Practice Attend 99

	Name	8/30	8/31	9/1	9/2		9/3	9/4	9/7	9/8		
	Seniors											
	Brice, Matt	56	58	58	56	L	✓	✓	58		56	✓
	~~Callison, Hamilton~~											
	Denny, Andy	✓	58	58	58	XL		✓	SICK	✓	SICK	
	~~Freeman, Bill~~											
	Graesser, Dan	48	56	50	54	L		✓	52		54	✓
✓	Hoffman, Joe	✓	✓	✓	✓	L		ILL	✓	✓	✓	✓
	Huegerich, Tim	48	Dental Appt	✓	46	L	✓	✓	✓		✓	✓
✓	Lovinguth, Mike	62	66	Sick	74	XL		✓	70	58	70	✓
	Monda, Mark	56	57	✓	✓	L	57	E	✓		56	✓
14 ✓	Nischwitz, David	✓	✓	62	60	L	✓	60	✓		58	✓
	O'Brien, Murphy	40	46	46	✓	L	✓	E	42		48	✓
✓	Ottenad, Jason	56	52	✓	48	L	✓	✓	58	✓	52	48
	Snodgrass, Ted	48	44	AM	✓	L	✓	✓	✓		✓	✓
✓	Solberg, Matt	54	56	56	✓	XL	57	E	✓	✓	52	56
	Tower, Nathan	42	42	43	46	L	✓	64	42	40	34	✓
	Westlund, Dan	✓	✓	✓	✓	XL	✓	✓	✓		✓	✓
	Juniors											
✓	Crews, Chris	✓	50	50	76	L	58	✓	✓	60	✓	58
✓	Davis, Nick	✓	✓	✓	60	XL	✓	✓	✓	✓	✓	✓
	Godar, David	✓	✓	✓	✓	L	✓	✓	✓		✓	✓
✓	Hadler, Geoff	54	✓	50	54	L	✓	E	54	56	60	✓
	Hatch, Ryan	62	62	64	60	M	64	E	60		64	✓
11 ✓	Joseph, Raj	✓	64	68	70	M	✓		64	64	70	68
	Leinauer, Dan	✓	✓	✓	✓	L	✓	✓	✓		✓	✓
✓	Oldani, Ryan	✓	✓	60	✓	M	✓	✓	✓	64	✓	✓
✓	Snively, Matt		60	62	64	XL	✓	✓	✓	✓	✓	✓
✓	Roehr, Jason	62	62	62	60	L	72	74	54	56	62	✓
	Towers, Jason	✓	✓	✓	✓	XL	✓	✓	✓		✓	✓
	Sophomores											
	~~Boyle, Brendan~~ ✕	56	✓	✓	✓				✓	✓	58	
13 ✓	Chik, Ken	64	62	64	62	L	✓		56	56	62	62
	Clemens, Sam ✕	✓	A		✓	L		✓	✓	✓		
✓	Gilmore, Bryan	56	52	44	56	L	48	52	52	44	56	52
✓	Hagan, Conor	60	64	60	66	L	60	70	60	68	60	✓
✓	Kim; Pat	60	60	60	60	L	✓	64	60	60	60	60
✓	Leinauer, Pat	56	54	54	54	L	54	58	53		54	✓
	O'Brien, Tipper	✓	52	54	56	L	✓	E			60	✓

	Name	8/30					9/3	9/4	9/7	9/8		
	Soph. Cont.											
	Parr, John	53	54	53	53	L	53	E	51		53	✓
	Phillips, Drew	70	70	68	67	L	✓	✓	66	✓	✓	62 ✓
	Siegel, Matt	✓		✓	✓	M	✓		✓	✓	✓	✓ ✓
	Skosky, Andy	48	50	50	✓	M	✓	E	✓	50	E	E Injured
	Spicer, Richard ✕	54	✓	✓	52	L		E	56	52	54	50 ✓
	Freshmen											
	Belgeri, John	60	58	60	60	L	62	58	✓	58	60	56 ✓
	Conway, Tim	E	64	✓	✓	L		✓	✓	✓	62	✓ ✓
	Crean, Kevin	62	E	62	60	L		64	✓	✓	60	58 ✓
	Fournie, Kevin ✕	✓	✓	✓	52	L		✓	✓	✓	✓	55 ✓
	Gonnerman, Boyd	62	62	✓	64	L		62	✓	✓	66	74 ✓
	Gonnerman, Kyle	✓	60	62	62	L		60	✓	62	64	64 ✓
	Hoffman, Matt	64	✓	✓	61	L		62	✓	62	60	✓ ✓
	Kane, Ryan Note		60	56	62	L		54	✓	✓	66	64 ✓
	Killiany, Matt	62	64	60	60	M		66	✓	✓	62	60 ✓
	Lawo, Dan	57	58	✓	53	XL			✓	✓	✓	✓
	Martin, Jim ✕	64	66	64	62	M		62	✓	✓	66	60 ✓
	Mathias, Steve ✕	✓	68	✓	72	L		68	✓	✓	✓	✓ ✓
	McDonald, Sean ✕	✓	57	57	57	L			✓	✓	57	✓ ✓
	Mills, Kevin	✓	✓	60	✓	L		76	✓	✓	✓	✓ ✓
	Noblot, Drew	✓	✓	✓	✓	M		✓	✓	✓	✓	✓ ✓
	Schaefer, Peter	48	54	51	54	L	✓	54	✓	52	56	50
	Schmidt, Donny	62	✓	62	60	M	60	64	✓	✓	66	66 ✓
	Stahl, Greg	56	55	58	56	L		60	✓	58	56	56 ✓
	Stephens, Pat	56	58	58	60	L		60	✓		✓	✓
	Stewart, Geoff	72	72	60	70	L		✓	✓	✓	64	✓ ✓
	Stroble, Jamie	58	60	61	60	L		E	✓	✓	62	62 ✓
	Westlund, Andrew	46	52	46	46	L		58	✓	56	48	52
	~~Wojcicki, Chris~~											
										A		E

8/9/99 First Practice: Welcome, Interview, weigh in,cal test, jog, cal, stretch, review prelims, break out two groups: one to loops 8 or 6, the other to one mile pace course, Jog / Cal / Stretch / in groups

Name	weight	shoes	total	long	week	group	cal	Name	TIME		Weight	shoes	total	long	week	grou	cal
SNOGRASS	140	X	250	6	35	B 1	70/120		43:43	6	180						
4/2 TOWER	162	✓	449	10	48	A 1	76/184		58:46	8	120	*					
BRICE	128	✓	395	10	45	A 1	60/61		58:46	8	165						
1 GRAESSER	149	✓	448	10	50.5	A 1	51/72		58:46	8	154						
SOLBER	144	✓	349	8	40	A 1	54/62		59:06	8	158						
O'BRIEN	136	✓	346	8	35	A 1	44/102		58:46	8	166						
DENNY	142	✓	223	5	22	B	50/71		48:02	6	172						
HEGERICH	132	✓	348	10	40	A 1											
HOFFMAN	146	X	100	X	X	D											
OTTENAD	111	✓	225	6	25	B 2	60/65		46:01	6	164						
NISCHWITZ	118	X	215	6	25	B	52/68		48:02	6	180						
LOVINGTH	167	X	100	4	10	D											
MUNOA (35)	[illegible]	X	423	10	40	A 1											
WESTLUND	166	✓	200	6	22	C 1	60/80		6:43/20:14		162	3	178				
REEER	141	✓	360	8	30	A 1	36/107		59:06	8	142	*					
GODAR	155	✓	100	6	25	C 1	46/60		6:43/20:11		178	3	186				
HATCH	120	✓	384	8	46	A 1	80/120		58:46	8	150	*					
JOSEPH	101	✓	126	6	20	C 2	43/70		7:11/22:06		170	3	176				
OLDANI	107	X	237	6	20	B	38/71		51:24	6	172						
D. LEINAUER	141	✓	220	6	25	B 2	51/103		46:01				176				
DAVIS	165	✓	25	3	10	D	45/65		7:14/15:37		156	2	166				
CREWS	124	✓	207	6	20	B	50/81		48:32	6	185						
PARR	120	✓	241	8	30	B 2	52/110		44:06	6		164					
D. LEINAUER	129	✓	250	8	30	B 2	50/115		44:06	6	156						
SKOSKY	92	✓	121	6	20	C	35/75		7:21/23:08		156	3	156				
O'BRIEN	149	X	148	7	19	C 1	65/65		6:43 20:05		160	3					
HAGAN	121	X	216	6	28	C	30/55		7:58		180	2	→	16:55	2		
CHIK	128	X	100	6	20	C	43/65		6:45/15:07		174	3	180				
MATTSORAGHAN	115	✓	X	4	X	D	56/70		8:23/10:00		144	1	156				
SPICER	122	✓	50	3	10	D											
D. Leinauer	141	✓	220	6	25	B	51/103		4601	6	176						
KIM ?																	
WAHL																	
																	end

8/10/99 First Practice: Welcome, Interview, weigh in,cal test, jog, cal, stretch, review prelims, break out two groups: one to loops 8 or 6, the other to one mile pace course, Jog / Cal / Stretch / in groups

Name	Pulse	pu	cru	group	dist	time	pulse	pace	comments
Roehr	62	36	100		5	37:34	160	7:30	✓
P. Leinauer	56	51	120		5	37:54	180	7:35	HIGH PULSE
Graesser	48	53	74		8	57:30	168	7:10	GOOD PERFORMANCE
Tower	44	74	125		8	52:14	152	6:30	Excellent
Chik	64	42	70		4	31:56	174	8:00	✓
Joseph	70	43	77		4	31:43	176	7:55	SLOWER PACE
Solberg	56	56	68		5	36:26	170	7:17	GOOD PACE
Skosky	50	40	80		4	35:02	144	8:45	LOW PULSE / SLOW PACE
Hadler	NONE	51	68		4	36:12	190	9:00	~~VERY~~ HIGH PULSE / SLOW PACE
Davis	60	40	52		2	16:15	166	8:07	✓
Towers	NONE	—	75		2	14:55	220	7:30	V. HIGH PULSE
D. Leinauer	66	51	99		5	37:20	216	7:25	GOOD PACE / HIGH PULSE
Parr	59	51	111		5	37:34	174	7:35	✓
Nischwitz	60	54	70		4	31:54	188	8:00	✓
Hatch	52	80	140		HURT ANKLE —				
Ottenad	NONE	60	66		6	45:46	172	7:37	✓
Hagen	NONE	30	56		4	37:46	210	9:25	SLOW PACE / HIGH PULSE
Godar	NONE	41	60		5	37:39	186	7:30	HIGH PULSE
Tip O'Brien	58	65	65		4	33:02	180	8:15	SLOW PACE / HIGH PULSE
Murph O'Brien	60	65	90		5	35:02	150	7:00	LOW PULSE / GOOD PACE
Brice	60	73	82		4	29:28	145	7:20	HURT ACHILLES
Denny	NONE	52	65		4	33:40	164	8:25	SLOW PACE
Westlund	NONE	55	70		5	36:27	180	7:17	GOOD PACE / HIGH PULSE
Sorohan	NONE	41	62		3	LEFT —			
Crews	70	47	81		5	41:32	196	8:15	HIGH PULSE
Speicer	72	40	60		2	16:40	186	8:20	HIGH PULSE
O'Dani	None	39	71		5	[illegible]	423	164	8:30 ✓
Snodgrass		69	110		5	[illegible]	158	7:10	✓
						35:57			
									end

8/11/99 jog, cal, stretch, cal, welcome new freshmen, overdistance run 8-6-4-3-2, Jog / Cal / Stretch / in groups

