

Week 8	Week 7		April 15th - 21ST			Knights TF Distance			
	Season	speed	long run	speed	Eagles Relay	BISON			
	Total	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fiala, Aidan	37	220	1up/2 down 3200 Speed	9 miles	1up/2 down 1600m speed	4 miles	Eagles Relay	6 miles	6 miles
Steele, Lincoln	30	154	1up/2 down 3200 Speed	7 miles	1up/2 down 1600m speed	4 miles	Eagles Relay	5 miles	5 miles
Diederich, Preston	20	141	1 up/down 400 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	3 miles	3 miles
Monroe, Jack	26	133	1 up/down 1600 speed	6 miles	1 up/down 800 speed	4 miles	Eagles Relay	4 miles	4 miles
Berry, Jack	26	127	1 up/down 1600 speed	6 miles	1 up/down 800 speed	4 miles	Eagles Relay	4 miles	4 miles
Osborn, Nate	21	126	1 up/down 1600 speed	4 miles	1 up/down 800 speed	4 miles	Eagles Relay	3 miles	3 miles
Weber, Lucas	21	126	1up/2 down 3200 Speed	4 miles	1up/2 down 1600m speed	4 miles	Eagles Relay	4 miles	4 miles
Hulley, James	26	125	1 up/down 1600 speed	6 miles	1 up/down 800 speed	4 miles	Eagles Relay	4 miles	4 miles
Sande, Curtis	20	124	1 up/down 400 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	Bison	3 miles
Salberg, Steven	26	111	1up/2 down 3200 Speed	6 miles	1up/2 down 1600m speed	4 miles	Eagles Relay	4 miles	4 miles
Sailer, Kaden	12	108	1 up/down 1600 speed	6 miles	1 up/down 800 speed	4 miles	Eagles Relay	4 miles	4 miles
Kleven, Joseph	16	101	1 up/down 1600 speed	4 miles	1 up/down 800 speed	4 miles	Eagles Relay	3 miles	3 miles
Sum, Theo	19	99	1 up/down 400 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	3 miles	3 miles
Benware, Owen	5	98	1 up/down 1600 speed	bike??	1 up/down 800 speed	4 miles	Eagles Relay	Bike	Bike
Uhlir, Ty	23	87	1 up/down 1600 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	3 miles	3 miles
Schwan, Cody	23	87	1 up/down 1600 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	3 miles	3 miles
Vanyo, Tyson	10	76	1 up/down 400 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	3 miles	3 miles
Kniert, Caius	0	64	1 up/down 1600 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	3 miles	off day
Hoverson, Hunter	23	43	1 up/down 400 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	3 miles	3 miles
Halvorson Jaded	23	43	1 up/down 1600 speed	4 miles	1 up/down 800 speed	3 miles	Eagles Relay	3 miles	3 miles