

# WORKOUTS JAN 2013

<u>DAY</u>	<u>DATE</u>	<u>WORKOUT</u>
TUE	JAN 01 06	6M@I+1.30
WED	JAN 02	RHYTHM-1M@I+2.00+4M@1+1.30+2M@I+1.00
THU	JAN 03	POWERHOUSE
FRI	JAN 04	2(4X800T/0.45R)3.00R BETWEEN SETS
SAT	JAN 05	OFF
SUN	JAN 06	POWERHOUSE
MON	JAN 07 07	5X1609T/1.00R
TUE	JAN 08	POWERHOUSE
WED	JAN 09	6M@65%
THU	JAN 10	POWERHOUSE
FRI	JAN 11	3(#X400@V16) S1=100 IN1.00 S2=100 IN1.15 S3=AS NEEDED TO HOLD PACE #=12
SAT	JAN 12	OFF
SUN	JAN 13	POWERHOUSE
MON	JAN 14 08	RHYTHM-1M@I+1.30+4M@1+1.00+2M@I+0.30
TUE	JAN 15	POWERHOUSE
WED	JAN 16	KOSMIN 1600 PREDICTOR
THU	JAN 17	POWERHOUSE
FRI	JAN 18	DRILLS+PLYOS+BLEACHERS+JILLIAN TURNOVER
SAT	JAN 19	PALMETTO RUNNERS MEET
SUN	JAN 20	POWERHOUSE
MON	JAN 21 09	8X400V16/100WJ IN 1.00+4.00R+8X400V32/100WJ IN 1.00
TUE	JAN 22	POWERHOUSE
WED	JAN 23	4 MILE TEMPO
THU	JAN 24	2(10X 200)G: S1-1.15/S2-1.30 B: S1-1.00 S2-1.15
FRI	JAN 25	TRAVEL TO FLA
SAT	JAN 26	JIMMY CARNES MEET
SUN	JAN 27	POWERHOUSE
MON	JAN 28 10	G-6M/B-7M @ 80%
TUE	JAN 29	POWERHOUSE
WED	JAN 30	2(4X800T/0.45R)3.00R BETWEEN SETS
THU	JAN 31	POWERHOUSE

## TRACK W/E DATES

WK01-12/02	WK02-12/09	WK03-12/16	WK04-12/23	WK05-12/30	WK06-01/06
WK07-01/13	WK08-01/20	WK09-01/27	WK10-02/03	WK11-02/10	WK12-02/17
WK13-02/24	WK14-03/03	WK15-03/10	WK16-03/17	WK17-03/24	WK18-03/31
WK19-04/07	WK20-04/14	WK21-04/21	WK22-04/28	WK23-05/05	WK24-05/11

<u>PACE</u>	<u>MAINT/OLTY</u>	<u>SUB-I.T-TS</u>	<u>THRESHOLD-T</u>	<u>INTERVAL-I</u>	<u>REPETITION-R/E</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

# WORKOUTS FEB 2013

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

## TRACK W/E DATES

WK01-12/02	WK02-12/09	WK03-12/16	WK04-12/23	WK05-12/30	WK06-01/06
WK07-01/13	WK08-01/20	WK09-01/27	WK10-02/03	WK11-02/10	WK12-02/17
WK13-02/24	WK14-03/03	WK15-03/10	WK16-03/17	WK17-03/24	WK18-03/31
WK19-04/07	WK20-04/14	WK21-04/21	WK22-04/28	WK23-05/05	WK24-05/11

<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
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

# WORKOUTS MAR 2013

<u>DAY</u>	<u>DATE</u>	<u>WORKOUT</u>
FRI	MAR 01	TRAVEL TO CHARLESTON-SHAKE OUT RUN @ W.ASHLEY TRACK
SAT	MAR 02	SANDLAPPER
SUN	MAR 03	POWERHOUSE
MON	MAR 04 15	G-6M/B-9M L1-I+1.30(G-2/B-4) L2-I+1.00(G-4/B-4)
TUE	MAR 05	RECOVERY
WED	MAR 06	POWERHOUSE
THU	MAR 07	SEAHAWK AEROBIC
FRI	MAR 08	2X800/4.30R&R+1600/3.00R+4X400/100W IN 1.30+3.00R+2X200/1.00R&R
SAT	MAR 09	KOSMIN 800
SUN	MAR 10	POWERHOUSE
MON	MAR 11 16	3X1000T/1.00R+4X400S/400WJ+1600T
TUE	MAR 12	✓ 2X400F/400J+2X300F/300J+200TT
WED	MAR 13	MEET @ HHIHS
THU	MAR 14	POWERHOUSE
FRI	MAR 15	HANDOFFS+DRILLS+STRIDES+SHAKE OUT
SAT	MAR 16	WANDO RELAYS
SUN	MAR 17	POWERHOUSE
MON	MAR 18 17	5X1000I/1.00R+4X400S/1.00R*5.00R BETWEEN SETS
TUE	MAR 19	POWERHOUSE
WED	MAR 20	MEET @ HHIHS
THU	MAR 21	SEAHAWK-NO TIME
FRI	MAR 22	3X200F/100J IN 1.00+2X200S/100J IN 1.00+200TT
SAT	MAR 23	COACHES CLASSIC/SAVANNAH STATE INVITATIONAL
SUN	MAR 24 18	POWERHOUSE
MON	MAR 25	3X1000T/1.00R+3X1000I/2.00WJ+3X400F/400WJ
TUE	MAR 26	POWERHOUSE/TRACK FOR TUTORED STUDENTS
WED	MAR 27	2X200S/200J+1X800S/3.00WJ+1X600F/3.00WJ+1X400F/2.30WJ+1X300F
THU	MAR 28	POWERHOUSE
FRI	MAR 29	6/8 RECOVERY-60%
SAT	MAR 30	MAYO INVITATIONAL
SUN	MAR 31	POWERHOUSE

## TRACK W/E DATES

WK01-12/02	WK02-12/09	WK03-12/16	WK04-12/23	WK05-12/30	WK06-01/06
WK07-01/13	WK08-01/20	WK09-01/27	WK10-02/03	WK11-02/10	WK12-02/17
WK13-02/24	WK14-03/03	WK15-03/10	WK16-03/17	WK17-03/24	WK18-03/31
WK19-04/07	WK20-04/14	WK21-04/21	WK22-04/28	WK23-05//05	WK24-05/11

<u>PACE</u>	<u>MAINT/QLTY</u>	<u>SUB-I.T-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

