Key 2nd half '96 workouts

9-30-96 Jog, cal, stretch, cal, 2 - 4 Intense start drills with 200 meter fast run throughs, Tempo run 4 or 5 aviation course, cal, cool down, 200 striders, jog, stretch

Name		goal	1	2	3	4	5	pulse
Tim Blessing	1							
Jerry Fitzgerald	1						30:22	
Ben Rosario	1						29:58	178
John Christie	1						33:15	142
John Ramsey	1						31:35	192
Scott Lauer	1						32:12	196
Chris Graesser	1					26:77		190
Luke Schulte	1						DNF	
Matt Schaefer	2						35:40	192
Ken Reichert	1						22:23	178
Joe Donnelly	1						29:35	178
Eric Monda	1						32:47	204
Sean Burns	3						27.00	184
Greg Leuchtmann	2					[illegible]		174
Phil Rutterer (3)	2						28:42	180
Alex Spieser	2							
Matt Crow	2					27:24	165	
Brian Burns	2					26:54	136	
Luke Voytas	2					[illegible]	194	
Ryan Monahan	2					28:42		172
Chris Abbott	2					DNF		
Ben Klein (3)	2					27:35		188
Matt Nischwitz	2					[illegible]	204	
Dan Westlund	2					27:21		168
Murphy O'Brien	2				(9.5m)		158	
		✓						
Greg Bierling	3					28:12		180
Phil Kopf	3							
John Senn	3					DNF		
Mark Monda	3							
Ted Snodgrass	3					DNF		
Jon McGinnis	3					27:21		180
Ben Caldwell	3					27:34		182
Dan Range	3							
Frank Niesen	3					30:25		178
Jim Moran	3					31:47		190
Dan Graesser	3					30:16		178
Tim Hugerich	3					27:29		198

Name		goal	1	2	3	4	5	pulse
David Breslin	4					DNR		
Matt Donaldson	4					31:27		194
Noah Ruddy	4					32:00		224
Kevin Kovarik	4					28:55		190
Jonathan Biscan	4					33:38		188
Nick Hilliard	4					30:15		196
Tim Ferrell	4					30:49		176
Chad Nolan	4					32:30		195
Marty Koeler	4					32:07		192
Robert Hutchinso	4					DNR		
Eric Grunzinger	4					31:33		212
Steve DuMontier	4					DNR		
Andrew Denny	4					DNR		
Matt Solberg	4					29:15		176
Dan Bedard	4					33:51		176
John Zakibe	4					32:11		184
David Nischwitz	4					DNR		
Sean O'Neil	4				35:46	[illegible]		172
Hamilton Callison	4					35:56		190
Ted La Boube	4					37:25		192

10-8-96 Varsity Group only Jog, cal, stretch, cal 6 x 200 striders mile repeats on aviation loop, duplicate striders, extended cool down run approx 20 min.

	A	B	C	D	E	F	G	H	I	J	K
1	Name	200's	rest int.	Goal 3.1	pace	one	two	three	four	five	Commets
2	Donnelly	6	6 min			5:15	5:19	5:15	5:17	X	
✓3	Blessing	"				5:49	5:46	5:46			
4	Reichert	"				5:39	5:34	5:37	5:36		
5	Fitzgerald	"				5:26	5:22	5:14	5:23		
6	Christie	"				5:27	5:30	5:35	5:52		
7	Rosario	"				5:23	5:30	5:29	5:39		
8	Graesser	"				5:28	5:31	5:32	5:34		
9											
✓10	Ramsey	"									
✓11	Laver	"									
✓12	Schulte	"	EASY	6 miles							
✓13	Monda	"									
✓14	Shaeffer	"									
15											
16	10-9-96										
17	Ramsey					5:25	5:29	X	5:28		
18	Laver					5:26	5:30	5:33	5:29		
19	Schulte					5:16	5:28	5:29	5:37		
20	Monda					5:19	5:29	5:24	5:19		
21	Schaeffer					5:27	5:30	5:34	5:35		
22	B					5:27	5:30	5:30	5:36		
23											
24											
25											end

10-12-96 Varsity Group only Jog, cal, stretch, cal 6 x 200 striders, 3 mile repeats on aviation loop at race pace going negative with minimal rest, jog to hill for 5 circuits of race hills, cal, duplicate striders, extended cool down run approx 20 min.

Name	200's	rest int.	Goal 3.1	pace	one	two	three	hills	hills	Commets
Donnelly	6	3 min			5:34	5:47	5:37			162
Monda	~~6~~	~~2 min~~								
Fitzgerald	6	3 min			5:34	5:47	5:37			170
Rosario	6	3 min			5:34	5:47	5:37			168
Christie	6	3 min			5:34	5:47	5:37			158
Graesser	6	3 min			5:35	5:47	5:38			172
Reichert	6	3 min			5:35	5:47	5:37			176
										end

10-14-96 Jog, cal, stretch, cal, 8 200 meter striders, 1st easy, 2nd moderate, 6 hard, 3 one miles on aviation course at goal race pace w/ 3 min rest, 3 - 5 hill circuits, cal, ext. cool down out bike path to golf course and aviation,stretch

