

1996 SLUH XC ATTENDANCE

[illegible]

A = Unexcused E = Excused

- Schedule
 - Sheets
 - sundars
 - meet note
- T SHIRTS 10.00
 - BALL GAME
 - Spirit
 - organization

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end

Before practice: assign lockers, sign up new members, sign up weight participants

moving desks is fun!

08-15-96 Jog, cal, stretch, cal, 200 striders to teach cruise pace, lake course fixed interval fartlek repeats by small groups, cool down run, cal, jog, stretch

[illegible]

ROBA GREG

LUNGES - 40-50 YDS & BACK
POWER SKIPS 100 YDS & BACK
BOUNDING " " "
HIGH KNEES " " "
BUTT KICKS 50 YDS & BACK

8-16-95 Jog, cal, stretch, cal, push-up #'s, crunch #'s, strength circuits, 3, 4, 6, 7.5 and 9 mile grass loops, pulse, jog, cal stretch

Name	P.U.	Cr	3.1 Early goal	Goal training pace	Course	Time	Pulse	Comments
Group A								
Lauer	27	30		7.6	9	53:19	150	
Rosario	42	50			9	1:08	164	
Schaefer	43	60		29:14	84	53:19	139	
Fitzgerald	30	60		7.6	9	53:19	136	
Ramsey	43	60		7.6	9	53:19	144	
Christie	0	0						
Graesser	32	52		7.6	9	53:19	144	
Donnelly	42	51			84	29:50	150	
Blessing	36	37		7.6	9	53:19	142	
Group B								
Rutterer	31	36			6	50:43	162	RAN round andery later
Leuchtmann	40	50			6	50:43	126	0:11
S. Burns	36	60		42:00	6	50:43	156	Missed extra loop
Schalte	35	40			9	53:19	140	
Abbott	30	60			6	50:43	180	
Caldwell	36				4	34:40	182	Artery Range
Ebel	25	37			4	30:23	192	
Group C								
Bushman	0	0			4			
Ruddy	30	42				33:17	172	
Monahan	70	51				32:02	142	
Donaldson	41	35				33:55	186	
Biscan	28	47				34:02	192	
Crow	43	36				29:50	180	
Niesen	28	50				30:42	170	
Crane	50	45				29:50	170	
E. Monda	0	55				28:40	156	
Senn	40	30				28:51	180	
McGinnis	27	52				36:20	102	Ankle sprain
Voytas	42	50				30:42	168	
B. Burns	34	40				29:27	168	
Hilliard	30	50			32:30	31:39	148	
Kopf	37	51				31:39	156	
Nolan	22	30				34:00	175	
Range	32	36				72:36	188	
Group D								
Recher	0	0			3			
Koehler								

Chris

ROB & GREG

Name	Push up	Crunch	200's	# min fartlek	Cruise interval	Train int.	cool down run
Group A				50 min	90 sec	3 min	20 min
Lauer	38	50					
Rosario	43	68					
Schaefer							
Fitzgerald	40	70					
Ramsey	39	53					
Christie	36	48					
Graesser	32	60					
Donnelly	44	50					
Blessing	39	50					
Schulte	33	54					
Group B				40 min	90 sec	3 min	10 min
Rutterer							
Leuchtmann	42	50					
S. Burns	37	39					
Schaefer	30	51					
Abbott	30	60					
Group C				30 min	90 sec	3 min.	5 min
Breslin							
Ruddy	32	45					
Monahan	71	43	62	50			
Donaldson	45	62					
Biscan	32	43					
Crow	45	40					
Niesen	33	54					
Crane	50	40					
E. Monda	0	50					
Senn	40	20					
McGinnis	24	60					
Voytas	42	53					
B. Burns	38	50					
Hilliard	35	55					
Kopf	33	54					
Nolan	23	40					
Koxarik	31	40					
Group D				20 min	90 sec	3 min	jog in
Reichert	30						
Koeler	30	60					
Ryan	34	58					
Ebel	26	35					
end							

8-19-96 1 m Jog, cal, stretch, cal, record numbers, 6 x 200, course, cal, jog, stretch
FRESHMAN: Sign up, Q and A, jog half, routine, jog one, pulse, routine.

Name	Course	Time	Pulse	# push ups	Name	Course	Time	Pulse	# push ups
Group A					WESBUND				20
Lauer (2)	7.6	53:13	164	38	DENNY				18
Rosario (1)	7.6	51:33	162	40	DMONTIER				37
Schaefer (5)	6.2	52:38		30	SOLBERG				13
Fitzgerald (1)	7.6	51:33	150	40	ZAKIBE				12
Ramsey				52	LABOBE				11
Christie (1)	7.6	51:33	186	30	NISCHWITZ				15
Graesser (1)	7.6	51:33	154	32	BEARD				18
Donnelly (4)	6.2	43:00	164	45	GRAESSER				25
Blessing (3)	7.6	53:20	166	47	MONDA				22
Schutte (2)	7.6	53:13	172	30					
Nichwitz (7)	4	28:21	184						
Group B									
Rutterer (6)	6.2	52:40	151	37					
Leuchtmann	4	29:15	144	40					
S. Burns	4	29:30	192	34					
RECHT	4	29:43	188	43					
KOVARIK	4	32:23	180	25					
NISCHWITZ				RECHT					
Group C									
Breslin				X					
Ruddy	4	33:14	160	33					
Monahan	4	29:13	146	80					
Donaldson	4	33:13	184	41					
Biscan	4	35:33	184	33					
Crow (8)	4	28:37	164	47					
Niesen (10)		29:00	176	33					
Crane		29:15	180	50					
E. Monda (4)	6.2	43:00	172	28					
Senn (6)	4	28:37	170	41					
McGinnis	4	29:10	170	27					
Voytas (10)	4	29:00	180	45					
B. Burns (9)	4	28:43	154	35					
Hilliard	4	31:14	160	40					
Kopf		29:31	170	42					
Nolan	4	35:00	168	25					
SPIESER	4	31:43	156	45					
LEBEL (9)	4	28:46	182	28					
Group D									
Reichert	4	31:13	150	45					
Koeler									
HUTCHINSON			150	40					
ABBOTT	4	23:11	180	35					

RES

.5

9 (10)

(8)

46.34

NISCHWITZ

8-21-96 1 m Jog, cal, stretch, cal, record numbers, 6 x 200, grass loops, cal, jog, stretch

Name	Course	Time	Pulse	# push ups	Name	Course	Time	Pulse	# push ups
Tim Blessing	A1	7.5 58:00	152	36	Dan Graesser	2	17:24 154	154	30
Jerry Fitzgerald	A1	9 1:12	172	42	Mark Monda	2	17:24	172	28
Ben Rosario	A1	9 1:12	180	43	John Zakibe	2	17:30	140	20
John Christie	A1	9 1:12	148	31	Ted La Boube	2			15
John Ramsey	A1	—		55	Dan Westaland	2	17:24	130	29
Scott Lauer	A1	7.5 58:00	168	36	Steve DuMontier	2	—	—	
Chris Graesser	A1	9 1:12	170	35	Andrew Denny	2	18:37	180	20
Luke Schulte	A1	7.5 58:00	154	53	Matt Solberg	2	17:24	158	18
Matt Schaefer	A1	7.5 59:00	164	38	Dan Bedaro	2	17:24	152	26
Joe Donnelly	B1	6 45:57	174	50	David Nischwitz	2	18:37	182	21
Eric Monda	B1	6 44 33:20	172	27					
Sean Burns	B2	6 46:02	178	39					
Greg Leuchtman	B3	6 45:33	154	42					
Phil Rutterer	B3	6 48:02	156	31					
Phil Kopf	C2	4 32:26	174	43					
Brian Burns	C2	4 31:18	148	42					
Luke Voytas	C2	4 29:21	164	54					
Ben Caldwell	C2	4 32:19	180	41					
Dan Range	C2	4 30:48	186	41					
Ryan Monahan	C2	4 31:38	150	42					
John Ebel	C3	4 30:49	186	31					
Chris Abbott	C3	6 40:00	180	40					
Jon McGinnis	C3	6 40:00	180	19					
Jon Crane	C2	6 40:00	170	50					
Alex Spieser	C3	4 32:48	152	34					
CHAD NOLAN	4	34:29	174	37					
Matt Nischwitz	D1	4 29:21	174	—					
David Breslin	D2			—					
Matt Donaldson	D3	4 36:15	198	38					
Frank Niesen	D3	4 31:52	168	44 34					
Noah Ruddy	D3	4 34:40	166	31					
Kevin Kovarik	D3	4 33:52	195	40					
Jonathan Bisca	D3	4 39:30	179	36					
Nick Hilliard	D3	4 34:55	146	40					
John Senn	D2	6 45:57	172	40					
Matt Crow	D2	4 30:24	166	50					
Marty Koeler	D3	4		33					
Ken Reichert	D3	6 40:00	150	51					
Robert Hutchin	D3	2 17:24	134	32					
	F								
	F								
	F								
	F								

1.5 7.5 (10) 8-22-96 TWO MILE REPEATS + 200'S ON CANSE

	A	B	C	D	E	F	G	H	I	J	K	L
1	Name	Group	1st repeat	Time	pulse	2nd repeat	Time	pulse	3rd repeat	Time	pulse	Notes
2	Tim Blessing	A1	2	12:55	172		13:25	190		6:25	182	17:30 6:04
3	Jerry Fitzgerald	A1	2	12:36	160		13:05	176		6:09	186	17:30 6:04
4	Ben Rosario	A1	2	12:31	180		12:42	180	12:37	6:09	180	17:30 6:04
5	John Christie	A1	2	12:22	180					6:27	138	17:30 6:04
6	John Ramsey	A1										
7	Scott Lauer	A1	2	12:40	176		13:20	182		6:23	186	17:45 6:10
8	Chris Graesser	A1	2	12:42	190		12:30	180		12:32	190	17:40 6:09
9	Luke Schulte	A1										
10	Matt Schaefer	A1	2	14:39	178							18:15 6:20
11	Runner X.Y		2	12:40	158							10:30 5:45
12	Joe Donnelly	B1	2	12:29	172							17:30 6:04
13	Eric Monda	B1	2	12:22	214		12:26	200				18:15 6:20
14	Sean Burns	B2	2	14:49	190		7:58	184				19:45 6:45
15	Greg Leuchtman	B2	2	13:55	155							18:50 6:30
16	Phil Rutterer	B2	2	15:10	152							19:30 6:45
17												
18	Phil Kopf	C2	2	14:07	184		6:50	160				19:30 6:45
19	Brian Burns	C1	2	13:53	192							18:45 6:30
20	Luke Voytas	C2	2	14:09	190							19:00 6:32
21	Ben Caldwell	C2	2	14:35	186		15:36	190				19:30 6:45
22	Dan Range	C2										19:00 6:32
23	Ryan Monahan	C1	2	14:09	162		7:11	146				18:30 6:20
24	John Ebel	C3	2	14:36	210							19:30 6:45
25	Chris Abbott	C3	2	13:55	175							
26	Jon McGinnis	C2	2	14:30	198		8:13	180				18:30 6:20
27	Jon Crane	C2	2	14:32	166		7:25	177				19:45 6:45
28	Alex Spieser	C3	2	14:29	160							20:00 6:51
29	CHAD NOLAN		2	15:53	170		8:14	190				20:30 7:00
30	Matt Nischwitz	D2	2	13:18	186		6:49	192				18:50 6:30
31	David Breslin	D2	2	13:53	186		7:04	164				19:30 6:45
32	Matt Donaldson	D3	2	16:35	200							21:00 7:10
33	Frank Niesen	D3	2	14:00	184		6:57	178				19:30 6:45
34	Noah Ruddy	D3	2	16:13	194		8:58	198				19:45 6:45
35	Kevin Kovarik	D3	2	15:12	194		7:44	194				20:15 6:58
36	Jonathan Bisca	D3	2	16:04	190		9:06	192				19:59 6:51
37	Nick Hilliard	D3	2	14:15	126							
38	John Senn	D2	1	6:27			6:33	200				19:20 6:39
39	Matt Crow	D2	2	12:66	180		6:37	182				18:50 6:30
40	Marty Koeler	D3	2	17:40	180							
41	Ken Reichert	D3	2	13:37	170							
42	Robert Hutchin	D3	1	7:31	140							
43	David Nischwitz	F	1	3:09	180							
44	Dan Graesser	F	2	17:54	164							
45	Mark Monda	F	2	13:33	172							
46	John Zakibe	F										
47	Ted La Boube	F	1	10:03								
48	Dan Westland	F	2	13:30	172							
49	Steve DuMontie	F	1									
50	Andrew Denny	F										
51	Matt Solberg	F	2	7:45	160							
52	Dan Bedard	F	1	7:36	160							
53	David Nischwitz	F										

Ted Snodgrass

2 16:?? ?