# WORKOUTS APR 2013

<u>DAY</u>	<u>DATE</u>	<u>WORKOUT</u>
MON	APR 01 19	4 MILE TEMPO
TUE	APR 02	G-6M/B-8M @ 60%
WED	APR 03	2(3/4X800V32/400 IN 3.00) 5.00 BETWEEN SETS
THU	APR 04	POWERHOUSE
FRI	APR 05	G-4/B-6 X 400S/1.30R
SAT	APR 06	BEAUFORT CLASSIC
SUN	APR 07	POWERHOUSE
MON	APR 08 20	1200/3.00R+1000/2.40R+800/2.00R+600/1.40R+2X400/1.00R+4X200/0.30R @ V3200
TUE	APR 09	G-6M/B-8M @ 60%
WED	APR 10	3X1000T/0.45R+3X400S/1.00R+2X300F/1.30R
THU	APR 11	POWERHOUSE
FRI	APR 12	TACO BELL
SAT	APR 13	TACO BELL
SUN	APR 14	POWERHOUSE
MON	APR 15 21	(6X400S/100M IN 1.00+6X400S+3/100 IN 1.30) 4.00R BETWEEN SETS OR 9M @ 60%
TUE	APR 16	2X400S/100M IN 1.00+5X200F/200J
WED	APR 17	COUNTY CHAMPIONSHIP @ BLUFFTON
THU	APR 18	POWERHOUSE
FRI	APR 19	5000TT OR 200 B(S1:10 ON 1.00/S2:8 ON 1.15) G(S1:8 ON 1.10/S2 6 ON 1.30)
SAT	APR 20	OFF
SUN	APR 21	POWERHOUSE
MON	APR 22 22	W/U+HANDOFFS+STRIDES
TUE	APR 23	REGION CHAMPIONSHIP @ BERKELEY/BUS LEAVES @ 12.30PM
WED	APR 24	OFF-CROSS COUNTRY MEETING
THU	APR 25	3X1000T/1.00R+2X1000I/2.00R+1X1000V32/3.00R+2X400S/200J
FRI	APR 26	2(400D-1/200J) OR 4X200F/200J+2X500F/300J+2X300F/100J
SAT	APR 27	OFF-PROM
SUN	APR 28	POWERHOUSE
MON	APR 29 23	5X1609I/5.00R OR 1000-800-600-400@V32/= DISTANCE JOG OR 4X400F/400J
TUE	APR 30	RECOVERY

## TRACK W/E DATES

WK01-12/02	WK02-12/09	WK03-12/16	WK04-12/23	WK05-12/30	WK06-01/06
WK07-01/13	WK08-01/20	WK09-01/27	WK10-02/03	WK11-02/10	WK12-02/17
WK13-02/24	WK14-03/03	WK15-03/10	WK16-03/17	WK17-03/24	WK18-03/31
WK19-04/07	WK20-04/14	WK21-04/21	WK22-04/28	WK23-05/05	WK24-05/11

<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
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

# WORKOUTS MAY 2013

<u>DAY</u>	<u>DATE</u>	<u>WORKOUT</u>
MON	MAY 27	CC01 5 MILE TEMPO
TUE	MAY 28	LSD
WED	MAY 29	POWERHOUSE
THU	MAY 30	SEAHAWK
FRI	MAY 31	3 MILE TEMPO

## CC WEEK START DATES

WK01-05/27	WK02-06/03	WK03-06/10	WK04-06/17	WK05-06/24	WK06-07/01
WK07-07/08	WK08-07/15	WK09-07/22	WK10-07/29	WK11-08/05	WK12-08/12
WK13-08/19	WK14-08/26	WK15-09/02	WK16-09/09	WK17-09/16	WK18-09/23
WK19-09/30	WK20-10/07	WK21-10/14	WK22-10/21	WK23-10/28	WK24-11/04

<u>PACE</u>	<u>MAINT/QLTY</u>	<u>SUB-I.T-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
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R/I	=	REST INTERVAL R = REST(WALK/STRETCH) I = JOG OR WALK/JOG
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SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET		ACTUAL			
RUNNERS	X	X	X	X	X	X
FAITH						
CARLEY	801	731	701	748	721	658
CIARA	825	755	725	DNR		DNF
ESTHER				DNR		DNR
REBEKA				DNR		DNR
ABBY	825	755	725	812	800	750
MALLORY	825	755	725	812	DNF*	Soccer
FRANKIE	838	808	738	812	810	745
NORA	900	830	800	827	825	815

	TARGET		ACTUAL			
RUNNERS	X	X	X	X	MILE 1200	800 400 TOTAL
JACK M	651	621	551	645	615	550
SEAN	706	636	606	645	615	550
COLTON	706	636	606	645	615	550
SAM	725	655	625	DNF		
NOA	725	655	625	DNR		
VICTOR				DNR		
JACK B	730	700	630	DNF		
ELADIO	730	700	630	DNR		
CHANDLER	730	700	630	DNF		
KRIS	756	726	656	717	710	652
GREGORY	756	726	656	717	710	652
DAVID	801	731	701	647	DNF*	Knee
CHASE	801	731	701	730	715	655
WESTON	832	801	732	735	720	700
CARSON	-	-	-	DNR		
AUSTIN	-	-	-	DNR		
JASON	-	-	-	DNR		

\*\* - 0.05 FOR MILE \*\*  
ON STEPDOWN

RHYTHM: 2M @ I+200 • 2M @ I+130 • 2M @ I+100

ANDREW B.

AB 0.30-1.00-1.30-2.00 MILE • 0.30-1.00-1.30-2.00

STEPDOWN: \*1600T/3.00R + 1200T/4.00R + 800T/3.00R + 400T \* = +0.05

PREDICTOR: 5x1000V5/1.00R

(AB) START DISTANCE FOR SUBVS  
 R1.4 S/F 167M  
 R2.3 200M 333M  
 R3.2 200M 500M  
 R4.1 S/F 666M

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

[illegible]

4 x 400T / 5.08 R\* WALK JOG - STRETCH

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

	(W1)		(W2)	TARGET	ACTUAL	(W3)	TARGET	SI	52
RUNNERS	X	X	X	X	X	X	X		
FAITH	75%	6:07:05		5M@60%	3:05	DNR			
CARLEY	75%	DNR		5M@60%	3:11	4:315	DNF		
CIARA	80%	6:07:23		5M@60%	3:24	4:315	4:310		
REBEKKA	-	DNR		DNR	3:27	DNR			
ABBY	-	DNR		DNR	3:24				
MALLORY	-	6:NT		5M@60%	3:24				
FRANKIE	-	DNR		DNR	3:38				
NORA	-	3:NT		5M@60%	3:58				
JACKIE	-	DNR		DNR	3:58				
RACHEL	-	DNR		DNR	1:11				

