>INTERVAL-I</u> | <u>REPETITION-R/F</u> |
|-------------|-------------------|------------------|--------------------|-------------------|-----------------------|
| 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 |

| | | |
|-------|---|--|
| A | = | AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45) |
| BU/BD | = | BUILDUP/BUILD DOWN |
| F | = | 800M RACE PACE |
| I | = | INTERVAL PACE-5K RACE PACE |
| L | = | LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE) |
| MP | = | MARATHON PACE |
| S | = | SPEED/REPETITION PACE-MILE RACE PACE |
| SHWK | = | GIRLS-6M/BOYS-7M @ MAX AEROBIC CAPACITY |
| 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/J | = | REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG |
| TT | = | TIME TRIAL/ALL OUT |

TRACK WORKOUTS MAR 2014

| <u>DAY</u> | <u>DATE</u> | <u>WK</u> | <u>WORKOUT SCHEDULE</u> |
|------------|-------------|-----------|---|
| SAT | MAR 01 | 13 | BEAUFORT RELAYS |
| SUN | MAR 02 | | POWERHOUSE |
| MON | MAR 03 | 14 | 1600 PREDICTOR |
| TUE | MAR 04 | | POWERHOUSE |
| WED | MAR 05 | | BLUFFTON |
| THU | MAR 06 | | POWERHOUSE |
| FRI | MAR 07 | | SANDLAPPER |
| SAT | MAR 08 | | SAVANNAH STATE |
| SUN | MAR 09 | | POWERHOUSE |
| MON | MAR 10 | 15 | 4 MILE TEMPO OR 400 "HOLD PACE" WO |
| TUE | MAR 11 | | POWERHOUSE |
| WED | MAR 12 | | BEAUFORT |
| THU | MAR 13 | | POWERHOUSE |
| FRI | MAR 14 | | 2X800/4.30 TO R & R+1600/3.00+4X400S/1.30R+3.00R+4X200/1.00-1.15 TO R & R |
| SAT | MAR 15 | | OFF |
| SUN | MAR 16 | | POWERHOUSE |
| MON | MAR 17 | 16 | 3 X 1609I/1.00R |
| TUE | MAR 18 | | POWERHOUSE |
| WED | MAR 19 | | BLUFFTON |
| THU | MAR 20 | | POWERHOUSE |
| FRI | MAR 21 | | TURNOVER+HANDOFFS+STRIDES |
| SAT | MAR 22 | | MELLOW MUSHROOM |
| SUN | MAR 23 | | POWERHOUSE |
| MON | MAR 24 | 17 | 3X400S/200J IN 1.30+3X6800S/200J IN 2.00+4X200F/200J |
| TUE | MAR 25 | | POWERHOUSE |
| WED | MAR 26 | | BLUFFTON OR 200 AEROBIC WORKOUT |
| THU | MAR 27 | | POWERHOUSE |
| FRI | MAR 28 | | AM TURNOVER WORKOUT |
| SAT | MAR 29 | | MARWIN KLINE INVITATIONAL |
| SUN | MAR 30 | | POWERHOUSE |
| MON | MAR 31 | 18 | 8X1000 (RUN/T-I-T-I-T-I-T) (REST/2-1-2-2-5-2-2 MINUTES) |

TRACK WEEK START DATES

| | | | | | |
|------------|------------|------------|------------|------------|------------|
| WK01-00/00 | 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 | WK21-04/21 | WK22-04/28 | WK23-05/05 | WK24-05/12 |

| <u>PACE</u> | <u>MAINT/OLTY</u> | <u>SUB-LT-TS</u> | <u>THRESHOLD-T</u> | <u>INTERVAL-I</u> | <u>REPETITION-R/F</u> |
|-------------|-------------------|------------------|--------------------|-------------------|-----------------------|
| 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 |

| | | |
|-------|---|--|
| A | = | AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)) |
| BU/BD | = | BUILDUP/BUILD DOWN |
| F | = | 800M RACE PACE |
| I | = | INTERVAL PACE-5K RACE PACE |
| L | = | LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE) |
| MP | = | MARATHON PACE |
| S | = | SPEED/REPETITION PACE-MILE RACE PACE |
| SHWK | = | GIRLS-6M/BOYS-7M @ MAX AEROBIC CAPACITY |
| 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/J | = | REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG |
| TT | = | TIME TRIAL/ALL OUT |

TRACK WORKOUTS APR 2014

| <u>DAY</u> | <u>DATE</u> | <u>WK</u> | <u>WORKOUT SCHEDULE</u> |
|------------|-------------|-----------|---|
| TUE | APR 01 | 18 | 8M @ 70% |
| WED | APR 02 | | POWERHOUSE |
| THU | APR 03 | | 8X400S/100 IN 1.00-B/1.15-G + 6-G/8-B X 300S/100 IN 1.00-B/1.15-G |
| FRI | APR 04 | | AM RECOVERY-TURNOVER WORKOUT |
| SAT | APR 05 | | BEAUFORT CLASSIC |
| SUN | APR 06 | | POWERHOUSE |
| MON | APR 07 | 19 | 7/8 M @ 70% |
| TUE | APR 08 | | 1200/3.00R+1000/2.40R+800/2.00R+600/1.40R+2X400/1.00R+4X200/0.30R @ V3200 |
| WED | APR 09 | | POWERHOUSE |
| THU | APR 10 | | 3X1000T/0.45R+3X400S/1.00R+2X300F/1.30R |
| FRI | APR 11 | | 5 M @ 70% |
| SAT | APR 12 | | OFF |
| SUN | APR 13 | | POWERHOUSE |
| MON | APR 14 | 20 | 9M/7M AEROBIC |
| TUE | APR 15 | | 200M AEROBIC WORKOUT |
| WED | APR 16 | | POWERHOUSE |
| THU | APR 17 | | 3G/4B X 800V32/2.00R 4.00RBS |
| FRI | APR 18 | | TURNOVER-HANDOFFS |
| SAT | APR 19 | | COUNTY MEET CANCELLED |
| SUN | APR 20 | | POWERHOUSE |
| MON | APR 21 | 21 | 3X300/600/2.00R 5.00RBS RP+2 RP RP-2 DECENDING PACE (800/3200 RUNNERS) |
| TUE | APR 22 | | RHYTHM RUN: 2M-2M-2M L1=I+1.30 L2=I+1.00 L3=I+0.30 |
| WED | APR 23 | | COUNTY CHAMPIONSHIP @ BATTERY CREEK |
| THU | APR 24 | | POWERHOUSE |
| FRI | APR 25 | | RECOVERY RUN |
| SAT | APR 26 | | 800M PREDICTOR |
| SUN | APR 27 | | POWERHOUSE |
| MON | APR 28 | 22 | 7 MILES AEROBIC |
| TUE | APR 29 | | 4X400F/5.00R OR 3X800S/5.00R+1X400S |
| WED | APR 30 | | POWERHOUSE |

TRACK WEEK START DATES

| | | | | | |
|------------|------------|------------|------------|------------|------------|
| WK01-00/00 | 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 |
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| WK19-04/07 | WK20-04/14 | WK21-04/21 | WK22-04/28 | WK23-05/05 | WK24-05/12 |

| <u>PACE</u> | <u>MAINT/QLTY</u> | <u>SUB-LT-TS</u> | <u>THRESHOLD-T</u> | <u>INTERVAL-I</u> | <u>REPETITION-R/F</u> |
|-------------|-------------------|------------------|--------------------|-------------------|-----------------------|
| 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 |

| | | |
|-------|---|--|
| A | = | AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45) |
| BU/BD | = | BUILDUP/BUILD DOWN |
| F | = | 800M RACE PACE |
| I | = | INTERVAL PACE-5K RACE PACE |
| L | = | LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE) |
| MP | = | MARATHON PACE |
| S | = | SPEED/REPETITION PACE-MILE RACE PACE |
| SHWK | = | GIRLS-6M/BOYS-7M @ MAX AEROBIC CAPACITY |
| ST | = | 6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED |
| T/TS | = | LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP) |
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| TT | = | TIME TRIAL/ALL OUT |

TRACK WORKOUTS MAY 2014

| <u>DAY</u> | <u>DATE</u> | <u>WK</u> | <u>WORKOUT SCHEDULE</u> |
|------------|-------------|-----------|---|
| THU | MAY 01 | 22 | REGION VIII CHAMPIONSHIP @ BERKELEY HS |
| FRI | MAY 02 | | DISTANCE RUN |
| SAT | MAY 03 | | 2(8X200F) S1 = 100WJ / S2=200WJ |
| SUN | MAY 04 | | POWERHOUSE |
| MON | MAY 05 | 23 | 3X1000T/1.00R+2X1000I/2.00R+1000V32/3.00R+2X400S/2.00R 2.00 RBS OR CANOVA |
| TUE | MAY 06 | | RECOVERY RUN |
| WED | MAY 07 | | 3X400F/5.00R OR 2X800V32/5.00R+1X400S |
| THU | MAY 08 | | POWERHOUSE |
| FRI | MAY 09 | | TRAVEL |
| SAT | MAY 10 | | SC 3A STATE QUALIFIER |
| SUN | MAY 11 | | POWERHOUSE |
| MON | MAY 12 | 24 | 4X1000I/1.00R |
| TUE | MAY 13 | | 1600M PREDICTOR 2(400/0.45R+800/1.30R+300/3.00R) AVG*1.067 |
| WED | MAY 14 | | POWERHOUSE |
| THU | MAY 15 | | RECOVERY-TURNOVER |
| FRI | MAY 16 | | SC 3A STATE CHAMPIONSHIP |
| SAT | MAY 17 | | SC 3A STATE CHAMPIONSHIP |

TRACK WEEK START DATES

| | | | | | |
|--------------|------------|------------|------------|------------|------------|
| WK01-00/00** | 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 | WK21-04/21 | WK22-04/28 | WK23-05/05 | WK24-05/12 |

