

Week 3		March 11 - 17			Knights TF Distance				
	Week 1	Season	FPAC- speed	Long Run - Coa		FPAC - Speed	Fighting Hawk		
	Miles	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Benware, Owen	15	19	1 up/down Ladder	4 miles	3miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Berry, Jack	8	14	1 up/down Ladder	4 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Diederich, Preston	19	25	1 up/down Ladder	4 miles	4 miles	1 up/down 2x(3x300) 2x(3x200)	4 miles	Fighting Hawk	Off Day
Fiala, Aidan	32	52	1 up/down Ladder	8 miles	5 miles	1 up/down 2x(3x300) 2x(3x200)	5 miles	Fighting Hawk	Off Day
Hulley, James	7	11	1 up/down Ladder	4 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Johnson, Tristyn	0	0							Off Day
Kleven, Joseph	11	17	gone	gone	3 miles	1 up/down 2x(3x300) 2x(3x200)	2 miles	Fighting Hawk	Off Day
Kniert, Caius	0	0	2 miles	2 miles	2 miles	1 up/down 2x(3x300) 2x(3x200)	2 miles	Work Meet	Off Day
Monroe, Jack	19	33.5	1 up/down Ladder	4 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Osborn, Nate	15	21	1 up/down Ladder	3 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Sailer, Kaden	10	14	1 up/down Ladder	3 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Sande, Curtis	12	29			3 miles	1 up/down 2x(3x300) 2x(3x200)		Fighting Hawk	Off Day
Schill, Michael	0	0	Swimming						
Schwan, Cody	6	10	1 up/down Ladder	3 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Steele, Lincoln	19	25.5	1 up/down Ladder	4 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Sum, Theo - Vac	19	30	2	2	2	2	2	Work Meet	Off Day
Vanyo, Tyson	7	7	1 up/down Ladder	3 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day
Uhlir, Ty	4	4	1 up/down Ladder	2 miles	2 miles	1 up/down 2x(3x300) 2x(3x200)	2 miles	Fighting Hawk	Off Day
Weber, Lucas	11	21.5	1 up/down Ladder	3 miles	3 miles	1 up/down 2x(3x300) 2x(3x200)	3 miles	Fighting Hawk	Off Day