Week 9: October 5th-October 11th								
	Semi-Long	Speed	4xStrides/Bands	Speed	6pm Pasta Dinner 4xStrides	EDC Meet (Lincoln Park)		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Group Pace: 7:40-8:00								
Claire	5	4	4	4	2	V 5k	Off/X-Train	23-25
Emmi	7	5	5	4	2	V 5k	Off/X-Train	27-30
Paige	6	4	4	4	2	V 5k	Off/X-Train	23-25
Phoebe	6	4	4	4	2	V 5k	Off/X-Train	23-25
Hadley	6	4	4	4	2	V 5k	Off/X-Train	23-25
Maddie	6	4	4	4	2	V 5k	Off/X-Train	24-27
Group Pace: 8:25-8:40								
Evie	5	4	3	4	2	V 5k	Off/X-Train	22-24
Khloe	5	4	3	4	2	V 5k	Off/X-Train	22-24
Meadow	5	4	3	4	2	JV 5k	Off/X-Train	22-24
Keeley	5	4	3	4	2	3k		22-24
Bria	5	4	3	4	2	3k		22-24
Lani	5	4	3	4	2	JV 5k		22-24
Wren	5	4	3	4	2	JV 5k		22-24
Group Pace: 9:00-9:30								
Jessalyn	3	2	2	2	1	3k		13-16
Lucy	3	2	2	2	1	3k		13-16
Lydia	3	2	2	2	1	3k		13-16
Bella	3	2	2	2	1	3k		13-16