** = PART FOOTLOCKER MILEAGE / PART DEC BASE MILEAGE

| <u>PACE</u> | <u>MAINT/QLTY</u> | <u>SUB-LT-TS</u> | <u>THRESHOLD-T</u> | <u>INTERVAL-I</u> | <u>REPETITION-R/F</u> |
|-------------|-------------------|------------------|--------------------|-------------------|-----------------------|
| 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 |

| | | |
|-------|---|--|
| A | = | AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45) |
| BU/BD | = | BUILDUP/BUILD DOWN |
| F | = | 800M RACE PACE |
| I | = | INTERVAL PACE-5K RACE PACE |
| L | = | LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE) |
| MP | = | MARATHON PACE |
| S | = | SPEED/REPETITION PACE-MILE RACE PACE |
| SHWK | = | GIRLS-6M/BOYS-7M @ MAX AEROBIC CAPACITY |
| 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/J | = | REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG |
| TT | = | TIME TRIAL/ALL OUT |

EQUIPMENT CHECK LIST-08/20/14

| | | | <u>HANDOUT</u> | | | <u>TURN IN</u> | | | | | | <u>HANDOUT</u> | | | <u>TURN IN</u> | | |
|-----------------|----|----|--------------------|--|--|--------------------|---|---|-------------|----|----|--------------------|--|--|--------------------|---|---|
| <u>GIRLS-13</u> | | | <u>UNF W/U BAG</u> | | | <u>UNF W/U BAG</u> | | | <u>BOYS</u> | | | <u>UNF W/U BAG</u> | | | <u>UNF W/U BAG</u> | | |
| ESTHER | 19 | 07 | X | | | X | X | X | JACK B | 32 | 04 | X | | | X | X | X |
| KYRA | 15 | 09 | X | | | X | X | X | SAM B | 31 | 08 | X | | | X | X | X |
| JOSIE | 91 | 00 | NA | | | X | X | X | NAHUEL | 91 | 02 | X | | | X | X | X |
| RACHEL | 18 | 04 | X | | | X | X | X | SAM C | 91 | 00 | X | | | X | X | X |
| ABBY | 13 | 08 | X | | | X | X | X | PHILLIP | 33 | 06 | X | | | X | X | X |
| MAJLORY | 12 | 01 | X | | | X | X | X | CISCO | 35 | 10 | X | | | X | X | X |
| CARLEY | 10 | 99 | X | | | X | X | X | KRIS | 39 | 00 | X | | | X | X | X |
| NICOLE M | 92 | 00 | NA | | | X | X | X | BEN | 36 | 07 | X | | | X | X | X |
| REBEKA | 17 | 00 | NA | | | X | X | X | ERIK | 91 | 00 | X | | | X | X | X |
| MIYAH | 14 | 00 | X | | | X | X | X | PALIN | 91 | 00 | NA | | | X | X | X |
| MOLLY | 11 | 99 | NA | | | X | X | X | PETER | 91 | 00 | NA | | | X | X | X |
| FRANKIE | 16 | 99 | X | | | X | X | X | WESLEY | 91 | 00 | NA | | | X | X | X |
| | | | | | | | | | THOMAS | 92 | 00 | NA | | | X | X | X |
| 91 = 2009UA/SM | | | | | | | | | GREGORY | 91 | 00 | NA | | | X | X | X |
| 92 = 2009UA/MD | | | | | | | | | RYAN | 91 | 00 | NA | | | X | X | X |
| | | | | | | | | | MAX | 91 | 00 | NA | | | X | X | X |
| | | | | | | | | | DAVID | 38 | 09 | X | | | X | X | X |
| | | | | | | | | | CHASE | 92 | 00 | NA | | | X | X | X |
| | | | | | | | | | WESTON | 92 | 00 | NA | | | X | X | X |
| | | | | | | | | | DANNY | 38 | 09 | X | | | X | X | X |
| | | | | | | | | | COLTON | 91 | 00 | NA | | | X | X | X |
| | | | | | | | | | ELADIO | 37 | 01 | X | | | X | X | X |

UNF = UNIFORM

W/U = WARMUP

w/u
2009 08 (11 PANTS)
2014 15 (14 PANTS)

U/A UNIFORMS-2013

GIRLS(90) BOYS(89)

10-SM 30-SM

11-SM 31-SM

12-SM 32-SM

13-SM 33-SM

14-SM 34-SM

15-SM 35-SM

16-SM 36-MD

17-SM 37-MD

18-MD 38-MD

19-MD 39-MD

U/A WARMUPS-2013

GIRLS(90) BOYS(89)

01- 01-

02- 02-MD

03- 03-MD

04- 04-

05- 05-

06- 06-SM

07- 07-SM

08- 08-

09- 09-JACKET ONLY

10- 10-NONE

2014 TRAVEL BAG INVENTORY

15 2009-UA/GENERIC

5 2012UA

6 2014-UA GIRLS

26 TOTAL BAGS

U/A UNIFORM U/A W/U
GIRLS T/B-2013 UTJ191W/591W 1239017/19
BOYS T/B-2013 UTJ190/590 1238913/15

LST-#788-\$14.75

HSS-#4997-\$26.75 (LIGHT/NAVY BLUE)

SWEAT PANT-#4805P-\$16.75 (NAVY ONLY)

UNIFORM DESCRIPTION

| <u>GIRLS-2009</u> | <u>BOYS-2009</u> | |
|-------------------|------------------|--------|
| SOLID STRIPE | MESH STRIPE | TOP |
| WHITE LINER | GREY LINER | BOTTOM |
| MESH STRIPE | SOLID STRIPE | |
| <u>GIRLS-2013</u> | <u>BOYS-2013</u> | |
| HORIZ. STRIPE | VERT. STRIPE | TOP |
| NARROW | WIDE | BOTTOM |

DISTANCE PROGRAM-2013-14 TIME TRIALS - PREDICTORS

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

| RUNNERS-18 | AVG# | | TIME - APM# | AVG | |
|--------------|------|------------------|-------------|-------------------|-------------------|
| | | | | 400# | 200# |
| 52-CARLEY | OS | 118 ⁸ | 43.35 | DNF | KNEG |
| 52-MALLORY | DNR | - | DNR | 1.22 ⁸ | 040 ⁴ |
| 51-ABBY | OS | 122 ⁸ | 45.58 | 1.24 ⁸ | 038 ⁴ |
| 50-CIARA | OS | 122 ⁸ | 43.50 | 123 ⁵ | DNF*HIP |
| 50-FRANKIE | DNR | - | DNR | 129 ⁸ | 0.41 ⁴ |
| 49-ESTHER | DNR | - | DNR | DNR | |
| 48-REBEKA | OS | 123 ⁸ | 43.50 | | |
| 47-RACHEL | DNR | - | DNR | | |
| 44-KYRA | OS | 149 ⁸ | | | |
| 44-NORA | OS | 147 ⁸ | | | |
| 38-NICOLE | OS | 147 ⁸ | | | |
| 38-CAROL ANN | DNR | - | | | |
| MEGAN | | | | 135 ⁸ | DNF |
| OS = OREGON | | | | | |

| RUNNERS-21 | AVG# | | TIME - APM# | AVG | |
|------------|-----------------|-------------------|-------------|------------------|------------------|
| | | | | 400# | 200# |
| 66-COLTON | 8M=RECOVERY | | 44.45 | 110 ⁸ | 032 ⁸ |
| 66-CISCO | 16TT | 4.49.0 | DNR | DNR | |
| 62-ELADIO | 16P | 4.35.4 | DNF | 110 ⁸ | 034 ⁸ |
| 52-SAM B | DNR | - | 43.02 | 113 ⁸ | 035 ⁸ |
| 61-JACK B | DNR | - | DNR | DNR | |
| 60-NAHUEL | DNR | - | 44.05 | DNR | |
| 60-PHILLIP | OS | 1.08 ⁸ | 41.35 | 109 ⁸ | 034 ⁸ |
| 59-VICTOR | DNR | - | DNF | 110 ⁸ | 034 ⁸ |
| 59-NOA | 400TT | 0.56.1 | DNR | DNR | |
| 59-KRIS G | 16TT | 5.11.0 | DNR | 113 ⁸ | 0548x300 |
| 59-JASON | DNR | - | DNR | DNR | |
| 59-DAVID | 16TT | 5.04 | DNF | NT ⁸ | 036 ⁸ |
| 59-BEN | DNF | - | DNF | 113 ⁶ | DNF |
| 56-THOMAS | 8M=RECOVERY | | DNF | 114 ⁸ | 034 ⁸ |
| 56-GREGORY | DNR | - | 47.10 | DNR | |
| 54-CHASE | DNR | - | DNF | DNR | |
| 53-WESTON | 8P: 629M-2.22.6 | | 45.45 | 116 ⁸ | 037 ⁸ |

8x400D-1/400T

SEAHAWK 671

8x400D-1/100WT IN 1.00/1.15(G) + 8x200S/200T

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

| | AVG | | TARGET | | AVG | | TARGET | AVG |
|--------------|------|-----|--------|------|------------------|------------------|----------|------------------|
| RUNNERS-18 | 1000 | 800 | 1K-T | 1K-I | 1K-T | 1K-I | 600 | 600# |
| 52-CARLEY | DNR | | - | - | DNR | | 202 | 204 ⁶ |
| 52-MALLORY | DNR | | - | - | DNR | | 204 | 207 ⁶ |
| 51-ABBY | 354 | 249 | 407 | 348 | 408 | 404 | 206 | 210 ⁶ |
| 50-CIARA | 349 | 249 | 411 | 351 | 410 | 351 | 206 | 207 ² |
| 50-FRANKIE | DNR | | - | - | DNR | | DISTANCE | |
| 44-NORA | 433 | 317 | 409 | 426 | 432 ³ | 442 ² | DNR | |
| 44-MEGAN | 422 | 310 | - | - | DNR | | 226 | 227 ⁶ |
| 44-KYRA | DNR | | - | - | | | DNR | |
| 38-NICOLE | DNR | | - | - | | | | |
| 47-RACHEL | DNR | | - | - | | | | |
| 38-NICOLE | | | - | - | | | | |
| 38-CAROL ANN | DNR | | - | - | | | | |
| 49-ESTHER | DNR | | - | - | | | | |
| 48-REBEKA | DNR | | - | - | | | | |

