

Week 5

March 23rd - 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DeFoe, Josh	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Dale, Kieran	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Halverson, Cade	5 miles	1 up/down 3 x 5 min runs	5 miles	1 up/down (6x30 sec runs) 1 min rest	5 miles	7 miles	Off Day
Jackson, Finn	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Johnson, Taylor	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Litzinger, Conner	4 miles	1 up/down 3 x 5 min runs	4 miles	1 up/down (6x30 sec runs) 1 min rest	4 miles	6 miles	Off Day
Lorenz, Cael	6 miles	1 up/down 3 x 5 min runs	6 miles	1 up/down (6x30 sec runs) 1 min rest	6 miles	8 miles	Off Day
Lunski, Edison	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Meyer, Ryan	4 miles	1 up/down 3 x 5 min runs	4 miles	1 up/down (6x30 sec runs) 1 min rest	4 miles	6 miles	Off Day
Mutzenberger, Wyatt	4 miles	1 up/down 3 x 5 min runs	4 miles	1 up/down (6x30 sec runs) 1 min rest	4 miles	6 miles	Off Day
Puckett, Alejandro	4 miles	1 up/down 3 x 5 min runs	4 miles	1 up/down (6x30 sec runs) 1 min rest	4 miles	6 miles	Off Day
Reed, Cayden	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Roehl, Quinn	5 miles	1 up/down 3 x 5 min runs	5 miles	1 up/down (6x30 sec runs) 1 min rest	5 miles	7 miles	Off Day
Sande, Curtis	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Stevens, Lane	5 miles	1 up/down 3 x 5 min runs	5 miles	1 up/down (6x30 sec runs) 1 min rest	5 miles	7 miles	Off Day
Sum, Emmett	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Veras, Nick	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day
Vasichek, Tucker	5 miles	1 up/down 3 x 5 min runs	5 miles	1 up/down (6x30 sec runs) 1 min rest	5 miles	7 miles	Off Day
Westereng, Torrey	3 miles	1 up/down 3 x 5 min runs	3 miles	1 up/down (6x30 sec runs) 1 min rest	3 miles	4 miles	Off Day