

| The Michigan | | | | | | Actual | | | | | | | | |
|---------------------|-----------|------------|-----------|----------|-----------------|---------------------|---------|---------|--------------|---------|--------|------------|------------|------|
| Goal | | | | | | Name | 1600 | Tempo 1 | 1200 | Tempo 2 | 800 | Total Time | Track Reps | Pace |
| Name | 1600 Goal | Tempo Goal | 1200 Goal | 800 Goal | Total Time Goal | | | | | | | | | |
| Noah Smith | 5:30.0 | 6:05.0 | 04:07.5 | 02:45.0 | 35:00.0 | Noah Smith | 5:25.0 | 6:03.0 | 4:04.0 | 5:52.0 | 2:39.0 | 32:12.0 | 05:23.6 | |
| Bo Halvorsen | 5:30.0 | 6:05.0 | 04:07.5 | 02:45.0 | 35:00.0 | Bo Halvorsen | 5:26.0 | 6:03.0 | 4:05.0 | 5:52.0 | 2:40.0 | 32:13.0 | 05:24.9 | |
| Asa Smith | 5:30.0 | 6:05.0 | 04:07.5 | 02:45.0 | 35:00.0 | Asa Smith | 5:26.0 | 6:03.0 | 4:06.0 | 5:52.0 | 2:40.0 | 32:13.0 | 05:25.3 | |
| Mason Ringger | 5:40.0 | 6:20.0 | 04:15.0 | 02:50.0 | 35:30.0 | Mason Ringger | 5:42.0 | 6:40.0 | 4:10.0 | 6:35.0 | 2:32.0 | 34:05.0 | 05:30.7 | |
| Matt Ingalsbe | 5:40.0 | 6:20.0 | 04:15.0 | 02:50.0 | 35:30.0 | Matt Ingalsbe | 5:42.0 | 6:40.0 | 4:11.0 | 6:35.0 | 2:35.0 | 34:08.0 | 05:32.4 | |
| Nathan DeMarb | 5:40.0 | 6:20.0 | 04:15.0 | 02:50.0 | 35:30.0 | Nathan DeMarb | Sick | xxx | xxx | xxx | xxx | xxx | xxx | |
| Noah Ludy | 6:00.0 | 6:40.0 | 04:30.0 | 03:00.0 | 37:00.0 | Noah Ludy | 6:00.0 | 6:36.0 | 4:28.0 | 6:30.0 | 2:46.0 | 35:40.0 | 05:52.9 | |
| Will Bushert | 6:00.0 | 6:40.0 | 04:30.0 | 03:00.0 | 37:00.0 | Will Bushert | 6:00.0 | 6:36.0 | 4:30.0 | ??? | ??? | 36:51.0 | 06:00.0 | |
| Adrian Landrus | 6:00.0 | 6:40.0 | 04:30.0 | 03:00.0 | 37:00.0 | Adrian Landrus | 6:00.0 | 6:36.0 | 4:58.0 | 7:05.0 | 3:00.0 | 38:50.0 | 06:12.4 | |
| Cate Atkins | 6:25.0 | 7:10.0 | 04:48.8 | 03:12.5 | 39:00.0 | Cate Atkins | 6:25.0 | 7:10.0 | 4:49.0 | 7:05.0 | 3:07.0 | 38:55.0 | 06:22.7 | |
| Ruby Slightom | 6:25.0 | 7:10.0 | 04:48.8 | 03:12.5 | 39:00.0 | Ruby Slightom | 6:25.0 | 7:10.0 | Stopped 400m | xxx | 3:08.0 | Incomplete | 06:22.0 | |
| Zac Nelson | 6:25.0 | 7:10.0 | 04:48.8 | 03:12.5 | 39:00.0 | Zac Nelson | 6:16.0 | 7:10.0 | 4:49.0 | 7:05.0 | 3:06.0 | 38:54.0 | 06:18.2 | |
| Sebastian Meyer | 6:25.0 | 7:10.0 | 04:48.8 | 03:12.5 | 39:00.0 | Sebastian Meyer | 6:16.0 | 7:10.0 | 4:50.0 | 7:05.0 | 3:02.0 | 38:50.0 | 06:16.9 | |
