

Week 6	April 2nd - 7th				Knights TF Distance				
	Week 5	Season	Speed	Long Run	6x30m	Speed	EDC Indoor		
	Total	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fiala, Aidan	39	152	1up/2 down 3200 Builder	9 Miles	6 miles	1 up 3 down 1600/800 Speed	4 miles	1600, 3200	6 miles
Monroe, Jack	26	106.5	1 up/down 1600 Builder	6 miles	4 miles	1 up/down 1600/800 Speed	3 miles	1600, 800, 4x4?	4 miles
Steele, Lincoln	26	100	1 up/down 3200 Builder	PV, 6 miles	PV, 4 miles	1 up/down 1600/800 Speed	PV, 3 miles	1600, 3200, PV	4 miles
Diederich, Preston	26	99	1 up/down 1600 Builder	6 miles	4 miles	1 up/down 1600/800 Speed	3 miles	1600, 800, 4x4?	4 miles
Osborn, Nate	22	86	1 up/down 1600 Builder	4 miles	3 miles	1 up/down 1600/800 Speed	3 miles	1600, 800	3 miles
Sande, Curtis	22	86	1 up/down 800 Speed	400 speed 2 miles	3 miles	1 up/down 800 Speed	3 miles	800, 4x4	bike ride
Weber, Lucas	19	81	1 up/down 3200 Builder	4 miles	4 miles	1 up/down 1600/800 Speed	3 miles	1600, 3200	Off Day
Sailer, Kaden	25	81	1 up/down 1600 Builder	6 miles	4 miles	1 up/down 1600/800 Speed	3 miles	1600, 800, 4x4?	4 miles
Hulley, James	25	76	1 up/down 1600 Builder	6 miles	4 miles	1 up/down 1600/800 Speed	3 miles	1600, 800, 4x4?	4 miles
Benware, Owen	16	73	1 up/down 1600 Builder	4 miles	3 miles	1 up/down 1600/800 Speed	3 miles	1600, 800	3 miles
Berry, Jack	20	73	1 up/down 3200 Builder	6 miles	4 miles	1 up/down 1600/800 Speed	3 miles	4x8, 3200	4 miles
Kleven, Joseph	20	67	1 up/down 800 Speed	PV, 3 miles	PV, 3 miles	1 up/down 800 Speed	3 miles	1600, 800, PV	3 miles
Sum, Theo	19	58	1 up/down 800 Speed	400 speed 2 miles	3 miles	1 up/down 800 Speed	3 miles	4x800, 800, 4x4	3 miles
Salberg, Steven	26	56	1 up/down 3200 Builder	6 miles	4 miles	1 up/down 1600/800 Speed	3 miles	1600, 3200	4 miles
Uhlir, Ty	12	48	1 up/down 1600 Builder	4 miles	3 miles	1 up/down 1600/800 Speed	3 miles	1600, 800	3 miles
Vanyo, Tyson	21	46	1 up/down 800 Speed	400 speed 2 miles	3 miles	1 up/down 800 Speed	3 miles	4x800, 800, 4x4	3 miles
Kniert, Caius	15	42	1 up/down 1600 Builder	4 miles	3 miles	1 up/down 1600/800 Speed	3 miles	1600, 800	3 miles
Schwan, Cody	13	41	1 up/down 1600 Builder	4 miles	3 miles	1 up/down 1600/800 Speed	3 miles	1600, 800	3 miles
Bruce, Brooklan	12	33	1 up/down 800 Speed	400 speed 2 miles	3 miles	1 up/down 800 Speed	3 miles	Grand - AM	Grand - AM
Halvorson Jaded	18	18	1 up/down 1600 Builder	4 miles	3 miles	1 up/down 1600/800 Speed	3 miles	1600, 800	3 miles