

### 3.21.2016 Progression Run Splits

Harry	6:55	6:00	6:00	6:50
Noah	6:55	6:10	7:40	*
Thomas	6:55	6:42	6:30	6:22
Collin	7:40	7:30	7:00	3:22 (1/2 mile)

\* Stopped due to hamstring injury, lingering