

WEEK 8 Oct 2- 8		Speed		Speed			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brown, Emma	5 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	Cross Train
Fadairo, Pelumi	4 miles	3 miles	1k Drops	3 miles	3,2,1 Hills	3 miles	Cross Train
Fiala, Claire	5 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	3 miles
Fiala, Paige	5 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	3 miles
Henry, Tennasyn	5 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	Cross Train
Hogberg, Ryah							
Ihry, Emmi	7 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	4 miles
Uhlir, Katie	5 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	Cross Train
Zimprich, Samara	5 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	3 miles
Kuster, Maddie	5 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	3 miles
Cokely, Phoebe	4 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	Cross Train
Kindseth, Wren	4 miles	4 miles	1k Drops	4 miles	3,2,1 Hills	4 miles	Cross Train
Higgins, Khloe	3 miles	3 miles	1k Drops	3 miles	3,2,1 Hills	3 miles	Cross Train
Welsh, Gracie	4 miles	3 miles	1k Drops	3 miles	3,2,1 Hills	3 miles	Cross Train
Keller, Lilia	4 miles	3 miles	1k Drops	3 miles	3,2,1 Hills	3 miles	Cross Train
May-ley, Caitlyn	4 miles	3 miles	1k Drops	3 miles	3,2,1 Hills	3 miles	Cross Train
Hischase, Kaylee	2 miles	2 miles	1k Drops	2 miles	3,2,1 Hills	2 miles	Cross Train