| Sophi Allen | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Sophi Allen | 6:38.0 | ??? | 5:07.0 | ??? | 3:14.0 | 40:45.0 | 06:39.6 | |
| Charlene Hamilton | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Charlene Hamilton | 6:38.0 | ??? | 5:12.0 | ??? | 3:15.0 | 40:44.0 | 06:42.2 | |
| Aidan Mann | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Aidan Mann | 6:38.0 | ??? | 5:05.0 | ??? | 3:07.0 | 40:38.0 | 06:35.6 | |
| Brett Endress | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Brett Endress | 6:38.0 | ??? | 5:06.0 | ??? | 3:02.0 | 40:33.0 | 06:33.8 | |
| Randy Kent | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Randy Kent | 6:38.0 | ??? | 5:07.0 | ??? | 3:07.0 | 40:38.0 | 06:36.4 | |
| Kayden Dewispeleare | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Kayden Dewispeleare | 6:38.0 | ??? | 5:40.0 | ??? | 3:52.0 | 41:25.0 | 07:11.1 | |
| Aidan Killian | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Aidan Killian | 6:38.0 | ??? | 5:17.0 | ??? | 3:07.0 | 40:38.0 | 06:40.9 | |
| Soren Halvorsen | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Soren Halvorsen | 6:38.0 | ??? | 5:08.0 | ??? | 3:03.0 | 40:34.0 | 06:35.1 | |
| Monte Gregory | 6:40.0 | 7:25.0 | 05:00.0 | 03:20.0 | 40:00.0 | Monte Gregory | 6:38.0 | ??? | 5:19.0 | ??? | 3:11.0 | 40:42.0 | 06:43.6 | |
| Jenna Kent | 7:10.0 | 07:57.8 | 05:22.5 | 03:35.0 | 42:15.0 | Jenna Kent | 7:07.0 | ??? | 5:30.0 | ??? | 3:30.0 | 41:30.0 | 07:09.8 | |
| Tori Witzig | 7:10.0 | 07:57.8 | 05:22.5 | 03:35.0 | 42:15.0 | Tori Witzig | 7:07.0 | ??? | Stopped 400m | ??? | 3:32.0 | Incomplete | 07:06.0 | |
| Allison Kelly | 7:30.0 | 08:20.0 | 05:37.5 | 03:45.0 | 43:45.0 | Allison Kelly | 7:15.0 | ??? | 5:47.0 | ??? | ??? | 43:12.0 | 07:26.9 | |
| Lane Dohman | 7:30.0 | 08:20.0 | 05:37.5 | 03:45.0 | 43:45.0 | Lane Dohman | 7:15.0 | ??? | Stopped 400m | xxx | xxx | DNF | | |
| Molly Holt | 7:45.0 | 08:36.7 | 05:48.8 | 03:52.5 | 44:45.0 | Molly Holt | 7:28.0 | ??? | 6:08.0 | ??? | ??? | 44:09.0 | 07:46.3 | |
| Mya Gramm | 7:45.0 | 08:36.7 | 05:48.8 | 03:52.5 | 44:45.0 | Mya Gramm | 7:33.0 | ??? | 6:08.0 | ??? | ??? | 44:07.0 | 07:49.1 | |
| Patrick McNamara | 7:45.0 | 08:36.7 | 05:48.8 | 03:52.5 | 44:45.0 | Patrick McNamara | 7:35.0 | ??? | 6:12.0 | ??? | ??? | 44:26.0 | 07:52.6 | |
| Lauren Buggar | 10:00.0 | 11:06.7 | 07:30.0 | xxx | 33:30.0 | Lauren Buggar | 10:50.0 | ??? | ??? | xxx | xxx | 30:15.0 | 10:50.0 | |