

			2 Mile Training Pace	Easy Pace	Marathon Pace	Threshold Pace		Interval Pace		Reps Pace		
First Name	Last Name	12/18 Time Trial		Recovery Runs, Long Runs, Warm-Ups, Cool Downs	Long/Tempo Runs(shorter segments)	Variable Paced 1000's (Easy 1000 / Faster 1000)		Interval 1000's with 3 min recovery		400's and 200's with same jog Recovery		
				Mile Pace	Mile Pace	400m	Km Pace (m/f)	400m (200m)	Km Pace	200m	300m	400m
Jaden	Callaway	9:58	9:53	6:24-7:16	5:49	82 (41)	3:46/3:26	76 (38)	3:10	35	52	70
Merritt	Montgomery	10:10	10:10	6:34-7:27	5:59	84 (42)	3:52/3:32	78 (39)	3:15	36	53	72
Xavier	Torres	10:21	10:18	6:39-7:33	6:04	85 (42)	3:54/3:34	79 (39)	3:17	36	54	73
Luke	Abad	10:31	10:27	6:45-7:39	6:09	86 (43)	3:57/3:37	80 (40)	3:20	37	55	74
Major	Mangham	10:36	10:27	6:45-7:39	6:09	86 (43)	3:57/3:37	80 (40)	3:20	37	55	74
Matthew	Gillespie	10:46	10:37	6:50-7:45	6:14	88 (44)	4:00/3:40	81 (40)	3:23	37	56	75
Kaleb	Johnson	11:28	11:28	7:21-8:18	6:43	1:34 (47)	4:16/3:56	87 (43)	3:37	40	61	81
Grady	Hester	11:29	11:28	7:21-8:18	6:43	1:34 (47)	4:16/3:56	87 (43)	3:37	40	61	81
Cooper	Griffin	11:33	11:28	7:21-8:18	6:43	1:34 (47)	4:16/3:56	87 (43)	3:37	40	61	81
Noah	Meeks	11:46	11:39	7:28-8:26	6:49	1:35 (47)	4:20/4:00	88 (44)	3:41	41	62	82
Cameron	Walla	11:58	11:50	7:35-8:33	6:56	1:37 (48)	4:24/4:04	90 (45)	3:44	42	63	84
Xavier	Loya	11:58	11:50	7:35-8:33	6:56	1:37 (48)	4:24/4:04	90 (45)	3:44	42	63	84
Julia	Ameringer	12:23	12:15	7:49-8:49	7:09	1:40 (50)	4:31/4:11	1:32 (46)	3:51	43	64	86
Amber	Byrd	12:36	12:28	7:57-8:58	7:17	1:41 (50)	4:35/4:15	1:33 (46)	3:55	43	65	87
Ariane	Williams	13:31	12:28	7:57-8:58	7:17	1:41 (50)	4:35/4:15	1:33 (46)	3:55	43	65	87
Lilly	Redwine	13:31	12:28	7:57-8:58	7:17	1:41 (50)	4:35/4:15	1:33 (46)	3:55	43	65	87
Elizabeth	Hamilton	13:52	13:40	8:40-9:44	7:58	1:51 (55)	4:58/4:38	1:42 (51)	4:16	47	71	1:34
Catherine	Nguyen	14:10	13:56	8:50-9:55	8:07	1:53 (56)	5:03/4:43	1:44 (52)	4:21	48	72	1:36
Mikayla	Hernandez	14:56	14:49	9:21-10:28	8:39	2:00 (60)	5:20/5:00	1:50 (55)	4:36	51	77	1:42
			2 Mile Training Pace	Easy Pace	Marathon	Threshold Pace		Interval Pace		Reps Pace		
First Name	Last Name	12/18 Time		Recovery Runs, Long Runs, Warm-Ups, Cool Downs	Long/Tempo Runs(shorter segments)	Variable Paced 1000's (Easy 1000 / Faster 1000)		Interval 1000's with 3 min recovery		400's and 200's with same jog Recovery		
				Mile Pace	Mile Pace	400m (200m)	Km Pace (m/f)	400m (200m)	Km Pace	200m	300m	400m
Maddox	Bodin	5:17		7:42-8:41	7:02	1:38 (49)	4:27/4:07	1:31 (45)	3:48	42	64	85
Naomi	Davis	5:44		8:22-9:25	7:40	1:47 (53)	4:49/4:29	1:38 (49)	4:07	45	68	90
Nicholas	Valdez	5:54		8:32-9:34	7:49	1:49 (55)	4:53/4:33	1:40 (50)	4:12	46	69	1:32
Nathan	Smith	6:02		8:40-9:44	7:58	1:51 (55)	4:58/4:38	1:42 (51)	4:16	47	71	1:34
Caleb	Castellano	6:09		8:50-9:55	8:07	1:53 (56)	5:03/4:43	1:44 (52)	4:21	48	72	1:36
Regan	Evans	6:16		9:00-10:05	8:17	1:55 (57)	5:09/4:49	1:46 (53)	4:26	49	74	1:38
Sophia	Garza	6:29		9:21-10:28	8:39	2:00 (1:00)	5:20/5:00	1:50 (55)	4:36	51	77	1:42
Amelie	Matalot	7:01		9:56-11:06	9:15	2:07 (1:04)	5:39/5:19	1:56 (58)	4:54	54	81	1:48
Mia	Hernandez	7:20		10:23-11:34	9:41	2:13 (1:06)	5:53/5:33	2:02 (61)	5:00	57	85	1:54