Name	pulse	pu	cru	group	dist	time	pulse	pace	comments
Seniors									
Nathan Towers	48	70			6	43:50	136		NO DAY
Ted Snodgrass	✓	68			6	[redacted]	156	47:17	NO D-DAY
Murphy O'Brien	60	60			6	43:50	160		NO D-DAY
Mark Monda	✓	53			6	43:50	144		D-DAY FRI.
Dan Graesser	52	51			6	43:50	142		NO D-DAY
Tim Huegerich	46	50			6	43:50	184		D-DAY MON.
Dan Westlund	✓	55			4	31:50	170		NO D-DAY
Matt Brice	62	52							NO D-DAY
Matt Solberg	54	56			6	44:36	164		NO D-DAY
Andy Denny									
David Nischwitz	62	54			4	31:29	180		NO D-DAY
Joe Hoffman	✓	42			4	32:33	204		D-DAY THURS.
Jason Ottenad	✓	51			6	47:17	168		D-DAY SAT.
Mike Lovinguth	82	41			3	27:03	198		D-DAY THURS.
Juniors									
Dave Godar	50	42			4	31:50	168		
Jason Roehr	64	36			6	45:53	156		
Dan Leinauer	✓	51			6	[redacted]	188	4401	
Ryan Hatch									
Jason Towers	✓	'			4	29:45	200		
Raj Joseph	70	44			4	31:50	170		
Nick Davis									
Matt Soraghan (SOPH)	56	42			2				
Ryan Oldani	64	39			4	31:50	168		
Chris Crews	62	46			6	47:17	186		
Jason Hadler	48	52			3				
Sophomores									
Ken Chik	64	41			3	22:15	152		
Pat Leinauer	58	52			6	47:17	160		
John Parr	55	52			6	47:17	165		
Tipper O'Brien	56	66			4	31:[illegible]	160		
Andy Skosky	58	38			4	34:00	150		
Conor Hagan	63	36			3	[redacted]	192	2805	
Richard Spicer	77	45			3	23:10	178		
MATT SEIGEL	✓	11			3				NEEDS LOCKER
FROSH									
ANDREW WESTLUND	✓	30			2	15:40	172		
									end

8/12/99 jog full aviation, cal, stretch, cal, knee proofing, fartlek workout: groups 1, 2 and 3 do fartlek, others work hard pace, 3:30 pace, 90 secs on, 6,5,4,3,2 miles, cal, striders, jog / stretch in groups

A 8/13

	Name	pulse	pu	cru	group	dist	time	pulse	pace	goal	comments	
	Seniors											
B+B	Nathan Towers ✓	46	71	191	A	6	38:16	154	6:28	6:30		42
B	Ted Snodgrass ✓	48	65	110	B	5	—			OD	4 MILE 35:00	112 PULSE
R+B	Murphy O'Brien ✓	52	66	111	A	6	[illegible]	190	39:02	6:30	6:30 PACE	60
R+B	Mark Monda ✓	56	52	90	A	6	39:18	224	6:33	6:40		
R+B	Dan Graesser ✓	NONE	53	61	A	3	22:30	180	7:30	6:45		50
R+B	Tim Huegerich ✓	50	54	80	A	5	33:05	—	6:37	6:30		52
R+B	Dan Westlund ✓	NONE	50	70	C	4	27:55	204	6:59	7:00		✓
	Matt Brice	58	66	72	X	X				X		56
R+B	Matt Solberg ✓	58	52	64	A	5.5	41:30	176	7:36	7:00		52
R+B	Andy Denny ✓	60	53	70	C	4	30:16	186	7:34	7:15		
R+B	David Nischwitz ✓	62	56	73	C	4	30:21	190	7:35	7:20		64
B	Joe Hoffman ✓				C							✓
	Jason Ottenad	NONE	60	66	B	5	39:01	192	7:48	7:20		✓
B	Mike Lovinguth ✓				C	X						76
	Billy Freeman ✓	NONE	43	40	C	3	21:56	178	7:16	7:15		66
B	Edwin H. Callison III ✓											✓
	Juniors											
R+B	David Godar ✓	NONE	42	65	C	4	27:55	186	6:59	7:00		✓
R+B	Jason Roehr ✓	64	36	100	A	5	38:06		7:38	7:10		66
R+B	Dan Leinauer ✓	64	51	102	B	5	36:43	198	7:20	7:10		✓
	Ryan Hatch ✓				X	X						
R+B	Jason Towers ✓	NONE	0	105	C	4	27:55	204	6:59	7:10		✓
R+B	Raj Joseph ✓	66	42	72	C	4	29:24	184	7:21	7:30		70
B	Nick Davis ✓	NONE	35	60	D	3				7:45		✓
	Matt Soraghan	76	40	60	D	2				8:30		
R+B	Ryan Oldani ✓	NONE	40	81	C	4	29:24	188	7:21	7:40		✓
B	Chris Crews ✓	64	46	82	B	4	[illegible]	204	27:55	7:30	6:59 PACE	56
B	Geoff Hadler ✓	60	60	71	B	3	[illegible]	194	7:52	7:30		✓
						3	23:36					
	Sophomores											
B	Ken Chik ✓	NONE	43	75	C	3	22:14	180	7:25	7:40		✓
R+B	Pat Leinauer ✓	56	52	120	B	5	36:30	176	7:18	7:10		56
R+B	John Parr ✓	57	51	111	B	5	37:10	170	7:26	7:10		✓
R+B	Tipper O'Brien ✓	58	66	75	C	4	27:55	180	6:59	7:00		58
R+B	Andy Skosky ✓	NONE	30	91	C	4	29:44	204	7:26	7:50		52
B	Conor Hagan ✓	NONE	30	60	C	3	28:09	188	9:23	8:30		64
R+B	Richard Spicer ✓	64	50	60	D	3	23:21	206	7:46	7:35		68
B	Drew Phillips ✓	NONE	42	50	D	2	16:20	180	8:10			80
B	Matt Siegel ✓	NONE	12	30	D	2	18:03	210	9:01	8:50		✓
R+B	Little Westlund ✓	NONE	30	40		3	24:20	186	8:07	8:20		✓
B	Brian Gilmore ✓											52
	~~Greg Smith~~ ✓											
											end	

8/16/99 jog full aviation, cal, stretch, cal, plyos w/ lunges, tempo workout: 1st mile at hard OD pace for good form, then to tempo pace add: 5,4,3,2 cal, striders, full jog / stretch in groups. Freshman arrive at 9:30 Names, data, weigh-in, cards, schedules, letters, lockers, jog to stretch area, meet group, cal, stretch, cal, plyos, jog mile loop, if ready run mile loop w/ time, cal,short jog, stretch.

Name	pulse	pu	cru	group	dist	time	pulse	pace	comments
Seniors									
Nathan Towers	51			A	5	29.20	164		
Ted Snodgrass	X			A	6	45:45	140		9:ST
Murphy O'Brien	X			A	4	25.10	160		
Mark Monda	56			A	5	30.34	190		
Dan Graesser	X			A	4	26.10	182		
Tim ~~Huegerich~~ B. Free	X								
Dan Westlund	X			B	4	26.35	182		
Matt Brice	64			A	3	18:47	196	6:20	5:54 2nd mile
Matt Solberg	58			B	4	26.47	172		
Andy Denny									
David Nischwitz	X			B	3	21.44	180		
Joe Hoffman	X			B	3	20:04	208		
Jason Ottenad	56			B	4	30.02	184		
Mike Lovinguth	70			C	2	17.00	180		
Juniors									
David Godar	X			A	4	19:37	194		
Jason Roehr	64			A	5	35.05	172		
Dan Leinauer	X			B	4	27.20	198		
Ryan Hatch				A	5				0:ST
Jason Towers	X			A	2	14:00	214		
Raj Joseph	66			B	3	21:10	172		
Nick Davis	X			C	2	14:30	170		
Matt Soraghan			X	C					
Ryan Oldani				B	3	21:28	188		
Chris Crews	66			B	3	22:00	184		
Geoff Hadler	X			B	3				
Sophomores									
Ken Chik	X			C	2	13:19	164		
Pat Leinauer	56			B	3	19.51	180		
John Parr	55			A	3	23:0	159		
Tipper O'Brien	54			B	3	19.45	146		
Andy Skosky	48			B	3	22:02	196		
Conor Hagan	66			C	2	[illegible]	164	16:03	
Richard Spicer	52			C	2	13:22	188		
Pat Kim	X			B	2	13:15	160		
Bryan Gilmore				C	2	14:35	[illegible]	[illegible]	180
Freshman									
Matt Siegel				C	2	19:03	146	196	
Bill Freeman				B	3	20.8	151	187	
Drew Phillips				C	2	14:50	170		
Adam Callison				B	3				
Hamilton Callison					A 3	26:04	178		

(4 PM) TIM 966-3285

8/16/99 jog full aviation, cal, stretch, cal, plyos w/ lunges, tempo workout: 1st mile at hard OD pace for good form, then to tempo pace add: 5,4,3,2 cal, striders, full jog / stretch in groups. Freshman arrive at 9:30 Names, data, weigh-in, cards, schedules, letters, lockers, jog to stretch area, meet group, cal, stretch, cal, plyos, jog mile loop, if ready run mile loop w/ time, cal,short jog, stretch.

Name	pulse	pu	cru	group	dist	time	pulse	pace	comments
Seniors									
Nathan Towers									
Ted Snodgrass									
Murphy O'Brien									
Mark Monda									
Dan Graesser									
Tim Huegerich									
Dan Westlund									
Matt Brice									
Matt Solberg									
Andy Denny									
David Nischwitz									
Joe Hoffman									
Jason Ottenad									
Mike Lovinguth									
Juniors									
David Godar									
Jason Roehr									
Dan Leinauer									
Ryan Hatch									
Jason Towers									
Raj Joseph									
Nick Davis									
Matt Soraghan									
Ryan Oldani									
Chris Crews									
Geoff Hadler									
Sophomores									
Ken Chik									
Pat Leinauer									
John Parr									
Tipper O'Brien									
Andy Skosky									
Conor Hagan									
Richard Spicer									
MILLS, KEVIN									
SCHAEFER, PETER	113	19	32			7:08	152		100/6
Freshman									
KILLIANY, MATT	109	30	45			7:11	160		100/4
STEPHENS, PAT	136	22	41			7:02	158		25/3
KANE, RYAN	114	30	36			8:14	120		60/4
~~KEVIN~~, CREAN, KEVIN	124	20	40			7:25	150		100/3
BELGERI, JOHN	121	35	31			6:40	180		40/6
HOFFMAN, MATT	124	24	32			8:12	102		10/2
WOSCICKI, CHRIS	125	25	40			8:08	135		25/3
STROBLE, JAMIE	120	60	40			6:50	152		100/4.5
GONNERMAN, KYLE	101	24	50						75/3
STEWART, GEOFF	130	17	12			7:15	136		5
GONNERMAN, BOYD	93	25	50						20/3
SCHMIDT, DONNY	123	34	50						20/3
WESTLUND, ANDREW	155	35	60			6:34	175		60/6
STAHL, GREG	143	50	55		6:40	6:40	160		110/5

8-17-99: Check-in, Jog half Aviation, Cal, Stretch, Cal, Teach Frosh Plyos, Sr.-So. Run 8-6-4 mile distance loops, Frosh run 1 mile course 2-3 times, Cal, 6-4-2 Striders, Jog, Stretch

Name	Grp.	Cal	Dist	Time	Pulse	Pace	Name	Grp.	CAL	Dist	Time	Pulse	Pace
Brice, Matt 64	A1	61/72	8	59:03	144	7:23	Callison, Hamilton ✓	D3	45/70	4	39:10	174	9:47
Graesser, Dan	A1						Gilmore, Bryan	D3					
Hatch, Ryan 52	A1	80/120					Phillips, Drew	D3					
Huegerich, Tim	A1						SNIVELY, MATT ✓	D3	40/60	3	24:51	192	8:17
Monda, Mark	A1						Siegel, Matt	D4					
O'Brien, Murphy 50	A1	67/106	8	59:03	152	7:23							
Snodgrass, Ted	A1						Freshmen						
Tower, Nathan	A1						Belgeri, John ✓	F	45/40	2	15:31	164	7.45
							Crean, Kevin 66	F	23/45	2	16:04	136	8:02
Godar, David ✓	B1	44/70	6	48:00	176	8:00	Gonnerman, Boyd ✓	F	27/60	2	16:58	160	8:29
O'Brien, Tipper	B1						Gonnerman, Kyle ✓	F	28/55	2	16:11	132	8:06
Roehr, Jason	B1						Hoffman, Matt DD	F					
Solberg, Matt	B1						Kane, Ryan ✓	F	32/30	2	18:00	180	9:00
Towers, Jason	B1						Killiany, Matt ✓	F	30/45	2	15:22	170	7:41
Westlund, Dan ✓	B1	55/70	~~6~~ 4	30:58	160	7:45	Mills, Kevin ✓	F	31/52	3	23:56	176	7:59
Leinauer, Dan	B1						Schaefer, Peter DD	F					
Leinauer, Pat	B1						Schmidt, Donny DD	F					
Ottenad, Jason	B1						Stahl, Greg DD	F					
Parr, John	B1						Stephens, Pat DD	F					
							Stewart, Geoff DD	F					
Nischwitz, David 60	B2	56/72	4	32:13	165	8:03	Stroble, Jamie DD	F					
Oldani, Ryan	B2						Westlund, Andrew DD	F					
Denny, Andy	B2						Wojcicki, Chris DD	F					
Crews, Chris	B2						NOBLOT, DREW ✓	F	27/62	2	18:23	126	9:12
							LAWD, DAN ✓	F	24/62	2	17:26	184	8:43
Freeman, Bill ✓	C2	45/40	4	30:38	162	7:40							
Hoffman, Joe ✓	C2	41/67	6	45:06	200	7:31							
Joseph, Raj	C2												
Skosky, Andy	C2												
Lovinguth, Mike 74	C3	50/80	~~7~~ 4	~~18:40~~	—	8:20							
Davis, Nick ✓	C3	35/65	4	35:00	162	8:45	A=350 base miles	8 mile runs					
Hadler, Geoff 56	C3	54/78	4	35:00	148	8:45	B=250 base miles	6 mile runs					
Hagan, Conor 64	C3	38/68	4	38:00	174	9:30	C=150 base miles	4 mile runs					
							D=no base miles	2-3 mile runs					
Kim, Pat ✓	D2	60/100	4	32:13	160	8:03	F=Freshman						
Chik, Ken	D2						1=Varsity Contender/ Sub 7:00 training pace						
Spicer, Richard	D2						2=Top JV Contender/ Sub 7:30 training pace						
							3=Sub 8:00 training pace						
							4=Sub 8:30 training pace						

