

Last Name	First Name	Oct 15 '21 Training Group #	10/15/21 Spring Lake Target /Goal 3 Mile Race Pace	10/15/21 Spring Lake Target/Goal Time	VO2-Max Mile Pacing (4% faster than 3 Mile Race Pace)	VO2-Max Pacing Mile (70% Run-Time Rest)	VO2-Max Pacing Mile (60% Run-Time Rest)	VO2-Max Pacing Mile (50% Run-Time Rest)	VO2-Max Training 1K	VO2-Max Training 1K (70% Run Time Rest)	VO2-Max Training 1K (60% Run Time Rest)	VO2-Max Training 1K (50% Run Time Rest)	VO2-Max Training 800m	VO2-Max Training 800m (70% Run-Time Rest)	VO2-Max Training 800m (60% Run-Time Rest)	VO2-Max Training 800m (50% Run-Time Rest)	10/15/21 LT Tempo Pacing (8% slower than 3 Mile Race Pace)
Donohue	Jacob	1	5:00	15:00	4:48	3:21	2:52	2:24	3:00	2:06	1:48	1:30	2:24	1:40	1:26	1:12	5:24
Vieyra	Noe	1	5:00	15:00	4:48	3:21	2:52	2:24	3:00	2:06	1:48	1:30	2:24	1:40	1:26	1:12	5:24
Choe	Benjamin	2	5:25	16:15	5:12	3:38	3:07	2:36	3:15	2:16	1:57	1:37	2:36	1:49	1:33	1:18	5:51
Dawson	Logan	2	5:25	16:15	5:12	3:38	3:07	2:36	3:15	2:16	1:57	1:37	2:36	1:49	1:33	1:18	5:51
Donohue	Jonathan	2	5:25	16:15	5:12	3:38	3:07	2:36	3:15	2:16	1:57	1:37	2:36	1:49	1:33	1:18	5:51
Gubera	Sean	2	5:25	16:15	5:12	3:38	3:07	2:36	3:15	2:16	1:57	1:37	2:36	1:49	1:33	1:18	5:51
McCorquodale	Adam	2	5:25	16:15	5:12	3:38	3:07	2:36	3:15	2:16	1:57	1:37	2:36	1:49	1:33	1:18	5:51
Rodriguez-Lopez	Oswaldo	2	5:25	16:15	5:12	3:38	3:07	2:36	3:15	2:16	1:57	1:37	2:36	1:49	1:33	1:18	5:51
Sitton	Gabe	3	5:40	17:00	5:26	3:48	3:15	2:43	3:24	2:22	2:02	1:42	2:43	1:54	1:37	1:21	6:07
Sanderson	Grant	3	5:45	17:15	5:31	3:51	3:18	2:45	3:27	2:24	2:04	1:43	2:45	1:55	1:39	1:22	6:12
Mattice	Deion	3	5:55	17:45	5:40	3:58	3:24	2:50	3:33	2:29	2:07	1:46	2:50	1:59	1:42	1:25	6:23
Busienei	Ashley	4	6:05	18:15	5:50	4:05	3:30	2:55	3:39	2:33	2:11	1:49	2:55	2:02	1:45	1:27	6:34
Gross	Nick	4	6:10	18:30	5:55	4:08	3:33	2:57	3:42	2:35	2:13	1:51	2:57	2:04	1:46	1:28	6:39
Hakola	Justin	4	6:10	18:30	5:55	4:08	3:33	2:57	3:42	2:35	2:13	1:51	2:57	2:04	1:46	1:28	6:39
Mattice	Vivien	4	6:10	18:30	5:55	4:08	3:33	2:57	3:42	2:35	2:13	1:51	2:57	2:04	1:46	1:28	6:39
Conti	Dominick	5	6:15	18:45	6:00	4:12	3:36	3:00	3:45	2:37	2:15	1:52	3:00	2:06	1:48	1:30	6:45
Page	Jason	5	6:15	18:45	6:00	4:12	3:36	3:00	3:45	2:37	2:15	1:52	3:00	2:06	1:48	1:30	6:45
Hedden	Avery	5	6:15	18:45	6:00	4:12	3:36	3:00	3:45	2:37	2:15	1:52	3:00	2:06	1:48	1:30	6:45
Taylor	Rebekah	5	6:15	18:45	6:00	4:12	3:36	3:00	3:45	2:37	2:15	1:52	3:00	2:06	1:48	1:30	6:45
Trenam	Gracie	5	6:15	18:45	6:00	4:12	3:36	3:00	3:45	2:37	2:15	1:52	3:00	2:06	1:48	1:30	6:45
