

Week 4

June 26 - July 2nd

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