| | AVG | | TARGET | | AVG | | TARGET | AVG |
|------------|------|------------------|--------|------|------------------|------------------|----------|------------------|
| RUNNERS-21 | 1000 | 800 | 1K-T | 1K-I | 1K-T | 1K-I | 600 | 600# |
| 66-COLTON | 308 | 227 | 324 | 308 | 323 | 306 | 140 | 141 ³ |
| 66-CISCO | DNR | | - | - | DNR | | DNR | |
| 62-ELADIO | DNF | | 326 | 310 | 323 | 307 | 144 | 148 ⁶ |
| 62-SAM B | DNF | | 332 | 315 | 327 | 313 | 150 | 155 ⁶ |
| 61-JACK B | DNR | | - | - | DNR | | DISTANCE | |
| 60-NAHUEL | 330 | 236 ² | 340 | 323 | 350 | 323 | 150 | 150 ⁶ |
| 60-PHILLIP | 308 | 214 | 334 | 317 | 320 | 304 | 144 | 144 ⁶ |
| 59-VICTOR | 313 | 217 | - | - | DNR | | 150 | 150 ⁶ |
| 59-KRIS G | DNR | | 343 | 325 | 334 | 324 | 154 | 202 ⁵ |
| 59-JASON | DNR | | - | - | DNR | | DNR | |
| 59-DAVID | 331 | 230 | 343 | 325 | 347 | 336 | 150 | 200 ⁶ |
| 59-BEN | 322 | 224 ² | - | - | DNR | | DNR | |
| 56-THOMAS | 325 | 235 | 350 | 331 | 337 | 334 | 156 | 158 ⁶ |
| 56-GREGORY | DNR | | 350 | 331 | 356 ³ | 355 ³ | DISTANCE | |
| 54-CHASE | 333 | 238 | 356 | 337 | 352 | 340 | DNR | |
| 53-WESTON | 331 | 234 | 356 | 337 | 350 | 341 | 157 | 158 ⁶ |
| KRIS H | | | | | | | | |

$$3(1000I/3.00R + 800S/3.00R)$$

$$(8 \times 1000) I/2.00R + I/1.00R + T/2.00R + I/1.00R + T/5.00R + I/2.00R + I/2.00R + T$$

$$6 \times 600 - 1/2005 \text{ IN } 1.30 * 3.00 \text{ BETWEEN R4 + R5}$$

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

| | 1600PR | TARGET | ACTUAL | TARGET | ACTUAL |
|--------------|---|---------|-----------------------------------|------------------|------------------|
| RUNNERS-18 | 400m S1 S2 S3 S4 | 75% T | | 1600P | |
| 52-CARLEY | DNR | DNR | - | 601 ² | 617 ² |
| 52-MALLORY | 130 ² 130 ² 127 ² 125 ⁴ | 702.644 | 654 ⁴ NT ² | DNR | - |
| 51-ABBY | 130 ² 130 ² 129 ¹ DNR | 702.644 | DNF | 607 | 624 ² |
| 50-CIARA | 129 ² 129 ² 129 ² 126 ⁴ | 715 650 | 658 ⁴ 655 ² | 607 | 630 ² |
| 50-FRANKIE | 130 ² 130 ² 129 ² 128 ⁴ | DNR | DNR | DNR | - |
| 50-REBEKA | DNR | | | | - |
| 50-ESTHER | DNR | | | | - |
| 48-RACHEL | DNR | | | | - |
| 44-NORA-MS | DNR | | | DNR | - |
| 44-MEGAN-MS | 135 ² 142 ² 146 ² 143 ² | | | 716 | 729 ² |
| 44-KYRA | DNR | | | DNR | - |
| 38-NICOLE | DNR | | | | - |
| 38-CAROL ANN | DNR | | | | - |

| RUNNERS-21 | S1 S2 S3 S4 | | | | |
|------------|---|-----|-----------------------------------|-----|------------------|
| 66-COLTON | 117 ³ 109 ³ 106 ¹ DNR | 547 | 547 ⁴ 540 ² | 503 | 528 ² |
| 66-CISCO | DNR - - - | DNR | - - | DNR | - |
| 62-ELADIO | 115 ³ 112 ³ 111 ³ DNR | 552 | 552 ⁴ 530 ² | 506 | 503 ¹ |
| 62-SAM B | DNR - - - | DNR | - - | DNR | - |
| 61-JACK | DNR - - - | DNR | - - | DNR | - |
| 60-PHILLIP | 115 ³ 112 ³ 110 ³ 109 ² | 608 | 547 ⁴ 535 ² | DNR | - |
| 60-NAHUEL | 118 ³ 114 ³ 113 ³ DNR | DNR | - - | 525 | 551 ² |
| 59-VICTOR | 118 ³ 112 ³ 111 ³ 110 ³ | DNR | - - | DNR | - |
| 59-BEN | 117 ³ 114 ³ 112 ³ DNR | DNR | - - | 514 | 549 ² |
| 59-KRIS G | 121 ³ 120 ³ 121 ³ 118 ³ | 624 | 626 ⁴ 617 ² | 530 | 551 ¹ |
| 59-DAVID | 121 ³ 120 ³ 116 ³ 115 ³ | 624 | 626 ⁴ 640 ² | 530 | 640 ² |
| 59-JASON | DNR - - - | DNR | - - | DNR | - |
| 57-THOMAS | 121 ³ 119 ³ 116 ³ DNR | 638 | 634 ⁴ 655 ² | 544 | 603 ² |
| 57-WESTON | DNR - - - | 654 | 626 ⁴ 617 ² | 556 | 546 ² |
| 57-CHASE | DNR - - - | DNR | - - | 556 | 601 ² |
| 56-GREGORY | DNR - - - | DNR | - - | DNR | - |
| 44-KRIS H | DNR - - - | DNR | - - | DNR | - |

| | | |
|-----|--|---|
| W01 | B: 4(3x400/400T) G: 3(2x400/400T)+1(400/400S) | S1-S+0.06 S2-S+0.04 S3-S+0.02 S4-S*1600RP |
| W02 | 7M - 1ST 4@75% LAST 2@T+0. | |
| W03 | G-7/B-9 2@I/1.30R | |

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

| | TARGET | ACTUAL | TARGET | ACTUAL |
|-------------|--------|---------------------|----------|----------------------------|
| RUNNERS-12 | MP | APM# **PR | 1000.400 | 1KAVG# |
| 52-CARLEY | 649 | 659 ^S ** | 341.128 | 341 ⁴ |
| 52-MALLORY | 702 | | 344.129 | 342 ² +DISTANCE |
| 51-ABBY | 702 | 700 ^S ** | 345.129 | 347 ⁴ |
| 50-CIARA | 709 | 717 ^S | 348.131 | 356 ⁴ |
| 50-FRANKIE | 717 | NT ⁴ | 352.132 | 353 ⁴ |
| 50-REBEKA | DNR | | - - | DNR |
| 50-ESTHER | | | - - | DNR |
| 48-RACHEL | | | - - | DNR |
| 44-NORA-MS | | | 419.143 | 427 ⁴ |
| 44-MEGAN-MS | | | 419.143 | 430 ⁴ |
| 44-KYRA | | | - - | DNR |
| 38-NICOLE | ▼ | | - - | DNR |

| | TARGET | ACTUAL | TARGET | ACTUAL |
|------------|--------|------------------------------------|----------|------------------|
| RUNNERS-16 | MP | APM# PR* | 1000.400 | 1KAVG# |
| 66-COLTON | 543 | NT ⁴ | 302.112 | 259 ¹ |
| 66-CISCO | 540 | DNR | - - | DNR |
| 62-ELADIO | 549 | DNR | 304.113 | 309 ² |
| 62-SAM B | 559 | 29.34 ^S | 1600TT | 513 |
| 61-PHILLIP | 554 | NT ⁴ | - - | DNR |
| 61-JACK | 614 | DNR | - - | DNR |
| 60-VICTOR | 614 | 55 ³ 28.20 ^S | - - | DNR |
| 60-BEN | 559 | 713 ^S | 1600TT | 458 |
| 60-NAHUEL | 614 | 628 ^S | 1600TT | 513 |
| 59-KRIS G | 619 | 624 ^S | 1600TT | 521 |
| 59-DAVID | 619 | DNR | 1600TT | 511 |
| 57-THOMAS | 636 | DNR | - - | DNR |
| 57-WESTON | 643 | 626 ^S ** | 1600TT | 524 |
| 57-CHASE | 643 | 637 ^S | 1600TT | 529 |
| 56-GREGORY | 636 | 717 ^S | 330.125 | 348 ⁴ |
| 44-KRIS H | - | DNR | - - | DNR |

5 MILE TCOURSE @ MP

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

| | TARGET | ACTUAL | TARGET | ACTUAL | TARGET | ACTUAL |
|-------------|--------|------------------|--------|-----------|---------|-----------------------------------|
| RUNNERS-12 | 1609I | AVG # | | | IKT IKT | AVG # AVG # |
| 52-CARLEY | - | 631 ³ | NA | DNR | - - | DNR DNR |
| 52-MALLORY | - | DNR | | DNR | - - | DNR DNR |
| 51-ABBY | - | 643 ³ | | 43.09/657 | 407 348 | 415 ³ 354 ⁴ |
| 50-CIARA | - | 644 ³ | | 45.00/715 | 411 351 | 414 ⁴ 349 ⁴ |
| 50-FRANKIE | - | 704 ³ | | 48.29/749 | 415 355 | 420 ⁴ 413 ⁴ |
| 50-REBEKA | - | DNR | | DNR | - - | DNR DNR |
| 50-ESTHER | - | | | DNR | - - | DNR DNR |
| 48-RACHEL | - | | | DNR | - - | DNR DNR |
| 44-NORA-MS | - | | | DNR | 454 431 | 451 ² 442 ² |
| 44-MEGAN-MS | - | | | 4M-NT | - - | DNR DNR |
| 44-KYRA | - | | | DNR | - - | DNR DNR |
| 38-NICOLE | - | | | DNR | - - | DNR DNR |

