

Distance 2020**Week 4**

We will continue to build mileage this week then go down next. I only heard from Lydia on miles you ran last week. I am going to assume you met your goals and bump you up. If you didn't you need to stay at last week's mileage.

If your name is blank I need a 1500 time

Name	1500	V-Dot	Goal Mileage	Threshold	Interval	Repetition
Amelia			35-40			
Lydia	6:12	43	26	400=1:55	400= 1:46	200=49/ 400=98
Briana	6:48	39	28	400=2:05	400= 1:56	200=53/ 400=1:46
Orla			25			
Lexi	6:56	39	23	400=2:05	400= 1:56	200=53/ 400=1:46
Shannon	7:24	36	23	400=2:13	400= 2:02	200=57/ 400=1:54
Nina	7:14	36	23	400= 2:13	400=2:02	200=57/400= 1:54
Noor						

