

### VO2 Max Workout 4/7/16 During Spring Break

	1000	800	700	600	500	400
<b>Group 1 Goal</b>	<b>3:07</b>	<b>2:30</b>	<b>2:11</b>	<b>1:53</b>	<b>1:34</b>	<b>75</b>
Gabe	3:12	2:30	2:08	1:52	1:31	72
<b>Group 2 Goal</b>	<b>3:20</b>	<b>2:40</b>	<b>2:20</b>	<b>2:00</b>	<b>1:40</b>	<b>80</b>
Matty	3:22	2:41	2:24	2:00	1:35	75
Jack Felts	3:24	2:42	2:20	2:01	1:40	77
<b>Group 3 Goal</b>	<b>3:32</b>	<b>2:50</b>	<b>2:29</b>	<b>2:08</b>	<b>1:47</b>	<b>85</b>
Jacob B	3:46	2:53	2:29	2:06	1:41	78
Tristan	3:42	2:57	2:31	2:08	1:43	89
Jacob A	3:42	2:57	2:38	2:11	1:42	89
<b>Group 4 Goal</b>	<b>3:45</b>	<b>3:00</b>	<b>2:38</b>	<b>2:15</b>	<b>1:53</b>	<b>90</b>
Ryan	3:53	3:01	2:38	2:10	1:46	79
Alec	3:59	3:13	2:46	2:24	1:54	87
<b>Group 5 Goal</b>	<b>4:10</b>	<b>3:20</b>	<b>2:55</b>	<b>2:30</b>	<b>2:05</b>	<b>1:40</b>
Josh	3:59	3:17	2:50	2:27	1:58	88
Anthony	4:11	3:18	2:47	2:15	1:48	83
Ricky	4:11	3:18	2:57	2:20	1:58	92
Ethan	4:40	3:50	3:26	2:59	2:24	1:50