

Week 7

April 10 - 16th

	7:30 pm UND - Speed	Long Run	6 x 30m Sprints	Speed, Cushman??		Minot	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Berry, Jack	1 up/down 1600/800 speed	6 miles	4 miles	1 up/down Pace Maker	4 miles	Minot	4 miles
Boaz, Layton	1 up/down 1600/800 speed	6 miles	4 miles	1 up/down Pace Maker	4 miles	Detention	off day
Bruce, Brooklan	1 up/down 1600/800 speed	4 miles	3 miles	1 up/down Pace Maker	3 miles	Minot	off day
Carlsen, Caleb	Hurdles - 400m Speed	4 miles	3 miles	Hurdles - 400m Speed	3 miles	Minot	off day
Diederich, Preston	1 up/down 1600/800 speed	6 miles	4 miles	1 up/down Pace Maker	4 miles	Minot	4 miles
Fiala, Aidan	1 up/down 1600/800 speed	7 miles	5 miles	1 up/down Pace Maker	5 miles	Minot	5 miles
Kleven, Joe	1 up/down 1600/800 speed	4 miles	3 miles	1 up/down Pace Maker	3 miles	Minot	off day
Pecka, Jaxon	1 up/down 800m Speed	4 miles	3 miles	1 up/down Pace Maker	3 miles	Minot	off day
Ramon, Dante	1 up/down 800m Speed	4 miles	3 miles	1 up/down Pace Maker	3 miles	Minot	off day
Reed, Cayden	1 up/down 1600/800 speed	6 miles	4 miles	1 up/down Pace Maker	4 miles	Minot	4 miles
Roehl, Quinn	1 up/down 1600/800 speed	10 miles	6 miles	1 up/down Pace Maker	5 miles	Minot	6 miles
Salberg, Steven	1 up/down 1600/800 speed	5 miles	4 miles	1 up/down Pace Maker	4 miles	Minot	off day
Salier, Kaden	1 up/down 1600/800 speed	4 miles	3 miles	1 up/down Pace Maker	3 miles	Minot	off day
Sande, Curtis	1 up/down 800m Speed	Bike	2 miles	1 up/down Pace Maker	2 miles	Minot	off day
Schwan, Cody	1 up/down 800m Speed	4 miles	3 miles	1 up/down Pace Maker	3 miles	Minot	off day
Schwan, Jaden	1 up/down 800m Speed	4 miles	3 miles	1 up/down Pace Maker	3 miles	Minot	off day
Sum, Theo	sick	sick	sick	sick	sick	3 miles	off day
Vanyo, Tyson	1 up/down 800m Speed	4 miles	3 miles	1 up/down Pace Maker	3 miles	Minot	off day