

Week 8		Oct 2 -Oct 8		Run in your training Groups!!				
		Long Run		Speed		Speed		
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Benware, Owen		3 miles	3 miles	5 min up/down 4 x 1000	3 miles	1 up/down 2 x 3,2,1 min	3 miles	off day
Berry, Jack		8 miles -Sunday	5 miles	Run to Lincoln 4 x 1000	5 miles	1 up/down 2 x 3,2,1 min	5 miles	5 miles
Boaz, Layton		6 miles	4 miles	Run to Lincoln 4 x 1000	4 miles	1 up/down 2 x 3,2,1 min	4 miles	4 miles
Borboa, Levi		5 miles	5 miles	5 min up/down 4 x 1000	5 miles	1 up/down 2 x 3,2,1 min	5 miles	off day
Diederich, Preston		9 miles	6 miles	Run to Lincoln 4 x 1000	6 miles	1 up/down 2 x 3,2,1 min	6 miles	6 miles
Fiala, Aidan		10 miles -Sunday	6 miles	Run to Lincoln 4 x 1000	6 miles	1 up/down 2 x 3,2,1 min	6 miles	6 miles
Halvorson, Jaded		7 miles - Sunday	5 miles	Run to Lincoln 4 x 1000	5 miles	1 up/down 2 x 3,2,1 min	5 miles	5 miles
Hogberg,Ethan		3 miles	3 miles	5 min up/down 4 x 1000	3 miles	1 up/down 2 x 3,2,1 min	3 miles	off day
Hoverson, Hunter		7 miles	5 miles	Run to Lincoln 4 x 1000	5 miles	1 up/down 2 x 3,2,1 min	5 miles	5 miles
Hulley, James		7 miles	5 miles	Run to Lincoln 4 x 1000	5 miles	1 up/down 2 x 3,2,1 min	5 miles	5 miles
Humble, Patrick		4 miles	4 miles	5 min up/down 4 x 1000	4 miles	1 up/down 2 x 3,2,1 min	4 miles	off day
Johnson, Tristyn		4 miles	4 miles	5 min up/down 4 x 1000	4 miles	1 up/down 2 x 3,2,1 min	4 miles	off day
Kleven, Joseph - Soccer		7 miles	4 miles	1 up/down 4 x 1000	4 miles	1 up/down 2 x 3,2,1 min	4 miles	4 miles
Kniert, Caius - Knee								
Kowalczik, Sklyer		2 miies	2 miles	5 min up/down 4 x 1000	2 miles	1 up/down 2 x 3,2,1 min	2 miles	off day
Martin, Grant		10 miles	6 miles	Run to Lincoln 4 x 1000	6 miles	1 up/down 2 x 3,2,1 min	6 miles	6 miles
McLaren, Derek		6 miles	4 miles	Run to Lincoln 4 x 1000	4 miles	1 up/down 2 x 3,2,1 min	4 miles	4 miles
Newborg, Lucas - Ankle		4 miles	4 miles	5 min up/down 4 x 1000	4 miles	1 up/down 2 x 3,2,1 min	4 miles	off day
Osborn, Nate		3 miles	3 miles	5 min up/down 4 x 1000	3 miles	1 up/down 2 x 3,2,1 min	3 miles	off day
Sailer, Kaden		7 miles	5 miles	Run to Lincoln 4 x 1000	5 miles	1 up/down 2 x 3,2,1 min	5 miles	5 miles
Salberg, Bradley		4 miles - Sunday	3 miles	5 min up/down 4 x 1000	3 miles	1 up/down 2 x 3,2,1 min	3 miles	off day

Oct 2 -Oct 8

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sande, Curtis	7 miles	4 miles	Run to Lincoln 4 x 1000	4 miles	1 up/down 2 x 3,2,1 min	4 miles	4 miles
Schill, Michael	3 miles	3 miles	5 min up/down 4 x 1000	3 miles	1 up/down 2 x 3,2,1 min	3 miles	3 miles
Schwan, Cody - shins	3 miles	3 miles	5 min up/down 4 x 1000	3 miles	1 up/down 2 x 3,2,1 min	3 miles	off day
Schwan, Jaden - Shins	4 miles	4 miles	5 min up/down 4 x 1000	4 miles	1 up/down 2 x 3,2,1 min	4 miles	off day
Steele, Lincoln	7 miles	5 miles	Run to Lincoln 4 x 1000	5 miles	1 up/down 2 x 3,2,1 min	5 miles	5 miles
Suedel, Danny - Shins	3 miles	3 miles	5 min up/down 4 x 1000	3 miles	1 up/down 2 x 3,2,1 min	3 miles	off day
Waddle, Ethan - Soccer	3 miles	3 miles	5 min up/down 4 x 1000	3 miles	1 up/down 2 x 3,2,1 min	3 miles	3 miles