

Cycle 3.10- 1k repeats at South Pointe- run 2ks at a time. First 1k is at tempo pace (90%) of current fitness, 80m jog back to start, immediately into 1k at EOY RP, 5 min break in between.																		
	Maxwell	EOY	1k at tempo	1k at EOY RP	1	2	3	4	5	6	7	8	Tempo Av	RP Av	Tempo to mile	RP to mile	RP to 3 mile	
Cate Atkins	19:14.0	18:00.0	04:25.0	03:43.2	4:07.0	3:43.0	4:13.0	3:45.0	4:18.0	3:39.0	4:25.0	3:38.0	04:15.7	03:41.2	06:49.2	05:54.0	17:42.0	
Sophi Allen	20:12.0	18:50.0	04:38.3	03:53.5	4:26.0	4:16.0	4:22.0	4:14.0	4:54.0	4:00.0	5:00.0	4:00.0	04:40.5	04:07.5	07:28.8	06:36.0	19:48.0	
Ruby Slightom	20:27.0	19:00.0	04:41.8	03:55.6	4:22.0	4:14.0	4:54.0	4:06.0	5:00.0	3:43.0	xxx	xxx	04:45.3	04:01.0	07:36.5	06:25.6	19:16.8	
Charlene Hamilton	20:44.0	20:30.0	04:45.7	04:14.2	4:19.0	4:13.0	5:04.0	3:45.0	4:54.0	4:02.0	xxx	xxx	04:45.7	04:00.0	07:37.1	06:24.0	19:12.0	
Jenna Kent	21:57.0	19:30.0	05:02.4	04:01.8	4:19.0	4:13.0	5:04.0	4:???	4:54.0	4:46.0	xxx	xxx	04:45.7	04:26.3	07:37.1	07:06.1	21:38.4	
Tori Witzig	22:43.0	20:00.0	05:13.0	04:08.0	4:40.0	4:00.0	4:55.0	4:26.0	4:58.	4:28.0	xxx	xxx	04:51.0	04:18.0	07:45.6	06:52.8	20:38.4	
Allison Kelly	23:33.0	20:00.0	05:24.5	04:08.0	4:50.0	4:44.0	5:09.0	4:40.0	5:24.0	4:32.0	xxx	xxx	05:07.7	04:38.7	08:12.3	07:25.9	22:17.6	
Mya Gramm	23:54.0	22:30.0	05:29.3	04:39.0	4:55.0	4:37.0	5:00.0	4:34.0	5:20.0	4:38.0	xxx	xxx	05:05.0	04:36.3	08:08.0	07:22.1	22:06.4	
Molly Holt	24:14.0	20:45.0	05:33.9	04:17.3	4:53.0	4:35.0	5:07.0	4:34.0	5:24.0	4:43.0	xxx	xxx	05:08.0	04:37.3	08:12.8	07:23.7	22:11.2	
Lauren Buggar	30:00.0	28:00.0	06:53.3	05:47.2	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx						
Boys	Maxwell	EOY	1k at tempo	1k at EOY RP	1	2	3	4	5	6	7	8	Tempo Av	RP Av				
Noah Smith	16:40.0	14:55.0	03:49.6	03:05.0	3:49.0	3:04.0	3:49.0	3:04.0	3:50.0	3:03.0	3:53.0	3:03.0	03:50.3	03:03.5	06:08.4	04:53.6	14:40.8	
Bo Halvorsen	16:49.0	15:30.0	03:51.7	03:12.2	3:50.0	3:14.0	3:49.0	3:14.0	3:50.0	3:07.0	xxx	xxx	03:49.7	03:11.7	06:07.5	05:06.7	15:20.0	
Asa Smith	16:49.0	15:30.0	03:51.7	03:12.2	3:50.0	3:14.0	3:49.0	3:14.0	3:50.0	3:04.0	xxx	xxx	03:49.7	03:10.7	06:07.5	05:05.1	15:15.2	
Mason Ringger	17:20.0	15:59.0	03:58.8	03:18.2	3:58.0	3:22.0	4:20.0	3:25.0	4:20.0	3:03.0	xxx	xxx	04:12.7	03:16.7	06:44.3	05:14.7	15:44.0	