	(W1)	TARGET	ACTUAL	(W2)	TARGET	ACTUAL	(W3)	TARGET	SI	52
RUNNERS	X	X	X	X	X	X	X	X		
JACK M	70%	6:611	6:51.621	551.521	6:51.617	551.455	233	4:226	4:223	
SEAN	75%	6:611	7:06.636	606.536	7:06.634	558.524	241	4:235	4:236	
COLTON	75%	6:611	7:06.636	606.536	7:06.634	558.523	241	DNR		
ROBBIE	-	DNR		5M@60%	3:00	3:253	3:253			
SAM	-	DNR		DNR	2:50	DNR				
NOA	-	3:NT	7:25.655	625.555	7:25.655	619.555	252	4:249	4:243	
VICTOR	-	DNR	7:35.705	635.605	7:35.655	614.600	254	4:252	4:246	
JACK B	-	DNR		DNR	2:54	DNR				
ELADIO	-	DNR		5M@60%	2:54	4:255	DNF-HIP			
CHANDLER	-	DNR	7:06.614	630.614	7:06.634	630.614	250	DNR		
CISCO	70%	6:711	7:44.714	644.614	7:44.655	617.606	302	4:254	4:250	
PHILLIP	70%	6:725	7:56.726	656.626	7:56.754	617.606	308	4:306	4:302	
AUSTIN	-	DNR		DNR	1:11	DNR				
KRIS	-	DNR	7:56.726	656.626	7:56.754	617.606	308	4:306	4:301	
GREGORY	-	DNR	7:56.726	656.626	DNF * HIP	308	DNF			
DAVID	-	DNR		DNR	3:11	4:306	4:303			
CHASE	75%	6:711		DNR	3:11	DNR				
WESTON	-	DNR		DNR	3:17	DNR				
CARSON	75%	6:730		DNR	3:20	4:314	4:315			
JASON	75%	DNR		5M@60%	1:11	DNR				

W1 6M@60-70%

W2 L1=1M@I+2.00 L2=4M@I+1.30 L3=1M@I+1.00 L4=1M@I+0.30

W3 2(4X800T-0.04/0.45R\*) 3:00 R BETWEEN SETS

R=ACTIVE REST(WALK-STRETCH-JOG)



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

	TARGET ①	ACTUAL	TARGET ②	ACTUAL	TARGET ③	ACTUAL
RUNNERS	PACE	# • AVG		# • AVG		# • AVG
FAITH	-	DNR	NA	DNR	-	DNR
CARLEY	6:32	4:630		DNF	-	DNR
CIARA	6:55	4:642		6:736	128	10:127
REBEKKA	-	DNR		DNR	-	DNR
ABBY	6:55	4:743		6:812	128	09:129
MALLORY	6:55	DNR		DNR	128	11:128
FRANKIE	7:25	4:723		DNF	133	09:133
NORA	8:12	4:811		5:850	-	09:NT
JACKIE	-	DNR		DNR	-	DNR
RACHEL	-	DNR		DNR	-	DNR

	TARGET ①	ACTUAL	TARGET ②	ACTUAL	TARGET ③	ACTUAL
RUNNERS	PACE	# • AVG		# • AVG		
JACK M	5:16	5:506	NA	7:543	105	10:104
SEAN	5:32	5:618		7:547	108	10:106
COLTON	-	DNR		6:612	107	10:107
ROBBIE	-	DNR		5:718	KOSMIN	
SAM	-	DNR		7:605	112	10:115
NOA	5:55	5:554		DNR	112	10:111
VICTOR	-	DNR		6:NT	115	10:112
JACK B	-	DNR		7:606	114	10:116
ELADIO	5:59	3:625		6:720	115	10:115
CHANDLER	5:59	3:602		3:NT	112	10:112
CISCO	-	DNR		7:606	118	10:113
PHILLIP	6:20	4:539		7:641	-	DNR
AUSTIN	-	DNR		DNR	-	NA
KRIS	6:20	4:538		7:641	121	10:119
GREGORY	6:20	4:538		4:NT	-	DNR
DAVID	6:32	4:544		DNF	122	08:119
CHASE	6:32	4:540		DNR	-	DNR
WESTON	6:44	3:625		DNR	-	DNR
JASON	-	DNR		DNR	-	DNR
CARSON	6:51	3:625		DNR	-	DNR

\* BASED ON VDOT PROTECTED MILE

①	5x1609T/1.00R
②	7/6M • AEROBIC
③	3 (#400@GP) REST: S1/100 IN 1.00 S2/100 IN 1.15 S3=AS MUCH AS NEEDED * = #RGPS IN SET = AS LONG AS PACE HELD

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

	TARGET	ACTUAL	1600M PREDICTOR	BLUFFTON	MEET
RUNNERS	L1 • L2 • L3	L1 • L2 • L3	S1 • S2	1600M	800M
FAITH	- - -	- - -	DNR	DNR	DNR
CARLEY	731 • 701 • 631	1.731 4.742 DNF	S11 • S10 5.31	548.51	238.45
CIARA	755 725 655	1.755 4.720 1.637	DNF X FOOT WIND	DNR	DNR
ABBY	755 725 655	1.755 4.746 1.715	531 • 548 602	609.53	250.56
MALLORY	755 725 655	<del>DNF</del> DNR →	524 • 533 551	559.82	238.45
FRANKIE	822 752 722	1.822 4.746 1.705	DNR	DNR	DNR
NORA	903 833 803	1.903 4.856 1.832	630 • 635 659	707.02	DNR
JACKIE	- - -	- - -	DNR	DNR	DNR

	TARGET	ACTUAL	1600M PREDICTOR	BLUFFTON	MEET
RUNNERS	L1 • L2 • L3	L1 • L2 • L3	S1 • S2	1600M	800M
JACK M	621 • 551 • 521	5M. RECOVERY	DNF X URT	446.61	DNR
SEAN	636 • 606 • 536	DNR	DNF X URT	DNR	DNR
COLTON	633 • 603 • 533	1.633 4.708 DNF	413 • 414 430	443.92	DNR
ROBBIE	- - -	5M. RECOVERY	448 • NA NA	DNR	DNR
SAM	652 • 622 • 552	DNR	440 500 509	520.23	DNR
NOA	652 • 622 • 552	DNR	436 • 433 452	505.14	219.62
VICTOR	700 • 630 • 600	DNR	DNF X A	510.15	222.44
JACK B	655 • 625 • 555	DNR	DNF X WEL	520.90	DNR
ELADIO	700 • 630 • 600	DNR	442 • 456 508	515.18	227.83
CHANDLER	655 • 625 • 555	DNR	DNF X URT	DNR	DNR
CISCO	714 • 644 • 614	1.714 4.652 2.614	429 • 438 452	501.17	220.91
PHILLIP	726 656 626	1.726 4.704 1.618	451 • 500 516	521.34	229.92
KRIS	726 656 626	1.726 4.704 1.618	DNF X A	523.16	
GREGORY	726 656 626	1.726 4.704 1.605	DNF X II	527.62	233.91
DAVID	731 701 631	1.731 4.730 DNF	DNF X A	524.91	245.43
CHASE	731 701 631	DNR	454 • 507 521	DNR	DNR
WESTON	742 712 642	DNR	504 • 535 541	DNR	DNR
JASON	- - -	DNR	DNR	DNR	DNR
CARSON	748 • 718 • 648	1.748 4.726 1.646	518 • 541 551	DNR	DNR

