Week 10			April 19- May 5th			Knights TF Distance			
	Week 9	Season		Track O Rama	Lite Speed		Packer Relays	HW	
	Total	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fiala, Aidan	37	300	6 miles	Track O Rama	6 miles	4 miles			6 miles
Steele, Lincoln	31	215	5 miles	Track O Rama	5 miles	3 miles	Packer Relays	5 miles	5 miles
Diederich, Preston	19	180	3 miles	Track O Rama	4 miles	3 miles			3 miles
Monroe, Jack	22	175	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Osborn, Nate	22	174	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Hulley, James	22	173	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Berry, Jack	22	169	sick	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Salberg, Steven	28	165	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Weber, Lucas	20	163	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Sande, Curtis	20	159	3 miles	Track O Rama	4 miles	3 miles		Howard Wood	off day
Kleven, Joseph	20	144	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Sum, Theo	20	139	3 miles	sick	4 miles	3 miles		3 miles	3 miles
Sailer, Kaden	15	138		Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Schwan, Cody	20	130	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Uhlir, Ty	20	129	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Benware, Owen	6	108	2 miles	Track O Rama	2 miles	2 miles	Packer Relays	2 miles	off day
Halvorson Jaded	20	83	4 miles	Track O Rama	4 miles	3 miles	Packer Relays	4 miles	4 miles
Hoverson, Hunter	13	68		Track O Rama	4 miles	3 miles	Packer Relays	3 miles	3 miles
Kniert, Caius	2	66	1	Inj	2 miles	2 miles	2 miles	2 miles	off day