

WEEK 10 Oct 16-22			Speed		3K Pursuit		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brown, Emma	5 miles	4 miles	Speed	4 miles	3K Pursuit	4 miles	3 miles
Fiala, Claire	5 miles	4 miles	Speed	4 miles	3K Pursuit	4 miles	3 miles
Fiala, Paige	5 miles	4 miles	Speed	4 miles	3K Pursuit	4 miles	3 miles
Henry, Tennasyn	5 miles	4 miles or X Train	Speed	4 miles	3K Pursuit	4 miles	3 miles
Hogberg, Ryah	3 miles	3 miles	Try Speed	3 miles	3K Pursuit	3 miles	X Train
Ihry, Emmi	7 miles	4 miles	Speed	4 miles	3K Pursuit	4 miles	3 miles
Uhlir, Katie	4 miles	3 miles or X Train	Speed	4 miles	3K Pursuit	4 miles	3 miles
Zimprich, Samara	5 miles	4 miles	Speed	4 miles	3K Pursuit	4 miles	3 miles
Kuster, Maddie	5 miles	4 miles	Speed	4 miles	3K Pursuit	4 miles	3 miles
Welsh, Gracie (NXR)	4 miles	3 miles	Speed	3 miles	3K Pursuit	3 miles	X Train