W1	1M @ I+1.30 • 4M @ I+1.00 1/2 M @ I+0.30
W	2(400/0.45R + 800/1.30R + 300/3.00R) AVG X 1.067 = 1600 PREDICTION 1600PRED X 0.9375 = 1500 TARGET

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

	TARGET S1-S2 ACTUAL S1-S2				SET 1			SET 2	
RUNNERS	1600M	3200M	#-AVG	#-AVG	PR	TGT	ACTUAL	800P	1600P
55-FAITH	-	-	DNR		2540	2540	DNR		
53-CARLEY	123	128	7.122	4.125	2651	2632	2625	10.036+	0.39+
49-CIARA	-	-	DNR		-	-	DNR	DNR	
49-MALLORY	129	134	7.124	4.131	-	-	DNR	10.039+	0.41+
49-ABBY	-	-	DNR		2800	2804	1356 <sup>2MNT</sup>	2M RECOVERY	
45-FRANKIE	135	139	7.130	4.135	3037	2940	DNR	10.042+	0.45+
40-NORA	-	-	DNR		0000	3332	1644 <sup>2MNT</sup>	DNR	
	TARGET S1-S2 ACTUAL S1-S2				SET 1			SET 2	
RUNNERS	1600M	3200M	#-AVG	#-AVG	PR	TGT	ACTUAL	# 800	# 1600
69-JACK M	106	110	8.106	7.108	2054	2132	2128	10.029+	0.32+
66-COLTON	110	113	8.108	4.111	2203	2212	2157**	DNR	16.029+ 0.32+
65-SEAN	110	113	8.109	4.112	2235	2228	2200**	DNR	.
00-ROBBIE	-	-	DNR		NA	NA	12.29 <sup>2MNT</sup>	10.028+	
61-SAM	116	-	8.114	DNF-HAMSTRING	2315	2346	3-NT	10.035+	0.33+
61-NOA	115	120	8.114	6.118	2358	2346	2323**	DISTANCE * NAM	
61-CHANDLER	-	-	5M-RECOVERY * GROIN		2350	2346	3-1857	10.029+	
60-JACK B	119	121	8.118	5.118	2331	2352	DNR	DNR	
59-VICTOR	118	120	7.113	5.124	0000	2412	2344**	10.31+	0.39+
59-ELADIO	119	122	8.116	5.118	0000	2412	2-1209	10.038+	0.37+
56-CISCO	116	-			2515	2520	2332	10.031+	0.35+
55-JASON	-	-	DNR		-	-	DNR	DNR	
54-PHILLIP	119	125	8.118	4.123	0000	2608	2436**	10.034+	0.38+
54-KRIS	119	125	8.118	4.125	0000	2608	2427**	10.036+	0.39+
54-GREGORY	122	125	8.119	4.122	0000	2608	2422**	10.034+	0.38+
53-DAVID	120	127	8.118	DNF-HIP	0000	2632	2-NT	DNR	
53-CHASE	-	-	DNR		2801	2632	DNR	DNR	
51-WESTON	-	-	DNR		2941	2720	2736**	DNR	
50-CARSON	-	-	8.122		0000	2744	DNR	DNR	

W01	S1= 8X 400 @ MILE PACE / 100 IN 1.00	S2= # X 400 @ 2 MILE PACE / 100 IN 1.00 (4.00R BETWEEN SETS)
W02	4M TEMPO	4.00 BETWEEN SETS
W03	B: 2 (10X 200) S1= 1.00 S2= 1.15 <sup>↑</sup> G: (10X 200) (6X 200) S1= 1.10 S2= 1.20 1600-800	** (6X 200)

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

RUNNERS	TARGET 80%	ACTUAL #·AVG	TARGET AVG	ACTUAL #·AVG #·AVG
55-FAITH	659	DNR	305	DNR
53-CARLEY	659	6.734	311	4.312 4.310
49-CIARA	-	DNR	324	DNR
49-MALLORY	-	DNR	324	DNR
49-ABBY	-	DNR	324	DNR
45-FRANKIE	744	6.734	338	DNR
40-NORA	-	DNR	358	DNR

RUNNERS	TARGET 80%	ACTUAL #·AVG	TARGET AVG	ACTUAL #·AVG #·AVG
69-JACK M	537	7.551	233	4.225 2.226*KNEE
66-COLTON	547	7.553	241	4.235 4.234
65-SEAN	-	DNR	241	4.235 4.234
00-ROBBIE	-	4.705	255	DNR
61-SAM	-	DNR	250	4.243 4.244
61-NOA	-	DNR	252	DNR
61-CISCO	-	4.608	302	4.241 4.237
1-CHANDLER	-	DNF	250	DNR
60-JACK B	-	DNR	254	DNR
59-VICTOR	619	7.615	254	3.245 *12K RACE
59-ELADIO	624	7.627	254	4.246 2.252*WIP
55-JASON	-	DNR	-	DNR
54-PHILLIP	654	7.630	308	DNR
54-KRIS	654	7.652	308	DNR
54-GREGORY	-	DNF	308	4.255 4.252
53-DAVID	659	7.637	311	4.303 2.302*UR
53-CHASE	-	DNR	311	DNR
51-WESTON	-	DNR	317	DNR
50-CARSON	-	DNR	320	3.310 *12K RACE

W01 G-6M / B-7M @ 80%

W02 2(4 x 800T-0.04/0.45R) 3.00-4.00R BETWEEN SETS

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

RUNNERS	TARGET	ACTUAL	TARGET	ACTUAL	ACTUAL		
	#	AVG			#S1	#S2	#S3
55-FAITH		DNR	NA	DNR	DNR		
53-CARLEY	349	4.353		12.23 **	435.0	434.4	434.8
49-CIARA		DNR		DNR	DNR		
49-MALLORY		DNR		DNR	DNR		
49-ABBY	404	4.409		13.18 **	440.0	439.0	438.8
45-FRANKIE	412	5.417		13.32 **	440.5	440.0	438.7
40-NORA		DNR			DNR		
RUNNERS	TARGET	ACTUAL	TARGET	ACTUAL	ACTUAL		
	#	AVG			#S1	#S2	#S3
69-JACK M	304	5.300	NA		429.4	428.4	428.5
66-COLTON	310	5.308			429.5	428.2	429.3
65-SEAN	312	5.313					
00-ROBBIE	-	DNR			428.6	430.4	429.4
61-SAM	323	5.323			433.1	433.2	432.8
61-NOA	-	DNR			DNR		
61-CISCO	337	5.319			DNR		
61-CHANDLER	323	DNR			-	433.5	432.6
60-JACK B	-	DNR			DNR		
59-VICTOR	328	5.318			431.3	436.2	429.8
59-ELADIO	328	5.325		11.16 **	432.5	432.0	432.3
55-JASON	-	DNR		DNR	DNR		
54-PHILLIP	-	DNR		DNR	DNF*URI		
54-KRIS	345	5.336		11.28 **	DNR		
54-GREGORY	345	5.336		11.35 **	434.5	434.5	435.0
53-DAVID	348	DNR		11.25 **	34.0	434.8	434.9
53-CHASE	348	DNR		12.15	DNR		
51-WESTON	-	DNR		12.48 **	DNR		
50-CARSON	359	5.357			DNR		
MAX	-	-		15.16 **	441.0	439.5	442.5