8-18-99: Check-in, Jog Aviation, Cal, Stretch, Cal, Plyos w/ high knees, groups A and B run 400's at race pace
REST RUN ~~mile~~ 6 & 4 distance loops, Frosh run 1 mile course ~~2x3~~ times, Cal, 6-4-2 Striders, Jog, Stretch 60 sec rest A=18 B=16

Name	Grp.	Cal	Dist	Time	Pulse	Pace	Name	Grp.	Cal	Dist	Time	Pulse	Pace
Brice, Matt	A1	17:00	82		186		Callison, Hamilton	D3					
Graesser, Dan	A1	17:00	82		–		Gilmore, Bryan	D3	✓	4	32:49	188	8:12
Hatch, Ryan	A1		4	29:33	148	7:23	Phillips, Drew	D3	+	4	32:10	200	8:02
Huegerich, Tim	A1	17:00	82		184		SNIVELY MATT		+	4	32:04	180	8:01
Monda, Mark	A1	16:50	81		184		Siegel, Matt	D4					
O'Brien, Murphy	A1	16:45	80		164								
Snodgrass, Ted	A1	16:40	80		170		Freshmen						
Tower, Nathan	A1	16:30	79		148		Belgeri, John	F	40/90	2			
							Crean, Kevin	F	20/40	1	7:05	162	
Godar, David	B1	17:15	83				Gonnerman, Boyd	F	30/70	2	16:18	150	
O'Brien, Tipper	B1	17:36	84				Gonnerman, Kyle	F	29/60	2	15:29	146	
Roehr, Jason	B1	17:50	86				Hoffman, Matt	F	18/32	1	7:27	132	
Solberg, Matt	B1	17:45	85				Kane, Ryan	F					
Towers, Jason	B1	17:30	84				Killiany, Matt	F	30/50	1	7:03	170	
Westlund, Dan	B1	17:00	82				Mills, Kevin	F	33/54	2	18:21	168	
Leinauer, Dan	B1	17:40	85				Schaefer, Peter	F	19/56	2	16:15	146	
Leinauer, Pat	B1	17:40	85				Schmidt, Donny	F	31/54	2	17:06	X	
Ottenad, Jason	B1	18:15	87				Stahl, Greg	F	70/55	2	15:08	168	
Parr, John	B1	17:40	85				Stephens, Pat	F	23/48	2	15:22	158	
							Stewart, Geoff	F	16/16	1	6:49	162	
Nischwitz, David	B2	+	6	45:00	176	7:30	Stroble, Jamie	F	72/40	2	15:15	175	
Oldani, Ryan	B2	–	6	47:17	168	7:53	Westlund, Andrew	F	35/60	2	15:03	186	
Denny, Andy	B2	+	6	45:15	184	7:32	Wojcicki, Chris	F	27/42	1	7:07	140	
Crews, Chris	B2	++	6	43:03	200	7:10	Nodlot, Drew		30/65	2	15:10	124	
							LAWO, Dan		28/60	2	16:30	188	
Freeman, Bill	C2												
Hoffman, Joe	C2	++	6	43:12	204	7:12							
Joseph, Raj	C2	+	6	44:59	162	7:30							
Skosky, Andy	C2	+	4	29:31	184	7:23							
Lovinguth, Mike	C3	+	4	32:07	186	8:02							
Davis, Nick	C3	+	4	31:37	168	7:54	A=350 base miles	8 mile runs					
Hadler, Geoff	C3	+	4	31:27	162	7:52	B=250 base miles	6 mile runs					
Hagan, Conor	C3	– –	4	34:55	180	8:44	C=150 base miles	4 mile runs					
							D=no base miles	2-3 mile runs					
Kim, Pat	D2	++	4	28:31	180	7:08	F=Freshman						
Chik, Ken	D2	–	4	31:15	176	7:49	1=Varsity Contender/ Sub 7:00 training pace						
Spicer, Richard	D2						2=Top JV Contender/ Sub 7:30 training pace						
							3=Sub 8:00 training pace						
							4=Sub 8:30 training pace						

PAT'S CELL RE: AM 640-4286

Practice Attend 99

8-19-99

PLYOS / 8-6-4-3-2

ENJOY THE RAIN! → RECOVERY

6-4 SNRIDERS → TEACH FROSH SNRIDERS

TOMORROW LONG

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	Name	DIST			TIME				PULSE		PACE		
2	Seniors												Soph. Cont.
3	Brice, Matt	X											Parr, John
4	Callison, Hamilton	4			38:02				164		9:30		Phillips, Drew
5	Denny, Andy	4			33:27				162		8:22		Siegel, Matt
6	Freeman, Bill	4			33:30				160		8:23		Skosky, Andy
7	Graesser, Dan	8			60:31				158		7:34		Spicer, Richard
8	Hoffman, Joe	6			48:06				176		8:01		
9	Huegerich, Tim	8			60:31				158		7:34		
10	Lovinguth, Mike	4			38:02				140		9:30		Freshmen
11	Monda, Mark	8			60:31				142		7:34		Belgeri, John
12	Nischwitz, David	4			33:21				160		8:20		Crean, Kevin
13	O'Brien, Murphy	8			58:31				146		7:19		Gonnerman, Boyd
14	Ottenad, Jason	6			48:56				174		8:09		Gonnerman, Kyle
15	Snodgrass, Ted	6			48:06				154		8:01		Hoffman, Matt
16	Solberg, Matt	6			48:06				156		8:01		Kane, Ryan
17	Tower, Nathan	8			60:31				118		7:34		Killiany, Matt
18	Westlund, Dan	4			32:38				160		8:10		Mills, Kevin
19													Schaefer, Peter
20													Schmidt, Donny
21	Juniors												Stahl, Greg
22	Crews, Chris	6			48:03				184		8:01		Stephens, Pat
23	Davis, Nick	4			34:06				152		8:32		Stewart, Geoff
24	Godar, David	4			32:38				160		8:10		Stroble, Jamie
25	Hadler, Geoff	4			33:20				144		8:20		Westlund, Andrew
26	Hatch, Ryan	6			47:13				146		7:52		Wojcicki, Chris
27	Joseph, Raj	4			32:32				154		8:08		LAWO, DAN
28	Leinauer, Dan	6			48:56				180		8:09		NOBLOT, DREW
29	Oldani, Ryan	4			32:32				164		8:08		
30	Roehr, Jason	6			47:13				158		7:52		
31	Towers, Jason	4			34:18				160		8:35		
32	SNIVELY, MATT	2			16:50				192		8:25		
33													
34	Sophomores												
35	Chik, Ken	3			23:52				166		7:57		
36	Gilmore, Bryan	3			25:29				160		8:30		
37	Hagan, Conor	4			35:01				188		8:45		
38	Kim, Pat	4			34:15				TWISTED		ANKLE		8:34
39	Leinauer, Pat	3			24:52				136		8:17		
40	O'Brien, Tipper	4			31:45				150		7:56		

DIST	TIME	PULSE	PACE	
6	48:06	136	8:01	
3	26:50	180	8:57	
X				
4	32:13	164	8:03	
X				
2	17:07	170	8:34	1
2	16:55	170	8:28	1
2	17:08	140	8:34	1
3	24:10	190	8:03	1
2	18:15	141	9:08	2
2	18:20	160	9:10	2
3	24:30	170	8:10	1
4	34:31	184	8:38	2
3	24:52	158	8:17	1
4	37:40	160	9:25	2
3	25:00	170	8:20	1
2	17:05	168	8:33	1
2	17:29	184	8:44	2
2	18:15	130	9:08	2
3	24:52	160	8:17	1
2	18:00	135	9:00	2
2	16:48	168	8:24	1
4	33:27	160	8:22	1

PLYOS

8-20-99: Check-in, Jog half aviation, Cal, Stretch, Cal, Long dist. run:
10,8,6,5,4, 3 maintain proper pace, cal/stretch,jog to SLUH

Name	Grp.	Cal	Dist	Time	Pulse	Pace	Name	Grp.	Cal	Dist	Time	Pulse	Pace
Brice, Matt	A1		X	—	—	—	Callison, Hamilton	D3		6	49:00	182	8:10
Graesser, Dan +	A1		10	71:04	166	7:06	Gilmore, Bryan	D3		6	53:40	192	8:57
Hatch, Ryan +	A1		6	42:37	148	7:06	Phillips, Drew	D3		6	53:40	180	8:57
Huegerich, Tim +	A1		10	71:04	162	7:06							
Monda, Mark +	A1		10	71:04	162	7:06	Siegel, Matt	D4	?	[illegible]	45:03	188	
O'Brien, Murphy +	A1		10	70:50	140	7:05							
Snodgrass, Ted +	A1		8	57:05	172	6:45	Freshmen						
Tower, Nathan +	A1		10	70:50	138	7:05	Belgeri, John	F	5+	4	38:22	172	
							Crean, Kevin	F	5+	[illegible]	40:56	156	
Godar, David +	B1		6	43:45	168	7:18	Gonnerman, Boyd	F	6	[illegible]	49:00	210	8:10
O'Brien, Tipper	B1	?	6	44:45	160		Gonnerman, Kyle	F	5+	[illegible]	38:07	168	
Roehr, Jason	B1	[illegible]	[illegible]	57:52	166	[illegible]	Hoffman, Matt	F		3	26:36	172	8:52
Solberg, Matt	B1	[illegible]	[illegible]	59:45	160		Kane, Ryan	F	5+	[illegible]	37:15	190	
Towers, Jason	B1	+	6	43:45	210	7:18	Killiany, Matt	F	?	[illegible]	36:50	176	[illegible]
Westlund, Dan	B1	5+	[illegible]	38:16	164		Mills, Kevin	F	?	[illegible]	37:08	184	[illegible]
Leinauer, Dan	B1		8	62:38	162	7:50	Schaefer, Peter	F	5+	[illegible]	40:10	128	
Leinauer, Pat	B1		4	31:55	146	7:59	Schmidt, Donny	F	5+	4	37:46	158	[illegible]
Ottenad, Jason	B1	[illegible]	[illegible]	59:45	174		Stahl, Greg	F	5+	[illegible]	38:22	170	
Parr, John	B1	[illegible]	[illegible]	59:45	156		Stephens, Pat	F	5+	[illegible]	39:20	178	
							Stewart, Geoff	F	5+	[illegible]	37:12	176	
Nischwitz, David	B2	+	6	44:25	180	7:24	Stroble, Jamie	F	5+	[illegible]	40:10	120	
Oldani, Ryan	B2		6	48:57	168	8:09	Westlund, Andrew	F	5+	[illegible]	40:10	120	
Denny, Andy	B2		6	Hurt			Wojcicki, Chris	F		2	17:30		8:45
Crews, Chris	B2	7+	[illegible]	58:52	174	[illegible]	Noblet, Drew	F	5+	[illegible]	37:14	156	
							Lawo, Dan	F	5+	[illegible]	40:00	156	
Freeman, Bill	C2	5+	[illegible]	38:16	176								
Hoffman, Joe	C2		X	—	—	—							
Joseph, Raj	C2		6	45:16	184	7:33							
Skosky, Andy	C2	−	6	48:57	156	8:09							
Lovinguth, Mike	C3	X	4	34:53	180	8:43							
Davis, Nick	C3		6	48:26	168	8:04	A=350 base miles	8 mile runs					
Hadler, Geoff	C3		6	48:51	188	8:09	B=250 base miles	6 mile runs					
Hagan, Conor	C3	5+	[illegible]	47:32	184		C=150 base miles	4 mile runs					
			7	44:25	168	7:24	D=no base miles	2-3 mile runs					
Kim, Pat	D2		6	[illegible]			F=Freshman						
Chik, Ken	D2		4	30:00	166	7:30	1=Varsity Contender/ Sub 7:00 training pace						
Spicer, Richard	D2		X	—	—	—	2=Top JV Contender/ Sub 7:30 training pace						
							3=Sub 8:00 training pace						
							4=Sub 8:30 training pace						

