

8/28/23 NEW TRAINING GROUPS! (Based on 8/25/23 Rancho Invite Performances)	2023 Fall Grade	M/F	Training Group (A-B-C)	8/28/23 Training Group #	Primary Coach	Back-Up Coach	8/28/23 3 Mi/5K XC Race Pace (1600m) (Red = Greg's Est.)	Predicted 3 Mi XC Time	Predicted 5K XC Time	VO2-MAX Pacing (1600m) (102% of 3Mi or 5K Race Pace)	LT Threshold Pacing (1600m) (8% slower vs. XC Race Pace for 15- 20 steady tempo target HR 170 ± 5 BPM)	EZ Pacing (NOT TO EXCEED 70% of XC Race Pace; Advise range of 65-70% of XC Race Pace; start slower, build up!)
Wilson, Jack	11	M	A	1	Greg	Jon M	05:12.0	15:36.0	16:07.2	05:05.8	05:37.0	06:45.6
Sanderson, Grant	12	M	A	2	Greg	Jon M	05:21.0	16:03.0	16:35.1	05:14.6	05:46.7	06:57.3
Gross, Nick	12	M	A	2	Greg	Jon M	05:32.0	16:36.0	17:09.2	05:25.4	05:58.6	07:11.6
Sitton, Gabe	12	M	A	2	Greg	Jon M	05:33.0	16:39.0	17:12.3	05:26.3	05:59.6	07:12.9
Dawson, Trenton	10	M	A	2.5	Jon M	Greg	05:20.0	16:00.0	16:32.0	05:13.6	05:45.6	06:56.0
Petrik, Austin	10	M	A	2.5	Jon M	Greg	05:21.0	16:03.0	16:35.1	05:14.6	05:46.7	06:57.3
Trenam, Kevin	10	M	A	2.5	Jon M	Greg	05:25.0	16:15.0	16:47.5	05:18.5	05:51.0	07:02.5
Dave, Kapil	11	M	A	2.5	Jon M	Greg	05:29.0	16:27.0	16:59.9	05:22.4	05:55.3	07:07.7
Treinen, Trystan	10	M	A	2.5	Jon M	Greg	05:39.0	16:57.0	17:30.9	05:32.2	06:06.1	07:20.7
Boyadjieff, Scott	10	M	A	2.5	Jon M	Greg	05:40.0	17:00.0	17:34.0	05:33.2	06:07.2	07:22.0
Hall, Tyler	10	M	A	2.5	Jon M	Greg	05:40.0	17:00.0	17:34.0	05:33.2	06:07.2	07:22.0
Mallon, Ashlin	9	F	A	2.5	Jon M	Greg	05:45.0	17:15.0	17:49.5	05:38.1	06:12.6	07:28.5
Jones, Cameron	9	M	B	3	Chad	Greg	05:51.0	17:33.0	18:08.1	05:44.0	06:19.1	07:36.3
Rath, Jonathan	10	M	B	3	Chad	Greg	05:57.0	17:51.0	18:26.7	05:49.9	06:25.6	07:44.1
Muir, James	10	M	A	3	Chad	Greg	05:59.0	17:57.0	18:32.9	05:51.8	06:27.7	07:46.7
Taylor, Ben	10	M	B	3	Chad	Greg	06:00.0	18:00.0	18:36.0	05:52.8	06:28.8	07:48.0
Smith, Aiden	10	M	A	3	Chad	Greg	06:02.0	18:06.0	18:42.2	05:54.8	06:31.0	07:50.6
Trenam, Gracie	12	F	A	3	Chad	Greg	06:05.0	18:15.0	18:51.5	05:57.7	06:34.2	07:54.5
Goehring, Maxwell	9	M	B	4	Ruben	Leanne	06:13.0	18:39.0	19:16.3	06:05.5	06:42.8	08:04.9
Jensen, Shay	10	M	B	4	Ruben	Leanne	06:16.0	18:48.0	19:25.6	06:08.5	06:46.1	08:08.8
Kerns, Laszlo	9	M	B	4	Ruben	Leanne	06:19.0	18:57.0	19:34.9	06:11.4	06:49.3	08:12.7
