

**Week 2**

**March 6 - March 12**

	7:30 UND	6 x 30m spirnts		7:30 UND		10 Am GFC	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Becker-Janes, Teagan	1 up/down 4x300	2 miles	2 miles	1 up/down Little Greyhound	2 miles	3 miles	off day
Berry, Jack	1 up/down 2x(4x300)	3 miles	3 miles	1 up/down Little or big? Greyhound	3 miles	4 miles	off day
Boaz, Layton	1 up/down 2x(4x300)	3 miles	3 miles	1 up/down Little or big? Greyhound	3 miles	4 miles	off day
Carlsen, Caleb	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little Greyhound	2 miles	3 miles	off day
Diederich, Preston	1 up/down 2x(4x300)	3 miles	3 miles	1 up/down Little or big? Greyhound	3 miles	4 miles	off day
Fiala, Aidan	1 up/down 2x(4x300)	3 miles	3 miles	1 up/down Little or big? Greyhound	3 miles	4 miles	off day
Hurst, Tyler	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little Greyhound	2 miles	3 miles	off day
Jackson, Finn	Inj	Inj	Inj	Inj	Inj	Inj	off day
Kleven, Joe	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little Greyhound	2 miles	3 miles	off day
Layton, Boaz	1 up/down 2x(4x300)	3 miles	3 miles	1 up/down Little or big? Greyhound	3 miles	4 miles	off day
Pecka, Jaxon	1 up/down 2x(4x300)	3 miles	2 miles	1 up/down Little or big? Greyhound	3 miles	3 miles	off day
Reed, Cayden	1 up/down 2x(4x300)	3 miles	3 miles	1 up/down 4 x 600's	3 miles	4 miles	off day
Roehl, Quinn	1/2 up/down 10 x 1 min runs	7 miles	7 miles	1 up/down 2x (3 x 600)	7 miles	12 miles	off day
Salberg, Steven	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little or big? Greyhound	2 miles	3 miles	off day
Sande, Curtis	1 up/down 8 x 1 min runs	3 miles	3 miles	1 up/down 4 x 600's	3 miles	4 miles	off day
Schwan, Cody	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little Greyhound	2 miles	3 miles	off day
Schwan, Jaden	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little Greyhound	2 miles	3 miles	off day
Strege, Kylen	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little or big? Greyhound	2 miles	3 miles	off day
Sum, Theo	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little or big? Greyhound	2 miles	3 miles	off day
Vanyo, Tyson	1 up/down 2x(4x300)	2 miles	2 miles	1 up/down Little Greyhound	2 miles	3 miles	off day