8-21-99: Check-in, Jog full aviation, Cal, Stretch, Cal, knee-proofing? Fartlek workout:

All do 1mile at hard pace/Groups1 and 2 do 3:30-90 sec/ rest do 6,5,4,3/cal/striders:6,4,2/jog/ group stretch

Name sub 7	Grp.	Cal	Dist	Time	Pulse	Pace	Name sub 8:00	Grp.	Cal	Dist	Time	Pulse	Pace
Brice, Matt	A1	RECOVERING					Callison, Hamilton	D3		3	23:30	182	7:50
Graesser, Dan	A1	5		33:48	188	6:46	Gilmore, Bryan	D3		3	24:21	184	8:07
Hatch, Ryan	A1	5		32:56	178	6:35	Phillips, Drew	D3		3	23:08	210	7:43
Huegerich, Tim	A1		6	38:26	190	6:24	sub 8:30						
Monda, Mark	A1		3	19:36	166	6:32	Siegel, Matt	D4		3	26:45	200	8:55
O'Brien, Murphy	A1		6	37:58	152	6:20	F1 sub 8	F2	sub 8:30				
Snodgrass, Ted	A1		6	36:50	186	6:08	Freshmen						
Tower, Nathan	A1		6	36:46	164	6:08	Belgeri, John	F1		3	22:06	170	7:22
sub 7							Crean, Kevin	F1		3	24:29	180	8:08
Godar, David	B1		5	32:56	196	6:35	Gonnerman, Boyd	F1		3	24:34	180	8:11
O'Brien, Tipper	B1		5	34:35	166	6:55	Gonnerman, Kyle	F1		3	23:43	184	7:59
Roehr, Jason	B1		5	35:00	174	7:00	Hoffman, Matt	F2		3	32:50	182	10:57
Solberg, Matt	B1		5	34:20	172	6:52	Kane, Ryan	F2		3	17:59	174	9:00
Towers, Jason	B1	3.5		24:40	210	7:32	Killiany, Matt	F1		3	23:30	168	7:50
Westlund, Dan	B1		5	33:09	204	6:38	Mills, Kevin	F2		3	24:56	200	8:17
Leinauer, Dan	B1		5	34:06	188	6:49	Schaefer, Peter	F1		3	22:55	164	7:40
Leinauer, Pat	B1			30:00	146	7:30	Schmidt, Donny	F2		3			9:13 27:40
Ottenad, Jason	B1		5	37:03	184	7:25	Stahl, Greg	F1		3	23:18	174	7:46
Parr, John	B1		5	35:00	176	7:00	Stephens, Pat	F1		3	23:47	192	7:56
sub 7:30							Stewart, Geoff	F2		3	26:45	182	8:55
Nischwitz, David	B2		5	35:11	190	7:02	Stroble, Jamie	F2		3	23:47	168	7:55
Oldani, Ryan	B2		5	37:36	180	7:29	Westlund, Andrew	F1		3	22:59	184	7:40 22:59
Denny, Andy	B2	4		29:15	182	7:19	Wojcicki, Chris	F2		3			
Crews, Chris	B2		5	34:37	200	6:55	Noblet, Drew	F1		3		146	8:10 24:28
sub 7:30							Lawo, Dan	F1		3	23:30	194	7:50
Freeman, Bill	C2		4	27:36	188	6:53							
Hoffman, Joe	C2		4	—		—							
Joseph, Raj	C2		4	28:25	190	7:06							
Skosky, Andy	C2		4	29:44	196	7:26							
sub 8:00													
Lovinguth, Mike	C3		4	33:48	200	8:27							
Davis, Nick	C3		4	31:59	178	8:00	A=350 base miles	8 mile runs					
X Hadler, Geoff	C3		4	28:13	194	7:03	B=250 base miles	6 mile runs					
Hagan, Conor	C3		4	34:00	198	8:30	C=150 base miles	4 mile runs					
sub 7:30							D=no base miles	2-3 mile runs					
Kim, Pat	D2		3	20:15	172	6:45	F=Freshman						
Chik, Ken	D2		3	21:44	174	7:05	1=Varsity Contender/ Sub 7:00 training pace						
Spicer, Richard	D2		3	—		—	2=Top JV Contender/ Sub 7:30 training pace						
							3=Sub 8:00 training pace						
							4=Sub 8:30 training pace						

STRIDERS A= 8 B= 6 C= 4 F=2

8-23-99: Check-in, Jog half aviation, Cal test, Stretch, Cal, Plyos w/ lunges

Distance loops at training pace: 8,6,5,4,3,2/ cal/jog/ group stretch

Name	Grp.	Cal	Dist	Time	Pulse	Pace	Name	Grp.	Cal	Dist	Time	Pulse	Pace
Brice, Matt	A1		4	30:21	126	7:35	Callison, Hamilton	D3		4	36:11	184	9:03
Graesser, Dan	A1		8	63:28	178	7:56	Gilmore, Bryan	D3		4	36:30	168	9:08
Hatch, Ryan	A1		8	60:16	158	7:32	Phillips, Drew	D3		4	36:30	174	9:08
Huegerich, Tim	A1		8	63:28	184	7:56							
Monda, Mark	A1		4	32:36	138	8:09	Siegel, Matt	D4		4	42:00	208	10:35
O'Brien, Murphy	A1		8	58:29	174	7:19							
Snodgrass, Ted	A1		8	59:20	164	7:23	Freshmen						
Tower, Nathan	A1		8	55:27	120	✓	Belgeri, John	F		4	34:53	174	8:43
							Crean, Kevin	F		4	35:46	166	8:57
Godar, David	B1		6	43:11	186	7:12	Gonnerman, Boyd	F	LONG	2	17:10	150	8:10
O'Brien, Tipper	B1		6	48:00	166	8:00	Gonnerman, Kyle	F		4			
Roehr, Jason	B1		6	46:40	176	7:47	Hoffman, Matt	F		2	18:59	180	
Solberg, Matt	B1		6	46:30	168	7:45	Kane, Ryan	F		4	40:01	200	10:00
Towers, Jason	B1		6	50:00		8:20	Killiany, Matt	F		4	35:46	176	8:57
Westlund, Dan	B1		6	43:11	168	7:12	Mills, Kevin	F		4			
Leinauer, Dan	B1		6	47:02	176	7:50	Schaefer, Peter	F		4	34:59	164	8:45
Leinauer, Pat	B1		6	45:50	156	7:38	Schmidt, Donny	F		2	19:50	162	
Ottenad, Jason	B1		6	46:30	174	7:45	Stahl, Greg	F		4	35:19	170	8:50
Parr, John	B1		6	45:09	157	7:22	Stephens, Pat	F		4	31:55	188	7:59
							Stewart, Geoff	F		2	20:35	124	
Nischwitz, David	B2		4	31:55	174	7:59	Stroble, Jamie	F		2	SHIN PAIN		
Oldani, Ryan	B2		4	DN			Westlund, Andrew	F		4	33:42	164	8.26
Denny, Andy	B2		6	Licensed			(Wojcicki, Chris)	F					
Crews, Chris	B2		6	Heat	49:48	166	Noblet, Drew	F		2	20:32	102	
							Lawo, Dan	F		4	38:57	190	9:44
Freeman, Bill	C2						CONWAY			2	20:35	120	
Hoffman, Joe	C2		4	34:41	176	7:55	BOYLE			2	18:36	180	
Joseph, Raj	C2		5	40:18	150	8:36							
Skosky, Andy	C2		5	41:31	180	8:18							
							HAMER			4	34:00	160	8:30
Lovinguth, Mike	C3		4	36:47	186	9:12	BEHM			5	36:20	183	7:16
Davis, Nick	C3		4	35:40		8:55	A=350 base miles	8 mile runs					
Hadler, Geoff	C3		4	33:47	178	8:12	B=250 base miles	6 mile runs					
Hagan, Conor	C3		4				C=150 base miles	4 mile runs					
							D=no base miles	2-3 mile runs					
Kim, Pat	D2		4	32:01	180	8:00	F=Freshman						
Chik, Ken	D2		4	32:45	160	7:56	1=Varsity Contender/ Sub 7:00 training pace						
Spicer, Richard	D2		4				2=Top JV Contender/ Sub 7:30 training pace						
							3=Sub 8:00 training pace						
							4=Sub 8:30 training pace						

8-24-99: Check-in, Jog half aviation, Cal test, Stretch, Cal, striders instruction

Distance loops at training pace: 6,4, 2 cal/jog/ group stretch

Name	Grp.	Cal	Dist	Time	Pulse	Pace	Name	Grp.	Cal	Dist	Time	Pulse	Pace
Brice, Matt	A1	0/126					Callison, Hamilton	D3	50/60				
Graesser, Dan	A1	46/60					Gilmore, Bryan	D3	50/80				
Hatch, Ryan	A1	80/120					Phillips, Drew	D3	X				
Huegerich, Tim	A1	60/80					Boyle, Brendan	D3	40/56				
Monda, Mark	A1	56/105					Siegel, Matt	D4					
O'Brien, Murphy	A1	60/102					SAM CLEMENS		40/50	1	7:33	170	
Snodgrass, Ted	A1	68/124			132		**Freshmen**						
Tower, Nathan	A1	90/0					Belgeri, John	F1	42/73	1	7:30	129	
Godar, David	B1	41/66					Crean, Kevin	F1	27/73		7:33	164	
O'Brien, Tipper	B1	70/100					Gonnerman, Boyd	F1	31/112		7:39	98	
Roehr, Jason	B1	36/100					Gonnerman, Kyle	F1	32/77		7:35	132	
Solberg, Matt	B1	54/72					Killiany, Matt	F1	38/70		7:30	158	
Towers, Jason	B1	18/105					Mills, Kevin	F1	45/57	2	15:25	150	
Westlund, Dan	B1	55/80					Schaefer, Peter	F1	47/50		7:30	126	
Leinauer, Dan	B1	39/100					Stahl, Greg	F1	39/63		7:28	124	
Leinauer, Pat	B1	53/25					Stephens, Pat	F1	25/63		7:28	156	
Ottenad, Jason	B1	62/71					Westlund, Andrew	F1	25/60		7:28	132	
Parr, John	B1	54/105											
							Conway, Tim	F2	X				
Nischwitz, David	B2	59/79					Hoffman, Matt	F2	25/35		7:37	142	
Oldani, Ryan	B2	X					Kane, Ryan	F2	30/36		7:52	140	
Denny, Andy	B2	X					Noblet, Drew	F2	37/100		7:50	120	
Crews, Chris	B2	43/91					Lawo, Dan	F2	30/56		7:29	162	
							Stewart, Geoff	F2	19/51		7:35	116	
Freeman, Bill	C2	X					Stroble, Jamie	F2	55/60		7:45	144	
Hoffman, Joe	C2	40/87					Schmidt, Donny	F2	34/53		7:48	142	
Joseph, Raj	C2	43/60					JIM MARTIN		27/96		7:37	142	
Skosky, Andy	C2	32/110					SEAN McDONALD		23/57		7:28	135	
Lovinguth, Mike	C3	36/											
Davis, Nick	C3	40/45					A=350 base miles	8 mile runs					
Hadler, Geoff	C3	62/83					B=250 base miles	6 mile runs					
Hagan, Conor	C3	32/110					C=150 base miles	4 mile runs					
							D=no base miles	2-3 mile runs					
Kim, Pat	D2	40/110					F=Freshman						
Chik, Ken	D2	44/112					1=Varsity Contender/ Sub 7:00 training pace						
Spicer, Richard	D2						2=Top JV Contender/ Sub 7:30 training pace						
							3=Sub 8:00 training pace						
							4=Sub 8:30 training pace						