Abbott

2 13:35 175

Hilliard

2

H. Ballison

1

8-23-96 1 m Jog, cal, stretch, cal, record numbers, strength circuits, grass loops, cal, jog, stretch

Name	Course	Time	Pulse #	push ups	Name	Course	Time	Pulse #	push ups
Tim Blessing	A1	7.5	44:45	178	Dan Graesser	F1	4		
Jerry Fitzgerald	A1	7.5	46:10	162	Mark Monda	F1	4	29:18	200
Ben Rosario	A1	7.5	48:15	180	John Zakibe	F1	4	17:53	150
John Christie	A1	7.5	48:15	172	Ted La Boube	F3	2	18:00	188
John Ramsey	A1				Dan Westland	F1	4	29:18	172
Scott Lauer	A1	7.5	49:45	174	Steve DuMontier	F2	2	18:17	148
Chris Graesser	A1	7.5	49:15	146	Andrew Denny	F2	2	17:53	162
Luke Schulte	A1	7.5	48:15	166	Matt Solberg	F2	2	E	E
Matt Schaefer	A1	7.5	43:51	174	Dan Bedaro	F2	2	E	E
					David Nischwitz	F2	2	18:05	164
Joe Donnelly	B1	6	40:30	170	Hamilton Callison	F2	2	18:45	154
Eric Monda	B1		X	X	Ted Snodgrass	F2	2	17:53	140
Sean Burns	B2	6	46:04	152					
Greg Leuchtmann	B2	6	X	X					
Phil Rutterer	B2	6	X	X					
Phil Kopf	C2	6	45:57	164					
Brian Burns	C1	6	41:50	148					
Luke Voytas	C2	6	41:08	180					
Ben Caldwell	C2	6	48:14	194					
Dan Range	C2	6.4	29:28	184					
Ryan Monahan	C1	6	47:04	154					
John Ebel	C3	6.6	Knee Pain						
Chris Abbott	C3	4.6	29:18	169					
Jon McGinnis	C2	6	46:05	160					
Jon Crane	C2	4.6	28:26	166					
Alex Spieser	C3	6.6	47:30	164					
Matt Nischwitz	D2	6	44:35	174					
David Breslin	D2	6	50:08	180					
Matt Donaldson	D3	4	33:30	198					
Frank Niesen	D3	4	29:18	176					
Noah Ruddy	D3	4	31:36	172					
Kevin Kovarik	D3	4	31:40	196					
Jonathan Bisca	D3	4	33:31	192					
Nick Hilliard	D3	4	32:56	188					
John Senn	D2	6	41:16	180					
Matt Crow	D2	6	43:49	180					
Marty Koeler	D3	4	36:40	188					
Ken Reichert	D3	4	29:18	170					
Robert Hutchins	D3	4	38:02	175					
GREG BIERLING	D3	2	17:53	142					
Chad Nolan	F	4	33:33	168					
	F								
	F								
	F								

SAT.

8-24-96 2M OR 1M JOG, CAL, STRETCH, CAL, RECORD #'S
 200yd striders, hills or grass loops, CAL, JOG, STRETCH
 jog, stretch

APPROX 55 MI
 WEEK

(7)

Name		Course	Time	Pulse	push ups	Name		Course	Time	Pulse	
Tim Blessing	A1	8 HILLS			44 57	Dan Graesser	F1	31:00	37:30	178	33-41
Jerry Fitzgerald	A1	"			41 72	Mark Monda +	F1	4	28:04	184	32-41
Ben Rosario	A1	"			45 73	John Zakibe	F1	4	32:26	184	33-61
John Christie	A1	"			36 75	Ted La Boube	F3			172	22-25
John Ramsey	A1	2	13:26	156	50 76	Dan Westland	F1	31:00		168	32-50
Scott Lauer	A1	"			36 -74	Steve DuMontier	F2	14:56		160	45-60
Chris Graesser	A1	"			35 -76	Andrew Denny +	F2	14:13		150	25-40
Luke Schulte	A1	"			43 -71	Matt Solberg	F2	13:44		178	20-33
Matt Schaefer	A1	"			43 -60	Dan Bedard	F2	13:51		166	36-50
						David Nischwitz +	F2	14:56		186	33-39
Joe Donnelly	B1	6 HILLS			46 -41	Hamilton Callison	F2	17:21		146	24-68
Eric Monda	B1	"			33-55	Ted Snodgrass	F2	13:52		138?	22-30
Sean Burns	B2	"			34-71						
Greg Leuchtman	B2	"			43-52						
Phil Rutterer	B2				1R						
Phil Kopf +	C2	6	42:03	158	45-64						
Brian Burns	C1	PNF	-	-	43-50						
Luke Voytas	C2				E						
Ben Caldwell +	C2	6	42:03	182	46-32						
Dan Range	C2	6	42:27	188	41-46						
Ryan Monahan +	C1	6	43:02	148	30-71						
John Ebel	C3	6	44:32	188	32-46						
Chris Abbott +	C3	4	27:04	172	46-81						
Jon McGinnis +	C2	6	43:00	180	10-30						
Jon Crane +	C2	4	26:26	170	5-45						
Alex Spieser +	C3	6	40:00	164	42-62						
Matt Nischwitz	D2				E						
David Breslin	D2	4	35:19	180	41-72						
Matt Donaldson	D3				E						
Frank Niesen +	D3	4	27:36	182	36-52						
Noah Ruddy	D3	4	31:15		31-59						
Kevin Kovarik	D3	4	31:20	172	37-42						
Jonathan Biscan	D3	4	32:14	186	34-37						
Nick Hilliard	D3	4	31:29	162	42-83						
John Senn	D2	6	43:27	170	42-31						
Matt Crow	D2	6	43:03	154	5-58						
Marty Koeler	D3				37-76						
Ken Reichert +	D3	4	27:09	164	49-73						
Robert Hutchins	D3	4	33:54	160	30-0						
Greg Bierling +	D3	4	27:30	168	29-45						
Chad Molant +		4	31:19	165	31-43						

8-26-96 Jog to course(1.5) cal, stretch, cal, 2 or 4 200's, repeats at cruise pace, 2 or 4 200's easy, cal, jog, stretch

Name	Grp	rep	Time	pulse	rep	Time	pulse	rep	Time	pulse	Names	rep	Time	pulse	rep	Time	pulse
Tim Blessing	A1	2	13:24	164	2	13:36	176	2	—	—	Nishwitz ⁵⁸	2	2	19:00	190	0	—
Jerry Fitzgerald	A1	2	12:55	150	2	12:48	170	2	+12:36	178	Graesser	1	2	15:07	168	2	17:05
Ben Rosario	A1	2	12:55	160	2	12:32	176	2	+12:36	176	Monda	1	2	17:21	188	2	14:31
John Christie	A1	2	12:44	180	2	14:04	142	2	—	—	Zakibe	2	2	18:24	169	2	18:49
John Ramsey	A1	2	13:33	174	2	12:09	184	2	—	—	La Boube	3	2	—	—	—	—
Scott Lauer	A1	2	12:41	170	2	12:43	188	2	+13:20	190	Westaland	2	2	?	—	1	—
Chris Graesser	A1	2	12:54	170	2	13:10	170	2	+7:00	176	DuMontier	2	2	?	—	1	—
Luke Schulte	A1	2	12:41	145	2	7:40	—	2	—	—	Denny	2	2	—	—	1	7:43
Matt Schaefer	A2	2	13:43	144	2	14:07	156	1	+6:45	182	Solberg	2	2	15:40	190	1	8:32
											Bedard	2	2	11:48	170	1	8:44
Joe Donnelly	B1	2	12:41	180	2	14:50	150	1	+	—	O'NEIL						
Eric Monda	B1	2	—	—	2	—	—	1	—	—	Snodgrass	2		17:07	142		
Sean Burns	B2	2	—	—	2	—	—	1	—	—							
Greg Leuchtmann	B2	2	—	—	2	—	—	—	—	—							
Phil Rutterer	B2	2	15:00	196	2	—	—	1	—	—							
Phil Kopf	C2	2	—	—	2	—	—	—	—	—							
Brian Burns	C2	2	13:48	172	2	14:52	166	—	—	—							
Luke Voytas	C2	2	13:48	190	2	15:15	180	—	—	—							
Ben Caldwell	C2	2	14:06	186	2	15:13	188	—	—	—							
Dan Range	C2	2	14:13	192	2	15:00	192	—	—	—							
Ryan Monahan	C2	2	14:05	166	2	14:47	188	—	—	—							
John Ebel	C3	2	14:51	184	2	16:24	180	—	—	—							
Chris Abbott	C3	2	13:31	174	2	15:33	190	—	—	—							
Jon McGinnis	C2	2	14:40	180	2	8:21	140	—	—	—							
Jon Crane	C2	2	14:03	180	2	14:52	180	—	—	—							
Alex Spieser	C3	2	14:00	166	2	15:13	164	—	—	—							
Matt Nischwitz	D2	2	13:07	178	2	13:24	186	—	—	—							
David Breslin	D2	2	14:40	180	2	15:09	200	—	—	—							
Matt Donaldson	D3	2	16:10	200	2	8:20	190	—	—	—							
Frank Niesen	D3	2	14:01	186	2	14:11	196	—	—	—							
Noah Ruddy	D3	2	15:41	192	2	17:55	196	—	—	—							
Kevin Kovarik	D3	2	14:55	186	2	15:27	176	—	—	—							
Jonathan Bisca	D3	2	16:34	182	2	18:00	192	—	—	—							
Nick Hilliard	D3	2	15:22	198	2	17:03	180	—	—	—							
John Senn	D2	2	—	—	2	—	—	—	—	—							
Matt Crow	D2	2	13:04	168	2	13:39	176	—	—	—							
Marty Koeler	D3	2	—	—	2	—	—	—	—	—							
Ken Reichert	D3	2	13:08	178	2	13:09	180	—	—	—							
Robert Hutchins	D3	2	—	—	2	—	—	—	—	—							
Chad Nolan	D3	2	15:49	190	2	18:00	192	—	—	—							
Greg Bierling	D3	2	17:00	164	2	7:45	168	—	—	—							

pulse

SLUR

ITB

WALK/CALF

8-27-96 Jog, cal, stretch, push-up #'s, strength circuits, Timed run or course, 200's, cal, jog, stretch.