Matt Ingalsbe	17:33.0	15:45.0	04:01.8	03:15.3	3:58.0	3:20.0	4:20.0	3:20.0	4:20.0	3:10.0	3:53.0	3:23.0	04:07.7	03:18.3	06:36.4	05:17.2	15:51.6	
Nathan DeMarb	17:33.0	16:00.0	04:01.8	03:18.4	3:57.0	3:20.0	4:20.0	3:42.0	4:20.0	3:04.0	xxx	xxx	04:12.3	03:22.0	06:43.7	05:23.2	16:09.6	
Noah Ludy	18:41.0	16:30.0	04:17.4	03:24.6	4:05.0	3:34.0	4:19.0	3:29.0	4:19.0	3:21.0	xxx	xxx	04:14.3	03:28.0	06:46.9	05:32.8	16:38.4	
Will Bushert	19:03.0	16:30.0	04:22.5	03:24.6	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx						
Adrian Landrus	19:17.0	16:30.0	04:25.7	03:24.6	3:55.0	3:32.0	4:26.0	3:25.0	4:27.0	3:24.0	xxx	xxx	04:16.0	03:27.0	06:49.6	05:31.2	16:33.6	
Zac Nelson	19:38.0	17:30.0	04:30.5	03:37.0	4:18.0	3:50.0	4:38.0	3:45.0	4:35.0	3:45.0	5:00.0	xxx	04:37.7	03:46.7	07:24.4	06:02.7	18:08.0	
Sebastian Meyer	20:10.0	17:15.0	04:37.9	03:33.9	4:18.0	3:50.0	4:43.0	3:50.0	4:42.0	3:50.0	5:00.0	3:59.0	04:40.7	03:52.3	07:29.2	06:11.6	18:34.8	
Aidan Killian	20:48.0	18:30.0	04:46.6	03:49.4	4:25.0	3:49.0	4:37.0	3:50.0	4:37.0	3:51.0	5:00.0	4:02.0	04:39.8	03:53.0	07:27.6	06:12.8	18:38.4	
Aidan Mann	21:02.0	20:15.0	04:49.8	04:11.1	4:43.0	3:58.0	4:57.0	4:03.0	4:37.0	4:03.0	5:00.0	4:07.0	04:49.2	04:02.7	07:42.8	06:28.4	19:25.2	
Monte Gregory	21:06.0	19:20.0	04:50.7	03:59.7	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx						
Brett Endress	21:25.0	18:00.0	04:55.1	03:43.2	4:43.0	3:58.0	4:57.0	3:45.0	5:00.0	3:45.0	5:00.0	3:52.0	04:55.0	03:50.0	07:52.0	06:08.0	18:24.0	
Soren Halvorsen	21:27.0	19:00.0	04:55.5	03:55.6	4:43.0	4:20.0	4:57.0	3:58.0	5:00.0	3:45.0	5:00.0	4:10.0	04:55.0	04:03.2	07:52.0	06:29.2	19:27.6	
Randy Kent	22:06.0	18:50.0	05:04.5	03:53.5	4:43.0	4:20.0	4:57.0	4:03.0	4:37.0	3:50.0	5:00.0	4:45.0	04:49.2	04:14.5	07:42.8	06:47.2	20:21.6	
Lane Dohman	22:37.0	19:59.0	05:11.6	04:07.8	5:10.0	4:10.0	4:57.0	4:35.0	5:20.0	4:57.0	xxx	xxx	05:09.0	04:34.0	08:14.4	07:18.4	21:55.2	
Kayden Dewispeleare	22:53.0	19:30.0	05:15.3	04:01.8	5:10.0	4:10.0	4:57.0	4:37.0	5:00.0	4:40.0	xxx	xxx	05:02.3	04:29.0	08:03.7	07:10.4	21:31.2	
Patrick McNamara	25:54.0	23:00.0	05:56.8	04:45.2	4:55.0	4:47.0	5:05.0	5:00.0	5:34.0	5:04.0	xxx	xxx	05:11.3	04:57.0	08:18.1	07:55.2	23:45.6	
Lucas Riddle	no data	no data	pick a group	pick a group	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx						
Rudy Sepich	no data	no data	pick a group	pick a group	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx						