10:00 AM	Normal	Run - Bike - Run	Normal	Normal Accel, Normal Thursday	Normal Pony Express Friday	Long Run	
4:00 PM	Accel, Normal	Run - Bike - Run Tuesday	Turtle River Wednesday			xx Saturday	
							Sunday
Anderson, Aydin	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day
Berry, Jack - 10 am	3 miles	1 up/down 4 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Boaz, Layton	3 miles	1 up/down 4 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Bordon, Kellen - 10 am, 6th	10 mins	5 min up/down 2 x run	10 mins	10 mins	5 min up/down Pony	2 miles	Off Day
Bordon, Levi -10 am	3 miles	1 up/down 3 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Carlsen, Caleb							
Diederich, Preston	4 miles	1 up/down 4 x Run	5 miles	4 miles	1up/down Pony	7 miles	4 miles
Fiala, Aidan	4 miles	1 up/down 4 x Run	5 miles	4 miles	1up/down Pony	7 miles	4 miles
Green, Colin	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day
Halverson, Jaded -10 am	3 miles	1 up/down 3 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Hogberg, Ethan	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day
Hoverson, Hunter	3 miles	1 up/down 3 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Hulley, James	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day
Kleven, Joe	3 miles	1 up/down 3 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Kniert, Caius	3 miles	1 up/down 3 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Kniert, Atticus	10 mins	5 min up/down 2 x run	10 mins	10 mins	5 min up/down Pony	2 miles	Off Day
Martin, Grant	4 miles	1 up/down 4 x Run	5 miles	4 miles	1up/down Pony	7 miles	4 miles
Mclaren, Derek - 10 am	3 miles	1 up/down 3 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Newborg, Lucas							
Ruse, Gabe	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day
Sailer, Kaden	3 miles	1 up/down 3 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles
Salberg, Bradley	3 miles	1 up/down 3 x Run	3 miles	3 miles	1up/down Pony	5 miles	3 miles

10:00 AM 4:00 PM	June 26 - July 2nd									
	Accel, Normal	Run - Bike - Run Run - Bike - Run	Normal Turtle River	Normal Accel, Normal	Normal Pony Express	Long Run xx				
									Monday	Tuesday
Salberg, Steven	3 miles	1 up/down 3 x Run	4 miles	4 miles	1up/down Pony	5 miles	4 miles			
Sande, Curtis	Vacation									
Schwan, Cody	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day			
Schwan, Jaden	??									
Suedel, Danny	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day			
Sum, Theo	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day			
Waddle, Ethan	2 miles	1 up/down 2 x Run	2 miles	2 miles	1up/down Pony	3 miles	Off Day			
EGF										
Mahar, Weston	4 miles	1 up/down 4 x Run	5 miles	4 miles	1up/down Pony	7 miles	4 miles			
Carlson, Brayden	4 miles	1 up/down 4 x Run	5 miles	4 miles	1up/down Pony	7 miles	4 miles			
Mahar, Jaxon	4 miles	1 up/down 4 x Run	5 miles	4 miles	1up/down Pony	7 miles	4 miles			
Vandervart, Jonah	3 miles	1 up/down 3 x Run	4 miles	4 miles	1up/down Pony	5 miles	4 miles			