| | TARGET | ACTUAL | TARGET | ACTUAL | TARGET | ACTUAL |
|--------------|--------|------------------|--------|-----------|---------|-----------------------------------|
| RUNNERS-16 | 1609I | AVG # | | | IKT IKT | AVG # AVG # |
| 66-COLTON | - | 517 ² | NA | DNR | - - | DNR DNR |
| 66-CISCO | - | DNR | | DNR | - - | |
| 62-ELADIO | - | 515 ³ | | 35.14/540 | - - | |
| 62-SAM B | - | 522 ¹ | | DNR | - - | |
| 61-PHILLIP | - | DNR | | DNR | - - | |
| 61-JACK | - | 534 ² | | 37.00/558 | | 329 ³ 324 ² |
| 60-VICTOR | - | 536 ⁴ | | DNR | | 328 ⁴ 313 ⁴ |
| 60-BEN | - | 545 ³ | | 41.25/640 | | 328 ⁴ 319 ⁴ |
| 60-NAHUEL | - | 531 ¹ | | 37.46/605 | - - | DNR DNR |
| 59-KRIS G | - | 538 ⁴ | | 37.50/604 | - - | DNR DNR |
| 59-DAVID | - | DNR | | 43.08/657 | 343 325 | 340 ⁴ 329 ⁴ |
| 57-THOMAS | - | 656 ² | | 41.24/640 | 350 331 | 350 ⁴ 343 ⁴ |
| 57-WESTON | - | 609 ³ | | 40.31/633 | 356 331 | 347 ⁴ 335 ⁴ |
| 57-CHASE | - | 607 ⁴ | | 39.58/626 | 356 337 | 354 ⁴ 338 ⁴ |
| 56-GREG-MS | - | 620 ³ | | 43.50/704 | 350 331 | 351 ³ 341 ⁴ |
| 44-KRIS H-MS | - | DNR | | DNR | - - | |

| | |
|-----|---|
| W01 | 3/4 x 1609I / 1.30R |
| W02 | 10K - TT |
| W03 | 8X1000 : T/2.00+I/1.00+T/2.00+I/1.00+T/5.00+I/2.00+I/2.00+T |

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

| | TARGET | ACTUAL | TARGET/ACTUAL | PROTECTION |
|-------------|---------------------|-------------|---------------|--------------|
| RUNNERS-12 | 1609T | AVG# | 800 | 1600M |
| 52-CARLEY | 638 | DNF-1/2 MAR | 259 NA | 536.4 |
| 52-MALLORY | KOSMIN-690M/233.7 | | 259 | DNR |
| 51-ABBY | KOSMIN-659M/242.3 | | 259 | 540.5 |
| 50-CIARA | 644 | 6535 | 303 | DNF*ACHIEVES |
| 50-FRANKIE | 651 | 7045 | 307 | 550.4 |
| 50-REBEKA | KOSMIN-702M/230.2 * | | 303 | DNR |
| 50-ESTHER | - | DNR | - | DNR |
| 48-RACHEL | - | | - | DNR |
| 44-NORA-MS | - | | 337 | DNF |
| 44-MEGAN-MS | - | | - | DNR |
| 44-KYRA | - | | - | DNR |
| 38-NICOLE | - | 7 | - | DNR |

| | TARGET | ACTUAL | TARGET/ACTUAL | PROTECTION |
|--------------|--------|-------------|---------------|------------|
| RUNNERS-16 | 1609T | AVG# | 800 | 1600M |
| 66-COLTON | - | DNR | 225 NA | |
| 66-CISCO | - | | - | |
| 62-ELADIO | - | | 227 | 4.44.7 |
| 62-SAM B | - | | 231 | |
| 61-PHILLIP | - | 7 | 229 | |
| 61-JACK | 550 | 5525 | 239 | |
| 60-VICTOR | - | DNR | 239 | 4.41.8 |
| 60-BEN | 540 | 5475 | 231 | |
| 60-NAHUEL | 550 | 5485 | 238 | |
| 59-KRIS G | 555 | DNF-1/2 MAR | 240 | 500.5 |
| 59-DAVID | - | DNR | 240 | 506.1 |
| 57-THOMAS | 615 | 6215 | 248 | 504.6 |
| 57-WESTON | 625 | DNF-INT | 254 | |
| 57-CHASE | 625 | 6185 | 254 | 515.2 |
| 56-GREG-MS | 615 | DNF-INT | - | 534.7 |
| 44-KRIS H-MS | - | | 7 | |

5 x 1609T / 1.00R

6 x 800V3200 / 400J ** DONE AT POWERHOUSE, NO TIMES KEPT **

1600 PREDICTOR: 2 (1 x 400 / 0.45R + 1 x 800 / 1.30R + 1 x 300 / 3.00R)
AVG 2 SETS • X 1.0666 (1.067)

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

| | ACTUAL | TARGET | ACTUAL (AVG #) | ACTUAL |
|-------------|-------------|---------------|--|------------------------|
| RUNNERS-12 | TIME/APM | 1609.1000.400 | 1609.1000.400 | TIME AVG # |
| 52-CARLEY | 26:58/644 | 638.407.130 | 634 ⁴ 354 ¹ 113 ¹ | 63.54.759 ⁸ |
| 52-MALLORY | DNR | - - - | DNR | DNR |
| 51-ABBY | DNR | - - - | DNR | DNR |
| 50-CIARA | 28.35/708 | 644.351.126 | 654 ⁴ 354 ¹ 129 ¹ | 63.54.759 ⁸ |
| 50-FRANKIE | 28.51/712* | 651.355.127 | 651 ⁴ 407 ¹ 130 ¹ | DNR |
| 50-REBEKA | DNR | - - - | DNR | DNR |
| 50-ESTHER | DNR | - - - | | DNR |
| 48-RACHEL | DNR | - - - | | DNR |
| 44-NORA-MS | DNR | - - - | | DNR |
| 44-MEGAN-MS | DNR | - - - | | 0000-NT ⁴ |
| 44-KYRA | DNR | - - - | | DNR |
| 38-NICOLE | 32.43/8.10* | - - - | | DNR |

| | ACTUAL | TARGET | ACTUAL | ACTUAL |
|--------------|------------|---------------|--|-------------------------|
| RUNNERS-16 | TIME/APM | 1609.1000.400 | 1609.1000.400 | TIME - AVG # |
| 66-COLTON | DNR | - - - | DNR | DNR |
| 66-CISCO | DNR | - - - | DNR | DNR |
| 62-ELADIO | DNR | 532 310 110 | 528 ⁴ 314 ¹ 105 ¹ | 59.30.557 ¹⁰ |
| 62-SAM B | DNR | - - - | DNR | DNR |
| 61-PHILLIP | 22.38/539* | 545 317 113 | 547 ⁴ 335 ¹ 114 ¹ | 62.30 615 ¹⁰ |
| 61-JACK | DNR | 550 320 114 | 550 ⁴ 320 ¹ 114 ¹ | 62.52 617 ¹⁰ |
| 60-VICTOR | DNR | 554.323.115 | 552 ⁴ 317 ¹ 111 ¹ | 62.00 612 ¹⁰ |
| 60-BEN | DNR | - - - | DNR | DNR |
| 60-NAHUEL | DNR | - - - | DNR | DNR |
| 59-KRIS G | 24.28/607 | 559 325 115 | 554 ⁴ 337 ¹ 116 ¹ | 62.50.617 ¹⁰ |
| 59-DAVID | DNR | - - - | DNR | 68.40 652 ¹⁰ |
| 57-THOMAS | 25.08/617* | 615.334.120 | 622 ⁴ 341 ¹ 105 ¹ | 72.18.713 ¹⁰ |
| 57-WESTON | DNR | - - - | DNR | DNR |
| 57-CHASE | DNR | - - - | DNR | DNR |
| 56-GREG-MS | DNR | | 641 ⁴ 355 ¹ 118 ¹ | 56.00.700 ⁸ |
| 44-KRIS H-MS | DNR | - - - | DNR | DNR |

| | |
|-----|---|
| W01 | 4M-TEMPO |
| W02 | 3218T /3.00R + 3218T/5.00R + 1000I/2.00R + 400E |
| W03 | 10MILES-AEROBIC |

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

| | TGT | ACT | TGT | ACT | | | | | |
|-------------|------------|----------------------|-------------|--|--|--|--|--|--|
| RUNNERS-12 | 1000T-0.06 | AVG [#] TT | L1 L2 L3 | AVG [#] AVG [#] AVG [#] | | | | | |
| 52-CARLEY | 401 | DNF* KNEE | 737 707 637 | 737 ¹ 704 ⁴ 648 ² | | | | | |
| 52-MALLORY | - | DNR | - | DNR | | | | | |
| 51-ABBY | - | DNR | - | DNR | | | | | |
| 50-CIARA | 405 | 415 ⁵ 406 | 742 712 642 | 742 ¹ 714 ⁴ 710 ² | | | | | |
| 50-FRANKIE | 409 | 418 ⁵ 410 | 748 718 648 | 748 ¹ 738 ⁴ NT ² | | | | | |
| 50-REBEKA | - | DNR | - - - | DNR | | | | | |
| 50-ESTHER | - | | - - - | | | | | | |
| 48-RACHEL | - | | - - - | | | | | | |
| 44-NORA-MS | - | | - - - | | | | | | |
| 44-MEGAN-MS | - | | - - - | 4M-NT | | | | | |
| 44-KYRA | - | | - - - | DNR | | | | | |
| 38-NICOLE | - | | - - - | DNR | | | | | |

| | TGT | ACT | TGT | ACT | | | | | |
|------------|------------|----------------------|-------------|--|--|--|--|--|--|
| RUNNERS-17 | 1000T-0.06 | AVG [#] TT | L1 L2 L3 | AVG [#] AVG [#] AVG [#] | | | | | |
| 66-COLTON | - | T | - - - | DNR | | | | | |
| 66-CISCO | - | DNR | - - - | | | | | | |
| 62-ELADIO | - | DNF*ACHILLES | - - - | | | | | | |
| 62-SAM B | - | DNR | - - - | | | | | | |
| 62-SEAMUS | - | DNR | - - - | | | | | | |
| 61-PHILLIP | - | DNF | 644 614 544 | 644 ¹ 601 ⁴ 530 ² | | | | | |
| 61-JACK | 331 | 331 ⁵ 320 | 655 625 555 | DNR | | | | | |
| 60-VICTOR | - | DNR | 655 625 555 | DNF*SHIN | | | | | |
| 60-BEN | - | DNR | - - - | DNR | | | | | |
| 60-NAHUEL | - | DNR | - - - | DNR | | | | | |
| 59-KRIS G | 337 | 339 ⁵ 320 | 700 630 600 | 700 ¹ 616 ⁴ 600 ² | | | | | |
| 59-DAVID | 337 | 342 ⁵ 330 | 700 630 600 | DNF*URI | | | | | |
| 57-THOMAS | - | DNR | 714 644 614 | DNF*URI | | | | | |
| 57-WESTON | - | DNR | - - - | DNR | | | | | |
| 57-CHASE | 355 | 358 ⁵ 346 | 726 656 626 | 726 ¹ 656 ⁴ 623 ² | | | | | |
| 56-GREG-MS | - | DNF | 726 656 626 | 726 ¹ 656 ⁴ 623 ² | | | | | |

| | | |
|-----|-----|--|
| W01 | LWP | (5X1000T-0.06/200J)+4.00R+1000TT |
| | TRK | A=400S/100J+B=400S/100J+C=400S/100J A=#WIDING MILSPACE/1.00 B=2.15R C=130R B-16 G- |
| W02 | | RHYTHM: 1M@ (I+1.30)+4M@ (I+1.00)+2M@ (I+0.30) |

