

Sunday, May 31

AM - Church

PM - None - sick, didn't run

Monday, June 1

AM - 6 Miles - 40 Minutes

PM - Jog 880

Cals

Jog Mile

WS - 4 x 120, 4 x 60

3 x 880 6 MI

2:02

J - 660

1:58.5

J - 660

1:58.0

WD - Mile

Tuesday, June 2

AM - 6 Miles

PM - Jog 880

Cals

Jog Mile

WS - 4 x 120, 4 x 60

4 x 440 3 MI

55 Ave.

WD - Mile

Thursday, June 4

AM - None

PM - Nothing

Wednesday, June 3

AM - None

PM - Mile easy C. H. Park

Friday, June 5

Compton Mile

Goal - 3:59.0

Time - 3:59.0 8th

COMPTON MILE
SPLIT GOALS & ACTUAL TIMES

	<u>110</u>	<u>220</u>	<u>330</u>	<u>440</u>	Goal <u>440's</u>	Actual <u>440's</u>
Goal	:13.0	:27.0	:42.0	:58.5	:58.5	:59.2
Actual	:13.5	:29.4	:43.4	:59.2		
Goal	1:14.1	1:29.7	1:45.3	2:01.0	:62.5	:62.3
Actual	1:14.5	1:30.8	1:45.8	2:01.5		
Goal	2:16.2	2:31.4	2:46.7	3:02.0	:61.0	:61.3
Actual	2:17.5	2:34.0	2:47.3	3:02.8		
Goal	3:17.0	3:32.0	3:45.5	3:59.0	:57.0	:56.2
Actual	3:17.4	3:32.0	3:45.0	3:59.0		