\*\* = PR

W01	5x1000I/1.00R
W02	600.500.400.200/= DISTANCE RECOVERY * 800M PACE
W02	2MILE TIME TRIAL
W03	3(4x200TT/0.30R) 400M WALK BETWEEN SETS

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

RUNNERS	W02 TARGET		ACTUAL			W03 TARGET			ACTUAL			
	T	I	#T	#I	TT	200	1000	1600	200	1000	1600	200
55-FAITH	-	-	DNR			-	-	-	DNR			
53-CARLEY	404	344	<sup>3</sup> 349	<sup>3</sup> 342	-	0.40	344	631	DNR			
49-CIARA	420	359	<sup>4</sup> 409	-	-	0.44	359	654	043	403	709	042
49-ABBY	-	-	DNR			0.44	359	654	043	355	640	042
45-FRANKIE	432	412	<sup>3</sup> 410	<sup>3</sup> 359	<sup>1</sup> 358	0.45	412	717	044	406	652	044
40-NORA	-	-	DNR			0.52	440	800	050	432	731	048
00-RACHEL	-	-	DNR			-	-	-	DNR			
49-MALLORY	420	359	<sup>3</sup> 410	<sup>2</sup> 352	<sup>1</sup> 358	0.44	359	654	043	403	709	042

RUNNERS	W02 TARGET		ACTUAL			W03 TARGET			ACTUAL			
	T	I	#T	#I	TT	200	1000	1600	200	1000	1600	200
69-JACK M	-	-	DNR		DISTANCE	-	-	-	DNR			
66-COLTON	324	308	<sup>3</sup> 311	<sup>2</sup> 304	<sup>1</sup> 259	0.34	308	519	032	307	519	DNF
65-SEAN	326	310	<sup>3</sup> 319	<sup>2</sup> 304	<sup>1</sup> 300	0.35	310	532	034	305	518	033
00-ROBBIE	-	-	DISTANCE			-	-	-	DNR			
61-SAM	337	320	<sup>3</sup> 341	<sup>3</sup> 311	<sup>1</sup> 310	-	-	-	DNR			
61-NOA	-	-	DNR			-	-	-	DNR			
61-CISCO	-	-	DISTANCE			-	-	-	DNR			
61-CHANDLER	340	323	<sup>3</sup> 343	<sup>3</sup> 320	<sup>1</sup> 318	-	-	-	DNF			
60-JACK B	343	325	DNR			-	-	-	DNR			
59-VICTOR	343	325	<sup>3</sup> 342	<sup>2</sup> 309	<sup>1</sup> 308	0.37	325	559	DNF			
59-ELADIO	343	325	<sup>3</sup> 343	<sup>2</sup> 320	<sup>1</sup> 318	0.37	325	559	DNF			
55-JASON	-	-	DISTANCE			-	-	-	DNR			
54-PHILLIP	4100	341	<sup>3</sup> 345	<sup>2</sup> 324	<sup>1</sup> 323	0.39	341	625	DNR			
54-KRIS	400	341	HAMS			0.39	341	625	037	323	617	038
54-GREGORY	400	341	HAMS			0.39	341	625	DNR			
53-DAVID	404	344	HAMS			0.39	341	625	038	323	618	038
53-CHASE	404	344	<sup>3</sup> 404	<sup>2</sup> 348	<sup>1</sup> 339	0.39	345	630	038	335	621	038
51-WESTON	415	355	<sup>3</sup> 413	<sup>2</sup> 409	<sup>1</sup> 403	0.40	350	645	039	349	641	037
50-CARSON	415	355	<sup>3</sup> 412	<sup>2</sup> 407	<sup>1</sup> 356	-	-	-	DNR			
00-RUBEN	-	-	TRACK			-	-	-	DNR			

W01 B-9M / G-7M @ 65%

W02 8x1000 (T/1.00R+I/2.00R+T/1.00R+I/2.00R+T)+500R+(I/2.00R+T/1.00R+T)

W03 6x200S/1.00-2.00T+1000I/3.00T+1600T/1.00R+6x200S/1.00-2.00T

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

	TARGET	W01 ACTUAL	W02 ACTUAL	ACTUAL	W03 ACTUAL
RUNNERS		# • AVG			
55-FAITH	NA	DNR	DNR	DNR	<del>4:12</del>
53-CARLEY		4/632	507.455	5:128	<del>4:12</del> 4:19
50-RACHEL		DNR	DNR	8:128	DNR
49-CIARA		DNR	DNR	8:127	4:127
45-FRANKIE		4/643**	DNR	8:127	4:127
49-ABBY*		3/640		DNR	
40-NORA*		3/807		DNR	
49-MALLORY*	↓	2/629	DNR	8:127	1/127

	TARGET	W01 ACTUAL	W02 ACTUAL	ACTUAL	W03 ACTUAL
RUNNERS		# • AVG	# AVG OR \$1. \$2		\$1 \$2
69-JACK M	NA	4.515	DISTANCE	NA	8:106 4:103
66-COLTON		DNR	419.413	NA	8:107 4:105
65-SEAN		4.540	DISTANCE	NA	DNR
64-ROBBIE		2.550			8:110
64-CISCO		3.524	426.422		DNR
61-SAM		DNR	DISTANCE 444.433		8:112 4:112
61-NOA		DNR	DNR		DNR
61-CHANDLER		DNR	439.433		5:116
60-JACK B		3.542	5:328.340		8:115 4:115
59-VICTOR		2.532	425.425		8:112 DNR
59-ELADIO		3.552	5:323.340	436.446	DNR
55-JASON		2.543	3.331		DNR
54-PHILLIP		4.552	5:328.345		8:115 4:115
54-KRIS		4.551	DNR	NA	8:114 4:112
54-GREGORY		DNR	DNR	NA	DNR
53-DAVID		DNR	DNR	NA	DNR
53-CHASE		DNR	5:34.400		DNR
51-WESTON		DNR	5:356.413	NA	8:125 4:119
50-CARSON		DNR	5:355.412	NA	8:132 4:121
00-RUBEN	↓	DNR	DNR	NA	DNR

W01	4 x 1609 I / 1.30 R
W02	5 x 1000 I / 1.00 R* 5.00 R AFTER REP 5.1 x 1000 T + 8 MAGNOLIAS B 1600 PREDICTOR
W03	8 x 400 S / 1.00 WJ + 3.00 R + 4 x 400 S / 1.00 WJ