	Name	3.1 goal	pace	1	2	3	pulse	hills	Name	3.1 goal	pace	1	2	3	pulse	hills
1	Blessing ✓	17:30	5:38	5:34	5:39	5:37	188	4	Breslin O							
2	Fitzgerald ✓	16:50	5:25	5:19	5:27	5:27	180	4	Donaldson ✓	19:30	6:17	6:45	6:53	7:03	200	4
3	Rosario ✓	16:50	5:25	5:31	5:27	5:25	156	4	Ruddy ✓	18:15	6:14	6:23	6:25	6:46	230	4
4	Christie ✓	16:50	5:25	5:19	5:27	5:33	180	4	Kovarik ✓	18:30	6:17	6:27	6:36	6:47	208	4
5	Ramsey ✓	17:25	5:36	5:31	5:42	5:40	186	4	Biscan ✓	18:59	6:07	6:44	[illegible]	7:15	182	4
6	Lauer ✓	17:25	5:36	5:41	5:44	5:43	146	4 Y	Hilliard ✓	[illegible]						
7	Graesser ✓	16:50	5:25	5:28	5:29	5:38	162	4	Ferrell ✓	20:00	6:26	6:42	6:55	6:57	174	4
8	Schulte ✓	17:10	5:32	5:31	5:37	5:43	174	3 Y	Nolan ✓							
Y	Schaefer ✓							Y	Koeler ✓							
9	Reichert ✓	17:05	5:30	5:32	5:32	5:33	188	4	Hutchinson O							
10	Donnelly ✓	16:50	5:25	5:23	5:27	5:21	162	4 Y	Grunzinger O							
11	Monda ✓	17:15	5:33	5:38	5:35	5:18	180	4 Y	DuMontier ✓							
	Burns ✓								Denny ✓							
Y	Leuchtmann							Y	Solberg ✓							
Y	Rutterer ✓							X	Bedard ✓	21:66	7:05	7:01	8:04	—		
Y	Spieser ✓							X	Zakibe ✓	22:00	7:05					
Y	Crow ✓								Nischwitz ✓							
Y	Burns ✓							Y	O'Neil ✓							
	Voytas ✓							Y	Callison ✓							
	Monahan ✓	17:50	5:44	5:43	5:52	6:13	192	4 X	La Boube ✓							
	Abbott ✓	[illegible]														
	Klein ✓	18:30	5:57	5:55	5:54	5:50	198	4								
	Nischwitz ✓	17:30	5:38	—												
Y	Westlund O															
Y	O'Brien ✓															
	EBEL ✓	18:35	5:59	6:18	6:31	6:39	204	4								
	Bierling ✓															
	Kopf O															
X	Senn ✓															
X	Monda ✓															
	Snodgrass ✓															
Y	McGinnis ✓		5:33													
	Caldwell ✓	18:15	[illegible]	6:32	6:16	6:20	192	4								
	Range ✓	18:15	5:52	6:06	6:10	—										
	Niesen ✓	16:30	5:57	6:07	6:43	—										
Y	Hugerich ✓															
X	Graesser ✓	19:15	6:12	6:35	6:52	7:03	162	4								
Y	Moran ✓															

hill repeats (3)

10-16-96 Jog, cal, stretch, cal, 200's 6 - 8, 3 one miles on aviation course, cal, ext. cool down, easy match striders, jog, stretch

	Name	goal	pace	1	2	3	pulse	hills	Name	goal	pace	1	2	3	pulse	hills	
63	Tim Blessing			5:29	5:23	5:32		3	Dan Graesser			6:39	6:44	6:36	172	3	42
55	Jerry Fitzgerald			5:11	5:06	5:06			Mark Monda			7:20					49
65	Ben Rosario			5:35	5:14	5:18			Dan Westlund			5:44	5:55	6:06			54
44	John Christie			5:11	5:14	5:30			Murphy O'Brien			5:51	5:53	6:02			45
	~~John Ramsey~~								Ted Snodgrass (R)								56
55	Scott Lauer			5:30	5:23	5:25			Steve DuMontier	4							65
31	Chris Graesser			5:15	5:10	5:21			Andrew Denny	4							50
55	Luke Schulte			5:20	5:20	5:27			Matt Solberg (R)	6							37
106	Matt Schaefer	6							Dan Bedard			7:02	7:45				60
63	Ken Reichert			5:25	5:24	5:27			John Zakibe			7:02	7:15	7:40	162		45
51	Joe Donnelly			5:11	5:11	5:11			David Nischwitz			7:20	8:08				45
45	Eric Monda			5:30	5:35	5:39			Sean O'Neil (R)	6							45
53	Sean Burns (R)	6							Hamilton Callison (R)								35
72	Greg Leuchtmann (R)	6							Tim Hugerich								31
63	Phil Rutterer (R)	6							~~Ted La Boube~~								
									~~Sean O'Neil~~								
52	Phil Kopf			6:17					Jim Moran (R)	6							48
	~~Brian Burns~~								~~Chris Brereton~~								
	~~Luke Voytas~~																
54	Ben Caldwell			5:44	5:53	6:13											
53	Dan Range			5:51	5:58	5:56	194										
103	Ryan Monahan	4															
41	John Ebel			6:03	6:08	6:01	200										
92	Chris Abbott																
52	Jon McGinnis (R)	6															
	~~Jon Crane~~																
52	Alex Spieser (R)	6															
0	Matt Nischwitz			5:35	5:31	5:36											
	~~David Breslin~~																
51	Matt Donaldson	4															
	Frank Niesen																
55	Noah Ruddy			6:11	6:22	6:36	234										
60	Kevin Kovarik			6:07	6:10	6:07	196										
52	Jonathan Biscan			6:12	6:41	7:01	192										
	~~Nick Hilliard~~																
	~~John Senn~~																
85	Matt Crow (R)	6															
45	Chad Nolan (R)	6															
51	Marty Koeler (R)	6															
50	Robert Hutchinson																
	~~Greg Bierling~~																
65	Eric Grunzinger (R)	6															
70	Ben Klein			5:48	6:03	5:40											
140	Tim Ferrell			6:27	6:47	6:50	172										

