

## BRTF Distance Group Intersquad Meet (5-4-21)

	400	Split	800	Split	1200	Split	1600	Split	2000	Split	2400	Split	2800	Split	3200	1-2 Mile Split
Eddie Burke	92	87	2:59	86	4:25	83	5:49	81	7:10	79	8:29	80	9:49	72	11:01.09	5:49-5:12
Sean McNally	91.9	87.2	2:59.1	86.8	4:25.9	83.3	5:49.20	81.1	7:10.3	78.8	8:29.1	79.9	9:49.0	38.7+33.4=72.1	11:01.10	5:49.20-5:11.90
Mikey Corcoran	92	87	2:59	86	4:25	83	5:49	81	7:10	79	8:29	80	9:50	74	11:04.19	5:49-5:16
Charley Duggan	92	87	2:59	86	4:25	83	5:49	81	7:10	79	8:29	80	9:50	78	11:08.63	5:49-5:20
Charlie Walsh	92	87	2:59	86	4:25	83	5:49	81	7:10	84	8:33	?	?	?	11:20.57	5:49-5:32
Jack Antonsen	92	87	2:59	86	4:25	83	5:49	81	7:10	84	8:33	?	?	?	11:22.83	5:49-5:34
Connor Melean	92	87	2:59	86	4:25	83	5:49	81	7:10	84	8:33	?	?	?	11:23.14	5:49-5:35

	400	Split	800	Split	1200	Split	1600
Eddie Burke	83	87	2:50	85	4:16	66	5:22
Mikey Corcoran	83	87	2:50	85	4:16	66	5:22
Sean McNally	83	87	2:50	85	4:16	75	5:31
Charley Duggan	83	87	2:50	85	4:16	75	5:31
Connor Melean	83	87	2:50	85	4:16	75	5:31
Charlie Walsh	83	87	2:50	85	4:16	75	5:31
Jack Antonsen	83	87	2:50	85	4:16	75	5:31

2x400	400	
Mikey Corcoran	60.03	2:01.35
Joey Bowes	61.32	

2x400	400	
Eddie Burke	56.52	2:01.64
Charlie Walsh	65.12	

2x400	400	
Jack Antonsen	62.89	2:04.83
Charley Duggan	61.94	

2x400	400	
Sean McNally	60.77	2:05.03
Connor Melean	64.26	

	200 Pace	1	2	3	4
Eddie Burke	29-30	30	30	30	29
Mikey Corcoran	29-30	30	30	30	29
Sean McNally	31-32	31	31	30	x
Jack Antonsen	31-32	32	30	30	x
Connor Melean	33-34	29	31	31	31
Charlie Walsh	33-34	32	32	34	32
Charley Duggan	33-34	32	32	34	32

**Multi-Paced Workout:**

2 miles up/2 miles down

3200 @ 88 w/cutdown by 1-2 seconds each 400, last lap GO FOR IT!  
 1600 @ Tempo Pace, last lap you may do as you wish  
 2x400 Relay  
 3-4x200 @ 800 RP, 2-3 min rest

Notes: On track, 48 degrees, cloudy, slight mist, slight breeze  
 Very very pleased with how this went overall. Loved the kicks at the end of the tempo stuff. Got splits straight off McNally's watch...speedy speedy finish.

	800 TT	400 Pace	200 Pace	400	400	400	400	400	400	200	200	200	200
Joey Bowes	2:26.69	80	34	79	78	80	79	78	61.32	x	x	x	x
Troy Bever	2:39.12	85	36	82	83	84	83	85	84	35	35	36	35

**Multi-Paced Workout:**

2 miles up/2 miles down

800 Time Trial, full rest  
 6x400 @ 1600 GP, 2 min rest  
 4x200 @ 800 GP, 2 min rest