

WEEK 7 Sep 25-Oct 1		4x100's	SPEED	4x100's	4x100's	BB Meet!	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brown, Emma	4 miles	4 miles	Speed	4 miles	3 miles	5K- JV	Cross Train
Dickinson, Bella	3 miles	3 miles	Speed	3 miles	2 miles	3K- 7th	Cross Train
Fadairo, Pelumi	3 miles	3 miles	Speed	3 miles	2 miles	3K- 8th	Cross Train
Fiala, Claire	4 miles	Cross Train	Speed	4 miles	2 miles	5K- V	Cross Train
Fiala, Paige	5 miles	4 miles	Speed	4 miles	2 miles	3K- 7th	Cross Train
Henry, Tennasyn	4-5 miles	Cross Train	Speed	4 miles	2 miles	5K- V	Cross Train
Hogberg, Ryah							
Ihry, Emmi	6 miles	4 miles	Speed	4 miles	3 miles	5K- V	Cross Train
Uhlir, Katie	4 miles	Cross Train	Speed	3 miles	2 miles	5K- JV	Cross Train
Zimprich, Samara	4 miles	3 miles	Speed	3 miles	3 miles	5K- V	Cross Train
Kuster, Maddie	4 miles	3 miles	Speed	3 miles	2 miles	3K- 7th	Cross Train
Cokely, Phoebe	4 miles	3 miles	Speed	3 miles	2 miles	3K- 7th	Cross Train
Kindseth, Wren	4 miles	3 miles	Speed	3 miles	2 miles	3K- 8th	Cross Train
Higgins, Khloe	3 miles	3 miles	Speed	3 miles	2 miles	3K- 7th	Cross Train
Welsh, Gracie	3 miles	3 miles	Speed	3 miles	2 miles	3K- 8th	Cross Train
Keller, Lilia	4 miles	Cross Train	Speed	3 miles	3 miles	5K- JV	Cross Train
May-ley, Caitlyn	4 miles	3 miles	Speed	3 miles	2 miles	5K- JV	Cross Train
Hischase, Kaylee	2 miles	2 miles	Speed	2 miles	2 miles	3K?	Cross Train