10-16-94 w/ hill tags

	1	2	3	4	5	6	7
ROSARIO	2:46	2:43	2:43	2:44	2:49	2:44	2:57
Donnelly	2:46	2:40	2:40	2:42	2:39	2:34	2:35
FITZGERALD	2:46	2:37	2:38	2:37	2:38	2:36	2:33
GRAESSER	2:46	2:44	2:41	2:44	2:46	2:47	2:38
CHRISTIE	2:46	2:41	2:42	2:44	2:44	2:44	2:40
RIEGHERT	2:46	2:43	2:42	2:44	2:46	2:47	2:40

10-24-96 Jog, ca, stretch,cal, 8 x 200. 800 repeats on grass loops near lake with hill tags on three, cal, extended cool down, stetch

Name		goal	800 1	800 (1) 2	800 (2) 3	800 (3) 4	800 (4) 5	800 (5) 6	800 (6) 7	comment
Tim Blessing	1		2:39	2:40	2:44	2:47	2:51	2:50		
Jerry Fitzgerald	1			2:30	2:33	2:38	2:46	2:46		
Ben Rosario	1		2:37	2:33	2:36	2:36	2:35	2:35	2:34	
John Christie	1	2	2:28	2:28	2:36	2:37	2:44	2:43		
John Ramsey	1		2:38	2:36	2:40	2:37	2:40	2:40	2:37	
Scott Lauer	1		2:39	2:37	2:40	2:41	2:41	2:42	2:40	
Chris Graesser	1		2:33	2:33	2:39	2:39	2:38	2:40	2:36	
Luke Schulte	1		2:35	2:42	2:38	2:50				
Matt Schaefer	1		2:40	2:36	2:43	2:40	2:44	2:46	2:40	
Ken Reichert	1		2:25	2:37	2:41	2:41	2:41	2:42	2:37	
Joe Donnelly	1		2:39	2:26	2:38	2:37	2:35	2:41	2:32	
Eric Monda	1		2:43	2:44	2:46	2:50	2:49	2:50		
Sean Burns	2			2:43	2:46	2:53	2:56	2:56	2:54	
Greg Leuchtmann	2			2:41	2:46	2:55	2:50	2:48	2:49	
Phil Rutterer	2			2:50	2:55	3:01	2:59	3:03	2:59	
Phil Kopf	–									
Brian Burns	–									
Luke Voytas	–									
Ben Caldwell	2			2:46	2:54	3:02	2:56	2:55	3:06	
Dan Range	2			2:46	2:50	2:54	2:51	2:53	2:50	
Ryan Monahan	–									
John Ebel	3			2:58	3:02	3:02	3:01	3:07	3:02	
Chris Abbott	2			2:53						
Jon McGinnis	2			2:44	2:50					
Alex Spieser	2			2:42	2:48	2:52	2:52	2:58	2:47	
Matt Nischwitz	2			2:45	2:41	2:51	2:52	3:10		
David Breslin	–									
~~Matt Donaldson~~	2									
Frank Niesen	3									
Noah Ruddy	3			3:08	3:26	3:15	3:21	3:28	3:36	
Kevin Kovarik	3			2:59	3:06	3:04	3:03	2:57	2:55	
Jonathan Biscan	3			3:11	3:32	3:27	3:31	3:23	3:16	
Nick Hilliard	3			2:59	2:57	3:01	3:02	3:10	3:09	
John Senn is cool				is cool	is cool	is cool	is cool	is cool	is cool	
~~Matt Crow~~	2			2:52	2:42	2:56	3:01			
Chad Nolan	3			3:11	3:28	3:26	3:30	3:30	3:30	
Marty Koeler	3			3:06	3:20	3:17	3:27	3:30	3:34	
Robert Hutchinson	–									
Greg Bierling	–									
Eric Grunzinger	3			2:59	2:57	2:57	2:59	2:52	2:53	
Ben Klein	2			2:53	2:48	2:46	2:46	3:03	2:44	
Tim Ferrell	3			3:04	3:20	3:12	3:13	3:14	3:13	

Best Regards —