Week 5			March 25-31st			Knights TF Distance			
	Week 4	Season	FPAC- speed	Long Run		Snowbird			
	Total	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fiala, Aidan	**33**	**113**	1 up/down Mile speed	9 miles	6 miles	Snowbird	6 miles	6 miles	Off Day
Monroe, Jack	**24**	**80.5**	1 up/down mile speed	6 miles	4 miles	Snowbird	4 miles	4 miles	Off Day
Steele, Lincoln	**26**	**74**	1 up/down mile speed	6 miles	4 miles	Snowbird	4 miles	4 miles	Off Day
Diederich, Preston	**24**	**73**	1 up/down mile speed	6 miles	4 miles	Snowbird	4 miles	4 miles	Off Day
Osborn, Nate	**19**	**64**	1 up/down mile speed	4 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Sande, Curtis	**18**	**64**	1 up/down 400 speed	4 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Weber, Lucas	**22**	**62**	1 up/down mile speed	4 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Benware, Owen	**18**	**57**	1 up/down mile speed	4 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Sailer, Kaden	**24**	**56**	1 up/down mile speed	5 miles	4 miles	Snowbird	4 miles	4 miles	Off Day
Berry, Jack	**19**	**53**	1 up/down mile speed	6 miles	4 miles	Snowbird	4 miles	4 miles	Off Day
Hulley, James	**24**	**51**	1 up/down mile speed	5 miles	4 miles	Snowbird	4 miles	4 miles	Off Day
Kleven, Joseph	**18**	**47**	1 up/down 400 speed	5 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Sum, Theo	**9**	**39**	1 up/down 400 speed	4 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Uhlir, Ty	**18**	**36**	1 up/down mile speed	4 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Schwan, Cody	**18**	**28**	1 up/down mile speed	4 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Kniert, Caius	**18**	**27**	1 up/down mile speed	4 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Vanyo, Tyson	**18**	**25**	1 up/down 400 speed	3 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Bruce, Brooklan	**6**	**21**	1 up/down 400 speed	3 miles	3 miles	Snowbird	3 miles	3 miles	Off Day
Halvorson Jaded	**0**	**0**	1 up/down 400 speed	3 miles	3 miles	Snowbird	3 miles	3 miles	Off Day