Tuesday, 8/20/19

Heart Rate / Tempo Workout

Cool (60s) and overcast

 Resting Hear Rate 1 mile split Tempo Pace Heart Rate 2018 Data

Abbie 17 (68) 7:49 44 (176) 86% 7:40 / (200)

Melody 23 (92) 8:03 43 (172) 84% 9:50 / ?

Ellen 16 (74) 7:40 40 (160) 78% 7:40 / (168)

Teagan 21 (84) ??? ???

Anna 22 (88) 7:40 48 (192) 92%

Denali 17 (68) 7:40 37 (148) 72%

Aubrey 18 (72) 7:40 40 (160) 78%

Meghan 16 (74) 7:40 39 (156) 76%

Montana 20 (80) 8:03 48 (192) 92%

Audra 19 (76) 7:40 36 (144) 70%

Blake 18 (72) 7:11 44 (176) 86%

Brendan 14 (56) 6:50 42 (168) 82%

Jhett 15 (60) 7:10 38 (152) 74% 6:38 / (146)

Bailey 20 (80) ------

Evan 13 (52) 6:50 36 (144) 70%

Dustin 17 (68) 7:11 41 (164) 80% 7:21 / (200)

Levi 16 (64) 7:40 ? 38 (152) 74% 8:16 / (140)

Lars 23 (92) ??? ??

Eli 14 (56) 7:14 40 (160) 78% 7:30 / (180)

Cooper 15 (60) 6:50 41 (164) 80% 7:05 / (168)

Manny 20 (80) 6:50 40 (160) 78%

Andy 12 (48) 6:50 45 (180) 88%

Conor 17 (68) 7:14 42 (168) 82% 7:05 / (184)

Red indicates 70-80 Heart Rate (target range for this run).