

Magic Mile 1 (5 Week Programme Results)				
	Mile Time Before	Mile Time After	Improvement	
<i>Name</i>	<i>16.1.19</i>	<i>27.2.19</i>	<i>%</i>	<i>Seconds</i>
Amy McCormack	0:07:24	00:07:35	#	#
Annabel Sanders	0:06:17	00:06:13	0.00%	00:00:04
Annette Wadsworth	0:08:58	00:08:15	-0.05%	00:00:43
Daisy Yabsley	0:06:02	00:05:57	-0.01%	00:00:05
Ella Patmore	0:06:12	00:06:12	0.00%	00:00:00
Felix Moorhouse	0:06:47	00:06:26	-0.02%	00:00:21
Isabelle Patmore	0:07:54	00:07:26	-0.03%	00:00:28
Jo Down	0:09:04	00:08:32	-0.04%	00:00:32
Kaitlin Baitson	0:07:19	00:06:57	-0.03%	00:00:22
Kobi Burchmore	0:06:54	00:07:07	#	#
Max O'Neil	0:06:53	00:06:31	-0.03%	00:00:22
Oliver Eady	0:05:35	00:05:15	-0.02%	00:00:20
Olivia Axford	0:08:56	00:07:53	-0.07%	00:01:03
Rob Thompson	0:06:05	00:05:48	-0.02%	00:00:17
AVERAGE	0:07:10	0:06:52	-0.03%	00:00:23

85% of participants improved their time
The average improvement was 23 seconds
The maximum improvement was 43 seconds
The group are an average 3% faster after 5 week programme