

Week 4

March 20 - March 26

	7:30 pm UND - Speed	Long Run	6 x 30m Sprints	7:30 pm UND - Speed	NDSU	UND	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Berry, Jack	1 up/down 1600 speed	5 miles	4 miles	1 up/down 800 Workout	4 miles	UND	off day
Boaz, Layton	1 up/down 1600 speed	5 miles	4 miles	1 up/down 800 Workout	4 miles	UND	off day
Bruce, Brooklan	1 up/down 1600 speed	3 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Carlsen, Caleb	Hurdles - Sprinter Speed	3 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Diederich, Preston	1 up/down 1600 speed	5 miles	800 Speed	4 miles	NDSU	4 miles	off day
Fiala, Aidan	1 up/down 1600 speed	5 miles	4 miles	1 up/down 800 Workout	4 miles	UND	off day
Jackson, Finn	Inj	Inj	Inj	Inj	Inj	Inj	off day
Kleven, Joe	1 up/down 1600 speed	4 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Pecka, Jaxon	1 up/down Sprinter Speed	4 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Ramon, Dante	1 up/down Sprinter Speed	4 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Reed, Cayden	1 up/down 1600 speed	5 miles	800 Speed	4 miles	NDSU	UND	off day
Roehl, Quinn	1 up/down 1600 speed	10 miles	6 miles	1 up/down 800 Workout	Gone	Gone	6 miles
Salberg, Steven	1 up/down 1600 speed	4 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Salier, Kaden	1 up/down 1600 speed	3 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Sande, Curtis	1 up/down 1600 speed	4 miles	800 Speed	4 miles	NDSU	4 miles	off day
Schwan, Cody	Sprinter Speed	3 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Schwan, Jaden	Sprinter Speed	3 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Sum, Theo	Sprinter Speed	3 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Vanyo, Tyson	1 up/down 1600 speed	4 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day
Woods, Austin	Sprinter Speed	3 miles	3 miles	1 up/down 800 Workout	3 miles	UND	off day