Name	P.U.	Cr	Pace	Time	Pulse	Name	P.U.	Cr.	Pace	Time	Pulse
Tim Blessing		X				Dan Graesser	32	3		40	164
Jerry Fitzgerald	38	1		60	132	Mark Monda	E	3			
Ben Rosario	45	1		60	136	John Zakibe	30	F	4M+38.50	36.50	158
John Christie	36	1		60	138	Ted La Boube	21				188
John Ramsey	50	1		60	140	Dan Westland	33		4M+38.00	142	
Scott Lauer	36	1		40.5		Steve DuMontier	40	2M		17:37	164
Chris Graesser	35	1		60	140	Andrew Denny	25		4M+38.00	166	
Luke Schulte	48	1		60	142	Matt Solberg	23	2M		17:37	168
Matt Schaefer	50	2		45	154	Dan Bedard	32		4M+38.00	162	
						David Nischwitz	E				
Joe Donnelly	46	2		45	146	Hamilton Callison	E				
Eric Monda	34	2		45	160	Ted Snodgrass	E				
Sean Burns	35	2		45	164	Sean O'Neil	32	2M			180
Greg Leuchtmann	21	2		✓	✓						
Phil Rutterer	34	X									
Phil Kopf		X									
Brian Burns	44	3		45	152						
Luke Voytas	42	2		45	168						
Ben Caldwell	42	3		45	162						
Dan Range	44	3		45	160						
Ryan Monahan	45	2		45	142						
John Ebel	34	3		40	164						
Chris Abbott	41	3		40	156						
Jon McGinnis	24	23		45	160						
Jon Crane	51	23		45	166						
Alex Spieser	35	3		40	154						
Chad Nolan	35	4		30	154						
Matt Nischwitz		2		45	162						
David Breslin	36	3		40	160						
Matt Donaldson	41	4		30	182						
Frank Niesen	43	3		40	162						
Noah Ruddy	38	4		30	158						
Kevin Kovarik	40	4		30	152						
Jonathan Biscan	34	4		30	152						
Nick Hilliard	43	3		40	160						
John Senn	45	23		45	174						
Matt Crow	56	2		45	160						
Chad Nolan											
Marty Koeler	37	4		30	160						
Ken Reichert	51	2		45	168						
Robert Hutchinson	37	4		30	150						
Greg Bierling	34	3		40	154						
Eric Gunzinger		4		30	152						

JOG, CAL, STRETCH, CAL, 200'S, KNEE-PROOFING,
8-28 45-35-25 PARTIAL ON LAKE COURSE,
CAL, 200'S, JOG, STRETCH

Backer Memorial
4970 Oakland
St. Louis, MO 63110-1472

30
8:14-53-0330 or 1m Jog, cal, stretch, cal, record numbers, 200 yd striders, hills or grass loops, cal,
jog, stretch

X X X



Name	Course	Time	Pulse	push ups	Name	Course	Time	Pulse	push ups		
Tim Blessing	A1	9	104:18	168	47	Dan Graesser	F1	48:18	29:30	172	35
Jerry Fitzgerald	A1	9	103:30	146	42	Mark Monda	F1	47:18	29:30	172	35
Ben Rosario	A1	9	104:18	158	47	John Zakibe	F1	47:18	29:30	172	35
John Christie	A1	9	104:30	158	40	Ted La Boube	F3	47:18	29:30	172	35
John Ramsey	A1	7:15	41:00	180	41	Dan Westland	F1	47:18	29:30	172	35
Scott Lauer	A1	9	106:00	172	43	Steve DuMontier	F2	2	17:18	142	40
Chris Graesser	A1	9	103:30	164	33	Andrew Denny	F2	4	33:40	156	30
Luke Schulte	A1	9	104:18	158	45	Matt Solberg	F2	4	30:59	174	24
Matt Schaefer	A1	6:15	40:38	166	44	Dan Bedard	F2	3:14	27:00	?	36
Joe Donnelly	B1	7:5	41:00	160	55	David Nischwitz	F2	8	17:40	162	20
Eric Monda	B1	6	38:30	180	28	Hamilton Callison	F2	2	17:40	162	20
Sean Burns	B2	6	40:30	156	33	Ted Snodgrass	F2	4	3:27	160	25
Greg Leuchtman	B2	6	29:00	164	47	Seen O'Neil	2	18:45	170	25	
Phil Rutterer	B2	-			37	Jim Moran	4	32:08	?	25	
Phil Kopf	C2	-			-	Chris Bereton	21	19:00	216	35	
Brian Burns	C1	6	44:00	172	40	Tim Huetterich	2	15:00	200	20	
Luke Voytas	C2	6	40:30	176	46	Murphy O'Brien	2	15:00	?	32	
Ben Caldwell	C2	-			-	Klein, Ben	2	15:06	156		
Dan Range	C2	6	44:00	176	42						
Ryan Monahan	C1	6	44:00	176	91						
John Ebel	C3	6	45:15	176	27						
Chris Abbott	C3	4	26:12	178	46						
Jon McGinnis	C2	2	15:00	90	28						
Jon Crane	C2	6	41:04	176	50						
Alex Spieser	C3	6	44:05	176	37						
Matt Nischwitz	D2				-						
David Breslin	D2	6	45:15	200	40						
Matt Donaldson	D3	4	31:15	182	42						
Frank Niesen	D3	4	30:18	186	42						
Noah Ruddy	D3	4	30:40	180	39						
Kevin Kovarik	D3	4	30:36	186	50						
Jonathan Biscan	D3	4	30:52	192	36						
Nick Hilliard	D3	4	28:35	172	44						
John Senn	D2	6	41:41	164	41						
Matt Crow	D2	6	41:24	174	51						
Marty Koeler	D3	4	33:40	198	40						
Ken Reichert	D3	6	41:05	172	50						
Robert Hutchins	D3	4	34:01	186	40						
Greg Bierling	D3	4	27:50	168	36						
Chad Nolan	D3	4	31:18	180	33						
Eric Gruninger	D3	4	33:04	186	41						

St. Louis University High School

PHOLDING THE TRADITION SHAPING THE FUTURE

#1

96

8/31/04 Jog/Cal/Stretch/ Injury Circuits/ Repeat Miles/Cal/Cool down/
Jog/Stretch 6 minutes rest, workout run in two groups "2" and "3"

2 mile

Name	#	goal	1st	2nd	3rd	Pulse	3.1 pace	Name	#	goal	1st	2nd	Pulse	3rd	Pulse	3.1 pace
Tim Blessing	A1	132	5:51	5:51	5:53	186	✓	Dan Graesse	F1	142	6:42	6:50	182	✓	3	13:32
Jerry Fitzge	A1	122	5:40	5:46	5:51	176	✓	Mark Monda	F1	170	6:25	6:20	190	✓	2	12:45
Ben Rosario	A1	128	5:58	6:08	6:25	156	✓	Dan Westlun	F1	164	6:16	6:18	178	✓	1	12:34
John Christie	A1	142	5:32	5:38	5:47	178	✓	Steve DuMo	F2	164	8:18	9:21	174	✓		17:40
John Ramsey	A1	140	5:47	5:50	6:01	176	✓	Andrew Deni	F2	160	7:24	7:44	174	✓		15:08
Scott Lauer	A1	144	5:53	5:56	6:06	192	✓	Matt Solberg	F2	164	7:20	7:58	168	✓		15:18
Chris Graess	A1	136	5:44	5:40	5:47	192	✓	Dan Bedard	F2	160	7:49	-	160	✓		
Luke Schulte	A1	150	5:32	5:42	5:45	180	✓	John Zakibe	F2	160	7:55	8:03	164	✓		15:58
Matt Schaefer	A2	166	5:56	6:02	6:05	188	✓	David Nisch	F3	X						
Joe Donnelly	B1	136	5:38	5:52	5:45	160	✓	Sean O'Neil	F3	160	8:38		165	✓		
Eric Monda	B1	160	5:49	5:38	5:40	192	✓	Hamilton Ca	F3	164	5:31	5:58	178	✓		17:29
Sean Burns	B2	166	6:02	6:23	6:48	184	✓	Ted Snodgrass	F3	162	7:10	7:27	169	✓		14:37
Greg Leuchtr	B3	150	6:15	6:28	6:51	190	✓	Ted La Boubé	F4	172	10:18	-	170	✓		
Phil Rutter	B3							Sean O'Neil	F3		9:18	-	168	✓		
Phil Kopf	C2							Jim Moran	F4	160	7:13	8:37	168	✓		15:50
Brian Burns	C2	162	6:08	6:25	6:41	176	✓	Chris Breret	F4	✓	10:55	-	204	+		
Luke Voytas	C2	152	6:08	6:12	6:09	192	✓	Tim Huger	F3	180	7:16	7:01	192	✓	5	14:17
Ben Caldwell	C2	162	6:09	6:50				Murphy	20'BF3	150	6:58	6:50	174	✓	4	13:48
Dan Range	C2	172	6:33	6:44	6:54	196	✓									
Ryan Monaha	C2	140	6:32	6:42	6:36	168	✓									
John Ebel	C3	152	6:26	6:37	6:56	192	✓									
Chris Abbott	C2	160	6:13	6:30	6:48	184	✓									
Don McGinnis	C2	143														
Jon Crane	C2	144	6:11	6:19	6:25	180	✓									
Alex Spieser	C3	154	6:43	6:43	6:59	190	✓									
Matt Nischwi	D2	150	5:59	6:38	DNF		19:30									
David Breslin	D3	144	7:08	7:13	7:47		22:46									
Matt Donalds	D3	170	7:35	7:59	8:01	200	+									
Frank Niesen	D3	166	6:32	6:45	6:35	196	✓									
Noah Ruddy	D3	164	7:05	7:25	7:40	170	✓									
Kevin Kovari	D3	166	6:47	6:59	7:05	206	+									
Jonathan Bisc	D3															
Nick Hilliard	D3	160	7:36	7:42	8:00	164	✓									
John Senn	D2	152	6:17	6:11	6:45	200	✓									
Matt Crow	D2															
Chad Nolan	D3	160	7:05	7:10	7:41	194	✓									
Marty Koeler	D3	180	7:47	8:02	8:23	182	✓									
Ken Reichert	D3	150	6:12	6:09	6:10	184	✓									
Robert Hutch	D3	168	8:02	8:06	8:11	160	✓									
Greg Bierling	D3	142	6:47	6:45	6:37	194	✓									
Eric Grunzin	D3															
Ben Klein	D3	158	6:40	6:30	7:17	160	✓									

