	Interval 1–8			Interval 1	Interval 2	Interval 3	Interval 4	Interval 5	Interval 6	Interval 7	Interval 8
	400-m	200-m		600-m	1200-m	1800-m	2400-m	3000-m	3600-m	4200-m	4800-m
Chris	Short	Short	Rest/Recovery as Needed	☐	☐	☐	☐	☐	☐	☐	☐
	01:13	01:49									
Bryson	Short	Long		☐	☐	☐	☐	☐	☐	☐	☐
	01:20	02:03									
Matthew	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:26	02:09									
Ben	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:26	02:09									
Sophia R	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:34	02:21									
Peter	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:30	02:15									
Maia	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:32	02:18									
Landon	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:38	02:27									
Adam	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:42	02:33									
Emily	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:38	02:27									
Trace	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:42	02:33									

	Interval 1–8			Interval 1	Interval 2	Interval 3	Interval 4	Interval 5	Interval 6	Interval 7	Interval 8
	400-m	200-m		600-m	1200-m	1800-m	2400-m	3000-m	3600-m	4200-m	4800-m
Tom	Short	Short	Rest/Recovery as Needed	☐	☐	☐	☐	☐	☐	☐	☐
	01:46	02:39									
Sophia M	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:34	02:21									
Kayleah	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:54	02:51									
Sabrina	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	02:02	03:03									
Vivian	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:46	02:39									
Isabel	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	02:02	03:03									
Hope	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	02:02	03:03									
Sicily	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	02:06	03:09									
Myles	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:54	02:51									
Garrett	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	01:34	02:21									
Owen	Short	Short		☐	☐	☐	☐	☐	☐	☐	☐
	02:26	03:39									