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

	TARGET			ACTUAL			PREDICTOR	ACTUAL		
RUNNERS	1200	1000	800	1200	1K	800	1600M	S1	S2	1600M
55-FAITH	430.0	344	300	DNR	-	-	452.9	509.1	521.5	
53-CARLEY	430.0	344	300	436.2	347.3	310	521	504.0	507.0	526.3
50-RACHEL	-	-	-	DNR	-	-	507.2	-	-	
49-CIARA	445	359	310	458.8	DISTANCE	-	532.0	555.0	606.9	
45-FRANKIE	454	407	316	452.0	404	315	-	531.0	542.3	559.5*
49-ABBY*	-	-	-	DNR	602	DNR				
40-NORA*	-	-	-	DNR	659	DNR				
49-MALLORY*	-	-	-	DNR	551	524.2	524.8	546.6*		

\*=MS/2ND SPRT

	TARGET			ACTUAL			PREDICTOR	ACTUAL		
RUNNERS	1200	1K	800	1200	1K	800	1600M	S1	S2	1600M
69-JACK M	336.0	301	224	338	-	-	411.0	410.5	427.8*	
66-COLTON	345.0	308	230	DNR	430	DNR				
65-SEAN	348.0	310	232	DNR	-	DNR				
64-ROBBIE	-	-	-	-	-	425.7	-	-		
64-CISCO	400.0	320	240	358.2	318.3	237	442	424.5	429.9	445.1
61-SAM	400.0	320	240	DNR	509	437.7	444.4	459.6*		
61-CHANDLER	403.0	321	242	-	454	DNR				
60-JACK B	403.0	321	242	412.0	336.3	244	-	447.6	445.5	505.8*
59-VICTOR	406.0	325	244	DNR	443	430.0	436.1	451.3		
59-ELADIO	406.0	325	244	2MITT-1184**	500	432.9	442.1	458.4*		
55-JASON	-	-	-	DNR	-	NT	-	-		
54-PHILLIP	418.0	334	252	412.0	330.3	244	510	442.7	453.1	507.2*
54-KRIS	418.0	334	252	411.0	330.3	244	-	DNR		
54-GREGORY	418.0	334	252	413.0	333.0	248	-	DNR		
53-DAVID	424.0	341	256	DNR	-	DNR				
53-CHASE	424.0	341	256	437.0	347.3	256	521	DNR		
51-WESTON	408.0	351	304	428.0	353.3	300	541	DNR		
50-CARSON	411.0	355	306	DNR	551	459.4	539.6	540.9*		
00-RUBEN	-									

$$W01 = 1 \times 1200I / 3.00J + 2 \times 1000I / 2.30J + 3 \times 800I / 2.00J$$

$$W02 = 2(400/0.45R + 800/1.30R + 300/3.00R) \quad (S1+S2) \times 0.534$$



DISTANCE PROGRAM-CC/TRACK WK15 OF 24 (MON 03/04-SUN 03/10)

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

	TGT		ACTUAL		TARGET		ACTUAL		TGT - ACT	ACTUAL
RUNNERS	L1	L2	L1	L2			S1	S2	AVG - # - AVG	800-1600-400
55-FAITH*			-				SOCER		- DNR	254-604-123
53-CARLEY			-				8:120	4:119	701-6:731	254-604-123
50-RACHEL			-				DNR		- DNR	DNR
49-CIARA	802	732	2	800	4	735	8:134	4:116	725-6:759	
45-FRANKIE	802	732	2	800	4	700	DNF	ACHILLES	- DNR	
49-ABBY*			-				HMS		- DNR	
40-NORA*			-				HMS		- DNR	
49-MALLORY*			-				SOCER		- DNF	

\*=MS/2ND SPRT

	TARGET		ACTUAL		TARGET		ACTUAL		TGT - ACT	ACTUAL
RUNNERS	L1	L2	L1	L2			S1	S2	AVG - # - AVG	800-1600-400
69-JACK M	621	551	4	621	4	555	B	-	5138.3	551 6:623 226 446 104
66-COLTON	635	605	4	621	4	555	B	-	5141.1	- DNR 226 502 106
65-SEAN	636	606	4	621	4	555	B	-	5143.6	606 6:623 226 507 108
64-ROBBIE	TRK		-				DNR		4x300/30W = 0.48	-
64-CHANDLER	TRK		-				DNR		- DNR	-
64-CISCO			7/NT				DNR		- DNR	-
61-SAM							KNEE		- DNF	234 522 111
60-JACK B	-	-	4	630	4	555	A	115	8:115 4:116	625 7:557 236 526 114
59-VICTOR	-	-	4	630	4	620	A	115	8:113 4:112	630 6:623 236 - 107
59-ELADIO	-	-	4	630	4	620	A	115	8:112 4:112	DNR
55-JASON			4/NT				A	-	7:119 2:123	649-7:640
54-PHILLIP	-	-	4	630	4	620	A	120	8:116 4:118	649-7:629 241-545 118
54-KRIS			-				HMS		649-7:629	241-545 117
54-GREGORY			-				HMS		649-7:628	
53-DAVID			-				HMS		- DNR	
53-CHASE			-				DNR		- DNR	
51-WESTON			-				DNR		- DNF	
50-CARSON			-				A	127	8:124 4:129	- DNR 253 626 130

W01	G-7/B-9	L1@I+1.30	L2@I+1.00
W02	A.6x600/5.00 (CANOVA)	B.8x400S/1.00J + 4.00R + 4x400S/1.00J	
W03	SEAHAWK: G-6M/B-7M @I+1.00 - 80%		
W04	2x800/4.30 TO R&R + 1600/3.00R + 4x400/1.00 IN 1.30 + 2x200/1.00 TO R&R		

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

	TARGET	ACTUAL			
RUNNERS	1600-400-1600	1000-400-1600			
55-FAITH*		DNR			
53-CARLEY	404 122 629	400 122 617		114-035.29	
50-RACHEL	2x400-1x200	105-109-031			
49-CIARA	420 128 652	DNF x FOOT		126-104.37	
45-FRANKIE	420 128 652	412 129 639		128-101.37	
49-ABBY*	- - -	DNR			
40-NORA*	- - -	DNR			
49-MALLORY*	2x1000-1x400	407-130 -			

