Week 1	Feb 26- March 1			nights TF Distance			
		Testing	Testing	Tempo Run		10:00 AM	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alshami, Zach	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Benware, Owen	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Berry, Jack	ex	ex	2 miles	Tempo Run	2 miles	2 miles	Off Day
Boaz, Layton	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Diederich, Preston	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Fiala, Aidan	4 miles	4 miles	4 miles	Tempo Run	4 miles	4 miles	Off Day
Hoverson, Hunter	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Hulley, James	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Johnson, Tristyn	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Kleven, Joseph	3 miles	3 miles	3 miles	Tempo Run	3 miles	3 miles	Off Day
Kniert, Caius	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Monroe, Jack	3 miles	3 miles	3 miles	Tempo Run	3 miles	3 miles	Off Day
Osborn, Nate	3 miles	3 miles	3 miles	Tempo Run	3 miles	3 miles	Off Day
Sailer, Kaden	3 miles	3 miles	3 miles	Tempo Run	3 miles	3 miles	Off Day
Sande, Curtis	4 miles	4 miles	4 miles	Tempo Run	4 miles	4 miles	Off Day
Schill, Michael	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Off Day
Schwan, Cody	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Steele, Lincoln	Swimming	Swimming	Swimming	3 miles	3 miles	3 miles	Off Day
Sum, Theo	3 miles	3 miles	3 miles	Tempo Run	3 miles	3 miles	Off Day
Vanyo, Tyson	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day
Weber, Lucas	2 miles	2 miles	2 miles	Tempo Run	2 miles	2 miles	Off Day