

Monday 8/8

Girls Under 15:00

Boys Under 12:00

1000m Repeats w/ 3 min Recovery

Ret Boys = 7

Ret Girls = 6

New Kids = 5

Next 30+ each Gender (Elig by Mileage)

400m Reps at VO2 max on FB practice fields

Repeats will begin every 3.5 minutes

Workout ends 35 minutes after it starts

Boys: 10

Girls: 9

Mileage Group

Anyone that didn't turn in a Log at the Time Trial on Friday

New Runners must have reached 200 mi over Summer

Veteran Runners must have reached 275 mi over Summer

1 mile WU + 40 Min

Strides Before & After

Top 20 each Gender (Eligible by Summer Mileage)

Girls	400m Check	Slow	Fast
Samantha McGarity	1:36	4:01	3:51
Lidia Longo	1:43	4:19	4:09
Kate Curtis	1:44	4:21	4:11
Angelina Villamar	1:47	4:28	4:18
Peyton Reeves	1:47	4:29	4:19
Tessa Aten	1:50	4:36	4:26
Ashley Thibodeau	1:53	4:44	4:34
Samantha Mitchell	1:56	4:50	4:40
Madisson Troupe	1:58	4:55	4:45
Ava Quinto	2:00	5:00	4:50
Elle Owen	2:02	5:06	4:56
Rhaya Varner	2:05	5:13	5:03
Sarah Woods	2:06	5:15	5:05
Lexie Carlson	2:06	5:15	5:05
Genevieve Lapierre	2:06	5:17	5:07

Name	400m Check	Slow	Fast
Sterling Sellier	1:27	3:38	3:28
Bryce Brownlee	1:31	3:48	3:38
Clint Huggins	1:31	3:49	3:39
Alex Albano	1:31	3:49	3:39
Andy Burke	1:32	3:50	3:40
Noah Larsen	1:32	3:52	3:42
Jack Donohue	1:32	3:52	3:42
Drew Hayworth	1:34	3:55	3:45
Grayson Swingley	1:34	3:56	3:46
Parker Gurley	1:35	3:57	3:47
Evan Curtis	1:35	3:58	3:48
Seth Thompson	1:36	4:00	3:50
Thomas Boyle	0:00	0:00	
Alex Krol	1:38	4:05	3:55
Kyle Gates	1:41	4:14	4:04
Spencer Edwards	1:41	4:14	4:04
Landon Follis	1:42	4:15	4:05
Josh Sabbarese	1:42	4:16	4:06
Liam Crabtree	1:42	4:16	4:06

Next 30+ Each Gender (Eligible by Summer Mileage)

Name	400m Pace
Eva Burke	1:56
Anna Claire Hamilton	1:57
Gabby Rodriguez	1:58
Sarah Diamond	1:59
Cassidy Bishop	2:00
Audrey Poole	2:01
Omie McGowan	2:03
Luisa Longo	2:04
Grace Burke	2:05
Alaina Huber	2:05
Lauren Hall	2:06
Eden Saxon	2:09
Addison Medlin	2:09
Samantha Manson	2:11
Savannah Buffington	2:12
Sadie White	2:13
Brooke Martin	2:15
Ellie Bass	2:18
Claire Jordan	2:18
Norah Hill	2:18
Paige Adams	2:22
Alaina Randall	2:24
Olivia Medlin	2:26
Kate Musheno	2:33
Miranda Johnson	2:48
Lydia Crabb	2:56
Swari Joshi	0:00
Sarah Racicot	0:00
Kylee Geveke	0:00

Name	400m Pace
Josh Konoma	1:32
Donovan Webster	1:36
Matthew Linard	1:36
Frank Griffin	1:36
Carter Holmgren	1:37
Robert Urquhart	1:38
Porter Buford	1:38
Taigen Thomas	1:39
Jacob McCormick	1:40
Jacek Konopczyns	1:40
Joe Hamilton	1:42
Ethan Ficken	1:42
Vincent Pagelson	1:48
Campbell Guynn	1:48
Sahil Makadia	1:49
Gabe Stewart	1:49
Harri Urquhart	1:50
Nk Uzoho	1:52
Austin Goelz	1:53
Luke Van Herik	1:55
Adam Crabb	1:55
Barrett Wilson	2:03
Andrew Urquhart	2:04
Max Steinhauser	2:10
Jack Calhoun	2:15
Avery Carlin	2:23
Owen Buckert	0:00

Mileage Group

Strides before and After

1 mi warmup + 40 min

Name	# of Weeks
Kennedy Troupe	1
Isabel Norris	3
Olivia Bell	6

Name	# of Weeks
Matthew Andrillon	3
Ryan Hanson	3
Noah Templin	3
Owen Bell	4
Payton baker	4
Caleb Bridges	5
Anthony Malatia	6