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

| | | | TGT | ACT |
|-------------|--------------------------|---------------------------|-----|-------------|
| RUNNERS-12 | AVG | TT OR 800AVG [#] | | |
| 52-CARLEY | 530.9 | 258 ⁵ | | - |
| 52-MALLORY | - | 255 ⁴ | | 5M* 1/2 MAR |
| 51-ABBY | 546.1 | - | | - |
| 50-CIARA | - | 304 ⁵ | | 5M* |
| 50-FRANKIE | 543.1 | 303 ⁸ | | 5M* |
| 50-REBEKA | 556.2 | 300 ⁴ | | 5M(SOCCER) |
| 50-ESTHER | - | - | | - |
| 48-RACHEL | 541.5 ⁴ 1 set | 258 ⁴ | | 5M* |
| 44-NORA-MS | - | - | | - |
| 44-MEGAN-MS | - | - | | - |
| 44-KYRA | - | - | | - |
| 38-NICOLE | - | - | | - |

| | | | TGT | ACT |
|------------|------------------------|---------------------------|--|---|
| RUNNERS-17 | AVG | TT OR 800AVG [#] | 1K [#] AVG [#] 200 [#] AVG [#] | AVG [#] 416 [#] |
| 66-COLTON | 433.3 | 228 ⁶ | 324 034 | 309 ⁴ * 030 ⁸ >REST |
| 66-CISCO | - | - | | - |
| 62-ELADIO | 446.9 | 228 ⁶ | 326 035 | 313 ² 032 ⁴ *ACHILLES |
| 62-SAM B | DNF | TT502.5 | | - |
| 62-SEAMUS | - | - | | - |
| 61-PHILLIP | 439.2 | 229 ⁶ | 329 035 | 312 ³ 031 ⁸ |
| 61-JACK | 243 ⁶ (W02) | TT511.0 | | - |
| 60-VICTOR | 442.5 | TT457.1 | | - |
| 60-BEN | 517.8 | TT445.4** | 329 035 | 320 ² 035 ⁴ *CALF |
| 60-NAHUEL | 454.5 | TT506.5 | | - |
| 59-KRIS G | 459.9 | TT457.8** | | - |
| 59-DAVID | 509.5 | TT508.2 | | - |
| 57-THOMAS | 500.2 | - | | - |
| 57-WESTON | - | - | | - |
| 57-CHASE | 514.2 | TT521.8 | | - |
| 56-GREG-MS | - | - | | - |

| | |
|-----|---------------------------------|
| W01 | 1600 PREDICTOR |
| W02 | 1600TT OR G5/B6 x 800V32/200J |
| W03 | 2 (2x1000T/1.00R + 4x200S/200J) |

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

| | TGT | ACT | MEET | TGT | ACT | |
|-------------|-------|-----------------------------|------------------|------------|-----------------------------------|-------|
| RUNNERS-12 | PR | TIME · APM# | 1600 · 800 | 1000 · 400 | 1K# · 400# | 200M |
| 52-CARLEY | 26.25 | 27.32 · 653 ⁴ | W 555 · 64 · 521 | 407 122 | 356 ³ 116 ⁴ | 30.09 |
| 52-MALLORY | - | DNR | W 555 - - | - - | DNR - | |
| 51-ABBY | - | DNR | W 556 - 523 | 407 125 | - 123 ⁴ | - |
| 50-CIARA | - | DNR | 558 246 | 411 126 | DNFXHIP | |
| 50-FRANKIE | 28.55 | 27.32 · 653 ⁴ ** | 600 253 | - - | DNR | |
| 50-REBEKA | - | DNR | - - | - - | DNR | |
| 50-ESTHER | - | DNR | - - | - - | DNR | |
| 48-RACHEL | - | DNR | - - | 415 127 | DNR | |
| 44-NORA-MS | - | DNR | - - | - - | DNR | |
| 44-MEGAN-MS | - | DNR | - - | - - | 138 ⁴ | |
| 44-KYRA | - | DNR | - - | - - | DNR | |
| 38-NICOLE | - | DNR | - - | - - | DNR | |

| | TGT | ACT | MEET | TGT | ACT | |
|------------|--------|-------------------------------------|-------------|------------|----------------------------------|-------|
| RUNNERS-17 | PR | TIME · APM# | 1600 · 800 | 1000 · 400 | 1K# · 400# | 200M |
| 66-COLTON | - 400W | 107 ⁸ · 108 ⁴ | - - | 324 109 | 307 ³ 65 ⁴ | 27.04 |
| 66-CISCO | - | DNR | - - | - - | DNR | |
| 62-ELADIO | - | DNR | 446 526 446 | | B 72 ⁴ | |
| 62-SAM B | 23.15 | 23.36 · 554 ⁴ | 505 225 | | B 73 ⁴ | |
| 62-SEAMUS | - | DNR | - - | | DNR | |
| 61-PHILLIP | 22.15 | 22.45 · 541 ⁴ | 446 524 444 | | B 69 ⁴ | |
| 61-JACK | 22.33 | 23.20 · 550 ⁴ | 508 225 | | B 73 ⁴ | |
| 60-VICTOR | - | DNR | - - | | B 72 ⁴ | |
| 60-BEN | - | DNFXSHIN | 515 20 506 | | DNR | |
| 60-NAHUEL | - | DNR | 504 222 | | 72 ⁴ | |
| 59-KRIS G | 24.27 | 25.14 · 618 ⁴ | 504 222 | | 74 ⁴ | |
| 59-DAVID | 25.34 | 26.48 · 642 ⁴ | 503 226 | | 74 ⁴ | |
| 57-THOMAS | | 116 ⁸ · 117 ⁴ | 518 228 | | 341 ³ 75 ⁴ | 29.94 |
| 57-WESTON | - | DNR | - - | - - | DNR | |
| 57-CHASE | - | DNR | - - | - - | DNR | |
| 56-GREG-MS | - | DNR | - - | - - | DNR | |

| | |
|-----|---|
| WO1 | 4 MILE TEMPO |
| TRK | 400 HOLD PACE |
| WO2 | 3x1000T/1.00R + 4x400S/100 IN 1.30 + 1000T ⊕ CHGD TO 200TT |
| | ⓑ 4x400S/400T |
| WO | *NON-MEET RUNNERS |
| | 2x800/4.30 R+R + 1600/3.00R + 4x400/1.30R+3.00R + 4x200 1.06-1.15 R+R |

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

| | TGT | ACT | | | | |
|-------------|-------|------------------------|--|--|--|--|
| RUNNERS-12 | 1609I | TIME-AVG# | | | | |
| 52-CARLEY | | 18.27-609 ³ | | | | |
| 52-MALLORY | | DNR | | | | |
| 51-ABBY | | 19.23-627 ³ | | | | |
| 50-CIARA | | 13.48-654 ² | | | | |
| 50-FRANKIE | | 19.34-631 ³ | | | | |
| 50-REBEKA | | DNR | | | | |
| 50-ESTHER | | DNR | | | | |
| 48-RACHEL | | 20.13-644 ³ | | | | |
| 44-NORA-MS | | DNR | | | | |
| 44-MEGAN-MS | | DNR | | | | |
| 44-KYRA | | DNR | | | | |
| 38-NICOLE | | DNR | | | | |
| | | | | | | |
| | | | | | | |

| | TGT | ACT | | | | |
|------------|-------|------------------------|--|--|--|--|
| RUNNERS-17 | 1609I | TIME-AVG# | | | | |
| 66-COLTON | | 16.50-536 ³ | | | | |
| 66-CISCO | | 16.50 DNR | | | | |
| 62-ELADIO | | 15.41-513 ³ | | | | |
| 62-SAM B | | 16.02-520 ³ | | | | |
| 62-SEAMUS | | 15.42-513 ³ | | | | |
| 61-PHILLIP | | 15.47-515 ³ | | | | |
| 61-JACK | | 16.47-535 ³ | | | | |
| 60-VICTOR | | 16.52-537 ³ | | | | |
| 60-BEN | | DNR | | | | |
| 60-NAHUEL | | 16.59-539 ³ | | | | |
| 59-KRIS G | | 16.39-533 ³ | | | | |
| 59-DAVID | | 17.08-542 ³ | | | | |
| 57-THOMAS | | 18.02-600 ³ | | | | |
| 57-WESTON | | 4M-AEROBIC | | | | |
| 57-CHASE | | DNR | | | | |
| 56-GREG-MS | | 19.02-620 ³ | | | | |
| | | | | | | |
| | | | | | | |

| | |
|-----|--------------------|
| | |
| W01 | 3x1609I / 1.00R |
| W02 | MEET @ BLUFFTON |
| W03 | HANDOFFS + STRIDES |
| | |
| | |
| | |