end

Cool, Breezy, Sunny

Name	Cal	Course	Time	Pulse	Name	Cal	Course	Time	Pulse
Tim Blessing	67	6	42:20	152	Dan Graesser ✓	45	4	35:14	114
Jerry Fitzgerald	40/40	6	44:07	148	Mark Monda ✗	50	4	36:52	136
Ben Rosario	54	7	52:20	140	Dan Westlund ✓	62	4	29:13	136
John Christie	40/40	7	52:20	120	Murphy O'Brien ✓	57	4	28:03	148
John Ramsey	47	7	51:47	156	Ted Snodgrass ✗				
Scott Lauer	55	7	51:18	156	Steve DuMontier ✓	75	4	31:14	160
Chris Graesser		7	51:20	146	Andrew Denny ✗				
Luke Schulte	60	7	51:47	136	Matt Solberg ✓	44	4	29:19	166
Matt Schaefer	40/40	6	38:36	172	Dan Bedard ✗	66			
Ken Reichert	40/40	7	51:47	140	John Zakibe ✓	48	4	32:19	138
Joe Donnelly	40/40	7	51:47	168	David Nischwitz ✓	35	4	38:12	176
Eric Monda	43	6	44:07	150	Sean O'Neil ✓	47	4	35:28	148
Sean Burns	61	4	28:28	158	Hamilton Callison	30	4	40:04	154
Greg Leuchtman	40/40	4	28:46	156	Tim Hugerich ✗	43			
Phil Rutterer	64	4	27:56	164	Ted LaBoue ✗				
Range		4	28:28	170	Sean O'Neil				
Phil Kopf					Jim Moran ✓	48	4	35:28	150
Brian Burns	61				Chris Brereton				
Luke Voytas									
Ben Caldwell	49	6	47:30	142					
Dan Range	57								
Ryan Monahan	40/40	4	34:05	152					
John Ebel	42	4	30:54	170					
Chris Abbott	101	4	29:31	164					
Jon McGinnis	62	6	40:50	180					
Jon Crane									
Alex Spieser	54	6	42:33	162					
Matt Nischwitz	0	4	31:38	132					
David Breslin									
Matt Donaldson	55	4	35:03	176					
Frank Niesen	51	4	31:38	158					
Noah Ruddy	59	6	48:13	164					
Kevin Kovarik	62	6	48:13	160					
Jonathan Biscan	54	4	33:40	162					
Nick Hilliard	55	6	50:04	172					
John Senn	60	4	27:56	180					
Matt Crow	78	6	41:32	150					
Chad Nolan	50	6	51:08	175					
Marty Koeler	66	6	51:08	162					
Robert Hutchinson									
Greg Bierling									
Eric Grunzinger	70		46:42	180					
Ben Klein	60	4	28:28	156					
Tim Ferrell	150	4	30:12	162					
COACH G.		6	44:07	154					
COACH B		7	47:06	172					

9-5-96 Jog, cal, stretch, cal, record numbers, Easy 200 yd striders 2 Or 4 form only, grass loops 9, 7.5, 6, 4, 3, 2 cal, 200 meter striders same as before only a bit faster jog, stretch

Name	Course	Time	Pulse	push ups	Name	Course	Time	Pulse	# push ups
Tim Blessing	A1	7.5	54:30	154	Dan Graesser	F1	6	51:15	178
Jerry Fitzgerald	A1	7.5	54:30	162	Mark Monda	F1	6	49:34	202
Ben Rosario	A1	9	1:14:23	158	Dan Westlund	F1	4	31:57	170
John Christie	A1	9	1:14:23	192	Murphy O'Brien	F1	4	32:09	139
John Ramsey	A1	7.5	54:30	150	Ted Snodgrass	F1	4	31:58	170
Scott Lauer	A1	7.5	54:30	160	Steve DuMontier	F2	3	32:25	180
Chris Graesser	A1	7.5	54:30	154	Andrew Denny	F2	4	34:52	162
Luke Schulte	A1	9	1:18:25	154	Matt Solberg	F2	4	32:13	180
Matt Schaefer	A2	7.5	54:30	164	Dan Bedard	F2			
Ken Reichert	B1	6	46:20	168	John Zakibe	F3	4	34:27	180
Joe Donnelly	B1		54:00	140	David Nischwitz	F3	2	17:10	170
Eric Monda	B1	6	54:20	176	Sean O'Neil	F3			
Sean Burns	B2	6	46:09	164	Hamilton Callison	F3	3	25+	146
Greg Leuchtmann	B3	6	46:04	162					
Phil Rutterer	B3				Ted La Boube	F4	2	21:00	182
Phil Kopf	C2	2	14:49	142	Sean O'Neil	F3	2	38:15	145
Brian Burns	C2	6	45:57	172	Jim Moran	F4	2	10:21	17:16
Luke Voytas	C2	4	29:59	176	Chris Brereton	F4			
Ben Caldwell	C2	4	27:52	182	Tim Hugerich	F3	4	33:00	192
Dan Range	C2	4	32:00	152					
Ryan Monahan	C2	2	15:22	140					
John Ebel	C3	6	48:45	173					
Chris Abbott	C2	6	46:20	165					
Jon McGinnis	C2	6	44:29	174					
Jon Crane	C2								
Alex Spieser	C3	6	47:27	166					
Matt Nischwitz	D2	6	47:40	164					
David Breslin	D3	2	17:13	150					
Matt Donaldson	D3	4	31:55	180					
Frank Niesen	D3	6	47:02	168					
Noah Ruddy	D3	6	51:18	168					
Kevin Kovarik	D3	6	51:18	180					
Jonathan Biscan	D3	4	33:49	184					
Nick Hilliard	D3	6	52:30	164					
John Senn	D2	6	45:37	180					
Matt Crow	D2	6	44:32	160					
Chad Nolan	D3	4	33:33	158					
Marty Koeler	D3								
Robert Hutchins	D3	4	36:20	160					
Greg Bierling	D3	4	34:27	174					
Eric Grunzinger	D3	4	32:58	204					
Ben Klein	D3	4	27:30	186					
Tim Ferrell	D3	4	32:04	166					

9-6-96 Jog, cal, stretch, cal, record numbers, A's and B's, 2, 3, 4 tempo ~~run~~ on aviation course, cal, 200 meter striders 2, 4 or 6 at 75% jog, stretch

	Name		Push up	Dist	Time	pulse	Name		Push up	Dist	Time	pulse	
16:00	Tim Blessing	A1	52 ✓	6:25	25:10	176	Dan Graesser	F1	31	7:10	X14:56	172	13:14
17:10	Jerry Fitzgerald	A1	45 ✓	6:10	24:02	156	Mark Monda	F1	35	7:06			12:40
17:30	Ben Rosario	A1	48 ✓	6:15	24:02	162	Dan Westlund	F1	27	7:06	✓3:10	178	12:30
17:25	John Christie	A1	32 ✓	6:10	24:44	156	Murphy O'Brien	F1	35	6:50	✓3:10	160	12:13
17:45	John Ramsey	A1	40 ✓	6:20			Ted Snodgrass	F1	35	7:05	X15:36	160	13:06
18:10	Scott Lauer	A1	44 ✓	6:30	26:15	176	Steve DuMontier	F2	50	8:20	X17:16	169	16:30
17:30	Chris Graesser	A1	31 ✓	6:15	25:20	158	Andrew Denny	F2	25	7:20	X15:34	163	14:40
17:55	Luke Schulte	A1	51 ✓	6:25	24:30	184	Matt Solberg	F2	26	7:15	✓15:52	180	14:20
18:40	Matt Schaefer	A2	47 X	6:45			Dan Bedard	F2	36	7:45	✓7:59	160	15:30
18:05	Ken Reichert	B1	50 ✓	6:30	25:33	190	John Zakibe	F3	24	8:00	X16:44	164	16:00
17:25	Joe Donnelly	B1	50 ✓	6:10	24:22	174	David Nischwitz	F3	34	8:00	X19:17	200	15:50
18:00	Eric Monda	B1	33 X	6:25	27:20	168	Sean O'Neil	F3	30		19:12	159	X
19:50	Sean Burns	B2	43 ✓	7:05	21:13	164	Hamilton Callison	F3	28	7:40	X16:33	164	16:15.5
14:55	Greg Leuchtman	B3	57 ✓	7:05	20:19	174	Tim Hugerich	F3	30	7:15	✓15:17	194	13:30
18:00	Phil Rutterer	B3	48				Ted La Boube	F4	33		21:53	186	✓
							Sean O'Neil	F3					
19:30	Phil Kopf	C2	43 X	7:00	28:32	172	Jim Moran	F4	35	8:00	✓15:03	146	X16:00
19:30	Brian Burns	C2	35 ✓	7:00	27:05	176	Chris Brereton	F4					X
19:10	Luke Voytas	C2	37	6:50									
20:00	Ben Caldwell	C2	47 ✓	7:10	6:53, 6:44, 6:37	190							
X	Dan Range	C2	48										
19:20	Ryan Monahan	C2	91 X	6:50	28:12	160							
20:19	John Ebel	C3	33 X	7:15	21:52	186							
19:40	Chris Abbott	C2	48 ✓	7:05	20:10	180							
19:10	Jon McGinnis	C2	34 X	7:05	21:26	184							
19:30	Jon Crane	C2	50 X	7:00	21:26	170							
20:20	Alex Spieser	C3	42 ✓	7:20	22:00	190							
19:10	Matt Nischwitz	D2	— ✓	6:50	27:07	186							
X	David Breslin	D3	54 X										
20:10	Matt Donaldson	D3	41 ✓	8:05	23:53	196							
20:00	Frank Nies	D3	43 ✓	7:00	20:57	192							
21:47	Noah Ruddy	D3	43 ✓	7:40	23:00	198							
21:30	Kevin Kovarik	D3	45 X	7:30	23:34	198							
22	Jonathan Biscan	D3	34 ✓	7:40	23:16	194							
23	Nick Hilliard	D3	50 ✓	8:05	22:44	170							
19:10	John Senn	D2	41 X	6:50									
14:10	Matt Crow	D2	57 ✓	6:50	27:17	180							
23	Chad Nolan	D3	37 ✓	6:05	23:55	192							
X	Marty Koeler	D3	42 X										
X	Robert Hutchins	D3											
19:55	Greg Bierling	D3	38 X	7:00	24:03	186							
21:00	Eric Gruninger	D3	42 X	7:20	22:43	198							
19:20	Ben Klein	D3	35 ✓	6:05	20:16	186							
22:00	Tim Ferrell	D3	55 ✓	7:45	23:05	190							

9-9-96 Jog, cal, stretch, cal, record numbers, ^{200's} ~~110's~~ 4,6,8 hills on science course, cal, cool down, easy match striders, jog, stretch

^{200's} 110's					^{200's} 110's				
Name		# hills	p.u.	cool	Name		# hills	p.u.	cool
Tim Blessing	A1	12	56		Dan Graesser	F1	6	32	
Jerry Fitzgerald	A1	12	45		Mark Monda	F1	6	37	
Ben Rosario	A1	12	50		Dan Westlund	F1	6	33	
John Christie	A1	12	41		Murphy O'Brien	F1	6	45	
John Ramsey	A1	12	40		Ted Snodgrass	F1	6	34	
Scott Lauer	A1	12	47		Steve DuMontier	F2	6	45	
Chris Graesser	A1	12	40		Andrew Denny	F2	6	31	
Luke Schulte	A1	12	43		Matt Solberg	F2	6	31	
Matt Schaefer	A2	12	60		Dan Bedard	F2	6	48	
Ken Reichert	B1	10	55		John Zakibe	F3	6	31	
Joe Donnelly	B1	12	61		David Nischwitz	F3	—	34	
Eric Monda	B1	12	33		Sean O'Neil	F3	6	35	
Sean Burns	B2	10	46		Hamilton Callison	F3	6	30	
Greg Leuchtmann	B3	10	63		Tim Hugerich	F3	6	31	
Phil Rutterer	B3	6	42		Ted La Boube	F4	6	30	
					Sean O'Neil	F3			
Phil Kopf	C2	8	35		Jim Moran	F4	6	36	
Brian Burns	C2	10	48		Chris Brereton	F4	6	30	
Luke Voytas	C2	10	47						
Ben Caldwell	C2	8	44						
Dan Range	C2	8	49						
Ryan Monahan	C2	10	90						
John Ebel	C3	8	30						
Chris Abbott	C2	10	52						
Jon McGinnis	C2	10	30						
Jon Crane	C2	—							
Alex Spieser	C3	8	47						
Matt Nischwitz	D2	10	0						
David Breslin	D3	6	40						
Matt Donaldson	D3	6	41						
Frank Niesen	D3	8	42						
Noah Ruddy	D3	8	39						
Kevin Kovarik	D3	8	53						
Jonathan Biscan	D3	8	32						
Nick Hilliard	D3	8	45						
John Senn	D2	10	43						
Matt Crow	D2	10	70						
Chad Nolan	D3	8	45						
Marty Koeler	D3	6	46						
Robert Hutchins	D3	6	45						
Greg Bierling	D3	6	41						
Eric Grunzinger	D3	8	42						
Ben Klein	D3	8	43						
Tim Ferrell	D3	8	65						

