

As of 1/3/24 - Workout Groups + 5

6-10x200 with 50w-100J-50w OR with 2 to 2:30 rest

150m (like running 200)/30 FAST – walk back 30/walk back 150m

*When we are only doing 3-4x – these numbers go down by 4 seconds – but the rest goes up

29	30	31	32	34	35	37-38
<24.2	<25.6	<27	<28.1	<30	31.7	32+
Anello	C.DiLegge	Agbayewa	Healy	Ryan	Gordon	Chan
Wernersbach	Holder	Ronessi	AP	Tracy	Guirand	Chong
Lisbon	Port	Miller	Guerrera	Espinal	Shotter	Simon
Jones	Reyes	SanFilippo	Slattery	Gonzalez	Bertram	Dieudonne
Gannon	DeVito	Reinhold	BrenTheison	Hamel	DiLegge	Theison
Fleetwood			Dale	Erb	DiSanto	Rogers
			Fiocco	Sexton	DiCostanzo	Bulla
				Valente	Epp	Bonnett
				Wiek	Hersh	Alma
				Ardito	Perez	Webber
						Marino
						Sorto

Blue = Distance Red = Mid-Distance Speed (MDS) Black = Speed

LET COACH WOOD KNOW IF YOU WANT TO BE IN ANY OF THESE GROUPS BELOW!!!

8-Long Jump	9-Hurdles	7-High Jump	13-Shot Put	Weight Throw	Triple Jump
Lisbon	Guerrera	A-P	Franco-Sierra	Shotter	Anello
Ronessi	Erb	Hamel	Quinn	Seifert	Lisbon
Gordon	Wernersbach	Lisbon	Scuro	Franco-Sierra	Gonzalez
	DiLegge	Healy	Seifort	Vitucci	Ronessi
	Theison	Theison	Shotter	Fazzini	Diedonne
	Sexton	Valente	Imperato		
	Fiocco		Fazzini		
	Guirand		Mansfield		
	Hamel		Vitucci		
			Weiss		
			Maravella		
			Cannizzo		