



# The Bulldog Bark

The Voice of Alhambra Cross Country

"The bright flame of pure running desire burns incandescently in our souls"



Wednesday, July 28, 2021

## 1600 Repeats

As the end of summer running draws near, and we come up upon the start of the official season, we find ourselves in the assessment mode.

This means it is time to see just what has happened in the past weeks of summer running, and just how much we are in shape, and what shape that might be.

The 5 x 1600 workout is a classic tool for determining just where an athlete is. Coaches can figure out who has done the distance runs, and how well. It is also good for seeing who has talent at either sprints or endurance or both. And it is excellent in pointing out what sort of workouts we need to do now to work our way into the season and get ready for competitions.

### So how do we stack up?

It is entirely too early to really say or sure. With a very small number of runners making the summer runs consistently, we have seen very good progress with those runners. Given that, we know that we can do very well with our top athletes as we go forward.

### The Challenge

Now the task is to develop the whole team from the ranks of our other runners. We do know that Alhambra is a traditionally small program, but we are taking steps to attract more runners. And with the start of the official season coming soon, and the start of classes, who knows what runners will show up and what they will bring to the team?

## 7/27/2021 1600 repeats

Tyler Allan	80	82	87	83	5:32
	79	82	85	83	5:31
	77	83	84	86	5:30
	78	85	86	85	5:31
	77	83	86	78	5:24

Nolin Searls	84	91	90	85	5:50
	87	90	92	84	5:53
	88	87	92	84	5:51
	89	87	91	85	5:52
	83	84	90	83	5:41

Vince Montegrando	87	92	93	89	6:01
	87	91	94	91	6:03
	88	89	95	86	5:54
	90	91	95	93	6:09
	83	90	91	81	5:45

Renae Searls	89	92	93	89	6:03
	89	93	97	89	6:08
	92	101	99	90	6:22
	94	96	96	91	6:17
	93	99	103	89	6:24

Sam DiBetta	87	98	107	109	6:41
	96	108	112	116	7:12
(800)	88	96			3:04
(800)	89	97			3:06
(800)	84	101			3:05

Alexia Hisquierdo	95	105	108	106	6:54
	99	109	103	100	6:51
	101	105	111	104	7:01
	102	108	106	99	6:55

Ethan Muth	91	103	110	103	6:47
	95	102	109	101	6:47
	97	107	111	98	6:53
	95	107	109	103	6:52

Kaelyn Nguyen	92	104	113	111	7:00
	95	103	111	112	7:01
	98	113	121	115	7:27
	95	108	112	108	7:03

Kylee Phillips	97	115	121	118	7:30
(800)	93	92			3:05
(800)	99	99			3:18
(800)	94	105			3:19