

Part 1: 2 x "200" w/ "200" Jog

Part 2: 2 x 1 Mile (4½ Lap) w/ 2 Minute Rest

Part 3: 2 x "200" w/ "200" Jog

Part 4: 10 Minutes LSD

	(½ Lap)	Int. 1	Int. 2		(1 st Lap)	(2 nd Lap)	(3 rd Lap)	(4 th Lap)	(½ Lap)	Int. 1	Int. 2		(½ Lap)	Int. 1	Int. 2	
Chris	Short	<input type="checkbox"/>	<input type="checkbox"/>	½ Lap Jog Between ½ Lap Intervals	Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	2 Minute Rest Between 1 Mile Intervals	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD
	00:31				01:13	02:26	03:39	04:52	05:28				00:31		Self-Timed	
Matthew	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>		Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD
	00:38				01:30	03:00	04:30	06:00	06:45				00:38		Self-Timed	
Ben	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>		Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD
	00:38				01:29	02:58	04:27	05:56	06:40				00:38		Self-Timed	
Garrett	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>		Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD
	00:42				01:38	03:16	04:54	06:32	07:21				00:42		Self-Timed	
Peter	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>		Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD
	00:40				01:35	03:10	04:45	06:20	07:07				00:40		Self-Timed	
Maia	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>		Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD
	00:40				01:37	03:14	04:51	06:28	07:16				00:40		Self-Timed	
Landon	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>		Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD
	00:44				01:43	03:26	05:09	06:52	07:43				00:44		Self-Timed	
Trace	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>		Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD
	00:44				01:44	03:28	05:12	06:56	07:48				00:44		Self-Timed	
Emily	Short	<input type="checkbox"/>	<input type="checkbox"/>	Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD		
	00:44			01:42	03:24	05:06	06:48	07:39			00:44		Self-Timed			
Adam	Short	<input type="checkbox"/>	<input type="checkbox"/>	Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD		
	00:45			01:47	03:34	05:21	07:08	08:01			00:45		Self-Timed			
Tom	Short	<input type="checkbox"/>	<input type="checkbox"/>	Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD		
	00:47			01:52	03:44	05:36	07:28	08:24			00:47		Self-Timed			

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	(½ Lap)	Int. 1	Int. 2		(1 st Lap)	(2 nd Lap)	(3 rd Lap)	(4 th Lap)	(½ Lap)	Int. 1		Int. 2	(½ Lap)	Int. 1		Int. 2	LSD
Sophia M	Short	<input type="checkbox"/>	<input type="checkbox"/>	½ Lap Jog Between ½ Lap Intervals	Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed	
	00:42				01:38	03:16	04:54	06:32	07:21			00:42					
Sabrina	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed	
	00:54				02:07	04:14	06:21	08:28	09:31			00:54					
Kayleah	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed	
	00:46				01:49	03:38	05:27	07:16	08:10			00:46					
Vivian	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed	
	00:46				01:49	03:38	05:27	07:16	08:10			00:46					
Isabel	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed	
	00:48				01:54	03:48	05:42	07:36	08:33			00:48					
Hope	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed	
	00:54				02:07	04:14	06:21	08:28	09:31			00:54					
Myles	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed	
	00:50				01:58	03:56	05:54	07:52	08:51			00:50					
Sicity	Short	<input type="checkbox"/>	<input type="checkbox"/>		Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed	
	00:56				02:10	04:20	06:30	08:40	09:45			00:56					
Owen	Short	<input type="checkbox"/>	<input type="checkbox"/>	Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed		
	01:05			02:23	04:46	07:09	09:32	10:43			01:05						
Ian	Short	<input type="checkbox"/>	<input type="checkbox"/>	Tempo	Tempo	Tempo	Tempo	Tempo	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	LSD	Self-Timed		
	01:06			02:35	05:10	07:45	10:20	11:37			01:06						

2 Minute Rest Between 1 Mile Intervals

½ Lap Jog Between ½ Lap Intervals

½ Lap Jog Between ½ Lap Intervals