

Week 4	March 18 - 24									week 4 Total
	Week 3	Season	FPAC- speed	Long Run	Speed -S	Speed - JV	State Indoor	UND		
	Miles	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Benware, Owen	20	39	1 up/down 600/200	4 miles	3miles	1 up/down 2x(3x600), 6x200	3 miles	UND	Off Day	22
Berry, Jack	20	34	1 up/down 600/200	6 miles	4 miles	1 up/down 2x(3x600), 6x200	4 miles	UND	4 miles	30
Bruce, Brooklan	15	15	1 up/down 600/200	3 miles	1 up/down 2x(3x600), 6x200	3 miles	State Indoor	3 miles	Off Day	21
Diederich, Preston	24	49	1 up/down 600/200	4 miles	1 up/down 2x(3x600), 6x200	4 miles	State Indoor	6 miles	4 miles	30
Fiala, Aidan	28	80	1 up/down 600/200	9 miles	6 miles	1 up/down 2x(3x600), 6x200	6 miles	6 miles	6 miles	45
Halvorson Jaded	0	0	1 up/down 600/200	3 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	Off Day	18
Hulley, James	16	27	1 up/down 600/200	4 miles	4 miles	1 up/down 2x(3x600), 6x200	4 miles	UND	4 miles	28
Kleven, Joseph	12	29	1 up/down 600/200	3 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	3 miles	21
Kniert, Caius	9	9	1 up/down 600/200	3 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	Off Day	18
Monroe, Jack	23	56.5	1 up/down 600/200	4 miles	4 miles	1 up/down 2x(3x600), 6x200	4 miles	UND	4 miles	28
Osborn, Nate	24	45	1 up/down 600/200	4 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	3 miles	22'
Sailer, Kaden	18	32	1 up/down 600/200	4 miles	4 miles	1 up/down 2x(3x600), 6x200	4 miles	UND	4 miles	28
Sande, Curtis	17	46	1 up/down 600/200	3 miles	1 up/down 2x(3x600), 6x200	3 miles	State Indoor	4 or 5 miles	Off Day	17
Schill, Michael	0	0	Swimming							
Schwan, Cody	0	10	1 up/down 600/200	3 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	Off Day	18
Steele, Lincoln	22	48	1 up/down 600/200	6 miles	4 miles	1 up/down 2x(3x600), 6x200	4 miles	UND	4 miles	30
Sum, Theo	0	30	1 up/down 600/200	3 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	Off Day	18
Uhler, Ty	14	18	1 up/down 600/200	3 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	Off Day	18
Vanyo, Tyson	0	7	1 up/down 600/200	3 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	Off Day	18
Weber, Lucas	18	40	1 up/down 600/200	4 miles	3 miles	1 up/down 2x(3x600), 6x200	3 miles	UND	Off Day	20