

	Part 1: 20 Minutes LSD		Part 2: 8 x 200 Meters with 200 Meter Jog Recovery								Part 3: 20 Minutes LSD		
	Approx. [min:sec/lap]	Approx. No. of Laps	200 M [min:sec]	Interval 1	Interval 2	Interval 3	Interval 4	Interval 5	Interval 6	Interval 7	Interval 8	Approx. [min:sec/lap]	Approx. No. of Laps
Chris	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	01:42	+/- 12 Laps	00:35									01:42	+/- 12 Laps
Bryson	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	01:52	+/- 11 Laps	00:38									01:52	+/- 11 Laps
Matthew	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:04	+/- 10 Laps	00:43									02:04	+/- 10 Laps
Ben	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:04	+/- 10 Laps	00:43									02:04	+/- 10 Laps
Sophia R	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:18	+/- 9 Laps	00:47									02:18	+/- 9 Laps
Peter	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:13	+/- 9 Laps	00:45									02:13	+/- 9 Laps
Maia	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:15	+/- 9 Laps	00:46									02:15	+/- 9 Laps
Landon	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:23	+/- 8 Laps	00:49									02:23	+/- 8 Laps
Emily	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:23	+/- 8 Laps	00:49									02:23	+/- 8 Laps
Adam	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:28	+/- 8 Laps	00:51									02:28	+/- 8 Laps
Trace	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:25	+/- 8 Laps	00:50									02:25	+/- 8 Laps
Tom	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:34	+/- 8 Laps	00:53									02:34	+/- 8 Laps
Sophia M	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:18	+/- 8 Laps	00:47									02:18	+/- 8 Laps
Kayleah	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:31	+/- 8 Laps	00:52									02:31	+/- 8 Laps
Sabrina	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:56	+/- 7 Laps	01:01									02:56	+/- 7 Laps
Vivian	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:31	+/- 8 Laps	00:52									02:31	+/- 8 Laps
Isabel	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:37	+/- 8 Laps	00:54									02:37	+/- 8 Laps
Hope	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:56	+/- 7 Laps	01:01									02:56	+/- 7 Laps
Myles	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:44	+/- 7 Laps	00:57									02:44	+/- 7 Laps
Sicily	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	03:00	+/- 7 Laps	01:03									03:00	+/- 7 Laps
Owen	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	03:12	+/- 6 Laps	01:13									03:12	+/- 6 Laps
Garrett	LSD		Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:18	+/- 9 Laps	00:47									02:18	+/- 9 Laps

Stop - Regroup to Start Clock