

<b>Date 8/29/22</b>	<b>Workout</b>													
	# x 1000's				volume =				8000m or 5 miles					
	Pace- Tempo pace								7000m or 4.4 miles					
<b>Location Riverside</b>	rest 50 secs				Work on Pack, last 2 allowed to run harder									
	Goal: Build leg strength													



															Lincoln	Riverside		
															8/31/22	8/31/2021		
Rest 0:50	2023 5k	5k	Tempo											5k	1000			
	5k	pace	Pace	# Sets	1000	1000	1000	1000	1000	1000	1000	1000	1000	Time	Avg			
Diederich, Preston	18:11	3:38	4:00	8	3:46	3:58	4:01	4:01	4:00	3:55	3:56	3:41		19:16	3:54	4:00	3:56	
Fiala, Aidan	18:23	3:40	4:02	8	3:50	4:00	4:03	4:03	4:02	3:59	4:00	3:52		19:41	3:59	4:01	4:11	
Martin, Grant	18:23	3:40	4:02	8	3:58	4:05	4:27	4:31	sick						4:15	4:05		
McLaren, Derek	19:00	3:48	4:09	7	3:58	4:07	4:18	4:16	4:09	3:59	3:57			20:10	4:06	4:16	4:22	
Sande, Curtis	19:00	3:48	4:09	6	3:58	4:07	4:18	4:20	4:29	3:57				20:49	4:11	4:06	3:57	
Rest 1:00	2021 5k	5k	Tempo PR	pace										5k	1000			
	5k	pace	Pace	# Sets	1000	1000	1000	1000	1000	1000	1000	1000		Time	Avg			
Ihry, Emmi	20:10	4:02	4:24	6	4:05	4:10	4:14	4:11	4:16	4:06				20:46	4:10			
Boaz, Layton	20:26	4:05	4:27	6	4:04	4:08	4:12	4:09	4:16	4:05				20:38	4:09	4:13	4:22	
Sailer, Kaden	21:12	4:14	4:27	6	4:06	4:27	4:30	4:25	4:25	4:14				21:42	4:21			
Steele, Lincoln	16:26	4:06	4:28	6	ankle twist													
Berry, Jack	16:26	4:08	4:29	6	4:15	4:12	4:13	4:25	4:25	4:14				21:19	4:17			
Suedel, Danny			4:29	3	4:08	4:26	4:32								4:22			
Kleven, Joe	16:44	4:11	4:32	6	4:15	4:28	4:32	4:25	4:27	4:14				21:49	4:23			