

Monday, April 6, 2015

2 x 2 mile tempo for Group 1 and Thomas

4 mile progression run for everyone else

	Mile 1	Mile 2	Mile 3	Mile 4
Group 1*	6:47	6:40	6:35	6:32
Lukas (separate)	6:16	6:59 (2:18 rest)	6:49	6:42
Austin (separate)	6:16	6:59 (2:18 rest)	6:49	6:46
Thomas	7:10	14:43 (7:33)	7:15	?
Ben E	7:41	15:13 (7:32)	22:35 (7:22)	30:00 (7:25)
Aaron M	7:41	15:13 (7:32)	22:35 (7:22)	30:00 (7:25)
Ben Y	7:41	15:14 (7:33)	22:35 (7:21)	30:00 (7:25)
Eddie	7:41	15:14 (8:16)	23:13 (7:59)	31:12 (7:59)
Alex G	7:41	15:57 (8:14)	24:24 (8:27)	33:31 (9:07)
Spencer	8:10	16:24 (8:07)	24:11 (7:47)	31:08 (6:57)
JP	8:17	16:24 (8:07)	24:25 (8:01)	31:49 (7:24)
Fortmeyer	8:17	16:24 (8:07)	24:28 (8:04)	32:23 (7:55)
Brian P	8:17	16:24 (8:07)	24:26 (8:02)	32:28 (8:02)
Shamarky	8:27	?	-	-

* Group 1: Anders, Jackson, Mark, Harry, Jared, Kyle