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

| RUNNERS-12 | 400# 800# 200# | MEET | TIME TRIALS |
|-------------|--|---------|---------------|
| 52-CARLEY | 79 ³ 253 ³ 36 ⁴ | RESULTS | 800 1600 |
| 52-MALLORY | | IN BOOK | 241.69 554.53 |
| 51-ABBY | 86 ³ 301 ² 41 ⁴ | | 244.59 624.78 |
| 50-CIARA | 80 ³ 305 ² 37 ⁴ | | 246.30 654.57 |
| 50-FRANKIE | | | |
| 50-REBEKA | - 257 ² 35 ⁴ | | |
| 50-ESTHER | | | |
| 48-RACHEL | | | |
| 44-NORA-MS | | | |
| 44-MEGAN-MS | | | 313.81 657.84 |
| 44-KYRA | | | |
| 38-NICOLE | | | |

| RUNNERS-17 | 400# 800# 200# | MEET | TIME TRIALS |
|------------|--|---------|-------------------|
| 66-COLTON | 67 ³ 219 ³ 29 ⁴ | RESULTS | 800 1600 3200 400 |
| 66-CISCO | | IN BOOK | 206.90 1056.87 |
| 62-ELADIO | 68 ³ 222 ³ 31 ⁴ | | 209.51 |
| 62-SAM B | | | |
| 62-SEAMUS | 68 ³ 222 ³ 29 ⁴ | | 211.66 57.16 |
| 61-PHILLIP | | | 448.72 |
| 61-JACK | | | |
| 60-VICTOR | 68 ³ 229 ² 29 ⁴ | | 208.81 59.84 |
| 60-BEN | | | 442.72* 11.12.43 |
| 60-NAHUEL | | | |
| 59-KRIS G | | | 536.00 11.22.98 |
| 59-DAVID | | | 510.97 |
| 57-THOMAS | | | 510.65 60.26 |
| 57-WESTON | | | |
| 57-CHASE | | | |
| 56-GREG-MS | 78 ³ 300 ³ 34 ⁴ | | 543.97 65.63 |

| | | |
|-----|--|---------|
| | S=1600RP | F=800RP |
| W01 | 3 x 400S / 200T IN 1.30 + 3 x 800S / 200T IN 2.00 + 4 x 200F / 200T * * DISTANCE CHANGED TO 300 / 700 / 200 BECAUSE OF WIND | |
| W02 | WED MEET OR * 200 W0 | |

DISTANCE PROGRAM-CC/TRACK WK 18 OF 24 (MON 03/31/14-SUN 04/01/14)

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

| RUNNERS-12 | TGT | | ACT | | TGT | | ACT | |
|-------------|------|------|------------------|------------------|-----|-----|------------------|------------------|
| | 1K-T | 1K-I | 1K-T | 1K-I | 400 | 300 | 400 | 300 |
| 52-CARLEY | 407 | 348 | 356 ⁴ | 341 ⁴ | 121 | 100 | 119 ⁸ | 057 ⁶ |
| 52-MALLORY | | | | | - | - | DNR | |
| 51-ABBY | | | | | 126 | 104 | 128 ⁸ | 102 ⁶ |
| 50-CIARA | 411 | 351 | 412 ⁴ | 359 ⁴ | 126 | 104 | 126 ⁸ | 055 ¹ |
| 50-FRANKIE | 415 | 355 | 358 ⁴ | 349 ⁴ | 127 | 105 | 128 ⁸ | 103 ⁶ |
| 50-REBEKA | | | | | - | - | DNR | |
| 50-ESTHER | | | | | - | - | DNR | |
| 48-RACHEL | | | | | | | 126 ⁸ | 053 ¹ |
| 44-NORA-MS | | | | | | | | |
| 44-MEGAN-MS | | | | | | | | |
| 44-KYRA | | | | | | | | |
| 38-NICOLE | | | | | | | | |

| RUNNERS-17 | TGT | | ACT | | TGT | | ACT | |
|------------|------|------|------------------|------------------|-------|-----|-------------------|-------------------|
| | 1K-T | 1K-I | 1K-T | 1K-I | 400 | 300 | 400 | 300 |
| 66-COLTON | 324 | 308 | 312 ⁴ | 306 ⁴ | CANOA | | 1:04 | 0:38:137 |
| 66-CISCO | | | | | - | - | DNR | |
| 62-ELADIO | 326 | 310 | 324 ⁴ | 310 ⁴ | 109 | 052 | 1:08 ⁸ | 0:48 ⁸ |
| 62-SAM B | | | | | 114 | 055 | 1:18 ⁸ | 0:53 ⁵ |
| 62-SEAMUS | 326 | 310 | 322 ⁴ | 308 ⁴ | CANOA | | 1:06 | 0:33:140 |
| 61-PHILLIP | 329 | 312 | 317 ⁴ | 304 ⁴ | - | - | DNR | |
| 61-JACK | | | | | 115 | 056 | 1:12 ⁸ | 0:53 ⁸ |
| 60-VICTOR | | | | | CANOA | | 1:08 | 0:35:143 |
| 60-BEN | | | | | 109 | 052 | 1:10 ⁸ | 0:50 ¹ |
| 60-NAHUEL | 340 | 323 | 332 ³ | 324 ⁴ | 115 | 056 | 1:13 ⁶ | DNR |
| 59-KRIS G | 340 | 323 | 329 ⁴ | 320 ⁴ | 114 | 055 | 1:13 ⁸ | 0:53 ⁸ |
| 59-DAVID | 340 | 323 | 334 ⁴ | 323 ⁴ | 114 | 055 | 1:18 ⁸ | 0:55 ⁸ |
| 57-THOMAS | 353 | 334 | 345 ⁴ | 333 ⁴ | 113 | 056 | 1:15 ⁸ | 0:53 ⁸ |
| 57-WESTON | | | | | - | - | DNR | |
| 57-CHASE | 35 | | 353 ⁴ | 339 ⁴ | - | - | DNR | |
| 56-GREG-MS | | | | | 120 | 100 | 122 ⁸ | 057 ⁸ |

| | |
|---|--|
| 8x1000 PACE T • T • T I • T • I • I • T | |
| W01 | REST 2.00 1.00 2.00 2.00 5.00 2.00 2.00 (MINUTES) |
| | RACHEL - 5x400 [AVG 1.09] * DO UNTIL AVG = 1.12 / 200J } 4x400F/200J + 200TT |
| | 3x300 [AVG 0.52] / 100W } 3x300F/200J |
| W02 | 8x400S/100 IN: 8-1.00/6-1.15 + 5.00 RBS + 8/6x300S/100 MIN 1.00/1.15 |

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

| | AM-AVG | 800 | PM-TARGET | |
|-------------|-------------------|-------------------|-----------|-----------------|
| RUNNERS-12 | 400 · 800 · 300 | 400 PRG | 300 PRG | 1000T 400S 300F |
| 52-CARLEY | 120.7 253.4 055.8 | 116.2 249.4 055.0 | 525.6 | NA |
| 52-MALLORY | | | | |
| 51-ABBY | | | | |
| 50-CIARA | 120.9 257.1 058.5 | 121.9 309.9 059.2 | 545.4 | |
| 50-FRANKIE | 123.4 259.1 101.7 | 127.4 305.2 101.2 | 549.9 | |
| 50-REBEKA | 122.8 258.2 058.9 | 123.9 306.0 058.1 | 545.6 | |
| 50-ESTHER | | | | |
| 48-RACHEL | 122.8 257.8 058.6 | 123.9 303.9 051.9 | 540.8 | |
| 44-MEGAN-MS | | | | |
| 44-KYRA | | | | |
| 38-NICOLE | | | | |

| | AM-AVG | 400 800 | PM-TARGET | AVG# |
|------------|-------------------|-------------------|---------------------|--|
| RUNNERS-17 | 400 · 800 · 300 | PRG 300 PRG | 1000T · 400S · 300F | 1000 400 300 |
| 66-COLTON | DNF | | - | |
| 66-CISCO | | | - | |
| 62-ELADIO | 108.9 224.9 046.9 | 108.5 225.7 046.5 | 438.0 | - |
| 62-SAM B | | | 329 | 325 ³ 111 ³ 054 ² |
| 62-SEAMUS | 109.4 226.3 046.9 | 105.3 225.7 043.7 | 435.9 | - |
| 61-PHILLIP | | | 329 | 324 ³ 104 ³ 049 ² |
| 61-JACK | | | 340 | 324 ³ 115 ³ 051 ² |
| 60-VICTOR | | | 340 | 329 ³ 110 ³ 049 ² |
| 60-BEN | | | 329 | 325 ³ 107 ³ 053 ² |
| 60-NAHUEL | | | 340 | DNF*REHAB DISTANCE |
| 59-KRIS G | | | 343 | 331 ³ 114 ³ 054 ² |
| 59-DAVID | | | 343 | 341 ³ 123 ³ 055 ² |
| 57-THOMAS | | | 353 | 336 ³ 118 ³ 050 ² |
| 57-WESTON | | | | |
| 57-CHASE | | | | |
| 56-GREG-MS | | | 356 | 347 ³ 120 ³ 053 ² |

