Workout of TEN bridge repeats. The workout is to run up the Touhy avenue bridge overpass (roughly a 3-4% grade hill) for a distance of 150 meters. REST 3 minutes between each one. The rest time INCLUDES the walk down back to the start! Try to keep all hill repeats about the same pace. START THE FIRST ONE A LITTLE SLOWER so you can see how close you are to your target.

name	Last name	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10
esia	Henry										
rcuri	Sofia	1									
Arcuri	Luisa	1									
Arcuri	Gino										
Berlinghof	Gus										
imer	Ariel										
Kisor	Emmet										
Cotler	Mia										
ofstrom-Austin	Kate										
Nayer	Max										
<b>/</b> IcCabe	Nora										
<b>McN</b> amara	Brennan										
Muller	Robbie										
Pim	Penny										
Quinley	Blake										
Stecky	Emily										
Varol	Daniel										

Workout of TEN bridge repeats. The workout is to run up the Touhy avenue bridge overpass (roughly a 3-4% grade hill) for a distance of 150 meters. REST 3 minutes between each one. The rest time INCLUDES the walk down back to the start! Try to keep all hill repeats about the same pace. START THE FIRST ONE A LITTLE SLOWER so you can see how close you are to your target.

First name	Last name	] [	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10
Anderson	Kellan	J L										
Cantillon	Nate	J∟										
Castillo,	Chloe											
Connelly,	Tess	7 [										
Connolly,	Marygrace	7 [										
Divane,	Moira	7										
Hack,	Nora	7										
Herbert,	Christina	11										
Kelley,	Phina	7										
Mackie,	Jamieson	7										
Maher,	Avery	1										
Ocampo,	Alyssa	1										
Quinn,	Annie	1										
Serafin,	Will	1										
Stanton,	Jack	1										
VonBraunsberg,	Tommy	11										
				ı							ı	
Abbasi	Elise	7 [										
Briody	Nora	7 [										
Conte	Santino	] [										
Cronin	Megan	J [										
Dargis	Brigitta	J [										
Fabianski	Judith	J L										
Faddis	Michael	] [										
Gaffey	Michael	┧┟										
Gundlach	Wes	] [										
McKinney	Colin	┧┟										
Tolentino	Ellie	」 L										

Workout of TEN bridge repeats. The workout is to run up the Touhy avenue bridge overpass (roughly a 3-4% grade hill) for a distance of 150 meters. REST 3 minutes between each one. The rest time INCLUDES the walk down back to the start! Try to keep all hill repeats about the same pace. START THE FIRST ONE A LITTLE SLOWER so you can see how close you are to your target.

First name	Last name	;	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	TARGET
Burm	Michaela				Ι	Ι	l	Ι	l	l			34
Glunz	Will												33
Huening	Ryan												41
Koehn,	Ciaran												35
Mackie	Marycait												33
Majewski	Charles												33
Nugent	Connolly												33
O'Donnell	Ronan												34
Pikarki	William												38
San Roman	Emilie												33
Stumm	Joseph												33
Abb:	e:	. —							1				
Abbasi	Simone	<u> </u>											27
Blanchard	Danny	<u> </u>											36
Braasch	Tommy												33
Convery	Sean												29
Gavric	Amelia	<u> </u>											36
Gundlach	Ellen												31
Keane	Joseph												31
Mackin	Courtney												37
Mesch	Mia												35
Esquivel,	Ricardo	. —											20
		<del> </del>											36
Fowler	Jack												32
Glunz	Tyler												36
Graham	James												32
Huening	Abby												33
Klatt	Xavier												27
Longo	Shannon												34
Mackie	Morgan												28
Majewski	Madeline												30
Newton	Liam												27
O'Donnell	Owen												28
O'Donnell	Quinn												28
O'Hearn	Jack												29
Palmerio	Isabella												29
San Roman	Kathryn												27
Toledo	Anthony												29
Toomey	Ryan												
Uremovic	Kristian												30
Woodward	Lauren												30