Aug 25, 1999: Check-in/ jog full aviation/ Cal/ Stretch/ Cal/ Striders 6AB, 4CD, 2F/
TEMPO RUN 5A, 4B, 3CD, 2F/ Cal/ Striders 4AB, 2CDF/ Jog full aviation/ Stretch/ Return to SLUH

	Name	Grp.	Cal	Dist	Time	Pulse	Pace		Name	Grp.	Cal	Dist	Time	Pulse	Pace	
17:00	Brice, Matt 6:00	A1	+	3	17:55	192	5:58		Siegel, Matt 7:55	D4	✓	2	16:22	204	8:11	23:00
17:10	Graesser, Dan 6:00	A1	—	4	26:46	186	6:49		Clemens, Sam 7:15	D4		2	17:50	160	8:55	21:00
17:15	Hatch, Ryan 6:05	A1	✓	5	31:14	178	6:15		SNIVELY, MATT 6:38		✓	2	14:17	210	7:09	13:50
17:00	Huegerich, Tim 6:00	A1	✓	5	30:27	190	6:05									
16:50	Monda, Mark 5:55	A1	✓	5	30:02	188	6:00		**Freshmen**							
16:45	O'Brien, Murphy 5:55	A1	✓	5	29:57	156	5:59		Belgeri, John 6:48	F1	✓	2	13:37	196	6:49	19:30
16:40	Snodgrass, Ted 5:52	A1	+	5	28:43	190	5:45									
	Tower, Nathan	A1		X					Crean, Kevin 6:55	F1	✓	2	14:00	159	7:00	20:00
									Gonnerman, Boyd 6:55	F1	—	2	14:18	190	7:09	20:00
17:15	Godar, David 6:05	B1	—	4	25:15	192	6:19		Gonnerman, Kyle 6:55	F1	—	2	14:37	174	7:19	20:00
17:30	O'Brien, Tipper 6:10	B1	—	3	18:56	162	6:19		Killiany, Matt 6:55	F1	—	2	14:15	162	7:08	20:00
17:50	Roehr, Jason 6:15	B1	—	4	27:29	174	6:52		Mills, Kevin 6:55	F1	—	2	14:43	200	7:22	20:00
17:40	Solberg, Matt 6:15	B1	—	4	26:56	170	6:51		Schaefer, Peter 6:48	F1	✓	2	13:37	172	6:49	19:30
17:30	Towers, Jason 6:10	B1	✓	4	25:15	204	6:19		Stahl, Greg 6:55	F1	—	2	14:16	168	7:08	20:00
17:00	Westlund, Dan 6:00	B1	—	4	25:15	188	6:19		Stephens, Pat 6:55	F1	—	2	15:00	186	7:30	20:00
17:40	Leinauer, Dan 6:12	B1	—	2	13:05	180	6:32		Westlund, Andrew 6:48	F1	✓	2	13:37	176	6:49	19:30
17:40	Leinauer, Pat 6:12	B1	—	4	26:10	176	6:32									
18:15	Ottenad, Jason 6:23	B1	—	4	27:30	181	6:52		Conway, Tim 7:35	F2	—	2	15:55	124	7:58	22:00
17:40	Parr, John 6:12	B1	✓	4	25:28	181	6:22		Hoffman, Matt 7:35	F2	✓	2	15:30	190	7:45	22:00
									Kane, Ryan 7:35	F2	—	2	16:40	160	8:20	22:00
18:00	Nischwitz, David 6:18	B2	—	4	27:27	190	6:52		Noblet, Drew 7:35	F2	—	2	16:28	122	8:14	22:00
1800	Oldani, Ryan 6:18	B2	—	4	29:15	180	7:19		Lawo, Dan 7:15	F2	✓	2	14:49	186	7:25	24:00
18:20	Denny, Andy 6:25	B2	—	4	27:37	198	6:54		Stewart, Geoff 7:35	F2	✓	2	15:00	162	7:30	22:00
18:15	Crews, Chris 6:23	B2		4	—				Stroble, Jamie 7:15	F2	—	2	16:10	160	8:05	24:00
									Schmidt, Donny 7:35	F2	—	2	15:41	184	7:51	22:00
	~~Freeman, Bill~~	~~C2~~							Martin, Jim 7:35	F2	—	2	17:30	170	8:45	22:00
18:00	Hoffman, Joe 6:18	C2	✓	4	26:31	210	6:22		McDonald, Sean 7:15	F2	+	2	14:12	141	7:06	24:00
19:00	Joseph, Raj 6:38	C2	✓	4	26:55	180	6:44		STEVE MATTHIAS	F2	✓	2	15:30	—	7:45	
18:50	Skosky, Andy 6:35	C2	—	3	20:44	196	6:55		Recovering:							
19:15	Hadler, Geoff 6:42	C2	+	3	19:44	216	6:35		Spicer, Richard	D2						
19:30	Davis, Nick 6:48	C3	—	3	21:33	176	7:11									
20:00	Lovinguth, Mike 6:55	C3	—	2	15:00	150	7:30									
23:00	Hagan, Conor 7:55	C3	✓	3	23:54	184	7:58									
18:15	Kim, Pat 6:23	D2	✓	3	19:12	172	6:24		A= 8 m. run B= 6 m. run							
18:50	Chik, Ken 6:35	D2	✓	3	20:07	180	6:41		C=4-5 m. run D= 4-2 m. run							
19:00	Callison, Hamilton 6:39	D3	—	3	23:54	188	7:58		1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race							
20:30	Gilmore, Bryan 7:07	D3	—	3	22:12	186	7:24		2= Sub 7:30 train/7 hard dist/sub 18 race							
20:00	Phillips, Drew 6:55	D3	—	3	22:58	212	7:39		3=Sub 8:00 train/ 7:30 hard dist/ 19 race							
20:00	Boyle, Brendan 6:55	D3	—	2	14:23	172	7:12		4=Sub 8:30 train/ 8 hard dist/ 20+ race							

8- 26-99: Check-in/ jog half aviation/ Cal/ Stretch/ Cal/ Plyos w. flicks run dist loops 8,6,5,4,3
cal/striders: 6,4,2/jog half aviation/stretch

Name	Grp.	Cal	Dist	Time	Pulse	Pace
Brice, Matt	A1		8	58:13	186	7:16
Graesser, Dan	A1		~~8~~ 6	45:30	170	7:35
Hatch, Ryan	A1		8	59:39	152	7:27
Huegerich, Tim	A1		8	59:39	180	7:27
Monda, Mark	A1		8	59:39	166	7:27
O'Brien, Murphy	A1		6	43:54	164	7:19
Snodgrass, Ted	A1		8	59:39	152	7:27
Tower, Nathan	A1		~~0~~	0:00	60	0:00
Godar, David	B1		6	43:54	182	7:19
O'Brien, Tipper	B1		6	44:36	171	7:26
Roehr, Jason	B1		6	44:15	178	7:21
Solberg, Matt	B1		6	44:26	160	7:24
Towers, Jason	B1		6	46:13	184	7:42
Westlund, Dan	B1		6	42:20	176	7:03
Leinauer, ~~Dan~~ Pat	B1		6	46:13	164	7:42
Leinauer, ~~Pat~~ Dan	B1		6	46:07	186	7:41
Ottenad, Jason	B1		6	46:13	153	7:42
Parr, John	B1		6	44:36	160	7:26
lake Nischwitz, David	B2		5?	36:20	176	—?
Oldani, Ryan	B2		2	16:50	144	8:25
cut old school lake loop Denny, Andy	B2		<5?	33:27	176	—?
Crews, Chris	B2		6	45:30	178	7:38
Hoffman, Joe	C2		6	44:30	196	7:25
Joseph, Raj	C2		6	46:08	200	7:41
Skosky, Andy	C2		5	38:54	176	7:48
Hadler, Geoff	C2		5	40:03	160	8:01
Davis, Nick	C3		5	40:03	168	8:01
Lovinguth, Mike	C3		2	16:48	176	8:24
Hagan, Conor	C3		4	38:03	174	9:30
lake Kim, Pat	D2		<5?	36:18	176	—?
Chik, Ken	D2		4	30:00	166	7:30
Callison, Hamilton	D3		4	36:30	162	9:08
Gilmore, Bryan	D3		4	31:10	184	7:48
Phillips, Drew	D3		4	31:12	200	7:48
Boyle, Brendan	D3		3	24:06	180	8:02
Sively, Matt	D3		4	33:44	176	8:26

Name	Grp.	Cal	Dist	Time	Pulse	Pace
Siegel, Matt	D4		3			
Clemens, Sam	D4		2	19:45	160	9:52
Freshmen						
Belgeri, John	F1		4	34:54	170	8:43
Crean, Kevin			~~3~~ 3	23:25	180	7:48
Gonnerman, Boyd	F1		~~2~~ 2	19:15	140	9:37
Gonnerman, Kyle	F1		2	16:34	134	8:17
Killiany, Matt	F1		3	23:30	176	7:50
Lawo, Dan	F1		3	23:55	182	7:58
MacDonald, Sean	F1		4 ~~2~~	33:44	150	8:26
Mills, Kevin	F1		~~2~~ 2	17:14	144	8:37
Schaefer, Peter	F1		4	34:54	166	8:43
Stahl, Greg	F1		3	23:51	164	7:57
Stephens, Pat	F1		3	24:17	234	8:06
Stewart, Geoff			3	26:11	166	8:34
Westlund, Andrew	F1		3	23:25	156	7:48
	F1					
Conway, Tim	F2		2	17:02	170	8:32
Hoffman, Matt	F2		3	26:11	193	8:34
Kane, Ryan	F2		3	23:35	150	7:52
Mathias, Steve			2	17:26	120	8:43
Noblet, Drew	F2		2	17:28	160	8:44
Stroble, Jamie	F2		~~3~~ 2	17:10	166	8:35
Schmidt, Donny	F2		2	17:04	170	8:33
Martin, Jim	F2		2	19:45	166	9:52
~~McDonald, Sean~~	~~F2~~		~~2~~			
Rob Behm, PhD			5	36:00	178	7:12 ☺
Recovering:						
Spicer, Richard	D2					
A= 8 m. run B= 6 m. run						
C=4-5 m. run D= 4-2 m. run						
1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race						
2= Sub 7:30 train/7 hard dist/sub 18 race						
3=Sub 8:00 train/ 7:30 hard dist/ 19 race						
4=Sub 8:30 train/ 8 hard dist/ 20+ race						

8- 27-99: Check-in/ jog half aviation/ Cal/ Stretch/ Cal/ Striders 6,4,2 C,D,F runloops as yesterday
A and B hill repeats: 10,8,6/ cal,extended jog.stretch

Name	Grp.	Cal	Dist	Time	Pulse	Pace
Brice, Matt	A1	52/98	6			
Graesser, Dan	A1	56/60	8			
Hatch, Ryan —	A1	86/120	8			
Huegerich, Tim	A1	50/60	8			
Monda, Mark	A1	55/110	8			
O'Brien, Murphy —	A1	71/110	8			
Snodgrass, Ted —	A1	75/120	8			
Tower, Nathan	A1	X	~~DQ~~			
Godar, David	B1	41/75	6			
O'Brien, Tipper —	B1	70/110	6			
Roehr, Jason	B1	36/100	6			
Solberg, Matt	B1	56/76	6			
Towers, Jason	B1	35/120	6			
Westlund, Dan —	B1	60/75	6			
Leinauer, Dan	B1	51/100	6			
Leinauer, Pat	B1	54/130	6			
Ottenad, Jason —	B1	62/75	6			
Parr, John	B1	56/122	6			
Nischwitz, David —	B2	59/80	6			
Oldani, Ryan	B2	30/81	X			
Denny, Andy	B2	57/75	6			
Crews, Chris ++	B2	44/88	6	41:35	152	
Hoffman, Joe	C2					
Joseph, Raj ✓	C2	57/75	6	45:19	208	
Skosky, Andy	C2	32/100	4	31:00	180	
Hadler, Geoff —	C2	60/82	4	31:38	160	
Davis, Nick	C3	35/100	4	31:38	172	
Lovinguth, Mike	C3	52/100	4	33:30	182	
Hagan, Conor	C3	38/64	4	36:53	188	
Kim, Pat —	D2	100/130	4	27:58	184	
Chik, Ken —	D2	54/120	4	39:47	164	
Callison, Hamilton	D3	←				
Gilmore, Bryan —	D3	55/90	4	32:39	176	
Phillips, Drew	D3	55/50	4	36:16	180	
Boyle, Brendan —	D3	62/70	3	24:00	130	
Sively, Matt	D3	42/127	4	33:16	152	

