

<b>Week 12</b>		Oct 30-Nov 3					
			Speed		Speed		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boaz, Layton</b>	7 miles	5 miles	Speed - 5	5 miles	Speed - 5	5 miles	Off Day
<b>Fiala, Aidan</b>	8 miles	6 miles	Speed - 5	6 miles	Speed - 5	6 miles	Off Day
<b>Halvorson, Jaded</b>	6 miles	5 miles	Speed - 5	5 miles	Speed - 5	5 miles	Off Day
<b>Hoverson, Hunter</b>	6 miles	5 miles	Speed - 5	5 miles	Speed - 5	5 miles	Off Day
<b>Humble, Patrick</b>	5 miles	4 miles	Speed - 5	4 miles	Speed - 5	4 miles	Off Day
<b>Martin, Grant</b>	8 miles	6 miles	Speed - 5	6 miles	Speed - 5	6 miles	Off Day
<b>Steele, Lincoln</b>	8 miles	5 miles	Speed - 5	5 miles	Speed - 5	5 miles	Off Day