9-10-96 Jog, cal, stretch, cal, record numbers, 200 yd striders 4,6,8 grass loops 9, 7.5, 6, 4, cal, 200 meter striders matching first set, jog, stretch 48

Name		Course	Time	Pulse	push ups	Name		Course	Time	Pulse	# push ups
Tim Blessing	A1	7.5	52:00	156	30 (2x)	Dan Graesser	F1	4	31:30	154	34
Jerry Fitzgerald	A1	7.5 7.5	48:45	160	30 (2x)	Mark Monda	F1	6	49:30	182	36
Ben Rosario	A1	7.5	48:45	150	40-30	Dan Westlund	F1	4	31:55	162	44
John Christie	A1	7.5	52:00	148	30 (2x)	Murphy O'Brien	F1	4	31:55	162	45
John Ramsey	A1	7.5	52:00	168	25 2x	Ted Snodgrass	F1	/			28
Scott Lauer	A1	7.5	50:40	180	35-30	Steve DuMontier	F2	/			45
Chris Graesser	A1	7.5	50:25	156	30 (2x)	Andrew Denny	F2	/			31
Luke Schulte	A1	7.5	48:45	158	30 2x	Matt Solberg	F2	/			31
Matt Schaefer	A2	7.5			30 2x	Dan Bedard	F3	4	34:10	164	38
Ken Reichert	B1	7.5	52:06	162	61	John Zakibe	F3	4	34:53	164	35
Joe Donnelly	B1	7.5	48:45	164	30 2x	David Nischwitz	F3	time pen	28:00	170	32
Eric Monda	B1	7.5	52:05	176	25 2x	Sean O'Neil	F3	4	35:27	163	35
Sean Burns	B2	6			35	Hamilton Callison	F3	/			24
Greg Leuchtmann	B3	6	44:20	162	61	Tim Hugerich	F3	/			32
Phil Rutterer	B3	6	46:46	162	43	Ted La Boube	F4	/			30
						Sean O'Neil	F4				
Phil Kopf	C2	6	29:57	148	48	Jim Moran	F4	4	34:10	168	35
Brian Burns	C2	6	45:50	174	30 2x	Chris Brereton	F4	/			30
Luke Voytas	C2	6	45:50	172	30-25						
Ben Caldwell	C2	6	43:32	192	47						
Dan Range	C2	6	44:51	190	36						
Ryan Monahan	C2	6			30 2x						
John Ebel	C3	6	46:21	196	35						
Chris Abbott	C2	6			48						
Jon McGinnis	C2	/			30						
Jon Crane	C2	/			X						
Alex Spieser	C3	6	44:21	164	42						
Matt Nischwitz	D2	/			0						
David Breslin	D3	/			60						
Matt Donaldson	D3				48						
Frank Niesen	D3	4	31:44	162	44						
Noah Ruddy	D3	6	46:21	180	43						
Kevin Kovarik	D3	6	46:21	188	51						
Jonathan Biscan	D3	6	50:12	188	34						
Nick Hilliard	D3	/			40						
John Senn	D2	4	29:01	182	41-30						
Matt Crow	D2	6	41:14	180	30-30						
Chad Nolan	D3	6	50:10	176	38						
Marty Koeler	D3	4	35:00	172	42						
Robert Hutchins	D3	/			45						
Greg Bierling	D3	6	45:50	174	48						
Eric Grunzinger	D3	/			44						
Ben Klein	D3	4	27:45	172	50						
Tim Ferrell	D3	6	45:57	174	70						

9-11-96 Jog, cal, stretch, cal, 200 yd striders 4,6,8 4 or three cruise 1 mile intervals with jogging and minimal rest, cal, 200 meter striders matching first set, jog, stretch

5:00

mi

6'

Name		mi	mi	Pulse	mi	mi	pulse	Name		mi	mi	Pulse	mi	pulse
5:45 Tim Blessing	A1	16:00	15:59	5:57	—	—	—	Dan Graesser	3	F1	26:43	28:01	6:57	—
5:40 Jerry Fitzgerald	A1	15:41	15:37	5:29	5:25	5:17	184	Mark Monda	3	F1	27:40	7:54	7:47	160
5:55 Ben Rosario	A1	16:00	5:54	5:44	5:46	5:49	172	Dan Westlund	3	F1	26:07	6:07	6:13	—
5:40 John Christie	A1	15:45	15:47	5:44	6:00	—	—	Murphy O'Brien	1	F1	26:10	6:10	6:14	—
5:50 John Ramsey	A1	15:54	6:26	6:22	6:30	—	210	Ted Snodgrass	1	F1	27:36	7:10	7:03	—
5:55 Scott Lauer	A1	16:00	5:57	6:00	6:03	—	186	Steve DuMontier	F2	3	7:49	7:42	7:35	176
5:45 Chris Graesser	A1	15:57	5:55	5:44	5:46	5:48	180	Andrew Denny	F2	3	—	—	—	—
5:40 Luke Schulte	A1	15:40	5:43	5:47	—	—	174	Matt Solberg	F2	3	7:08	7:01	7:06	176
5:55 Matt Schaefer	A2	16:19	5:58	5:55	5:46	—	194	Dan Bedard	F3	3	7:55	7:52	7:51	170
6:05 Ken Reichert	B1	15:57	15:57	6:00	6:05	—	190	John Zakibe	F3	3	7:21	7:33	9:11	180
5:40 Joe Donnelly	B1	15:41	5:40	5:59	5:46	—	202	David Nischwitz	F3	3	8:09	9:08	8:35	200
6:00 Eric Monda	B1	16:04	5:40	5:57	5:32	—	202	Sean O'Neil	F3	3	8:58	8:32	9:30	—
6:05 Sean Burns	B2	—	—	—	—	—	—	Hamilton Callison	F3	3	7:49	—	—	—
6:20 Greg Leuchtman	B3	7:28	—	—	—	—	—	Tim Hugerich	F3	3	7:28	7:16	7:19	184
Phil Rutterer	B3	26:33	6:59	6:53	7:00	—	184	Ted La Boube	F4	3	10:58	10:37	10:46	192
6:20 Phil Kopf	C2	26:43	—	7:09	6:51	—	164	Sean O'Neil	F4	—	—	—	—	—
6:15 Brian Burns	C2	16:00	6:00	6:02	6:00	—	182	Jim Moran	F4	3	9:28	—	—	—
6:00 Luke Voytas	C2	16:04	6:07	6:05	6:08	—	184	Chris Brereton	F4	3	8:18	7:45	7:39	192
6:20 Ben Caldwell	C2	16:25	6:47	6:40	6:47	—	178							
6:35 Dan Range	C2	16:37	7:00	7:02	6:59	—	196							
6:30 Ryan Monahan	C2	16:29	6:22	6:30	6:20	—	176							
6:35 John Ebel	C3	16:35	6:50	6:50	6:55	—	198							
6:25 Chris Abbott	C2	16:07	6:23	6:29	6:41	—	170							
6:00 Jon McGinnis	C2	16:10	7:10	20:10	17:30	—	—							
6:40 Alex Spieser	C3	16:34	6:40	6:50	6:54	—	174							
6:25 Matt Nischwitz	D2	16:23	6:28	6:25	6:32	—	210							
7:00 David Breslin	D3	16:20	6:20	—	6:35	—	192							
7:40 Matt Donaldson	D3	17:37	7:12	7:06	6:55	—	190							
6:30 Frank Niesen	D3	16:35	2 mile	17:30	—	—	—							
7:00 Noah Ruddy	D3	17:32	7:34	7:51	7:34	—	204							
6:50 Kevin Kovarik	D3	16:48	6:42	6:45	6:46	—	196							
7:00 Jonathan Biscan	D3	17:14	7:20	7:32	7:40	—	192							
7:30 Nick Hilliard	D3	16:34	6:28	6:35	6:42	—	190							
6:40 John Senn	D2	16:05	—	—	—	—	—							
6:00 Matt Crow	D2	15:59	16:10	6:21	6:22	—	182							
7:10 Chad Nolan	D3	17:32	7:14	7:32	7:30	—	192							
7:45 Marty Koeler	D3	18:07	7:57	8:05	8:15	—	206							
7:45 Robert Hutchins	D3	14:17	7:54	7:51	7:49	—	178							
6:40 Greg Bierling	D3	16:20	6:27	6:19	6:36	—	178							
6:45 Eric Grunzinger	D3	16:35	6:30	6:41	6:52	—	194							
6:00 Ben Klein	D3	16:03	6:05	6:14	6:32	—	—							
6:25 Tim Ferrell	D3	16:50	7:19	7:33	7:43	—	170							

6:40
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6:10
6:00
7:05
8:15
7:20
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7:50
8:15
8:15
7:00
8:15
7:10
8:05

Before practice: snorts and sweats to varsity

1 2 3 4

Pal 50

Name	Cal	Course	Time	Pulse	Name	Cal	Course	Time	Pulse
Tim Blessing		6	46:56	138	Dan Graesser	7:01	14:34	22:02	29:12
Jerry Fitzgerald		6	46:56		Mark Monda	6:50	13:48	20:51	27:56
Ben Rosario		6	46:00	122	Dan Monda				
John Christie		6	46:56		Murphy O'Brien	6:38	13:24	20:30	28:17
John Ramsey		6	46:56		Ted Snodgrass	7:22	14:24	21:24	28:17
Scott Lauer		6	46:00	138	Steve DuMontier	8:06	16:16	25:17	34:00
Chris Graesser		6	46:00	128	Andrew Denny	7:48	Twisted Ankle		
Luke Schulte			46:56	128	Matt Solberg	7:18	14:38	22:13	29:15
Matt Schaefer		6	41:16	156	Dan Bedard	Twisted Ankle			
Ken Reichert	E				John Zakibe	8:19	16:35	24:59	33:04
Joe Donnelly		6	47:10		David Nischwitz	7:40	15:59	24:41	32:56
Eric Monda		6	46:00	150	Sean O'Neil	10:13	20:16	OUT	
Sean Burns		6	46:50	152	Hamilton Callison	8:20	17:44	26:19	35:05
Greg Leuchtmann					Tim Hugerich	7:22	14:33	22:03	29:15
Phil Rutterer		6	46:50	154	Ted La Boube	12:06	OUT		
Phil Kopf		6	48:54	152	Sean O'Neil				
Brian Burns		6	47:48	124	Jim Moran	8:03	16:33	26:07	34:44
Luke Voytas		4		112	Chris Brereton	10:13	20:16	OUT	
Ben Caldwell		6	49:00	152					
Dan Range		6	48:10	168					
Ryan Monahan		6	48:11	136					
John Ebel		6	49:28	166					
Chris Abbott		4	32:00	160					
Jon McGinnis		6	48:11	96					
Jon Crane									
Alex Spieser		6	48:00	154					
Matt Nischwitz		4		148					
David Breslin		4	34:19						
Matt Donaldson		4	34:19						
Frank Niesen		6	47:48	142					
Noah Ruddy			49:28	156					
Kevin Kovarik		6	49:28	150					
Jonathan Biscan		6	48:50	176					
Nick Hilliard		6	46:50	162					
John Senn									
Matt Crow		6	45:08	100					
Chad Nolan		6	48:10	162					
Marty Koeler		4	32:58	180					
Robert Hutchinson		4	34:36	17					
Greg Bierling		4	32:15	147					
Eric Grunzinger		6	49:31	160					
Ben Klein		6	49:20	164					
Tim Ferrell		4	32:02	162					