WO1 *AM-MILE PREDICTOR: $2(400/0.45R + 800/1.30R + 300/3.00R) * AVG \times 1.067$

PM- $3 \times 1000T / 0.45R + 3 \times 400S / 1.00R + 2 \times 300F / 1.30R$

*AM DONE BY RUNNERS GOING ON COLLEGE TRIP *

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

| | T A R G E T | | | | | | A C T U A L | | | | | | | |
|-------------|-------------|------|-----|-----|-----|-----|-------------|------|-----|-----|-----|-----|-------|----------------|
| RUNNERS-12 | 1200 | 1000 | 800 | 600 | 400 | 200 | 1200 | 1000 | 800 | 600 | 400 | 200 | TOTAL | PROJ 2013 TIME |
| 52-CARLEY | 428 | 343 | 259 | 214 | 129 | 044 | 430 | 339 | 253 | 209 | 122 | 037 | 15:10 | 11:34 15:28 |
| 52-MALLORY | - | - | - | - | - | - | | | | | | | | |
| 51-ABBY | - | - | - | - | - | - | | | | | | | | |
| 50-CIARA | 439 | 353 | 306 | 219 | 133 | 046 | 437 | 348 | 310 | 223 | 128 | 043 | 16:09 | 12:19 NA |
| 50-FRANKIE | 439 | 353 | 306 | 219 | 133 | 046 | 437 | 348 | 303 | 217 | 131 | 044 | 16:00 | 12:12 16:43 |
| 50-REBEKA | - | - | - | - | - | - | DNR | | | | | | | |
| 50-ESTHER | - | - | - | - | - | - | | | | | | | | |
| 48-RACHEL | - | - | - | - | - | - | | | | | | | | |
| 44-MEGAN-MS | - | - | - | - | - | - | | | | | | | | |
| 44-KYRA | - | - | - | - | - | - | | | | | | | | |
| 38-NICOLE | - | - | - | - | - | - | | | | | | | | |

| | T A R G E T | | | | | | A C T U A L | | | | | | | |
|------------|-------------|------|------|-----|-----|-----|------------------------------|------|-----|-----|-----|-----|-------|-------------|
| RUNNERS-17 | 1200 | 1000 | 800 | 600 | 400 | 200 | 1200 | 1000 | 800 | 600 | 400 | 200 | TOTAL | PROJ 2013 |
| 66-COLTON | - | - | - | - | - | - | DNR - | | | | | | | |
| 66-CISCO | - | - | - | - | - | - | DNR | | | | | | | |
| 62-ELADIO | 343 | 306 | 229 | 151 | 114 | 037 | 342 | 303 | 226 | 146 | 109 | 035 | 12:40 | 09:40 13:18 |
| 62-SAM B | 352 | 313 | 235 | 156 | 117 | 038 | 348 | 312 | 236 | 149 | 117 | 036 | 13:18 | 10:09 NA |
| 62-SEAMUS | 800M | - | - | 144 | 102 | 045 | *300M - - - 145 103 046 *300 | | | | | | | |
| 61-PHILLIP | 343 | 306 | 229 | 151 | 114 | 037 | 342 | 307 | 230 | 152 | 109 | 032 | 12:52 | 09:49 NA |
| 61-JACK | 354 | 315 | 236 | 157 | 118 | 039 | 357 | 318 | 236 | 157 | 118 | 038 | 13:44 | 10:28 NA |
| 60-VICTOR | 800M | - | - | 150 | 103 | 047 | *300M - - - 147 105 047 *300 | | | | | | | |
| 60-BEN | 1Mile | - | 2:19 | 144 | 109 | 034 | - | - | 229 | 147 | 108 | 031 | NA | NA |
| 60-NAHUEL | | | | | | | | | | | | | | |
| 59-KRIS G | - | - | - | - | - | - | DNR-REHAB RUN - 5M | | | | | | | |
| 59-DAVID | - | - | - | - | - | - | DNR | | | | | | | |
| 57-THOMAS | - | - | - | - | - | - | DNR REHAB RUN - 6M | | | | | | | |
| 57-WESTON | - | - | - | - | - | - | DNR-REHAB RUN - 5M | | | | | | | |
| 57-CHASE | 428 | 343 | 258 | 214 | 129 | 044 | 417 | 343 | 243 | 208 | 121 | 038 | 14:50 | 11:18 |
| 56-GREG-MS | - | - | - | - | - | - | DNR PRE-MEET RUN | | | | | | | |

| | |
|------|---|
| 2M | 1200 / 3.00R + 1000 / 2.40R + 800 / 2.00R + 600 / 1.40R + 2x400 / 1.00R + 4x200 / 0.30R @ V32 |
| 1M | 1x800 / 2.45R + 2x600 / 2.30R + 3x400 / 1.30R + 4x200 / 0.30R @ V16 |
| 800M | 1x600S / 4.00R + 3x400F / 3.30R + 4x300F / 3.00R |
| | S = 1600M PACE F = 800M PACE |

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

| | TGT | AVG | TGT | AVG |
|---------------------|-----|--|----------------------|-----------------------------------|
| RUNNERS-12 | | S1 S2 | | 600-400-200 |
| 52-CARLEY | 200 | 036.0 ¹⁰ 034.5 ⁸ | * 114 ⁴ | 153 |
| 52-MALLORY | | DNR | | |
| 51- ABBY | | DNR | | 128 ⁸ 038 ⁴ |
| 50-CIARA | 200 | 037.5 ⁶ 036.5 ⁸ | | |
| 50-FRANKIE | 800 | 305 ³ 305 ³ | * 617 ³ | 126 ⁸ 038 ⁴ |
| 50-REBEKA | | DNR | * 117.3 ³ | |
| 50-ESTHER | | DNR | | |
| 48-RACHEL | 200 | 037.0 ⁸ 034.0 ³ | * 108 ³ | 156 |
| 44-MEGAN-MS | | DNR | | |
| 44-KYRA | | DNR | | |
| 38-NICOLE | | DNR | | |

| | TGT | AVG | TGT | AVG |
|------------|---------------|---------------------------------------|---|------------------|
| RUNNERS-17 | | S1 S2 | | 600-400-200 |
| 66-COLTON | 200 | 32.2 ¹⁰ 31.3 ¹⁰ | * 101.3 ⁴ 105 ³ | 134 |
| 66-CISCO | | DNR | | |
| 62-ELADIO | 800 | DNR | * 225 ⁴ 106 ³ | 110 ⁹ |
| 62-SAM B | 800 | 238 ⁴ 244 ⁴ | | 112 ⁹ |
| 62-SEAMUS | | DNR | * 102.0 ⁴ 104.6 ³ | 135 |
| 61-PHILLIP | 800 | 226 ⁴ 238 ⁴ | | 109 ⁹ |
| 61-JACK | 800 | 237 ⁴ 238 ⁴ | | 115 ⁸ |
| 60-VICTOR | 200 | 31.4 ¹⁰ 31.8 ¹⁰ | | 138 |
| 60-BEN | 200 | 31.2 ¹⁰ 31.4 ¹⁰ | | 112 ⁸ |
| 60-NAHUEL | | DNR | | |
| 59-KRIS G | | DNR | | |
| 59-DAVID | 800 | DNR | | |
| 57-THOMAS | | DNR | | |
| 57-WESTON | DISTANCE - 6M | | | |
| 57-CHASE | DISTANCE - 6M | | | |
| 56-GREG-MS | DISTANCE - 6M | | | |

* = COLLEGE DAY W/P

| | | |
|-----|------------|--|
| W01 | 800M | 2 (3-G/4-B x 800/2.00R) 4.00 R BETWEEN SETS * 3200 PACE |
| | 200M | G-10/8 B-10/10 x 200 (B-Set 1 1.00 TO REST+RUN G-1.45 R+R) |
| | | (B-Set 2 1.15 " " " G-1.30 R+R) |
| W02 | CANOVA 800 | [400/200] |
| | | 8x400/1.00R + 6x200/200J * 4.00RBS * WINDY |

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

| | TGT | | | AVG | | | AVG | TGT | AVG | 800M |
|-------------|-----|----|----|------|------|-------|----------|-------|-------------|------------------------------|
| RUNNERS-12 | R1 | R2 | R3 | R1 | R2 | R3 | R1/R2/R3 | PROJ | L1-L2-L3 | APM# METERS - PROJECTION |
| 52-CARLEY | 56 | 54 | 52 | 56.4 | 55.4 | 51.9 | 0.54.6 | 225.6 | 737 707 637 | 713 ⁶ 716 = 225.9 |
| 52-MALLORY | - | - | - | DNR | | | | | - - - | DNR 694 = 232.6 |
| 51-ABBY | 59 | 57 | 55 | 60.5 | 59.5 | 58.5* | 59.5 | 238.6 | 737 707 637 | 735 ⁴ 658 = 243.1 |
| 50-CIARA | 59 | 57 | 55 | 57.3 | 56.3 | 57.0 | 56.9 | 231.7 | 742 712 642 | 731 ⁶ 691 = 233.3 |
| 50-FRANKIE | 59 | 57 | 55 | 59.3 | 59.2 | 59.2* | 59.2 | 237.8 | 748 718 648 | DNF 632 = 249.9 |
| 50-REBEKA | 59 | 57 | 55 | DNR | | | | | - - - | DNR 704 = 229.8 |
| 50-ESTHER | - | - | - | DNR | | | | | - - - | DNR 0 |
| 48-RACHEL | 55 | 53 | 51 | 54.3 | 53.5 | 51.8 | 53.2 | 221.8 | - - - | |
| 44-MEGAN-MS | - | - | - | DNR | | | | | - - - | |
| 44-KYRA | - | - | - | DNR | | | | | - - - | |
| 38-NICOLE | - | - | - | DNR | | | | | - - - | |
| | | | | | | | | | | *=3SETS |

| | TGT | | | AVG | | | AVG | TGT | AVG | 800M PREDICTOR |
|------------|-----------|-----|-----|----------|-------|-------|----------|-------|-------------|------------------------------|
| RUNNERS-17 | R1 | R2 | R3 | R1 | R2 | R3 | R1/R2/R3 | PROJ | L1-L2-L3 | APM# METERS PROJECTION |
| 66-COLTON | 47 | 45 | 43 | 46.5 | 45.8 | 45.7 | 45.9 | 202.4 | 638 603 533 | 630 ⁶ 844 = 156.9 |
| 66-CISCO | - | - | - | DNR | | | | | - - - | DNR |
| 62-ELADIO | 152 | 149 | 146 | 150.1 | 151.3 | 147.4 | 151.2 | 9.53 | 636 606 536 | 628 ⁶ 822 = 159.6 |
| 62-SAM B | 200 | 157 | 154 | 159.2 | 152 | 152.7 | 155.7 | 10.17 | 640 610 540 | 628 ⁶ DNR |
| 62-SEAMUS | 47 | 45 | 43 | 47.3 | 45.8 | 44.1 | 45.7 | 201.8 | 640 610 540 | NT ⁶ 843 = 157.1 |
| 61-PHILLIP | 153 | 150 | 147 | 154.0 | 147.0 | 146.3 | 149.8 | 9.46 | 640 610 540 | 628 ⁶ 780 = 209.3 |
| 61-JACK | 200 | 157 | 154 | 158.8 | 157.0 | 153.7 | 156.5 | 10.21 | 655 625 555 | 628 ⁶ DNR |
| 60-VICTOR | 49 | 47 | 45 | NT | | | | | 655 625 555 | 630 ⁶ DNR |
| 60-BEN | 153 | 150 | 147 | 152.8 | 149.2 | 145.2 | 149.1 | 9.42 | 646 610 546 | DNF 829 = 158.7 |
| 60-NAHUEL | 8 M @ 715 | | | DISTANCE | | | | | - - - | DNR |
| 59-KRIS G | 203 | 200 | 157 | 158.3 | 155.0 | 151.3 | 154.9 | 10.13 | 700 630 600 | 622 ⁶ DNR |
| 59-DAVID | 203 | 200 | 157 | DNR | | | | | 700 630 600 | 733 ⁶ DNR |
| 57-THOMAS | 8 M @ 715 | | | DISTANCE | | | | | 714 644 614 | 649 ⁶ DNR |
| 57-WESTON | 8 M @ 715 | | | | | | | | 726 656 626 | 710 ⁴ DNR |
| 57-CHASE | 8 M @ 715 | | | | | | | | 726 656 626 | 705 ⁶ DNR |
| 56-GREG-MS | 8 M @ 715 | | | | | | | | 714 644 614 | 737 ⁴ 713 = 227.1 |
| PUG | | | | | | | | | | 861 = 203.8 |
| JESTIN | | | | | | | | | | 821 = 159.7 |

| | |
|-----|---|
| W04 | 300/600 DECENTING PACE W04: 4 (3 X 300*OR 600*/2,000) S.00 RB5 * EACH REP FASTER * R2 PACE IS 800 TGT PACE * 800 = X 2.666 3200 = X 5.33 |
| W02 | RHYTHM RUN: 2M-2M-2M @ L1=I+130 L2=I+100 L3=I+0.30 |
| W03 | KOSMIN 800M PREDICTOR |

