

Dayna Morgan: 719-481-9409
 Pam Galchutt: 719-235-3514

	Distance	Interval	Time	Interval	mph
Camp	0.00	0.00	0:00	0:00	
G13	0.68	0.68	0:11	0:11	3.7
G2	2.15	1.47	0:35	0:24	3.7
G7	2.99	0.83	0:48	0:13	3.7
G9	3.89	0.91	1:03	0:15	3.7
BR	5.51	1.62	1:29	0:26	3.7
OS	6.81	1.30	1:50	0:21	3.7
P&R (G6ab)	8.94	2.13	2:25	0:35	3.7
			2:40	0:15	
1.5-Mile	9.52	0.58	2:49	0:09	3.7
Camp	11.23	1.71	3:17	0:28	3.7
	From:	3:02	to	3:32	3.70 Avg.

Saturday Leisure