9-16-96 Jog, cal, stretch, cal, record numbers, A's and B's 6.2 mile path, 7.5 Clayton Run, 9.2 WE.U. Loop run, cal, 200 meter striders ~~matching first set~~, jog, stretch

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1		7	50:00	170	Dan Graesser	F1				
Jerry Fitzgerald	A1		7	51:00	170	Mark Monda	F1				
Ben Rosario	A1		9	109:38	142	Dan Westlund	F1				
John Christie	A1		9	104:38	140	Murphy O'Brien	F1				
John Ramsey	A1		7	50:50	164	Ted Snodgrass	F1				
Scott Lauer	A1		7	54:30	(155)	Steve DuMontier	F2				
Chris Graesser	A1		9	104:38	154	Andrew Denny	F2				
Luke Schulte	A1		7	50:10	174	Matt Solberg	F2				
Matt Schaefer	A2		7	50:10	184	Dan Bedard	F3				
Ken Reichert	B1		7	54:08	160	John Zakibe	F3				
Joe Donnelly	B1		7	50:10	162	David Nischwitz	F3				
Eric Monda	B1		7	50:00	192	Sean O'Neil	F3				
Sean Burns	B2		7	53:14	184	Hamilton Callison	F3				
Greg Leuchtmann	B3		7	53:52	(144)	Tim Hugerich	F3				
Phil Rutterer	B3		7	54:10	164	Ted La Boube	F4				
						Sean O'Neil	F4				
Phil Kopf	C2		7	54:48	162	Jim Moran	F4				
Brian Burns	C2		7	54:58	164	Chris Brefeton	F4				
Luke Voytas	C2		7	53:14	180						
Ben Caldwell	C2		7	55:19	(154)						
Dan Range	C2		7	57:25	186						
Ryan Monahan	C2		7	57:07	(156)						
John Ebel	C3		6	44:07	192						
Chris Abbott	C2		6	42:17	178						
Jon McGinnis	C2		7	52:34	198						
Jon Grano	C2										
Alex Spieser	C3		7	54:00	(158)						
Matt Nischwitz	D2		6	46:30	174						
David Breslin	D3		6	46:30	200						
Matt Donaldson	D3		6	44:50	184						
Frank Niesen	D3		7	57:45	188						
Noah Ruddy	D3		6	50:46	186						
Kevin Kovarik	D3		6	46:58	186						
Jonathan Biscan	D3		6	54:45	168						
Nick Hilliard	D3		7	104:10	(140)						
John Hilliard	D2										
Matt Crow	D2		7	50:49	180						
Chad Nolan	D3		6	54:30	182						
Marty Koeler	D3		6	54:08	178						
Robert Hutchins	D3		6	56:30	175						
Greg Bierling	D3		6	46:15	(138)						
Eric Grunzinger	D3										
Ben Klein	D3		6	42:17	182						
Tim Ferrell	D3		6	46:42	174						

Coach B

6 42:17 ?

5
29
26
1
4

9/16/96 Jog/Cal/Stretch/A's and B's/ Repeat Miles, at cruise pace with minimal rest/Cal/Cool down/
Jog/Stretch

[illegible]

9-19-96 Jog, cal, stretch, cal, A's and B's, 200's 4, 6 Tempo run 4 or 5 aviation course, cal, cool down, easy match striders, jog, stretch

Name	goal	1	2	3	4	5	pulse	Name	course	time	pulse
5 17:03 Tim Blessing	A1	6:10	6:09	6:21	19:36	24:48	150	Dan Graesser	F1	6	46:45 148
5 Jerry Fitzgerald	A1	E						Mark Monda	F1	6	46:45 186
5 Ben Rosario	A1	6:00	6:08	12:16	19:22	24:20	30:20 152	Dan Westlund	F1	6	46:45 164
5 John Christie	A1	6:00	6:08		19:22	24:32	30:33 156	Murphy O'Brien	F1	6	46:45 174
5 John Ramsey	A1	6:04	6:08	12:01	18:15			Ted Snodgrass	F1	6	46:45 160
5 Scott Lauer	A1	6:15	6:25		19:22	25:58	32:15 192	Steve DuMontier	F2	4	35:05 164?
5 Chris Graesser	A1	6:00	6:09	12:16	18:12	24:26	30:38 168	Andrew Denny	F2	4	35:15 152
5 Luke Schulte	A1	6:08						Matt Solberg	F2	4	34:10 176
5 6:10 Matt Schaefer	A2	6:20	6:25	13:06	19:21	26:20	33:21 196	Dan Bedard	F2	4	32:08 140
5 Ken Reichert	B1	6:10	6:10	12:10	19:36	24:58	31:25 170	John Zakibe	F3	4	31:26 194
5 Joe Donnelly	B1	6:20	6:24	12:20	19:22	24:20	30:20 166	David Nischwitz	F3	4	40:32 178
5 Eric Monda	B1	6:00	6:25	12:48	19:25	26:17	32:56 188	Sean O'Neil	F3	4	35:15 152
4 Sean Burns	B2	6:25			19:50	26:31	— 204	Hamilton Callison	F3	4	40:20 140
4 Greg Leuchtman	B3	6:20	—	—	21:12	28:25	144	Tim Hugerich	F3	6	46:45 160
4 Phil Rutterer	B3	6:39			20:04	26:44	— 156	Ted La Boube	F4	4	32:08 144
5 Phil Kopf	C2	6:38			21:23		36:17 166	Sean O'Neil	F3		
5 Brian Burns	C2	6:15	6:46	13:25	20:41	26:30	34:27 186	Jim Moran	F4	4	30:50 180
5 Luke Voytas	C2	6:15	6:46		19:33	26:23	32:47 192	Chris Brereton	F4		
5 Ben Caldwell	C2	6:35	6:50	13:24	20:08		34:13 190				
5 Dan Range	C2	6:25					34:46 188				
5 Ryan Monahan	C2	6:20	7:04		20:57		24:41 180				
4 John Ebel	C3	6:40	13:34	13:34	20:42	27:13	— 198				
4 Chris Abbott	C2	6:23	13:04	13:04	19:45	26:26	— 180				
4 Jon McGinnis	C2	6:23	7:10	13:20	20:27	27:28	— 188				
4 Jon Crane	C2	—									
4 Alex Spieser	C3	6:33		13:28	20:24	27:17	— 194				
5 Matt Nischwitz	D2	6:20	6:58	14:02	21:29		36:48 174				
4 David Breslin	D3	6:38	7:27	14:14	21:02	27:05	— 186				
4 Matt Donaldson	D3	6:38			23:11	31:15	— 194				
4 Frank Niesen	D3	6:26	13:53	13:53	21:22	28:38	— 192				
4 Noah Ruddy	D3	7:03	7:34	15:08	22:51	30:40	— 216				
4 6:55 Kevin Kovarik	D3	7:20	7:20	13:47	21:08	27:43	— 194				
4 Jonathan Biscan	D3	7:05	7:59	14:34	22:19	30:40	— 199				
4 Nick Hilliard	D3	6:45	7:57	13:57	21:28	27:00	— 169				
4 John Senn	D2	E									
5 Matt Crow	D2	6:12	6:16	12:50	19:41	26:23	33:06 184				
4 Chad Nolan	D3	7:03	7:52	15:02	22:41	30:10	— 200				
4 Marty Koeler	D3	7:10	7:52	15:32		30:06	— 198				
4 Robert Hutchins	D3	7:15	7:42	15:53	22:09	31:20	— 190				
4 Greg Bierling	D3	6:24	7:55	13:45	20:47	28:08	— 184				
4 Eric Grunzinger	D3	6:50	7:59	14:59	22:23	29:55	— 222				
5 Ben Klein	D3	6:24	7:17	13:16	20:21	27:02					
4 Tim Ferrell	D3	7:00	7:46	14:16	21:48	29:15	— 170				

9-20-96 Jog, cal, stretch, cal, 4 frosh or 6 200's at 80% grass loops 4 frosh or six, cal, 200 meter striders matching first set, jog, stretch

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1					Dan Graesser	F1	2	25m		
Jerry Fitzgerald	A1					Mark Monda	F1	2			
Ben Rosario	A1					Dan Westlund	F1	2			
John Christie	A1					Murphy O'Brien	F1				
John Ramsey	A1					Ted Snodgrass	F1				
Scott Lauer	A1					Steve DuMontier	F2				
Chris Graesser	A1					Andrew Denny	F2				
Luke Schulte	A1					Matt Solberg	F2				
Matt Schaefer	A2					Dan Bedard	F3				
Ken Reichert	B1					John Zakibe	F3				
Joe Donnelly	B1					David Nischwitz	F3				
Eric Monda	B1					Sean O'Neil	F3				
Sean Burns	B2		4	29:33	144	Hamilton Callison	F3				
Greg Leuchtman	B3		4	28:05	154	Tim Hugerich	F3				
Phil Rutterer	B3	4	28:30	160		Ted La Boube	F4				
Phil Kopf	C2		4	28:59	146	Sean O'Neil	F4				
Brian Burns	C2		6	40:50	170	Jim Moran	F4				
Luke Voytas	C2		4	33:15	156	Chris Braxton	F4				
Ben Caldwell	C2		6	45:59	152						
Dan Range	C2		6	46:14	162						
Ryan Monahan	C2		4	33:15	152						
John Ebel	C3		4	33:48	168						
Chris Abbott	C2		4	28:52	166						
Jon McGinnis	C2		4	31:37	130						
Jon Crame	C2										
Alex Spieser	C3		4	29:43	158						
Matt Nischwitz	D2		2:7	21:40	130						
David Breslin	D3										
Matt Donaldson	D3		4	31:33	188						
Frank Niesen	D3		4	30:32	168						
Noah Ruddy	D3		4	31:00	140						
Kevin Kovarik	D3		4	33:48	152						
Jonathan Biscan	D3		4	35:06	178						
Nick Hilliard	D3		4	29:10	170						
John Egan	D2			28:05							
Matt Crow	D2		4	33:30	168						
Chad Nolan	D3		4	35:30	186						
Marty Koeler	D3		4	33:03	172						
Robert Hutchins	D3		4	34:30	140						
Greg Bierling	D3		4	32:04	168						
Eric Grunzinger	D3		4	30:12	184						
Ben Klein	D3		4	29:20	158						
Tim Ferrell	D3		4	29:40	156						

9-23-96 Rain schedule: Cal, stretch, cal, jog to bike path, 5.2, 6.2, 7.5, jog to school, cal, stretch