Name	Grp.	Cal	Dist	Time	Pulse	Pace
Siegel, Matt	D4	12/32	3	30:10	184	
Clemens, Sam	D4	42/52	2			
Freshmen						
Belgeri, John	F1	48/89	4	33:48	178	8:27
Crean, Kevin		41/110	3	24:41	166	8:14
Gonnerman, Boyd	F1	36/103	3	25:22	160	8:28
Gonnerman, Kyle	F1	42/102	2	18:45	—	
Killiany, Matt	F1	40/75	3	25:15	164	
Lawo, Dan	F1	20/65	3	24:27	184	
MacDonald, Sean	F1	45/80	4	33:16	150	
Mills, Kevin	F1	47/85	4	36:21	160	4:05
Schaefer, Peter	F1	31/52	4	33:48	164	8:27
Stahl, Greg	F1	60/45	3	25:03	162	8:21
Stephens, Pat	F1	28/61	3	25:34	194	
Stewart, Geoff		15/20	3	27:22	184	9:07
Westlund, Andrew	F1	26/47	4	33:34	174	8:24
	F1					
Conway, Tim	F2	30/100	2	18:30	[illegible]	76
Hoffman, Matt	F2	32/45	3	27:22	184	
Kane, Ryan	F2	30/40	3	25:55	164	
Mathias, Steve		30/40	3	26:04	—	
Noblet, Drew	F2	42/101	2	25:18	102	
Stroble, Jamie	F2	55/65	2	19:30	135	
Schmidt, Donny	F2	44/102	3	30:54	164	
Martin, Jim	F2	33/92	2	18:33	168	
~~McDonald, Sean~~	F2	45/80				
Recovering:						
Spicer, Richard	D2					

A= 8 m. run B= 6 m. run
C=4-5 m. run D= 4-2 m. run

1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race
2= Sub 7:30 train/7 hard dist/sub 18 race
3=Sub 8:00 train/ 7:30 hard dist/ 19 race
4=Sub 8:30 train/ 8 hard dist/ 20+ race

8- 28-99:V/JV to McNair. Frosh and others: Jog full aviation/cal stretch cal/knee-proofing 8 reps /lake loop hard running: 6 loops or 5 loops/ cal/full aviation jog/stretch

Name	Grp.	Cal	Dist	Time	Pulse	Pace	Name	Grp.	Cal	Dist	Time	Pulse	Pace
Brice, Matt	A1						Siegel, Matt	D4					
Graesser, Dan	A1						Clemens, Sam	D4		2.5	22:59	162 ~~168~~	9:12
Hatch, Ryan	A1												
Huegerich, Tim	A1												
Monda, Mark	A1						**Freshmen**						
O'Brien, Murphy	A1						Belgeri, John	F1		3	22:36	180	7:32
Snodgrass, Ted	A1						Crean, Kevin			3	24:05	172	8:02
Tower, Nathan	A1						Gonnerman, Boyd	F1		3	22:50	180	7:37
							Gonnerman, Kyle	F1			—	—	
Godar, David	B1						Killiany, Matt	F1		3	24:00	160	8:00
O'Brien, Tipper	B1						Lawo, Dan	F1		3	24:56	198	8:19
Roehr, Jason	B1						MacDonald, Sean	F1		3	26:56	138	8:59
Solberg, Matt	B1						Mills, Kevin	F1		3	24:19	184	8:06
Towers, Jason	B1						Schaefer, Peter	F1		3	22:43	163	7:34
Westlund, Dan	B1						Stahl, Greg	F1		3	23:57	136	7:57
Leinauer, Dan	B1						Stephens, Pat	F1		3	25:47	196	8:36
Leinauer, Pat	B1						-Stewart, Geoff	F1			DNF	—	
Ottenad, Jason	B1						Westlund, Andrew	F1		3	23:50	160	7:50
Parr, John	B1						Forney, Kevin	F1		2	17:30	175	8:45
Nischwitz, David	B2						Conway, Tim	F2		2.5	22:48	168	9:04
Oldani, Ryan	B2						Hoffman, Matt	F2		2.5	20:49	189	8:20
Denny, Andy	B2						Kane, Ryan	F2		2.5	22:50	172	9:08
Crews, Chris	B2						Mathias, Steve	F2		2.5	21:15	186	8:30
							Noblet, Drew	F2		2.5	20:42	130	8:17
Hoffman, Joe	C2						Stroble, Jamie	F2			EASY	RUN	
Joseph, Raj	C2						Schmidt, Donny	F2		2.5	21:15	172	8:30
Skosky, Andy	C2						Martin, Jim	F2		2.5	23:01	162	9:12
Hadler, Geoff	C2						~~McDonald, Sean~~	~~F2~~					
Davis, Nick	C3						Recovering:						
+ Lovinguth, Mike	C3		3	27:40	164	9:13	Spicer, Richard	D2		2	15:26	192	
Hagan, Conor	C3												
							A= 8 m. run B= 6 m. run						
Kim, Pat	D2						C=4-5 m. run D= 4-2 m. run						
Chik, Ken	D2												
							1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race						
Callison, Hamilton	D3						2= Sub 7:30 train/7 hard dist/sub 18 race						
Gilmore, Bryan	D3						3=Sub 8:00 train/ 7:30 hard dist/ 19 race						
Phillips, Drew	D3						4=Sub 8:30 train/ 8 hard dist/ 20+ race						
Boyle, Brendan	D3		3	24:55	180	8:18							
Sively, Matt	D3		2	15:30	180	7:45							

8- 30-99: Check-in/ jog full aviation/ Cal/ Stretch/ Cal/

Cruise repeats: 1st at hard 0D 6:30/7:00/7:30/8:00/8:30 then 4,3,or 2 at sub tempo pace:

5:45, 6:10, 6:30, 6:50, 7:15. Jog full-av/ Cal/ Stretch

Name	Grp.	1	2	3	4	5
Brice, Matt 192 5	A1	6:19	5:31	5:58	—	5:28
Graesser, Dan 5	A1	6:20	5:53	5:54	6:02	6:14
Hatch, Ryan 192 5	A1	6:20	5:34	5:41	5:41	5:45
Huegerich, Tim 5	A1	6:20	5:33	5:39	5:37	5:37
Monda, Mark 5	A1	6:19	5:31	5:30	5:32	5:33
O'Brien, Murphy 5	A1	6:21	5:18	5:22	5:29	5:26
Snodgrass, Ted 5	A1	6:19	5:15	5:16	5:24	5:21
Tower, Nathan 5	A1	6:46	5:53	5:35	5:14	160
Godar, David 5	B1	6:38	5:52	5:46	5:50	5:52
O'Brien, Tipper 5	B1	6:40	6:02	5:59	6:01	5:52
Westlund, Dan 5	B1	6:40	5:52	5:46	5:50	5:52
Towers, Jason 5	B2	6:38	5:52	5:46	5:50	5:52
Roehr, Jason 5	B2	6:42	6:11	6:16	6:25	6:34
Leinauer, Dan 5	B2	6:45	6:02	5:59	6:01	5:57
Leinauer, Pat 5	B2	6:42	6:07	6:00	6:03	5:52
Ottenad, Jason 5	B2	6:45	6:15	6:20	6:29	6:25
Parr, John 5	B2	6:40	6:03	6:00	6:10	6:05
Crews, Chris 5	B2	6:31	5:55	5:56	6:13	6:42
Solberg, Matt 5	B2	6:40	5:55	5:54	6:00	6:48
Denny, Andy 4	B3	6:47	6:16	6:21	6:20	182
Nischwitz, David 4	B3	6:47	6:04	6:15	6:10	190
Oldani, Ryan 4	B3	6:48	6:04	6:17	6:31	184
Joseph, Raj 4	C3	6:50	6:16	6:20	6:20	182
Skosky, Andy 4	C3	7:00	6:24	DNF		
Hadler, Geoff 4	C3	6:47	5:57	6:17	6:26	196
Hoffman, Joe 4	C3	6:46	6:03	6:04	6:10	208
Davis, Nick 4	C4	X	X	X		
Hagan, Conor 4	C4	8:01	7:46	7:42	7:36	196
Lovinguth, Mike 4	C5	6:55	5:38	8:29	X	172
Chik, Ken 4	D3	X	X	X		
Sively, Matt 4	D3	X	X	X		
Kim, Pat 4	D3	6:57	5:57	6:00	6:00	180
Phillips, Drew 4	D4	7:49	6:38	6:48	6:50	194
Boyle, Brendan 3	D4	7:09	7:05	7:00	—	190
Gilmore, Bryan 4	D4	7:45	6:46	7:06	7:06	184

Name	Grp.	1	2	3	4	5
~~Callison, Hamilton~~	~~D5~~					
Clemens, Sam 3	D5	8:01	8:01	8:23		190
Siegel, Matt 3	D5	8:29	8:14	7:20		160
Freshmen						
Belgeri, John 3	F4	6:47	6:03	6:21		177
Crean, Kevin 3	F4	7:19	6:27	7:00		168
Gonnerman, Boyd 3	F4	7:14	6:46	6:56		170
Gonnerman, Kyle 3	F4	7:04	6:26	6:32		168
Killiany, Matt 3	F4	7:10	6:23	6:38		156
Lawo, Dan 3	F4					
MacDonald, Sean 3	F4	7:01	6:07	6:21		147
Mills, Kevin 3	F4	7:15	6:31	7:09		186
Schaefer, Peter 3	F4	6:54	6:10	6:32		188
Stahl, Greg 3	F4	7:03	6:23	7:11		172
Stephens, Pat 3	F4					
Stewart, Geoff 3	F4	7:05	6:42	7:02		130
Westlund, Andrew 3	F4	6:47	6:07	7:37		178
Conway, Tim 3	F5	~~8:00~~				
Hoffman, Matt 3	F5	8:08				
Kane, Ryan 3	F5					
Mathias, Steve 3	F5	7:28	6:51	7:20		180
Noblet, Drew 3	F5	8:27	7:55	7:44		136
Stroble, Jamie 3	F5					
Schmidt, Donny 3	F5					
Martin, Jim 3	F5	8:08	7:46	8:07		168
~~McDonald, Sean 3~~	F5					
Lawnie, Kevin	F5	7:39	7:28	7:46		137
Recovering:						
Spicer, Richard 3	D4	6:54	6:45	7:20		196

A= 8 m. run B= 6 m. run

C=4-5 m. run D= 4-2 m. run

1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race

2= Sub 7:30 train/7 hard dist/sub 18 race

3=Sub 8:00 train/ 7:30 hard dist/ 19 race

4=Sub 8:30 train/ 8 hard dist/ 20+ race

8- 31-99: Check-in/ jog half aviation/ Cal/ Stretch/ Cal/ Supervised striders: 8,6,4

Distance loops at training pace: A=8/B and C=6/D and F=4 (2 recovering)/cal/jog half/stretch

