

VO2 Max Workout 4/6/17 During Spring Break

	1000	800	700	600	500	400
Group 1 Goal	3:32	2:50	2:29	2:08	1:42	85
Jacob Abate	3:32	2:43	2:24	2:01	1:37	77
Angelo Pipitone	3:32	2:47	2:24	2:04	1:38	-
Group 2 Goal	3:40	2:55	2:35	2:10	1:46	79
Ryan Olivier	3:37	2:51	2:28	2:07	1:38	74
Zach Gallo	3:37	2:54	2:34	2:16	1:49	87
Joe Simbeni	4:03	3:09	2:47	-	-	-
Group 3 Goal	3:59	3:15	2:49	2:26	1:57	87
Josh Giles	4:05	3:09	2:44	2:23	1:51	79
Jeremiah Davidson	4:54	3:25	2:47	2:47	-	-
Group 4 Goal	4:22	3:30	3:05	2:40	2:15	1:50
Emily Suchoski	4:14	3:17	2:50	2:29	2:00	1:31
Veronica Poker	4:26	3:26	3:00	2:37	2:06	1:35
Daniel Spear	4:47	3:49	3:33	3:16	-	-