\*=MS/2ND SPRT

	TARGET	ACTUAL	TARGET	ACTUAL	
RUNNERS	1000-400-1600	1000-400-1600		400-300-200	
69-JACK M	316 107 514	306 102 458	NA	0.58 0.42 27	
66-COLTON	324 108 526	318 107 539		0.59 0.43 26	
65-SEAN	326 109 530	320 107 542	800 PREDICTOR	820M-1.59.7	
64-ROBBIE	2x400-4x200	0.59 0.59 0.27		-	
64-CHANDLER	2x400-1x200	0.59 0.59 0.29		-	
64-CISCO	329 110 534	321 107 542		105-044.27	
61-SAM	337 114 548	533 115 DNF		DNR	
60-JACK B	340 115 552	330 112 547		108-049.31	
59-VICTOR	343 113 556	336 111 604		105-046.28	
59-ELADIO	343 113 556	334 111 556		105-047.29	
55-JASON	359 120 623	NT NT NT		DISTANCE	
54-PHILLIP	359 120 623	337 115 621		DNR	
54-KRIS	359 120 623	DNR			
54-GREGORY	359 120 623	DNR			
53-DAVID	- - -	DNR			
53-CHASE	359 120 623	349 116 609			
51-WESTON	- - -	DNR			
50-CARSON	410 125 648	359 128 632			

W02	3x1000T/1.00R + 4x400S/400J + 1x1600T
W02	2x400F/400J + 2x300F/300J + 200TT

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

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

*=MS/2ND SPRT	
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*=MS/2ND SPRT	
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SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET			ACTUAL			TARGET					ACTUAL				
RUNNERS	1KT	1KI	400F	#/AVG	#/AVG	#/AVG	200	800	600	400	300	200	800	600	400	300
53-CARLEY	404	344	112	DNR			041	244	154	114	056	2/040	300	156	112	054
50-RACHEL				DNR			035	-	146	110	052	3/033	-	151	111	055
49-CIARA				DNR			-	-				DNR-FOOT				
45-FRANKIE	424	403	126	DNR			044	258	206	123	102					
49-ABBY*							-	-				DNR-MEET				
40-NORA*							-	-				"	"			
49-MALLORY*							044	258	201	120	100	"	SOCCER			
55-FAITH*							-	-				NO TIME				

\*=MS/2ND SPRT

	TARGET			ACTUAL			TARGET			ACTUAL						
RUNNERS	1KT	1KI	400F	#/AVG	TAG	#/AVG	200	800	600	400	300	200	800	600	400	300
69-JACK M	316	301	100	3/311	3/258	3/100	034	214	132	101	045	2/038	211	132	101	044
66-COLTON	324	308	100	3/316	3/303	3/102	034	214	132	101	045	2/033	215	133	102	044
65-SEAN	326	310	101	3/316	3/308	3/105	034	218	135	103	047	2/034	219	132	102	043
64-ROBBIE	-	-	-	DNR			029	-	133	101	046	3/029	-	133	101	044
64-CHANDLER	-	-	-	DNR			029	-	136	104	048	No Time →				
64-CISCO	337	320	109	3/337	DNF		034	219	137	104	048	2/034	221	143	104	047
61-SAM	337	320	109	3/339	3/323	3/108	037	230	147	110	053	2/035	234	147	108	047
60-JACK B	343	325	110	3/333	DNF		038	232	150	113	055	2/036	233	150	109	049
59-VICTOR	343	325	105	3/333	DNF		035	224	136	104	048	2/034	224	142	105	048
59-ELADIO	343	325	105	3/335	3/318	3/107	035	224	149	112	054	2/035	230	144	114	047
55-JASON	400	341	115	3/339	3/337	3/115	039	240	150	113	055	2/036	250	-	110	048
54-PHILLIP	400	341	115	3/339	3/332	3/110	038	234	150	113	055	2/036	235	151	110	049
54-KRIS	400	341	115	3/339	3/332	3/112	038	234	147	110	053	DNR-MEET				
54-GREGORY	400	341	115	3/339	DNF		038	240	150	113	055	" "				
53-DAVID	404	344	115	3/342	3/342	3/112	038	235	149	112	054	" "				
53-CHASE	404	344	115	3/349	3/343	3/117	040	245	-	-	-	2/038	248	203	118	055
51-WESTON	411	351	117	3/346	3/353	3/115	041	250	-	-	-	2/040	257	205	116	055
50-CARSON	-	-	-	DNR			-	-	-	-	-	2/040	300	211	123	059

W01	3x1000T/1.00R + 3x1000I/2.00WJ + 3x400F/4.00WJ
W02	2x200S/2.00J + 1x800S/4.00WJ <sup>(A)</sup> + 1x600F/4.00WJ <sup>(B)</sup> + 1x400F/3.00WJ + 1x300F
	(A) = 3.00 (B) = 3.00

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

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

	(W1) TARGET	(W2) ACTUAL	(W2) TARGET	ACTUAL		(W3) ACTUAL
RUNNERS	AVG-TOT	MILES-AVG-TOT	800M	S1 #AVG	S2 #AVG	#-AVG
53-CARLEY		DNR	256	3.254	3.254	4.123
50-RACHEL		DNR				DNR
49-CIARA		DNR		DNR		DNR
45-FRANKIE		DNR				4.126
49-ABBY*		DNR	322	3.310	2.309	DNR
40-NORA*		(27.00)	330	3.332	2.332	↓
49-MALLORY*		(22.20)	307	3.300	2.305	
55-FAITH*						
EMMY			330	3.333	2.321	
*MS/2ND SPRT						
RUNNERS	TARGET	ACTUAL	TARGET	ACTUAL		ACTUAL
	AVG-TOT	MILES-AVG-TOT	800M	S1 #AVG	S2 #AVG	#-AVG
69-JACK M	523 (21.32)	(20.33)	218	4.216	4.213	6.104
66-COLTON	533 (22.12)	4.540 (22.41)	223	4.222	4.222	DNR
65-SEAN		DNR	225	4.222	4.219	DNR
64-ROBBIE		DNR	—			6.109
64-CHANDLER		DNR	—			6.114
64-CISCO	5.54 (23.46)	(23.01)	232	4.230	4.228	DNR
51-SAM	5.54 (23.46)	4.611 (24.44)	235	4.235		6.112
60-JACK B	5.58 (23.52)	(24.30)	238	4.235	3.233	DNR
59-VICTOR		NT	233	4.232	1.223	6.108
59-ELADIO		NT	233	4.231	2.230	6.111
55-JASON	6.25 (25.40)	(26.30)	245	4.239	3.240	6.113
54-PHILLIP		DNR	245			6.113
54-KRIS		DNR	245	4.240	3.249	DNR
54-GREGORY		DNR	245	4.248	3.248	6.116
53-DAVID		DNR	245	4.245	3.241	6.114
53-CHASE	6.38 (26.32)	(25.51)	245			DNR
51-WESTON		NT	307			DNR
50-CARSON		DNR	—			DNR
MAX		NT	330	3.325	3.331	DNR
THOMAS		NT	307	4.251	2.256	DNR

W02	B: 2 (4x800V32 / 400M IN 3.00M) G: 2 (3x800V32 / 400M IN 3.00M)	5.00 BETWEEN SETS " " "
W01	4M TEMPO	
W03	6.4 / B-6 X400S / 1.30R	

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

\*=MS/2ND SPRT

$$** = PR$$
[illegible]