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1		7	52:40	168	Dan Graesser	F1		6	46:39	154
Jerry Fitzgerald	A1		7	53:40	140	Mark Monda	F1		6	46:39	184
Ben Rosario	A1		7	53:40	148	Dan Westlund	F1		7	52:30	182
John Christie	A1		7	53:40	188	Murphy O'Brien	F1		9	53:37	163
John Ramsey	A1		7	49:13	143	Ted Snodgrass	F1		5	—	—
Scott Lauer	A1		7	53:40	156	Steve DuMontier	F2		5	45:51	180
Chris Graesser	A1		7	51:50	158	Andrew Denny	F2		5	45:51	168
Luke Schulte	A1		7	49:45	170	Matt Solberg	F2		5	38:44	168
Matt Schaefer	A2		6	45:13	186	Dan Bedard	F3		5	—	—
Ken Reichert	B1		7	57:00	160	John Zakibe	F3		5	39:10	196
Joe Donnelly	B1		7	53:40	140	David Nischwitz	F3		5	—	—
Eric Monda	B1		7	57:00	168	Sean O'Neil	F3		5	45:38	162
Sean Burns	B2		6	42:48	186	Hamilton Callison	F3		5	45:02	170
Greg Leuchtman	B3		6	42:52	184	Tim Hugerich	F3		5	38:24	166
Phil Rutterer	B3		6	46:32	164	Ted La Boube	F4		5	47:25	180
						Sean O'Neil	F4				
Phil Kopf	C2		6	46:24	154	Jim Moran	F4		5	45:48	172
Brian Burns	C2		7	47:25	174	Chris Brereton	F4				
Luke Voytas	C2		—	—	—						
Ben Caldwell	C2		6	—	—						
Dan Range	C2		6	43:34	172						
Ryan Monahan	C2		6	—	—						
John Ebel	C3		6	43:52	186						
Chris Abbott	C2		6	45:07	160						
Jon McGinnis	C2		7	52:30	180						
Jon Crane	C2		—	—	—						
Alex Spieser	C3		7	57:00	154						
Matt Nischwitz	D2		6	45:47	192						
David Breslin	D3		6	—	—						
Matt Donaldson	D3		6	48:40	184						
Frank Niesen	D3		6	46:47	188						
Noah Ruddy	D3		6	48:58	164						
Kevin Kovarik	D3		6	47:43	186						
Jonathan Biscan	D3		6	52:30	178						
Nick Hilliard	D3		6	48:00	144						
John Senn	D2		—	—	—						
Matt Crow	D2		7	51:02	180						
Chad Nolan	D3		6	53:10	182						
Marty Koeler	D3		6	53:33	162						
Robert Hutchins	D3		6	56:51	160						
Greg Bierling	D3		6	50:46	178						
Eric Grunzinger	D3		6	53:00	174						
Ben Klein	D3		6	48:07	176						
Tim Ferrell	D3		6	50:46	168						

9/24/96 Jog, cal, stretch, cal, 4-6 striders fairly hard, One Mile Repeats at faster than Race Pace with 5-6 min rest, cal, easy striders, jog, cal stretch. *EXTENDED 206*

	Name	#	1	2	3	4	5	Name	#	1	2	3	4	5
	Tim Blessing							Dan Graesser						
	Jerry Fitzgerald							Mark Monda						
	Ben Rosario							Dan Westlund						
	John Christie							Murphy O'Brien						
	John Ramsey							Ted Snodgrass						
	Scott Lauer							Steve DuMontier						
	Chris Graesser							Andrew Denny						
	Luke Schulte							Matt Solberg						
	Matt Schaefer							Dan Bedard						
	Ken Reichert							John Zakibe						
	Joe Donnelly							David Nischwitz						
	Eric Monda							Sean O'Neil						
5:45	Sean Burns	5:50	6:02	6:19	6:18			Hamilton Callison						
5:50	Greg Leuchtman	5:57	6:01	6:08	6:05			Tim Hugerich						
6:05	Phil Rutterer	6:19	6:26	6:38	6:53			Ted La Boube						
6:00	Phil Kopf	6:22	6:26	6:47	6:38			Sean O'Neil						
	Brian Burns							Jim Moran						
	Luke Voytas							Chris Brereton						
5:55	Ben Caldwell	6:05	6:08	6:23	6:15									
5:55	Dan Range	5:58	6:03	6:19	6:14			→ Jog						
	Ryan Monahan							→ sprints						
5:55	John Ebel	6:12	6:20	6:25	6:31			→						
5:45	Chris Abbott	6:05	6:41											
5:50	Jon McGinnis	5:56	5:58	6:05	6:12									
	Jon Crane													
5:55	Alex Spieser	5:56	5:58	6:16	6:26									
	Matt Nischwitz													
6:20	David Breslin	7:26	7:48	7:46	6:45									
6:40	Matt Donaldson	7:11	7:21	7:20	6:58									
6:10	Frank Niesen	6:42	6:14	6:19	6:13									
6:10	Noah Ruddy	6:33	6:35	6:41	7:00									
6:30	Kevin Kovarik													
7:00	Jonathan Biscan	7:11	7:01	7:55	7:30	186								
6:20	Nick Hilliard	6:32	6:28	6:43	6:41									
	John Senn													
5:45	Matt Crow	5:40	5:54	6:01	6:07									
6:40	Chad Nolan	7:02	6:57	6:50	6:50	206								
7:00	Marty Koeler	7:13	7:22	7:33	7:34									
7:20	Robert Hutchinson	7:53	7:57	8:07	8:11	180								
5:50	Greg Bierling	6:08	7:52	8:07	7:15									
6:35	Eric Grunzinger	6:58	6:36	6:47	5:48	196								
5:50	Ben Klein	6:03	6:36	7:05	5:58									
6:40	Tim Ferrell	6:47	6:56											

→ out of 6th period early
 → maps at switchboard
 → Return at ~~6:00~~ 6

AT J. B

[illegible]

9-25-96 Cal, stretch, cal, 6 200's: 1st two moderate, next four "burst" to sprint speed, Grass loops at distance training pace: 9, 7, 6, pulse and time, cal, stretch

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1		—	—	—	Dan Graesser	F1				
Jerry Fitzgerald	A1		7.6	58:54	130	Mark Monda	F1				
Ben Rosario	A1		9	1:11:04	142	Dan Westlund	F1				
John Christie	A1		9	1:11:04	140	Murphy O'Brien	F1				
John Ramsey	A1		—	—	—	Ted Snodgrass	F1				
Scott Lauer	A1		9.5	59:45	156	Steve DuMontier	F2				
Chris Graesser	A1		9	1:11:04	134	Andrew Denny	F2				
Luke Schulte	A1		9	58:54	130	Matt Solberg	F2				
Matt Schaefer	A2		9	1:11:04	152	Dan Bedard	F3				
Ken Reichert	B1		7.6	54:45	160	John Zakibe	F3				
Joe Donnelly	B1		9	1:11:04	140	David Nischwitz	F3				
Eric Monda	B1		9	1:11:04	164	Sean O'Neil	F3				
Sean Burns	B2		9	1:11:04	166	Hamilton Callison	F3				
Greg Leuchtman	B3		6	48:18	124	Tim Hugerich	F3				
Phil Rutterer	B3		7.6	54:45	148	Ted La Boube	F4				
						Sean O'Neil	F4				
Phil Kopf	C2		6.4	32:29		Jim Moran	F4				
Brian Burns	C2		6	45:04	147	Chris Brereton	F4				
Luke Voytas	C2		6	46:04	168						
Ben Caldwell	C2		7.6	55:16	160						
Dan Range	C2		6	45:14	164						
Ryan Monahan	C2		6	—	inj.						
John Ebel	C3		6	51:47	172						
Chris Abbott	C2		7.6	54:45	141						
Jon McGinnis	C2		7.6	59:45	180						
Jon Crane	C2		—	—	—						
Alex Spieser	C3		7.6	54:15	172						
Matt Nischwitz	D2		6	57:43	150						
David Breslin	D3		6.4	—	inj.						
Matt Donaldson	D3		4	—	—						
Frank Niesen	D3		6.4	32:29							
Noah Ruddy	D3		6	51:47	164						
Kevin Kovarik	D3		6	—	inj.						
Jonathan Biscan	D3		6	55:43	164						
Nick Hilliard	D3		7.6	56:22	166						
John Senn	D2		—	inj.	—						
Matt Crow	D2		7.6	53:59	110						
Chad Nolan	D3		6	55:43	164						
Marty Koeler	D3		6	57:02	182						
Robert Hutchins	D3		6	55:43	150						
Greg Bierling	D3		—	inj.	—						
Eric Grunzinger	D3		6	45:43	144						
Ben Klein	D3		7.6	59:45	164						
Tim Ferrell	D3		—	inj.	—						

10-1-96 Cal, stretch, cal, 4 200's: at moderate sprint pace, Grass loops at distance training pace:
9, 7, 6, (4 mile loop easy for those with injury) pulse and time, cal, stretch

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1		—			Dan Graesser	F1	6	48:13	158	
Jerry Fitzgerald	A1		—			Mark Monda	F1	6	48:13	182	
Ben Rosario	A1		—			Dan Westlund	F1	4	56:46	180	
John Christie	A1		—			Murphy O'Brien	F1	6	44:44	153	
John Ramsey	A1		—			Ted Snodgrass	F1	4	56:46	160	
Scott Lauer	A1		—			Steve DuMontier	F2	6	48:13	178	49:00
Chris Graesser	A1		—			Andrew Denny	F2	6	48:13	166	
Luke Schulte	A1		—			Matt Solberg	F2	6	46:06	178	
Matt Schaefer	A2		—			Dan Bedard	F3	4	44:45	162	35:54
Ken Reichert	B1		—			John Zakibe	F3	—			
Joe Donnelly	B1		—			David Nischwitz	F3	4	car 112		
Eric Monda	B1		—			Sean O'Neil	F3	6	59:08	156	
Sean Burns	B2		—			Hamilton Callison	F3	6	59:13	132	
Greg Leuchtman	B3		—			Tim Hugerich	F3	6	48:13	182	
Phil Rutterer	B3	4		30:17	178	Ted La Boube	F4	4	44:45	170	
Phil Kopf	C2	6		43:36	148	Ben Caldwell	F4				
Brian Burns	C2	—				Jim Moran	F4	6	—	176	
Luke Voytas	C2	—				Chris Peterson	F4				
Ben Caldwell	C2	6		41:53	184						
Dan Range	C2	6		43:36	178						
Ryan Monahan	C2	4		33:57	132						
John Ebel	C3	6		45:52	172						
Chris Abbott	C2	7		51:19	164						
Jon McGinnis	C2	7		4:19	170						
Ben Caldwell	C2										
Alex Spieser	C3	6		44:38	166						
Matt Nischwitz	D2	—									
David Breslin	D3	4		DNF							
Matt Donaldson	D3	—									
Frank Niesen	D3	2		—	—						
Noah Ruddy	D3	6		44:04	172	45:52					
Kevin Kovarik	D3	6		46:01	180						
Jonathan Biscan	D3	6		55:05	174						
Nick Hilliard	D3	6		48:20	186						
John Senn	D2	4		30:21	180						
Matt Crow	D2	6		48:17	182						
Chad Nolan	D3	6		53:30	182						
Marty Koeler	D3	6		48:13	186						
Robert Hutchins	D3	—									
Greg Bierling	D3	2		—	—						
Eric Grunzinger	D3	6		52:42	194						
Ben Klein	D3	4		30:17	156						
Tim Ferrell	D3	4		30:17	160						

10-3-96 Cal, stretch, cal, 4 200's: at moderate sprint pace, Grass loops at distance training pace: 9, 7, 6, (4 mile loop easy for those with injury) pulse and time, cal, stretch

