

Week 5

March 23rd - 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Berry, Ellen	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
Berry, Nora	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
Burnelle, Lillian	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
Hyde, Coral	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
Hynek, Claire	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
Kindseth, Aria	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
Kindseth, Silje	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
Roehl, Sophia	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
Stern, Katelyn	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
Weiss, Mikayla	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