Knights TF Distance

Week 2 March 4 - March 10

	Week 1	Season	FPAC	FPAC - Speed		FPAC - Speed		10:00 AM	
	Miles	**Total**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Benware, Owen	**4**	**4**	2 miles	1 up/down 4x300	2 miles	1 up/down 2 x (4x200)	2 miles	2 miles	Off Day
Berry, Jack - Trip	**6**	**6**	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	Off Day
Diederich, Preston	**6**	**6**	3 miles	1up/down 2 x (4x300)	3 miles	1 up/down 2 x (4x200)	3 miles	3 miles	Off Day
Fiala, Aidan	**20**	**20**	5 miles	1up/down 2 x (4x300)	5 miles	1 up/down 2 x (4x200)	5 miles	7 miles	5 mile
Hoverson, Hunter	**0**	**0**	2 miles	1 up/down 4x300	2 miles	1 up/down 2 x (4x200)	2 miles	3 miles	Off Day
Hulley, James	**4**	**4**	hockey	1 up/down 4x300	2 miles	1 up/down 2 x (4x200)	Hockey	Hockey	Off Day
Johnson, Tristyn	**0**	**0**					Hockey	Hockey	Off Day
Kleven, Joseph	**6**	**6**	2 miles	1 up/down 4x300	2 miles	1 up/down 2 x (4x200)	2 miles	Hockey	Off Day
Kniert, Caius	**0**	**0**	2 miles	1 up/down 4x300	2 miles	1 up/down 2 x (4x200)	2 miles	2 miles	Off Day
Monroe, Jack	**14.5**	**14.5**	3 miles	1up/down 2 x (4x300)	2 miles	1 up/down 2 x (4x200)	3 miles	4 miles	3 miles
Osborn, Nate	**6?**	**6?**	3 miles	1 up/down 4x300	3 miles	1 up/down 2 x (4x200)	3 miles	4 miles	Off Day
Sailer, Kaden	**4**	**4**	hockey	1up/down 2 x (4x300)	2 miles	1 up/down 2 x (4x200)	2 miles	Hockey	Off Day
Sande, Curtis	**17**	**17**	4 miles	1up/down 2 x (4x300)	2 miles	1 up/down 2 x (4x200)	4 miles	4 miles	Off Day
Schill, Michael	**0**	**0**	Swimming						
Schwan, Cody	**4**	**4**	2 miles	1 up/down 4x300	2 miles	1 up/down 2 x (4x200)	2 miles	Hockey	Off Day
Steele, Lincoln	**6.5**	**6.5**	3 miles	1up/down 2 x (4x300)	2 miles	1 up/down 2 x (4x200)	3 miles	4 miles	3 miles
Sum, Theo	**11**	**11**	3 miles	1up/down 2 x (4x300)	2 miles	1 up/down 2 x (4x200)	3 miles	4 miles	3 miles
Vanyo, Tyson	**0**	**0**	2 miles	1 up/down 4x300	2 miles	1 up/down 2 x (4x200)	2 miles	2 miles	2 miles
Weber, Lucas	**10.5**	**10.5**	3 miles	1up/down 2 x (4x300)	2 miles	1 up/down 2 x (4x200)	3 miles	4 miles	Off Day