~~5:45, 6:10, 6:30, 6:50, 7:15.~~ Jog full-av/ Cal/ Stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	A1		8	57:09	144	~~Callison, Hamilton~~	D5				
Graesser, Dan	A1		6	42:49	158	Clemens, Sam	D5				
Hatch, Ryan	A1		8	57:10	156	Siegel, Matt	D5				
Huegerich, Tim	A1		8	58:40	180						
Monda, Mark	A1		6	42:15	160	**Freshmen**					
O'Brien, Murphy	A1		8	57:09	134	Belgeri, John	F43		4	30:27	168
Snodgrass, Ted	A1		8	55:30	160	Crean, Kevin	F4				
Tower, Nathan	A1		8	52:40	152	Gonnerman, Boyd	F4		4	33:47	160
						Gonnerman, Kyle	F4		4	33:41	168
Godar, David	B1		6	44:07	178	Killiany, Matt	F4		4	33:16	176
O'Brien, Tipper	B1					Lawo, Dan	F4		4	33:54	184
Westlund, Dan	B1		6	44:07	158	MacDonald, Sean	F43		4	33:40	147
						Mills, Kevin	F4		4	33:16	160
Towers, Jason	B2		6	46:10	180	Schaefer, Peter	F43		4	30:27	164
Roehr, Jason	B2		6	44:04	178	Stahl, Greg	F4		4	37:12	116
Leinauer, Dan	B2		6	45:06	156	Stephens, Pat	F4		2	18:37	191
Leinauer, Pat	B2		6	42:49	160	Stewart, Geoff	F4		4	37:17	144
Ottenad, Jason	B2		6	45:06	162	Westlund, Andrew	F43		4	30:27	158
Parr, John	B2		6	42:49	152						
Crews, Chris	B2										
Solberg, Matt	B2		6	43:40	164	Conway, Tim	F5		2	20:25	176
						Hoffman, Matt	F5				
Denny, Andy	B3					Kane, Ryan	F5		4	37:25	170
Nischwitz, David	B32		4	34:15	160	Mathias, Steve	F5		4	37:12	140
Oldani, Ryan	B3		6	50:57	152	Noblet, Drew	F5		4	37:42	136
						Stroble, Jamie	F5				
Joseph, Raj	C3		6	44:37	172	Schmidt, Donny	F5		2	20:44	182
Skosky, Andy	C3		6	52:20	164	Martin, Jim	F5		2	20:35	158
Hadler, Geoff	C3		6	47:36	168	~~McDonald, Sean~~	~~F5~~				
Hoffman, Joe	C32		6	44:00	196	Fournie, Kevin	F5		2	20:55	167
						Recovering:					
Davis, Nick	C4		2	16:50	162	Spicer, Richard	D4		4	33:43	208
Hagan, Conor	C54		6	54:33	164						
Lovinguth, Mike	C5		6	57:05	172	A= 8 m. run B= 6 m. run					
						C=4-5 m. run D= 4-2 m. run					
Chik, Ken	D3		4	29:54	154						
Sively, Matt	D3		4	30:27	192	1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Kim, Pat	D32		5	41:36	160	2= Sub 7:30 train/7 hard dist/sub 18 race					
						3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Phillips, Drew	D4		4	34:39	204	4=Sub 8:30 train/ 8 hard dist/ 20+ race					
Boyle, Brendan	D4		4	34:25	152						
Gilmore, Bryan	D4		4	34:00	164						

1+2 JV

1+2 = 80's 2's 85's 3's 88's 4's 90

9- 1-99: Check-in/photos for seven/ jog full aviation/ Cal/ Stretch/ Cal/ striders: 6,4											
400 repeats at race pace: 10,8,6/cal/full avaition cool down/stretch											
~~5:45, 6:10, 6:30, 6:50, 7:15. Jog full-av/ Cal/ Stretch~~											
Name	Grp.	cal	#	race	goal	**Name**	Grp.	cal	#	race	goal
Brice, Matt	A1					~~Callison, Hamilton~~	D5				
Graesser, Dan	A1					~~Clemens, Sam~~	D5				
Hatch, Ryan	A1					Siegel, Matt	D5				
Huegerich, Tim	A1										
Monda, Mark	A1					**Freshmen**					
O'Brien, Murphy	A1					Belgeri, John	F4 3				
Snodgrass, Ted	A1					Crean, Kevin	F4				
Tower, Nathan	A1					Gonnerman, Boyd	F4				
						Gonnerman, Kyle	F4				
Godar, David	B1					Killiany, Matt	F4				
O'Brien, Tipper	B1					Lawo, Dan	F4				
Westlund, Dan	B1					MacDonald, Sean	F4 3				
						Mills, Kevin	F4				
Towers, Jason Δ	B2					Schaefer, Peter	F4 3				
Roehr, Jason Δ	B2					Stahl, Greg	F4				
Leinauer, Dan Δ	B2					Stephens, Pat	F4				
Leinauer, Pat	B2					Stewart, Geoff	F4				
Ottenad, Jason	B2					Westlund, Andrew	F4 3				
Parr, John Δ	B2										
Crews, Chris Δ	B2										
Solberg, Matt	B2					Conway, Tim	F5				
						Hoffman, Matt	F5				
Denny, Andy	B3					Kane, Ryan	F5				
Nischwitz, David	B3 2					Mathias, Steve	F5				
Oldani, Ryan	B3					Noblet, Drew	F5				
						Stroble, Jamie	F5				
Joseph, Raj	C3					Schmidt, Donny	F5				
Skosky, Andy	C3					Martin, Jim	F5				
Hadler, Geoff	C3					~~McDonald, Sean~~	~~F5~~				
Hoffman, Joe	C3 2					Kevin Farrie	5				
						Recovering:					
Davis, Nick	C4					Spicer, Richard	D4				
Hagan, Conor	C5 4										
Lovinguth, Mike	C5					A= 8 m. run B= 6 m. run					
						C=4-5 m. run D= 4-2 m. run					
Chik, Ken	D3										
Sively, Matt	D3					1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Kim, Pat Δ	C D3 2					2= Sub 7:30 train/7 hard dist/sub 18 race					
						3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Phillips, Drew	D4					4=Sub 8:30 train/ 8 hard dist/ 20+ race					
Boyle, Brendan	D4										
Gilmore, Bryan	D4										

PH 3+4

TF (F)

5 95

NOT SUB RACE PACE

9/2/99: Jog full aviation/ frosh straight to archery field, work on form/ cal,stretch,cal/ 6 200's/ mile repeats, 1st tempo pace, step down to last being hard repeat pace/ cal/ jog-full/stretch

		EASY			HARDER								
Name	Grp.	1	2	3	4	5	pulse	**Name**	Grp.	cal	dist	time	pulse
Brice, Matt	A1	5:52	5:41	5:34	5:34		198						
Graesser, Dan	A1	6:08	6:05	5:54	5:45		184						
Hatch, Ryan	A1	6:05	5:49	5:42	5:42		176	**Freshmen**					
Huegerich, Tim	A1	5:52	5:47	5:35	5:34		192	Belgeri, John	F3				
Monda, Mark	A1	5:52	5:40	5:37	5:42		196	MacDonald, Sean	F3				
O'Brien, Murphy	A1	5:34	5:40	5:34	5:28		192	Schaefer, Peter	F3				
Snodgrass, Ted	A1	5:34	5:32	5:29	5:17		160	Westlund, Andrew	F3				
Tower, Nathan	A1	5:34	5:27	5:16	5:17		154	Gonnerman, Boyd	F3				
								Gonnerman, Kyle	F3				
Godar, David	B1	5:58	5:49	5:42	5:42		160						
O'Brien, Tipper	B1	X	X	X	X			Crean, Kevin	F4				
Westlund, Dan	B1	5:57	5:47	5:42	5:52		186	Killiany, Matt	F4				
Parr, John	B1	6:03	5:51	5:43	5:49		170	Lawo, Dan	F4				
								Mills, Kevin	F4				
Towers, Jason	B2	6:00	6:03	6:07	5:56		216	Stephens, Pat	F4				
Kim, Pat	B2	6:26	6:12	6:06	5:58		160	Stewart, Geoff	F4				
Leinauer, Dan	B2	6:12	X	X	X			Noblet, Drew	F4				
Oldani, Ryan	B2	6:27	6:18	6:19			184	Fournie, Kevin	F4				
Crews, Chris	B2	X	X	X	X			Conway, Tim	F4				
Hoffman, Joe	B2	6:15	6:05	5:54	5:45		196	Kane, Ryan	F4				
Nischwitz, David	B2	6:24	6:22	6:19	6:24		180	Mathias, Steve	F4				
								Schmidt, Donny	F4				
Roehr, Jason	B3	6:40	6:32	6:28	6:29		170	Hoffman, Matt	F4				
Solberg, Matt	B3	6:24	6:22	6:09	6:02		162						
Ottenad, Jason	B3	6:24	6:22	6:09	6:11		172						
Denny, Andy	B3	X	X	X	X			Recovering:					
Hadler, Geoff	B3	6:25	6:22	6:10	6:07		180	~~Stroble, Jamie~~	F4				
Joseph, Raj	B3	6:36	6:28	6:29			176	Martin, Jim	F4				
Chik, Ken	B3	6:30	6:17	6:35			154	Stahl, Greg	F4				
								Leinauer, Pat	B2				
Davis, Nick	C4	6:36	6:18	6:17			176						
Hagan, Conor	C4	7:19	7:12	6:48			190						
Lovinguth, Mike	C5	8:06	7:42	7:21			230						
								A= 8 m. run B= 6 m. run					
Sively, Matt	D3	6:36	6:18	6:01			180	C=4-5 m. run D= 4-2 m. run					
Spicer, Richard	D4	6:25	6:07	6:00			218	1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Phillips, Drew	D4	7:06	6:46	6:40			166	2= Sub 7:30 train/7 hard dist/sub 18 race					
Gilmore, Bryan	D4	7:59	6:49	6:49			176	3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
								4=Sub 8:30 train/ 8 hard dist/ 20+ race					
Siegel, Matt	D5	8:10	8:02	7:50			192						end

9-4-99: Check-in/ jog full-av/ Cal/ Stretch/ Cal/ Plyos w/ Lunges & 2 striders for non-racers/

Non-racers: tempo run 3 miles/ Racers: Distance 6-4/ Racers: 6 striders, Non-racers: 2 striders

Jog full-av for non-racers, half-av for racers/ Cal/ Stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	A1		6	4426	142	Spicer, Richard	D4				
Graesser, Dan	A1		6	4426	168	Phillips, Drew	D4		4	3454	180
Hatch, Ryan	A1					Boyle, Brendan	D4				
Huegerich, Tim	A1		6	4426	174	Gilmore, Bryan	D4		4	3418	164
Monda, Mark	A1										
O'Brien, Murphy	A1					Clemens, Sam	D5				
Snodgrass, Ted	A1		6	4426	150	Siegel, Matt	D5				
Tower, Nathan	A1										
						Freshmen					
Godar, David	B1		6	4426	186	Belgeri, John ✓	F3	2043	3	7:13	174
O'Brien, Tipper	B1					MacDonald, Sean	F3			—	
Westlund, Dan	B1		6	4426	170	Schaefer, Peter ✓	F3	2043	3	7:13	168
Parr, John	B1					Westlund, Andrew ✓	F3	2043	3	7:13	174
Towers, Jason	B2		6	4720	220	Crean, Kevin	F4	2134	3	7:13	158
Roehr, Jason	B2		6	4940	138	Gonnerman, Boyd	F4	2205	3	7:15	168
Leinauer, Dan	B2					Gonnerman, Kyle	F4	2137		7:13	164
Leinauer, Pat	B2		4	3227	140	Killiany, Matt	F4	2203	3	7:50	168
Ottenad, Jason	B2		6	4419	134	Lawo, Dan	F4			—	
Crews, Chris	B2		6	4706	180	Mills, Kevin	F4			7:50	
Solberg, Matt	B2					Stahl, Greg	F4	2220	3	7:13	182
Nischwitz, David	B2		6	4927	172	Stephens, Pat	F4				
						Stewart, Geoff	F4	2258	3	801	188
Oldani, Ryan	B3		4	3300	164						
Denny, Andy	B3		4	3300	154	Conway, Tim	F5	2718	3	802	160
						Hoffman, Matt	F5			—	
Kim, Pat	C2		4	3224	140	Kane, Ryan	F5	2616	3	810	170
Hoffman, Joe	C2					Mathias, Steve	F5	2448	3	802	188
						Noblet, Drew	F5	2151	3	7:09	142
Hadler, Geoff	C3		4	3452	164	Stroble, Jamie	F5			—	
Skosky, Andy	C3					Schmidt, Donny	F5	2317	3	7:49	176
Joseph, Raj	C3					Martin, Jim	F5	2653	3	809	156
						Fournie Kevin		2432	3		152
Davis, Nick	C4		4	3454	162	A= 8 m. run B= 6 m. run					
Hagan, Conor	C4		4	3704	174	C=4-5 m. run D= 4-2 m. run					
Lovinguth, Mike	C5					1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
						2= Sub 7:30 train/7 hard dist/sub 18 race					
Chik, Ken	D3					3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Sively, Matt	D3		4	3300	130	4=Sub 8:30 train/ 8 hard dist/ 20+ race					

9/7/99: Check-in/ jog full-av/ Cal/ Stretch/ Cal/ racers: 4 striders/4, 3 mile loops/cal/
4 striders/ half-av jog/stretch. Non-racers: plyo w flicks/Cruise intervals: A=2,2,1,1 B=2,2,1
/ extended jog/ Cal/ Stretch

