

Week 13		Nov 6 - 12th					
	Speed		Speed		NXR		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boaz, Layton	5 miles	Speed - 5	4 miles	Speed - 4	4 miles	3 miles	NXR
Borboa, Levi	5 miles	Speed - 5	4 miles	Speed - 4	4 miles	3 miles	NXR
Fiala, Aidan	6 miles	Speed - 5	5 miles	Speed - 4	5 miles	3 miles	NXR
Halvorson, Jaded	5 miles	Speed - 5	4 miles	Speed - 4	4 miles	3 miles	NXR
Hoverson, Hunter	5 miles	Speed - 5	4 miles	Speed - 4	4 miles	3 miles	NXR
Humble, Patrick	4 miles	Speed - 5	4 miles	Speed - 4	4 miles	3 miles	NXR
Martin, Grant	6 miles	Speed - 5	5 miles	Speed - 4	5 miles	3 miles	NXR
Steele, Lincoln	5 miles	Speed - 5	4 miles	Speed - 4	4 miles	3 miles	NXR