

Week 7	April 8th - 14th		Knights TF Distance						
	Week 6	Season	Long Run	Speed	6x30m	Speed	Dual GFC RR		
	Total	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fiala, Aidan	31	183	9 miles	1 up/2 down 3200 PD	6 miles	1up/2 down 1600m PaceMaker	4 miles	Dual GFC RR	Off Day
Steele, Lincoln	24	124	7 miles	1 up/down 3200 PD	5 miles	1up/2 down 1600m PaceMaker	4 miles	Dual GFC RR	Off Day
Diederich, Preston	22	121	4 miles	1 up/down 800 PD	3 miles	1 up/down 800m PaceMaker	2 miles	Dual GFC RR	Off Day
Monroe, Jack	0	106.5	6 miles	1 up/down 1600 PD	4 miles	1 up/down 800m PaceMaker	4 miles	Dual GFC RR	Off Day
Osborn, Nate	19	105	4 miles	1 up/down 1600 PD	3 miles	1 up/down 800m PaceMaker	3 miles	Dual GFC RR	Off Day
Weber, Lucas	24	105	4 miles	1 up/down 3200 PD	4 miles	1up/2 down 1600m PaceMaker	3 miles	Dual GFC RR	Off Day
Sande, Curtis	18	104	4 miles	1 up/down 800 PD	3 miles	1 up/down 800m PaceMaker	2 miles	Dual GFC RR	Off Day
Berry, Jack	28	101	6 miles	1 up/down 3200 PD	4 miles	1 up/down 800m PaceMaker	4 miles	Dual GFC RR	Off Day
Hulley, James	23	99	6 miles	1 up/down 1600 PD	4 miles	1 up/down 800m PaceMaker	4 miles	Dual GFC RR	Off Day
Sailer, Kaden	15	96	6 miles	1 up/down 1600 PD	4 miles	1 up/down 800m PaceMaker	4 miles	Dual GFC RR	Off Day
Benware, Owen	20	93	Bike	1 up/down 1600 PD	Bike	1 up/down 800m PaceMaker	Bike	Dual GFC RR	Off Day
Kleven, Joseph	18	85	4 miles	1 up/down 800 PD	3 miles	1 up/down 800m PaceMaker	2 miles	Dual GFC RR	Off Day
Salberg, Steven	29	85	6 miles	1 up/down 3200 PD	4 miles	1up/2 down 1600m PaceMaker	4 miles	Dual GFC RR	Off Day
Sum, Theo	22	80	4 miles	1 up/down 800 PD	3 miles	1 up/down 800m PaceMaker	2 miles	Dual GFC RR	Off Day
Vanyo, Tyson	20	66	4 miles	1 up/down 800 PD	3 miles	1 up/down 800m PaceMaker	2 miles	Dual GFC RR	Off Day
Uhlir, Ty	18	64	4 miles	1 up/down 1600 PD	3 miles	1 up/down 800m PaceMaker	3 miles	Dual GFC RR	Off Day
Kniert, Caius	22	64	4 miles	1 up/down 1600 PD	3 miles	1 up/down 800m PaceMaker	3 miles	Dual GFC RR	Off Day
Schwan, Cody	22	63	4 miles	1 up/down 1600 PD	3 miles	1 up/down 800m PaceMaker	3 miles	Dual GFC RR	Off Day
Bruce, Brooklan	14	47	4 miles	1 up/down 800 PD	3 miles	1 up/down 800m PaceMaker	Basketball	Basketball	Off Day
Halvorson Jaded	22	40	4 miles	1 up/down 1600 PD	3 miles	1 up/down 800m PaceMaker	3 miles	Dual GFC RR	Off Day