Wiese, Milo	10	M	B	4	Ruben	Leanne	06:20.0	19:00.0	19:38.0	06:12.4	06:50.4	08:14.0
Ricci, Dominic	10	M	B	4	Ruben	Leanne	06:20.0	19:00.0	19:38.0	06:12.4	06:50.4	08:14.0
Thompson, Logan	9	M	B	4	Ruben	Leanne	06:20.0	19:00.0	19:38.0	06:12.4	06:50.4	08:14.0
Rashap, Aston	11	M	B	4	Ruben	Leanne	06:21.0	19:03.0	19:41.1	06:13.4	06:51.5	08:15.3
Moe, Kira	12	F	A	5	Greg	Leanne	06:22.0	19:06.0	19:44.2	06:14.4	06:52.6	08:16.6
Szczekocki, Brooke	11	F	A	5	Greg	Leanne	06:29.0	19:27.0	20:05.9	06:21.2	07:00.1	08:25.7
Gubera, Christopher	9	M	B	6	Ruben	Leanne	06:35.0	19:45.0	20:24.5	06:27.1	07:06.6	08:33.5
Iezza, Dylan	9	M	B	6	Ruben	Leanne	06:35.0	19:45.0	20:24.5	06:27.1	07:06.6	08:33.5
Flores, Isaiah	12	M	B	6	Ruben	Leanne	06:36.0	19:48.0	20:27.6	06:28.1	07:07.7	08:34.8
Scheller, Magnus	9	M	B	6	Ruben	Leanne	06:36.0	19:48.0	20:27.6	06:28.1	07:07.7	08:34.8
Kane, Ben	9	M	B	6	Ruben	Leanne	06:36.0	19:48.0	20:27.6	06:28.1	07:07.7	08:34.8
Flores, Ivan	10	M	B	6	Ruben	Leanne	06:46.0	20:18.0	20:58.6	06:37.9	07:18.5	08:47.8
Choe, Katie	11	F	B	7	Leanne	Ruben	06:30.0	19:30.0	20:09.0	06:22.2	07:01.2	08:27.0
Fogg, Andi	10	F	B	7	Leanne	Ruben	06:30.0	19:30.0	20:09.0	06:22.2	07:01.2	08:27.0
Carra, Mia	12	F	C	7	Leanne	Ruben	06:30.0	19:30.0	20:09.0	06:22.2	07:01.2	08:27.0
McGarva, Nola	12	F	C	7	Leanne	Ruben	06:40.0	20:00.0	20:40.0	06:32.0	07:12.0	08:40.0
Schubert, Carley	11	F	B	7	Leanne	Ruben	06:44.0	20:12.0	20:52.4	06:35.9	07:16.3	08:45.2
Gross, Isabelle	10	F	B	8	Leanne	Ruben	06:45.0	20:15.0	20:55.5	06:36.9	07:17.4	08:46.5
Graziani, Keeley	10	F	B	8	Leanne	Ruben	06:48.0	20:24.0	21:04.8	06:39.8	07:20.6	08:50.4
Donohue, Allie	11	F	B	8	Leanne	Ruben	06:48.0	20:24.0	21:04.8	06:39.8	07:20.6	08:50.4
Gunderson, Grace	11	F	B	8	Leanne	Ruben	06:48.0	20:24.0	21:04.8	06:39.8	07:20.6	08:50.4

8/28/23 NEW TRAINING GROUPS! (Based on 8/25/23 Rancho Invite Performances)	2023 Fall Grade	M/F	Training Group (A-B-C)	8/28/23 Training Group #	Primary Coach	Back-Up Coach	8/28/23 3 Mi/5K XC Race Pace (1600m) (Red = Greg's Est.)	Predicted 3 Mi XC Time	Predicted 5K XC Time	VO2-MAX Pacing (1600m) (102% of 3Mi or 5K Race Pace)	LT Threshold Pacing (1600m) (8% slower vs. XC Race Pace for 15- 20 steady tempo target HR 170 ± 5 BPM)	EZ Pacing (NOT TO EXCEED 70% of XC Race Pace; Advise range of 65-70% of XC Race Pace; start slower, build up!)
