

	Part 1: 10 Minutes LSD		Part 2: 2 x 200 w/ 400 Jog			Part 3: 2 x 600 w/ 1000 Jog				Part 4: 4 x 200 w/ 200 Jog					Part 5: 10 Minutes LSD	
	Approx. [min:sec/lap]	Approx. No. of Laps	200 M [min:sec]	Int. 1	Int. 2	400 M [min:sec]	600 M [min:sec]	Int. 3	Int. 4	200 M [min:sec]	Int. 5	Int. 6	Int. 7	Int. 8	Approx. [min:sec/lap]	Approx. No. of Laps
Chris	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	01:42	+/- 6 Laps	00:32			01:02	01:33			00:35					01:42	+/- 6 Laps
Bryson	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	01:52	+/- 6 Laps	00:35			01:09	01:43			00:38					01:52	+/- 6 Laps
Matthew	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:04	+/- 5 Laps	00:40			01:18	01:57			00:43					02:04	+/- 5 Laps
Ben	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:04	+/- 5 Laps	00:40			01:18	01:57			00:43					02:04	+/- 5 Laps
Sophia R	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:18	+/- 5 Laps	00:44			01:26	02:09			00:47					02:18	+/- 5 Laps
Peter	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:13	+/- 5 Laps	00:42			01:22	02:03			00:45					02:13	+/- 5 Laps
Maia	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:15	+/- 5 Laps	00:43			01:24	02:06			00:46					02:15	+/- 5 Laps
Landon	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:23	+/- 4 Laps	00:46			01:30	02:15			00:49					02:23	+/- 4 Laps
Emily	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:23	+/- 4 Laps	00:46			01:30	02:15			00:49					02:23	+/- 4 Laps
Adam	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:28	+/- 4 Laps	00:48			01:34	02:21			00:51					02:28	+/- 4 Laps
Trace	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:25	+/- 4 Laps	00:47			01:32	02:18			00:50					02:25	+/- 4 Laps

Stop – Regroup to Start Clock

Stop – Regroup to Start Clock

400 Meter Jog Recovery

400 Meter Jog Recovery

1000 Meter Jog Recovery

1000 Meter Jog Recovery

200 Meter Jog Recovery

200 Meter Jog Recovery

	Part 1: 10 Minutes LSD		Part 2: 2 x 200 w/ 400 Jog			Part 3: 2 x 600 w/ 1000 Jog				Part 4: 4 x 200 w/ 200 Jog					Part 5: 10 Minutes LSD	
	Approx. [min:sec/lap]	Approx. No. of Laps	200 M [min:sec]	Int. 1	Int. 2	400 M [min:sec]	600 M [min:sec]	Int. 3	Int. 4	200 M [min:sec]	Int. 5	Int. 6	Int. 7	Int. 8	Approx. [min:sec/lap]	Approx. No. of Laps
Tom	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:34	+/- 4 Laps	00:50			01:38	02:27			00:53					02:34	+/- 4 Laps
Sophia M	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:18	+/- 4 Laps	00:44			01:26	02:09			00:47					02:18	+/- 4 Laps
Kayleah	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:31	+/- 4 Laps	00:49			01:36	02:24			00:52					02:31	+/- 4 Laps
Sabrina	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:56	+/- 4 Laps	00:58			01:54	02:51			01:01					02:56	+/- 4 Laps
Vivian	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:31	+/- 4 Laps	00:49			01:36	02:24			00:52					02:31	+/- 4 Laps
Isabel	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:37	+/- 4 Laps	00:51			01:40	02:30			00:54					02:37	+/- 4 Laps
Hope	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:56	+/- 4 Laps	00:58			01:54	02:51			01:01					02:56	+/- 4 Laps
Myles	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:44	+/- 4 Laps	00:54			01:46	02:39			00:57					02:44	+/- 4 Laps
Sicily	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	03:00	+/- 4 Laps	01:00			01:58	02:57			01:03					03:00	+/- 4 Laps
Owen	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	03:12	+/- 3 Laps	01:10			02:18	03:27			01:13					03:12	+/- 3 Laps
Garrett	LSD		Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Fast Int.	Fast Int.	<input type="checkbox"/>	<input type="checkbox"/>	Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LSD	
	02:18	+/- 5 Laps	00:44			01:26	02:09			00:47					02:18	+/- 5 Laps

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