

Thursday, March 12th, 2015

3.0 – 3.5 mile progression run splits

Jackson	7:31	6:53	6:46	½ mile untimed
Ben (Hawai)	7:32	7:16	6:56	4:00
Harry	7:56	7:12	6:57	½ mile untimed
Kyle	7:56	7:12	6:57	½ mile untimed
Spencer	7:56	7:12	7:17	½ mile untimed
Thomas	7:56	7:24	8:47	-
Brian	8:18	7:57	8:09	-