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

	TARGET	ACTUAL
RUNNERS	1200-1000-800-600-400-200	
69-JACK M	A 333 255 222 146 112 035	333-256-223 144 107 032
66-COLTON	A 338 301 225 148 112 036	336-258-225 147 107 033
65-SEAN	A 338 301 225 148 112 036	343 301-224 145 110 034
64-ROBBIE	600M-143 500M-124 400M-107 0x200M-030	
64-CHANDLER		
64-CISCO	A 345 307 230 152 115 037	349-306-227 147 109 029
61-SAM	B	4.535
60-JACK B	B	4.531
59-VICTOR		
59-ELADIO	A 345 307 230 152 115 037	350 308 233 157 114 036
55-JASON		4.609
54-PHILLIP		4.550
54-KRIS		4.551
54-GREGORY		
53-DAVID		4.609
53-CHASE		4.611
51-WESTON		4.631
50-CARSON		DNR
00-MAX		NT
00THOMAS		3.621

W01 A (1200/300R + 1000/240R + 800/200R + 600/140 + 2x400/100 + 4x200/0.30) @ V3200  
B 4x1600T/100R

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

	TARGET	ACTUAL	TARGET	ACTUAL	ACTUAL	
RUNNERS			1600P. 800P		S1 S2	
53-CARLEY		DNR	124 38	2:120 5:034	0.36 0.36	
50-RACHEL		DNR		DNR	0.36 0.41	
49-CIARA	- -	DNR		DNR	0.37 0.37	
45-FRANKIE	128.131	6:127 6:128	129 -	2:130 5:038	DNR	
49-ABBY*	- -	MS		MS		
40-NORA*	- -	MS				
49-MALLORY*	- -	Soccer				
55-FAITH*	- -	Soccer				

\*=MS/2ND SPRT

	TARGET	ACTUAL	TARGET	ACTUAL	ACTUAL	
RUNNERS	S1 S2		400 - 200		S1 S2	
69-JACK M	- -	DNR	- -	DNR	DNR	
66-COLTON	107 110	DNR	- -	DNR	0.30 0.29	
65-SEAN	108 111	6.	108 031	2:108 5:029	DNR	
64-ROBBIE	- -	DNR	- -	DNR	0.30 0.30	
64-CHANDLER	- -	DNR	- -	DNR	DNR	
64-CISCO			109 033	2:108 5:031	0.30 0.30	
61-SAM	9M @ 60%		114 0.35	2:111 5:033	0.34 0.32	
60-JACK B			113 0.36	2:112 5:035		*SK PACER
59-VICTOR			112 0.32	2:110 5:031	DNR	
59-ELADIO			112 0.34	2:109 5:032	DNR	
55-JASON			-	DNR	0.34 0.32	
54-PHILLIP			115 0.35	2:111 5:033		*SK PACER
54-KRIS				MS		18.918
54-GREGORY						18.47
53-DAVID						18.54
53-CHASE				DNR		19.19
51-WESTON				DNR	DNR	
50-CARSON				DNR	DNR	
00-MAX	*6		- -	2:127 5:040	DNR	
00THOMAS	*6		- -	2:112 5:032	DNR	

WO 1	(6x400S/100 IN 1.00 + 6x400S+0.03/1.30) 4.00 BETWEEN SETS
WO 2	2x400S/100 IN 1.00 + 5x200F/2.00
WO 3	SEAHAWK* TIMES NOT RECORDED
WO 4	SK-TT(CHP) B(10x200 ON 1.00 + 8x200 ON 1.15) G(8 ON 1.10 + 6 ON 1.30)



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

	TARGET	#	AVG	TARGET	#	AVG	*WIND
RUNNERS	WO LT I V32 V16			200 500 300 WO	200	500	300
53-CARLEY	B - - - 121	514	120 52 4:18	036 130 054 C	4:034	2:132	2:053
50-RACHEL	M - - - 121	DNR		036 130 054 C	4:034	2:132	DNR
49-CIARA	D	4M	AEROBIC		D		
45-FRANKIE	D	6M					
49-ABBY	D	5M					
40-NORA	D	5M					
49-MALLORY	NA	DNR					
55-FAITH*	NA	DNR					
* = 2ND SPRT							
	TARGET	#	AVG	TARGET	#	AVG	
RUNNERS	WO LT I V32 V16			400 WO	51400	52400	
69-JACK M	A 316 301 258 106	3.12*	34005.103	106 B	4:105	4:103	
66-COLTON	B - - - 107	314	104 52 4:104		DNR		
65-SEAN	A 324 303 302 108	3.20	308 306 106	108 B	4:107	4:106	
64-ROBBIE	C	3.029	2:113 2:044	[4:29.44] E	13:39.43	28:12	* MJ ALSO
64-CHANDLER	M	DNR					
64-CISCO	A 334 317 306 108	322	318 311 107				
61-SAM	D	6M	AEROBIC				
60-JACK B	D	6M					
59-VICTOR	D* 3M	3M					
59-ELADIO	D	6M					
55-JASON	D	6M					
54-PHILLIP	NA	4M*	RACE				
54-KRIS	D	4M	AEROBIC				
54-GREGORY	D	6M					
53-DAVID	D	6M					
53-CHASE	M	DNR					
51-WESTON	M	DNR					
50-CARSON	M	DNR					
00-MAX	D	5M	AEROBIC				
00THOMAS	D	6M	AEROBIC				

WO1	A	3x1000T/100R + 2x1000/2.00R + 1x1000V32/3.00R + 2x400S/2.00R	6800M 2M
	B	2x400S/2.00J	2x00M 1M
	C	3x200F/2.00J + 2x500F/3.00J + 2x300F/2.00J	1000M 800M
	D	CC DISTANCE RUN IN HHP	-
	E	2(100 200 300 200 100) = DISTANCE JOG RECOVERY	

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

W01	$5 \times 1609 \text{ I} / 5.00 \text{ R}$ $A: 3 \times 1000 \text{ V} 32 / 1.30 \text{ R}$ $B: \text{CANOVA } 600\text{'S} + 2 \times \text{ROOF} / 200 \text{ T}$
W02	$1000 - 800 - 600 - 400$

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

WD1	A $(1200/3.00 + 1000/2.40 + 800/2.00 + 600/1.40R + 2 \times 400/1.00 + 4 \times 200/0.30R) @ V32$
	B $2 \times 600 / 10.00R$
	C $2(400/0.4SR + 800/1.30R + 300/3.00) \text{ AVG} \times 1.067 = 1600 \text{ PREDICTION}$
	D DISTANCE + 1609 @ V5000

WD1	A $(1200/3.00 + 1000/2.40 + 800/2.00 + 600/1.40R + 2 \times 400/1.00 + 4 \times 200/0.30R) @ V32$
	B $2 \times 600 / 10.00R$
	C $2(400/0.4SR + 800/1.30R + 300/3.00) \text{ AVG} \times 1.067 = 1600 \text{ PREDICTION}$
	D DISTANCE + 1609 @ V5000