

Week 2

June 12 - July 18

	10:00 AM 4:00 PM	Normal Accel, Normal	Elmo Elmo	Normal Turtle River	Normal Accel, Normal	2 mile time Trial 2 mile Time Trial	Long Run xx	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Arnold, Emily	3 miles	1up/down 3xElmo	3 miles	3 miles	1up/down 2m TT	5 miles	Off Day	
Beireis, Rosie	2 miles	2 miles	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Brown, Emma	2 miles	2 miles	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Brustad, Kiersten	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Dickinson, Bella	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Fadairo, Pelumi	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Fiala, Claire	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Fiala, Paige	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Henry, Tennasyn	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Hogberg, Ryah	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Ihry, Emmi	3 miles	1up/down 3xElmo	3 miles	3 miles	1up/down 2m TT	5 miles	Off Day	
Uhlir, Katie	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Welsh, Gracie	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
EGF								
Allard, Meredith	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Allard, Katie	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	
Gregoire, Adrianna	2 miles	1up/down 3xElmo	2 miles	2 miles	1 up/down 2m TT	3 miles	Off Day	