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1					Dan Graesser	F1		4	30:40	154
Jerry Fitzgerald	A1	7		49:47	132	Mark Monda	F1		4	30:42	172
Ben Rosario	A1	7		49:47	134	Dan Westlund	F1		4	31:02	158
John Christie	A1	7		49:47	122	Murphy O'Brien	F1		6	42:05	148
John Ramsey	A1	7		49:47	144	Ted Snodgrass	F1		4	26:04	162
Scott Lauer	A1	7		49:47	150	Steve DuMontier	F2		4	27:39	168
Chris Graesser	A1	7		49:47	142	Andrew Denny	F2		4	29:39	162
Luke Schulte	A1	7		49:47	130	Matt Solberg	F2		4	27:26	172
Matt Schaefer	A2	6		37:43	174	Dan Bedard	F3		4	38:35	172
Ken Reichert	B1	7		51:13	130	John Zakibe	F3		4	27:44	168
Joe Donnelly	B1	7		49:47	132	David Nischwitz	F3		4	36:35	160
Eric Monda	B1	7		49:47	160	Sean O'Neil	F3		4	35:49	150
Sean Burns	B2	6		42:50	152	Hamilton Callison	F3		CUT CASE		
Greg Leuchtmann	B3	4		27:30	164	Tim Hugerich	F3		6	40:16	178
Phil Rutterer	B3	4	4	26:44	166	Ted La Boube	F4			38:43	174
Phil Kopf	C2	4		27:39	158	Sean O'Neil	F4				
Brian Burns	C2	✓		X		Jim Moran	F4		4	29:32	172
Luke Voytas	C2	4		27:50	168	Chris Davidson	F4				
Ben Caldwell	C2	4		27:30	166						
Dan Range	C2	4		27:30	176						
Ryan Monahan	C2	4		28:13	142						
John Ebel	C3	4		29:35	172						
Chris Abbott	C2	4		30:54	140						
Jon McGinnis	C2	6		32:06	160						
Jon Crane	C2										
Alex Spieser	C3	6		42:50	152						
Matt Nischwitz	D2										
David Breslin	D3										
Matt Donaldson	D3			31:20	172						
Frank Niesen	D3			30:30	174						
Noah Ruddy	D3			29:55	164						
Kevin Kovarik	D3			29:55	180						
Jonathan Biscan	D3			30:16	172						
Nick Hilliard	D3			27:45	153						
John Senn	D2	4		30:02	164						
Matt Crow	D2	6		34:45	184						
Chad Nolan	D3			29:15	172						
Marty Koeler	D3			30:15	180						
Robert Hutchinsor	D3										
Greg Bierling	D3										
Eric Grunzinger	D3			27:45	192						
Ben Klein	D3			29:30	162						

Kernell

30:51 154

O RACING TUESDAY

✓ RACING FRIDAY

10-7-96 Cal, stretch, cal, 4 200's: at moderate sprint pace, Grass loops at distance training pace: 9, 7, 6, (4 mile loop easy for those with injury) pulse and time, cal, stretch

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1					Dan Graesser	E1	43	4	32:30	154
Jerry Fitzgerald	A1	62	9	1:11:20	124	Mark Monda	F1	46	4	32:30	163
Ben Rosario	A1	50	9	1:11:20	136	Dan Westlund	F1	36	4	31:55	164
John Christie	A1	42	9	1:11:20	122	Murphy O'Brien	F1	50			
John Ramsey	A1	56	6h	35:30	188	Ted Snodgrass	F1	42	4	35:31	162
Scott Lauer	A1	51	6h	37:30	192	Steve DuMontier	F2	55	4	31:00	168
Chris Graesser	A1	36	9	1:11:20	140	Andrew Denny	F2	45	2	12:09	134
Luke Schulte	A1	67	6h			Matt Solberg	F2	31	4	28:42	162
Matt Schaefer	A2	64	6h	37:15	172	Dan Bedard	F3	52	4	31:46	170
Ken Reichert	B1	61	9	1:11:20	160	John Zakibe	F3	30	4	30:36	190
Joe Donnelly	B1					David Nischwitz	F3	44	4	34:04	
Eric Monda	B1	43	6h	38:00	183	Sean O'Neil	F3	40	4	32:04	156
Sean Burns	B2	44	4	27:10	146	Hamilton Callison	F3	25			
Greg Leuchtmann	B3	67	4	27:20	174	Tim Hugerich	F3	40	4	29:10	
Phil Rutterer	B3	51	4	30:15	152	Ted La Boube	F4	39			
Phil Kopf	C2	61	4	27:32	154	Sean O'Neil	F4				
Brian Burns	C2	67	4	32:47	130	Jim Moran	F4	38	4	37:49	120
Luke Voytas	C2	58	4	28:45	164	Chris Breton	F4				
Ben Caldwell	C2	62	4	27:55	160						
Dan Range	C2	54	4	27:52	164						
Ryan Monahan	C2	102	2	27:12	148						
John Ebel	C3	38	4	28:44	182						
Chris Abbott	C2										
Jon McGinnis	C2	452	4	29:29	162						
Jon McGinnis	C2										
Alex Spieser	C3	41	4	28:00	158						
Matt Nischwitz	D2	0	4	33:30							
David Breslin	D3	0									
Matt Donaldson	D3	48	4	29:00	170						
Frank Niesen	D3	63	4	30:00	162						
Noah Ruddy	D3	52	4	29:32	164						
Kevin Kovarik	D3	53	4	28:47	176						
Jonathan Biscan	D3	48	4	32:26	162						
Nick Hilliard	D3	43	4	28:32	160						
John Senn	D2	50	4	29:39	184						
Matt Crow	D2	71	4	27:24	162						
Chad Nolan	D3	40	4	29:30	180						
Marty Koeler	D3	46	4	31:47	186						
Robert Hutchinsor	D3	55									
Greg Bierling	D3										
Eric Grunzinger	D3	50	4	29:32	176						
Ben Klein	D3	59	4	27:04	166						
Tim Ferrell	D3	100	4	32:41	142						

10-12-96 Cal, stretch, cal, 8 200's: at moderate sprint pace, Grass loops at distance training pace: 9, 7, 6, pulse and time, cal, 4 x 200, jog, stretch (Top seven do 3x 1 tempo mile repeats and 6 hill loops)

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1		7	52:20	150	Dan Graesser	F1		6		
Jerry Fitzgerald	A1	Y				Mark Monda	F1		6		
Ben Rosario	A1	Y				Dan Westlund	F1		6	38:10	144
John Christie	A1	Y				Murphy O'Brien	F1		4	30:50	140
John Ramsey	A1		9	1:12	106	Ted Snodgrass	F1		4		
Scott Lauer	A1		9	1:12	146	Steve DuMontier	F2		6	52:30	180
Chris Graesser	A1	Y				Andrew Denny	F2		6	36:40	130
Luke Schulte	A1		9	1:12	102	Matt Solberg	F2		6	49:30	164
Matt Schaefer	A2		9	1:12	122	Dan Bedard	F3		4	51:03	
Ken Reichert	B1	Y				John Zakibe	F3		6	49:02	180
Joe Donnelly	B1	Y				David Nischwitz	F3		4		
Eric Monda	B1		6	49:05	162	Sean O'Neil	F3		6	52:09	166
Sean Burns	B2		7	53:17	158	Hamilton Callison	F3		6	52:25	162
Greg Leuchtmann	B3		7	53:17	166	Tim Hugerich	F3		6	41:51	168
Phil Rutterer	B3		7	53:17	154	Ted La Boube	F4		-	51:03	
						Sean O'Neil	F4				
Phil Kopf	C2		7	55:06	166	Jim Moran	F4		6	51:00	188
Brian Burns	C2		-								
Luke Voytas	C2		-								
Ben Caldwell	C2		7	52:20	178						
Dan Range	C2		7	51:55	176						
Ryan Monahan	C2		6	48:10	156						
John Ebel	C3		-								
Chris Abbott	C2										
Jon McGinnis	C2		7	59:50	180						
Alex Spieser	C2		7	53:50	160						
Matt Nischwitz	D2		7	56:50	166						
David Breslin	D3		-								
Matt Donaldson	D3										
Frank Niesen	D3		7	58:12	162						
Noah Ruddy	D3		7	57:47	172						
Kevin Kovarik	D3		7	57:37	170						
Jonathan Biscan	D3		7	1:09	168						
Nick Hilliard	D3		7	57:47	164						
John Senn	D2		4	52:01	170						
Matt Crow	D2		7	49:23	180						
Chad Nolan	D3		7	1:11:40							
Marty Koeler	D3		4	38:55	140						
Robert Hutchinsor	D3		4	36:03	140						
Greg Bierling	D3		-								
Eric Grunzinger	D3		-								
Ben Klein	D3		6	48:10	166						
Tim Ferrell	D3		7	57:48	162						

10-20?

HAZELWOOD
FRESHMEN
INVITATIONAL

10-18-96 Jog, cal, stretch, cal, 8 200's: last four at moderate sprint pace, Grass loops at distance training pace: 4, 2 pulse and time, cal, jog, stretch

Name	cal	200's	Course	time	pulse	Name	cal	200's	Course	time	pulse
Tim Blessing	A1	8	4	29:47	132	Dan Graesser	F1	8	2	18:38	114
Jerry Fitzgerald	A1		4	28:00	130	Mark Monda	F1		2	18:41	142
Ben Rosario	A1			31:20	130	Dan Westlund	F1		4	28:20	152
John Christie	A1			31:20	152	Murphy O'Brien	F1		2	18:03	144
John Ramsey	A1			31:20	122	Ted Snodgrass	F1				118
Scott Lauer	A1			31:30	129	Steve DuMontier	F2		2	18:41	160
Chris Graesser	A1		✓	30:46	126	Andrew Denny	F2		2	18:41	142
Luke Schulte	A1			29:47	101	Matt Solberg	F2		4	31:19	156
Matt Schaefer	A2		4	26:57	148	Dan Bedard	F3		2	18:41	162
Ken Reichert	B1		4	31:20	112	John Zakibe	F3				
Joe Donnelly	B1		4	28:56	130	David Nischwitz	F3		2	19:30	170
Eric Monda	B1		✓	29:47	148	Sean O'Neil	F3		4	33:05	156
Sean Burns	B2		✓	28:34	142	Hamilton Callison	F3		62+	19:00	134
Greg Leuchtmann	B3		4	28:48	150	Tim Hugerich	F3				
Phil Rutterer	B3		4	27:05	164	Ted La Boube	F4				
Phil Kopf	C2					Jim Moran	F4		4	33:00	180
Brian Burns	C2		✓								
Luke Voytas	C2										
Ben Caldwell	C2										
Dan Range	C2		4	28:34	168						
Ryan Monahan	C2			31:28	138						
John Ebel	C3			30:54	152						
Chris Abbott	C2										
Jon McGinnis	C2			30:54	134						
Alex Spieser	C2			29:30	146						
Matt Nischwitz	D2										
David Breslin	D3										
Matt Donaldson	D3			35:16	160						
Frank Niesen	D3										
Noah Ruddy	D3			30:26	134						
Kevin Kovarik	D3			30:26	116						
Jonathan Biscan	D3			31:54	158						
Nick Hilliard	D3			29:34	178						
John Senn	D2			29:25	186						
Matt Crow	D2			29:21	132						
Chad Nolan	D3			33:00	172						
Marty Koeler	D3			32:33	160						
Robert Hutchinsor	D3										
Greg Bierling	D3										
Eric Grunzinger	D3			34:30	170						
Ben Klein	D3		✓	30:15	154						
Tim Ferrell	D3		✓	30:15	144						