

**Week 3**

**March 13 - March 19**

	4 pm UND	Long Run	6 x 30m Sprints	4 pm UND		10 Am GFC	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Becker-Janes, Teagan	1 up/down Ladder	2 miles	2 miles	1 up/down 800 Workout	2 miles	Cobber Invite	off day
Berry, Jack	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Boaz, Layton	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Bruce, Brooklyn	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Carlsen, Caleb	1 up/down Ladder	3 miles	2 miles	1 up/down 800 Workout	2 miles	Cobber Invite	off day
Diederich, Preston	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Fiala, Aidan	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Jackson, Finn	Inj	Inj	Inj	Inj	Inj	Inj	off day
Kleven, Joe	1 up/down Ladder	3 miles	2 miles	1 up/down 800 Workout	2 miles	Cobber Invite	off day
Layton, Boaz	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Pecka, Jaxon	1 up/down Ladder	3 miles	2 or 3 miles	1 up/down 800 Workout	2 miles	Cobber Invite	off day
Reed, Cayden	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Roehl, Quinn	2 up, 1 down - 1000s?	10 miles	6 miles	1 up/down TBA	6 miles	Cobber Invite	6 miles
Salberg, Steven	1 up/down Ladder	3 miles	2 miles	1 up/down 800 Workout	2 miles	Cobber Invite	off day
Sande, Curtis	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Schwan, Cody	gone						
Schwan, Jaden	gone						
Sum, Theo	1 up/down Ladder	4 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day
Vanyo, Tyson	1 up/down Ladder	3 miles	3 miles	1 up/down 800 Workout	3 miles	Cobber Invite	off day