

Week 9		Oct 9 - Oct 15th		Run in your training Groups!!				
	Long Run	Speed		Speed		Saturday		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Benware, Owen</b>	3 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	2 miles	EDC	off day	
<b>Berry, Jack</b>	8 miles	Varsity Speed - 5 miles	5 miles	1 up/down 4x400, 2x300 - 5 miles	3 miles	EDC	off day	
<b>Boaz, Layton</b>	6 miles	Varsity Speed - 4 miles	4 miles	1 up/down 4x400, 2x300 - 4 miles	3 miles	EDC	off day	
<b>Borboa, Levi</b>	4 miles	1 up/down 2x(3x400)	4 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Cornell, Connor</b>	2 miles	1 up/down 2x(3x400)	2 miles	1 up/down 4x400, 2x300	2 miles	EDC	off day	
<b>Diederich, Preston</b>	8 miles	Varsity Speed - 5 miles	5 miles	1 up/down 4x400, 2x300 - 5 miles	3 miles	EDC	off day	
<b>Fiala, Aidan</b>	8 miles	Varsity Speed - 6 miles	6 miles	1 up/down 4x400, 2x300 - 6 miles	3 miles	EDC	off day	
<b>Halvorson, Jaded</b>	6 miles	Varsity Speed - 5 miles	4 miles	1 up/down 4x400, 2x300 - 4 miles	3 miles	EDC	off day	
<b>Hogberg, Ethan</b>	3 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Hoverson, Hunter</b>	7 miles	1 up/down 2x(3x400)	5 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Hulley, James</b>	5 miles	Varsity Speed - 5 miles	5 miles	1 up/down 4x400, 2x300 - 4 miles	3 miles	EDC	off day	
<b>Humble, Patrick - Shins</b>	Bike	1 up/down 2x(3x400)	Bike	1 up/down 4x400, 2x300	2 miles	EDC	off day	
<b>Johnson, Tristyn</b>	4 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Kleven, Joseph - Soccer</b>	7 miles	4 miles	4 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Kniert, Caius - Knee</b>	2 miles	1 up/down 2x(3x400)	2 miles	1 up/down 4x400, 2x300	2 miles	EDC	off day	
<b>Kowalczik, Sklyer</b>	2 miles	2 miles	2 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Martin, Grant</b>	8 miles	Varsity Speed - 6 miles	6 miles	1 up/down 4x400, 2x300 - 6 miles	3 miles	EDC	off day	
<b>McLaren, Derek</b>	6 miles	Varsity Speed - 4 miles	4 miles	1 up/down 4x400, 2x300 - 4 miles	3 miles	EDC	off day	
<b>Newborg, Lucas</b>	4 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Osborn, Nate</b>	3 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Sailer, Kaden</b>	6 miles	Varsity Speed - 4 miles	4 miles	1 up/down 4x400, 2x300 - 4 miles	3 miles	EDC	off day	
<b>Salberg, Bradley</b>	4 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Sande, Curtis</b>	6 miles	Varsity Speed - 4 miles	4 miles	1 up/down 4x400, 2x300 - 4 miles	3 miles	EDC	off day	

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	Long Run		Speed		Speed		Saturday	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Schill, Michael</b>	3 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Schwan, Cody - shins</b>	Bike	1 up/down 2x(3x400)	Bike	1 up/down 4x400, 2x300	2 miles	EDC	off day	
<b>Schwan, Jaden</b>	4 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Steele, Lincoln</b>	6 miles	Varsity Speed - 4 miles	4 miles	1 up/down 4x400, 2x300 - 4 miles	3 miles	EDC	off day	
<b>Suedel, Danny</b>	3 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	
<b>Waddle, Ethan - Soccer</b>	3 miles	1 up/down 2x(3x400)	3 miles	1 up/down 4x400, 2x300	3 miles	EDC	off day	