	Intervals 1 – 8		1 Minute Rest/Recovery Between Intervals
	Lap 1	Lap 2	Total Workout Distance = 3.56 Miles
	0.22-Mile	0.44-Mile	Intervals Completed
Chris	Short	Short	Chris
	01:04	02:08	
Matthew	Short	Short	Matthew
	01:15	02:31	
Bryson	Short	Short	Bryson
	01:14	02:27	
Peter	Short	Short	Peter
	01:24	02:48	
Ben	Short	Short	Ben
	01:21	02:43	
Kason	Short	Short	Kason
	01:23	02:47	
Tom	Short	Short	Tom
	01:33	03:06	
Isaiah	Short	Short	Isaiah
	01:24	02:48	
Phin	Short	Short	Phin Phin
	01:25	02:50	
Emily	Short	Short	Emily
	01:31	03:02	
Maia	Short	Short	Maia
	01:28	02:56	
Adam	Short	Short	Adam
	01:31	03:02	
Landon	Short	Short	Landon
	01:35	03:10	
Alayna	Short	Short	Alayna
	01:39	03:17	
Sophia	Short	Short	Sophia
	01:45	03:31	
Kayleah	Short	Short	Kayleah
	01:44	03:27	
Isabel	Short	Short	Isabel
Luke	01:48	03:37	
	Short	Short	Luke
Owen	01:50	03:41	
	Short	Short 04:05	Owen
Hope	02:03 Short	Short	
	01:48	03:37	Hope
Izzie	Short	Short 04:25	Izzie
	02:13	04:25	