Barrow, Sophie	10	F	B	8	Leanne	Ruben	07:00.0	21:00.0	21:42.0	06:51.6	07:33.6	09:06.0
Feng, Natalie	11	F	B	8	Leanne	Ruben	07:05.0	21:15.0	21:57.5	06:56.5	07:39.0	09:12.5
Dajalos, Isa	10	F	B	8	Leanne	Ruben	07:14.0	21:42.0	22:25.4	07:05.3	07:48.7	09:24.2
Rashap, Elliott	9	M	B	9	Spicy John	Ruben	06:49.0	20:27.0	21:07.9	06:40.8	07:21.7	08:51.7
Esquivel-Arango, Jacobo	9	M	B	9	Spicy John	Ruben	06:54.0	20:42.0	21:23.4	06:45.7	07:27.1	08:58.2
Thom, Keon	10	M	B	9	Spicy John	Ruben	06:55.0	20:45.0	21:26.5	06:46.7	07:28.2	08:59.5
Gierhart, Grayson	10	M	B	9	Spicy John	Ruben	06:55.0	20:45.0	21:26.5	06:46.7	07:28.2	08:59.5
Thomasson, Elliott	9	M	B	9	Spicy John	Ruben	06:57.0	20:51.0	21:32.7	06:48.7	07:30.4	09:02.1
Huang, Shengkai	10	M	B	9	Spicy John	Ruben	07:00.0	21:00.0	21:42.0	06:51.6	07:33.6	09:06.0
Gierhart, Linden	9	M	B	9	Spicy John	Ruben	07:06.0	21:18.0	22:00.6	06:57.5	07:40.1	09:13.8
Trenam, Carlie	10	F	C	10	John III	Marion	07:27.0	22:21.0	23:05.7	07:18.1	08:02.8	09:41.1
Tribbey, Joslyn	9	F	C	10	John III	Marion	07:30.0	22:30.0	23:15.0	07:21.0	08:06.0	09:45.0
Lustberg, Rachel	11	F	C	10	John III	Marion	07:30.0	22:30.0	23:15.0	07:21.0	08:06.0	09:45.0
Fogg, Savannah	10	F	C	10	John III	Marion	07:37.0	22:51.0	23:36.7	07:27.9	08:13.6	09:54.1
Staroba, Marian	9	F	C	10	John III	Marion	07:37.0	22:51.0	23:36.7	07:27.9	08:13.6	09:54.1
Crocker, Quinne	10	F	C	10	John III	Marion	07:40.0	23:00.0	23:46.0	07:30.8	08:16.8	09:58.0
Dave, Anuja	11	F	C	10	John III	Marion	07:40.0	23:00.0	23:46.0	07:30.8	08:16.8	09:58.0
Cladren, Amy	11	F	C	10	John III	Marion	07:40.0	23:00.0	23:46.0	07:30.8	08:16.8	09:58.0
Bisbee, Cate	11	F	C	10	John III	Marion	07:40.0	23:00.0	23:46.0	07:30.8	08:16.8	09:58.0
Heaps, Myrea	12	F	C	10	John III	Marion	07:42.0	23:06.0	23:52.2	07:32.8	08:19.0	10:00.6
Taylor, Abby	12	F	C	11	Marion	John III	07:53.0	23:39.0	24:26.3	07:43.5	08:30.8	10:14.9
Brodt, Ruby	9	F	C	11	Marion	John III	07:56.0	23:48.0	24:35.6	07:46.5	08:34.1	10:18.8
Budlong, Logan	9	M	C	12	Marion	John III	08:20.0	25:00.0	25:50.0	08:10.0	09:00.0	10:50.0
Campos-Carmona, Dalila	11	F	C	12	Marion	John III	08:28.0	25:24.0	26:14.8	08:17.8	09:08.6	11:00.4
Delaney, Madeline	10	F	C	12	Marion	John III	08:31.0	25:33.0	26:24.1	08:20.8	09:11.9	11:04.3
Paris, Maya	11	F	C	12	Marion	John III	08:34.0	25:42.0	26:33.4	08:23.7	09:15.1	11:08.2