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

| | AVG# | AVG# |
|-------------|--|-------------------------------------|
| RUNNERS-12 | | S1 S2 |
| 52-CARLEY | A 71.5 ⁴ | 36.3 ⁸ 33.2 ⁸ |
| 52-MALLORY | DNR | 37.2 ⁸ 35.3 ⁸ |
| 51-ABBY | DNR | DNR |
| 50-CIARA | A 75.5 ⁴ | 36.0 ⁸ 36.0 ⁴ |
| 50-FRANKIE | B 256 ⁴ + 79.5 ¹ | DNR |
| 50-REBEKA | A 75.6 ³ | 36.4 ⁸ 33.7 ⁸ |
| 50-ESTHER | DNR | DNR |
| 48-RACHEL | | |
| 44-MEGAN-MS | | DNR |
| 44-KYRA | | DNR |
| 38-NICOLE | | DNR |

| | AVG# | AVG# |
|------------|--|-------------------------------------|
| RUNNERS-17 | | S1 S2 |
| 66-COLTON | A 59.5 ⁴ | 30.3 ⁸ 28.2 ⁸ |
| 66-CISCO | DNR | DNR |
| 62-ELADIO | B 220.8 ³ + 62.4 ¹ | |
| 62-SAM B | B 229.7 ² + 67.1 ³ | DNR |
| 62-SEAMUS | A 61.6 ⁴ | 30.3 ⁸ 27.4 ⁸ |
| 61-PHILLIP | B 215.9 ³ + 61.1 ¹ | 29.3 ⁸ 29.8 ⁸ |
| 61-JACK | B 235.9 ³ + 67.2 ¹ | DNR |
| 60-VICTOR | B 61.4 ⁴ | DNR |
| 60-BEN | B 64.2 ⁴ | 30.2 ⁸ 28.3 ⁸ |
| 60-NAHUEL | DISTANCE | DNR |
| 59-KRIS G | A 67.4 ⁴ | |
| 59-DAVID | A 67.2 ⁴ | |
| 57-THOMAS | DISTANCE | |
| 57-WESTON | DISTANCE | |
| 57-CHASE | DISTANCE | |
| 56-GREG-MS | DISTANCE | |

| | |
|-----|--------------------------------|
| W01 | A 4x400F / 5.00R |
| | B 3x800F / 5.00R + 1x400 |
| W02 | 2 (8x200F / S1-100WT S2-200WT) |

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

| | IGT | AVG# | AVG# |
|-------------|----------------------------|---|--------------------------------------|
| RUNNERS-11 | 1000T, 1000I, 1000V32, 400 | 1000T, 1000I, 1000V32, 400 | 800, 400 |
| 52-CARLEY | 407 348 344 121 | 402 ³ 351 ² 335 ¹ 119 ² | 255.1 ² 79.0 ¹ |
| 52-MALLORY | 415 355 348 127 | 400 ² DNR DNR DNR | 255.1 ² 84.6 ¹ |
| 51-ABBY | DIST 8M | | DIST-8M |
| 50-CIARA | CANOVA 230 75/35.5-150.5 | 151.4 • 155.8 | 76.7 ³ |
| 50-FRANKIE | 415 355 348 127 | 357 ³ 357 ² 349 ¹ 126 ² | 255.4 ² 83.2 ¹ |
| 50-REBEKA | CANOVA 230 75/35.5-150.5 | 151.2 • 154.1 | 70.0 ³ |
| 50-ESTHER | — | | DNR |
| 48-RACHEL | CANOVA 222 71/34-145 | 145.9 • 151.4 | 69.6 ³ |
| 44-MEGAN-MS | — | | DNR |
| 44-KYRA | — | | DNR |
| 38-NICOLE | — | | DNR |

| | IGT | AVG# | AVG# |
|------------|----------------------------|---|--------------------------------------|
| RUNNERS-16 | 1000T, 1000I, 1000V32, 400 | 1000T, 1000I, 1000V32, 400 | 800, 400 |
| 66-COLTON | CANOVA 200 - 60/28-128 | 128.8 • 141.4 | 61.7 ³ |
| 66-CISCO | — | | DNR |
| 65-ELADIO | 326 310 305 109 | 323 ³ 309 ² 258 DNR | 217.5 ² 61.6 ¹ |
| 65-SEAMUS | CANOVA 200 60/28-128 | 130.2 • 131.5 | 61.0 ³ |
| 64-PHILLIP | 329 312 307 110 | 324 ³ 310 ² 308 ¹ 108 ² | 63.3 ³ |
| 63-BEN | CANOVA 202 61/28.5-129 | 132.7 • 136.5 | 62.8 ³ |
| 63-SAM B | DIST 8M | | DIST- 7M |
| 61-JACK | DIST 10M | | DIST- 7M |
| 60-VICTOR | CANOVA 202 61/28.5-129 | 129.8 134.7 | 63.3 ³ |
| 60-NAHUEL | DIST 8M | | DIST- 7M |
| 59-KRIS G | 10M | | DIST- |
| 59-DAVID | 6M | | DIST- |
| 57-THOMAS | 8M | | DIST- |
| 57-WESTON | 4M | | DIST- |
| 57-CHASE | DNR | | DIST- |
| 56-GREG-MS | 6M | | DIST- |

| | |
|-----|--|
| | *95° |
| W01 | $(3 \times 1000T / 1.00R) + (2 \times 1000I / 2.00R) + (1 \times 1000V32 / 2.30R) + (2 \times 400S / 2.00R) 2.30RBS$ |
| | CANOVA : TARGET $2(400 @ \text{TARGET PACE} + 200 @ \text{IGT} - 0.07) 10.00RBS$ |
| W02 | 3200 M : $2 \times 800V32 - X / 5.00R + 1 \times 400F$ |
| | 800/600M $3 \times 400F / 5.00R$ |

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

| | TGT | AVG# | PR | PRD | 400 | 800 | 300 | 400 | 800 | 300 |
|-------------|-----|------------------|-----|-------|-------|-------|------|-------|-------|------|
| RUNNERS-11 | | | | | | | | | | |
| 52-CARLEY | 348 | 359 ⁴ | 524 | 559.6 | 123.6 | 313.5 | 59.0 | 125.9 | 313.0 | 59.0 |
| 52-MALLORY | | | | | | | | | | |
| 51-ABBY | | | | | | | | | | |
| 50-CIARA | 351 | 402 ⁴ | 546 | 541.4 | 116.7 | 303.9 | 54.7 | 120.3 | 309.2 | 55.7 |
| 50-FRANKIE | | | | | | | | | | |
| 50-REBEKA | 351 | 411 ⁴ | | | | | | | | |
| 50-ESTHER | | | | | | | | | | |
| 48-RACHEL | 407 | 411 ³ | DNF | | 120.3 | 303.5 | 54.7 | | | |
| 44-MEGAN-MS | | | | | | | | | | |
| 44-KYRA | | | | | | | | | | |
| 38-NICOLE | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |

| | TGT | AVG# | PR | PRD | 400 | 800 | 300 | 400 | 800 | 300 |
|------------|-----|------------------|-----|-------|-------|-------|------|-------|-------|------|
| RUNNERS-16 | | | | | | | | | | |
| 66-COLTON | 308 | 329 ⁴ | 424 | 433.1 | 100.9 | 220.1 | 43.9 | 104.4 | 239.7 | 42.9 |
| 66-CISCO | | | | | | | | | | |
| 65-ELADIO | 310 | 317 ⁴ | 436 | 429.8 | 101.9 | 221.5 | 45.6 | 105.5 | 226.3 | 44.9 |
| 55-SEAMUS | 310 | 310 ⁴ | 428 | 426.7 | 101.9 | 221.5 | 44.4 | 105.2 | 223.2 | 43.5 |
| 54-PHILLIP | | | | | | | | | | |
| 63-BEN | 312 | 310 ⁴ | 435 | 430.7 | 101.9 | 221.8 | 44.7 | 104.8 | 229.6 | 44.7 |
| 63-SAM B | | | | | | | | | | |
| 61-JACK | | | | | | | | | | |
| 60-VICTOR | 323 | 324 ⁴ | | | | | | | | |
| 60-NAHUEL | | | | | | | | | | |
| 59-KRIS G | | | | | | | | | | |
| 59-DAVID | | | | | | | | | | |
| 57-THOMAS | | | | | | | | | | |
| 57-WESTON | | | | | | | | | | |
| 57-CHASE | | | | | | | | | | |
| 56-GREG-MS | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |

| | |
|-----|---|
| W01 | 4x1000I/1.00R |
| W02 | 1600 PREDIKTOR • 2 (400/0.45R + 800/1.30R + 300/3.00R) RESULT ÷ 2 X 1.067 |
| | |
| | |
| | |
| | |
| | |