Newton	Gavin	5	6:20	19:00	6:04	4:15	3:38	3:02	3:48	2:39	2:16	1:54	3:02	2:07	1:49	1:31	6:50
Nacouzi	Rami	5	6:20	19:00	6:04	4:15	3:38	3:02	3:48	2:39	2:16	1:54	3:02	2:07	1:49	1:31	6:50
Cregan	Brooke	5	6:25	19:15	6:09	4:18	3:41	3:04	3:51	2:41	2:18	1:55	3:04	2:09	1:50	1:32	6:55
Chong	Ella	5	6:25	19:15	6:09	4:18	3:41	3:04	3:51	2:41	2:18	1:55	3:04	2:09	1:50	1:32	6:55
Flores	Isaiah	6	6:40	20:00	6:24	4:28	3:50	3:12	4:00	2:48	2:24	2:00	3:12	2:14	1:55	1:36	7:12
Choe	Katherine	6	6:40	20:00	6:24	4:28	3:50	3:12	4:00	2:48	2:24	2:00	3:12	2:14	1:55	1:36	7:12
Szczekocki	Brooke	6	6:40	20:00	6:24	4:28	3:50	3:12	4:00	2:48	2:24	2:00	3:12	2:14	1:55	1:36	7:12
Dave	Kapil	6	6:45	20:15	6:28	4:32	3:53	3:14	4:03	2:50	2:25	2:01	3:14	2:16	1:56	1:37	7:17
Egerton	Elliott	6	6:45	20:15	6:28	4:32	3:53	3:14	4:03	2:50	2:25	2:01	3:14	2:16	1:56	1:37	7:17
Carra	Mia	6	6:45	20:15	6:28	4:32	3:53	3:14	4:03	2:50	2:25	2:01	3:14	2:16	1:56	1:37	7:17
Jimenez	Carmen	6	6:50	20:30	6:33	4:35	3:56	3:16	4:06	2:52	2:27	2:03	3:16	2:17	1:58	1:38	7:22
Hughes	Emma	6	6:50	20:30	6:33	4:35	3:56	3:16	4:06	2:52	2:27	2:03	3:16	2:17	1:58	1:38	7:22
McGarva	Nola	6	6:50	20:30	6:33	4:35	3:56	3:16	4:06	2:52	2:27	2:03	3:16	2:17	1:58	1:38	7:22
Moe	Kira	6	6:50	20:30	6:33	4:35	3:56	3:16	4:06	2:52	2:27	2:03	3:16	2:17	1:58	1:38	7:22
Schubert	Carley	6	6:50	20:30	6:33	4:35	3:56	3:16	4:06	2:52	2:27	2:03	3:16	2:17	1:58	1:38	7:22
Mathiesen	Isabella	6	7:00	21:00	6:43	4:42	4:01	3:21	4:12	2:56	2:31	2:06	3:21	2:21	2:00	1:40	7:33
Gunderson	Grace	7	7:10	21:30	6:52	4:48	4:07	3:26	4:18	3:00	2:34	2:09	3:26	2:24	2:03	1:43	7:44
Li	Tony	7	7:10	21:30	6:52	4:48	4:07	3:26	4:18	3:00	2:34	2:09	3:26	2:24	2:03	1:43	7:44
Sundaram	Shravan	7	7:10	21:30	6:52	4:48	4:07	3:26	4:18	3:00	2:34	2:09	3:26	2:24	2:03	1:43	7:44
Cuniberti	Lily	8	7:20	22:00	7:02	4:55	4:13	3:31	4:24	3:04	2:38	2:12	3:31	2:27	2:06	1:45	7:55
Gorauskas	Leyna	8	7:20	22:00	7:02	4:55	4:13	3:31	4:24	3:04	2:38	2:12	3:31	2:27	2:06	1:45	7:55
Marron	Cielo	8	7:25	22:15	7:07	4:59	4:16	3:33	4:27	3:06	2:40	2:13	3:33	2:29	2:08	1:46	8:00
Heaps	Myrea	8	7:30	22:30	7:12	5:02	4:19	3:36	4:30	3:09	2:42	2:15	3:36	2:31	2:09	1:48	8:06
Li	Catherine	9	7:35	22:45	7:16	5:05	4:22	3:38	4:33	3:11	2:43	2:16	3:38	2:32	2:11	1:49	8:11
Prather	Allison	9	7:35	22:45	7:16	5:05	4:22	3:38	4:33	3:11	2:43	2:16	3:38	2:32	2:11	1:49	8:11
Lustberg	Rachel	9	7:40	23:00	7:21	5:09	4:24	3:40	4:36	3:13	2:45	2:18	3:40	2:34	2:12	1:50	8:16
Donohue	Allie	9	7:45	23:15	7:26	5:12	4:27	3:43	4:39	3:15	2:47	2:19	3:43	2:36	2:13	1:51	8:22
Calderon-Jimenez	Amy	10	8:00	0:00	7:40	5:22	4:36	3:50	4:48	3:21	2:52	2:24	3:50	2:41	2:18	1:55	8:38

