## Sheet1
| Date/Time: | Saturday, 11/01/2020, 10 am | Unnamed: 2 | Unnamed: 3 | Unnamed: 4 | Unnamed: 5 | Unnamed: 6 | Unnamed: 7 | Unnamed: 8 | Unnamed: 9 | Unnamed: 10 | Unnamed: 11 | Unnamed: 12 | Unnamed: 13 | Unnamed: 14 | Unnamed: 15 | Unnamed: 16 | Unnamed: 17 | Unnamed: 18 | Unnamed: 19 | Unnamed: 20 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Venue: | One Tree Hill | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| Session: | 4 x 4 laps (NT + PB) or 3 x 4 laps + 1 x 2 laps (AW & HW) or 3 x 3 laps + 1 x 2 laps (Jo & KF) | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| Weather: | Windy, but rained held off. Muddy underfoot. | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| NaN | EFFORT NO. 1 | NaN | NaN | NaN | EFFORT NO. 2 | NaN | NaN | NaN | EFFORT NO. 3 | NaN | NaN | NaN | EFFORT NO. 4 | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| NaN | LAP 1 | LAP 2 | LAP3 | LAP 4 | LAP 1 | LAP 2 | LAP3 | LAP 4 | LAP 1 | LAP 2 | LAP3 | LAP 4 | LAP 1 | LAP 2 | LAP3 | LAP 4 | Total | Distance | AVG | NaN |
| NaN | 510 | 1020 | 1530 | 2040 | 510 | 1020 | 1530 | 2040 | 510 | 1020 | 1530 | 2040 | 510 | 1020 | 1530 | 2040 | NaN | NaN | NaN | NaN |
| Nicole Taylor | 00:01:58 | 00:03:57 | 00:05:53 | 00:07:52 | 00:01:52 | 00:03:49 | 00:05:48 | 00:07:48 | 00:01:54 | 00:03:53 | 00:05:52 | 00:07:54 | 00:01:57 | 00:03:57 | 00:05:57 | 00:07:58 | 00:31:32 | 8160 | 00:07:53 | Classic Nicole session. Tight calves from Thursday's track session, but ticked the session off well. All okay and looking strong. |
| Phoebe Barker | 00:01:59 | 00:03:59 | 00:05:58 | 00:07:59 | 00:01:54 | 00:03:54 | 00:05:57 | 00:08:00 | 00:01:57 | 00:04:00 | 00:06:04 | 00:08:09 | 00:02:00 | 00:04:04 | 00:06:11 | 00:08:15 | 00:32:23 | 8160 | 00:08:05.750000 | Very solid session and good to see handling long rep sessions well once again. A little fatigued from Thursdays 400s but work rate and attitude was there. |
| Alice Wood | 00:02:11 | 00:04:22 | 00:06:34 | 00:08:48 | 00:02:04 | 00:04:16 | 00:06:29 | 00:08:44 | 00:02:04 | 00:04:16 | 00:06:32 | 00:08:45 | 00:02:03 | 00:04:09 | NaN | NaN | 00:30:26 | 7140 | 00:08:45.667000 | Very consistent and much better after a particularly mentally demanding couple of weeks. Moving well and looking strong. |
| Harriet Woolley | 00:02:12 | 00:04:27 | 00:06:43 | 00:09:02 | 00:02:06 | 00:04:25 | 00:06:41 | 00:09:06 | 00:02:14 | 00:04:36 | 00:07:02 | 00:09:27 | 00:02:13 | 00:04:33 | NaN | NaN | 00:32:08 | 7140 | 00:09:11.667000 | Feeling the effects of a solid training week and legs unresponsive, but stuck at it positively. |
| Jacqui O'Reilly | 00:02:25 | 00:04:52 | 00:07:21 | NaN | 00:02:24 | 00:04:53 | 00:07:22 | NaN | 00:02:24 | 00:04:54 | 00:07:22 | NaN | 00:02:25 | 00:04:50 | NaN | NaN | 00:26:55 | 5610 | 00:07:21.667000 | Very constant and handled session well. Confidence growing. Good energy, but a little tired from being a mum! In spikes but too short for the conditions. |
| Kathleen Faes | 00:02:23 | 00:04:52 | 00:07:22 | NaN | 00:02:23 | 00:04:55 | 00:07:24 | NaN | 00:02:25 | 00:05:01 | 00:07:33 | NaN | 00:02:29 | 00:04:57 | NaN | NaN | 00:27:16 | 5610 | 00:07:26.333000 | Solid and committed. Fitness improving and handled the longer efforts well. |