| Week 1 | Feb 26- March 1 |  | Knights TF Distance |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Testing |  | Testing | Tempo Run | 10:00 AM |  |  |
|  | Monday | Tuesday | Wednesday |  | 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 |
|  |  |  |  |  |  |  |  |