Final Pulse	Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
			2	2	1	1			2	2	1	1
	Brice, Matt ✓	A1	11:39	11:37	192 5:36	5:38	Spicer, Richard	D4		EASY		
	Graesser, Dan ✓	A1	12:37	13:08	182 6:11		Phillips, Drew	D4				
188	Hatch, Ryan ✓	A1	12:19	12:18	184 5:48	5:51	Boyle, Brendan	D4				
186	Huegerich, Tim ✓	A1	11:56	11:44	194 5:33	5:36	Gilmore, Bryan	D4				
	Monda, Mark ✓	A1	7:11									
164	O'Brien, Murphy ✓	A1	12:03	11:57	156 5:33	5:35	Clemens, Sam	D5				
182	Snodgrass, Ted ✓	A1	11:40	11:04	176 5:12	5:25	Siegel, Matt	D5				
	Tower, Nathan ✓	A1	11:30	11:37	164 5:21							
							Freshmen					
	Godar, David ✓	B1	12:20	12:34	194 5:48		Belgeri, John	F3				
	O'Brien, Tipper ✗	B1					MacDonald, Sean	F3				
	Westlund, Dan ✓	B1	12:19	12:34	168 5:52		Schaefer, Peter	F3				
	Parr, John ✓	B1	12:32	12:59	140 6:19		Westlund, Andrew	F3				
	Towers, Jason ✓	B2	12:50	13:18	224 7:02		Crean, Kevin	F4				
	Roehr, Jason	B2					Gonnerman, Boyd	F4				
	Leinauer, Dan ✓	B2	12:27	12:50	194 6:13		Gonnerman, Kyle	F4				
	Leinauer, Pat ✓	B2	13:29	12:59	180 6:06		Killiany, Matt	F4				
	Ottenad, Jason	B2					Lawo, Dan	F4				
	Crews, Chris	B2	EASY				Mills, Kevin	F4				
	Solberg, Matt	B2	EASY				Stahl, Greg	F4				
	Nischwitz, David ✓	B2	13:28	14:28	198 6:59	190	Stephens, Pat	F4				
							Stewart, Geoff	F4				
	Oldani, Ryan	B3	EASY				Noblet, Drew	F4				
	Denny, Andy	B3										
							Conway, Tim	F5				
	Kim, Pat	C2					Hoffman, Matt	F5				
	Hoffman, Joe	C2					Kane, Ryan	F5				
							Mathias, Steve	F5				
	Hadler, Geoff	C3					Stroble, Jamie	F5				
	Skosky, Andy	C3					Schmidt, Donny	F5				
	Joseph, Raj	C3					Martin, Jim	F5				
							Fournie, Kevin	F5				
	Davis, Nick	C4					A= 8 m. run B= 6 m. run					
	Hagan, Conor	C4					C=4-5 m. run D= 4-2 m. run					
	Lovinguth, Mike	C5					1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
							2= Sub 7:30 train/7 hard dist/sub 18 race					
	Chik, Ken	D3					3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
	Sively, Matt	D3					4=Sub 8:30 train/ 8 hard dist/ 20+ race					
												end

* ~~[illegible]~~ Remind them that maps are at sw[illegible]

TOM, TODAY'S WORKOUT:

9/10/99 - FRESH + JV: JOG, CAL, STRETCH, CAL, 6 x 200'S - 2 EASY, 4 AT + RACE PACE
R-W DIST LOOPS, EASY 4, 3, 2 CAL, JOG, STRETCH

9/9/99: Check-in/ jog half-av/ Cal/ Stretch/ Cal/ 200's:6,4/distance loops:6,5,4,3 or 2											
for recvovering/cal/repeat 200's/jog/stretch (Review travel plans for weekend meets)											
9-10	RECORD HERE										
Name	Grp.	cal	dist	time	pulse	**Name**	Grp.	cal	dist	time	pulse
Brice, Matt	A1		6	44:00	138	Spicer, Richard	D4	33:55	4	31:27	200
Graesser, Dan	A1		6	45:40	148	Phillips, Drew	D4	33:15	4	31:54	180 G
Hatch, Ryan	A1		6	44:00	164	Boyle, Brendan	D4		4	36:30	140
Huegerich, Tim	A1		6	44:00	174	Gilmore, Bryan	D4	33:55	4	31:27	188
Monda, Mark	A1		6	44:00	172						
O'Brien, Murphy	A1		6	44:00	138	Clemens, Sam	D5		Assumed Dead		
Snodgrass, Ted	A1		5	38:08	Dead	Siegel, Matt	D5	35:39	4	45:11	
Tower, Nathan	A1		6	44:00	136						
						Freshmen					
Godar, David	B1		6	44:00	186	Belgeri, John	F3	34:01	4	32:57	160
O'Brien, Tipper	B1		4	30:30	140	MacDonald, Sean	F3	34:01	4	31:25	147
Westlund, Dan	B1		6	48:08	144	Schaefer, Peter	F3	34:01	4	31:38	160
Parr, John	B1		6	48:08	146	Westlund, Andrew	F3	35:45	4	32:57	174
Towers, Jason	B2		6	45:11	180	Crean, Kevin	F4	34:45	4	36:15	158
Roehr, Jason	B2	32:22	6	46:29	156	Gonnerman, Boyd	F4	38:01	4	34:36	160
Leinauer, Dan	B2		6	47:41	150	Gonnerman, Kyle	F4	34:05	4	32:56	152
Leinauer, Pat	B2		6	48:08	140	Killiany, Matt	F4	34:25	4	36:15	160
Ottenad, Jason	B2	32:55	6	46:29	172	Lawo, Dan	F4	38:51	4	34:26	190
Crews, Chris	B2	31:50	6	49:46	144	Mills, Kevin	F4	38:01	4	36:15	160
Solberg, Matt	B2	32:22	6	46:29	160	Stahl, Greg	F4	37:19	4	36:24	156
Nischwitz, David	B2		6	47:41	164	Stephens, Pat	F4		Assumed Dead		
						Stewart, Geoff	F4	35:26	4	36:15	188
Oldani, Ryan	B3	32:55	6	47:35	164	Noblet, Drew	F4	34:42	4	32:40	130
Denny, Andy	B3		SICK								
						Conway, Tim	F5	35:26			
Kim, Pat	C2	30:14	6	47:41	140	Hoffman, Matt	F5		Assumed	Dead	
Hoffman, Joe	C2	30:14	6	49:40	168	Kane, Ryan	F5	38:59	4	40:47	150
						Mathias, Steve	F5	35:26	4	36:24	140
Hadler, Geoff	C3	31:37	4	31:20	154	Stroble, Jamie	F5		Dead		
Skosky, Andy	C3	Assumed		Dead		Schmidt, Donny	F5	35:26	4	40:40	182
Joseph, Raj	C3	32:55	6	47:35	154	Martin, Jim	F5		Dead		
						Fournie, Kevin	F5	38:58	4	40:27	145
Davis, Nick	C4	31:37	4	31:38	166	A= 8 m. run B= 6 m. run					
Hagan, Conor	C4		4	34:14	180	C=4-5 m. run D= 4-2 m. run					
Lovinguth, Mike	C5	34:41	4	32:32	180	1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
						2= Sub 7:30 train/7 hard dist/sub 18 race					
Chik, Ken	D3	29:50	4	30:30	152	3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Sively, Matt	D3	32:55	4	31:20	180	4=Sub 8:30 train/ 8 hard dist/ 20+ race					
						Coach Flanagan			4	31:50	168
											end

9/13/99: Check-in/ jog half-av/ Cal/ Stretch/ Cal/ plyo's w/ flicks 's: Loops: 8,6,5,4/cal/6,4 200's

jog/weights

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse	
Brice, Matt	A1		8	54:46	138	Spicer, Richard	D4		5	43:32	160	
Graesser, Dan	A1		8	57:28	168	Phillips, Drew	D4		5	43:32	190	
Hatch, Ryan	A1		8	54:20	166	Gilmore, Bryan	D4					injured
Huegerich, Tim	A1		4	30:14	182							
Monda, Mark	A1		6	41:35	160	Clemens, Sam	D5		2	18:46	176	
O'Brien, Murphy	A1		8	54:56	150	Siegel, Matt	D5		4	42:15	196	
Snodgrass, Ted	A1		8	50:28	164							
Tower, Nathan	A1		8	52:52	150	**Freshmen**						
						Belgeri, John	F3		4	35:29	160	
Godar, David	B1		8	54:46	186	MacDonald, Sean	F3		4	35:38	153	
O'Brien, Tipper	B1		6	41:00	176	Schaefer, Peter	F3		4	38:10	160	
Westlund, Dan	B1		6	42:42	178	Westlund, Andrew	F3		5	41:11	138	
Parr, John	B1		8	57:13	170							
						Crean, Kevin	F4		5	46:21	164	
Towers, Jason	B2		5	44:16	160	Gonnerman, Boyd	F4		4	31:59	172	
Roehr, Jason	B2		8	61:25	166	Gonnerman, Kyle	F4		5	41:22	164	
Leinauer, Dan	B2		8	61:25	156	Killiany, Matt	F4		5	41:11	156	
Leinauer, Pat	B2		8	57:13	160	Lawo, Dan	F4		5	43:29	180	
Oldani, Ryan	B2		6	47:39	158	Mills, Kevin	F4		5	44:55	180	
Crews, Chris	B2		6	44:44	184	Stahl, Greg	F4		2	18:56	146	
Solberg, Matt	B2		6	43:30	160	Stephens, Pat	F4					
Nischwitz, David	B2		6	44:03	168	Stewart, Geoff	F4		4	40:01	168	
Kim, Pat	B2		6	43:58	160	Noblet, Drew	F4		4	32:14	144	
Hoffman, Joe	B2		8	57:13	196							
						Conway, Tim	F5					
Ottenad, Jason	B3		6	44:00	163	Hoffman, Matt	F5		2	18:30	174	
Denny, Andy	B3		6	45:59	184	Kane, Ryan	F5		4	36:40	170	
Hadler, Geoff	B3		6	45:26	182	Mathias, Steve	F5		4	34:40	?	
Joseph, Raj	B3		6	48:57	170	Stroble, Jamie	F5					injured
Chik, Ken	B3		4	31:57	166	Schmidt, Donny	F5		4	34:40	200	
						Martin, Jim	F5					injured
Davis, Nick	C4		6	46:07	170	Fournie, Kevin	F5		4	37:02	170	
Hagan, Conor	C4		6	50:03		A= 8 m. run B= 6 m. run						
						C=4-5 m. run D= 4-2 m. run						
Lovinguth, Mike	C5		6	53:09	172							
						1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race						
Sively, Matt	D3		4	29:18	183	2= Sub 7:30 train/7 hard dist/sub 18 race						
						3=Sub 8:00 train/ 7:30 hard dist/ 19 race						
						4=Sub 8:30 train/ 8 hard dist/ 20+ race						
						COACH F			5	41:32	168	
											end	

9/14/99: Check-in/ jog full-av/ Max Cal-Test/ Stretch/ Cal/ Hills 12-10-8 half race, half bound/
cal/ 6 200's/ full av-jog/ stretch

Frosh: Jog to course cal stretch cal / 4 x 200 / easy thru ice 4x200 / cal jog stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	A1	67/82	12			Spicer, Richard	D4	45/88	6		
Graesser, Dan	A1	56/51	12			Phillips, Drew	D4	47/?	6		
Hatch, Ryan	A1	85/140	12			Gilmore, Bryan	D4	—	6		
Huegerich, Tim	A1	60/70	12								
Monda, Mark	A1	60/?	12			~~Clemens, Sam~~	~~D5~~				
O'Brien, Murphy	A1	67/111	12			Siegel, Matt	D5	—	6		
Snodgrass, Ted	A1	60/?	12								
Tower, Nathan	A1	80/-	12			**Freshmen**					
						Belgeri, John	F3				
Godar, David	B1	43/90	10			MacDonald, Sean	F3		EASY		
O'Brien, Tipper	B1	84/	10			Schaefer, Peter	F3				
Westlund, Dan	B1	50/?	10			Westlund, Andrew	F3				
Parr, John	B1	63/125	10								
						Crean, Kevin	F4				
~~Towers, Jason~~	~~B2~~		~~10~~			Gonnerman, Boyd	F4				
Roehr, Jason	B2	40/100	10			Gonnerman, Kyle	F4				
Leinauer, Dan	B2	50/	10			Killiany, Matt	F4				
Leinauer, Pat	B2	56/154	10			Lawo, Dan	F4				
Oldani, Ryan	B2		10			Mills, Kevin	F4				
Crews, Chris	B2	42/80	10			Stahl, Greg	F4				
Solberg, Matt	B2	54/81	10			Stephens, Pat	F4				
Nischwitz, David	B2	66/	10			Stewart, Geoff	F4				
Kim, Pat	B2	90/120	10			Noblet, Drew	F4				
Hoffman, Joe	B2	42/81	10								
						Conway, Tim	F5				
Ottenad, Jason	B3	61/72	10			Hoffman, Matt	F5				
Denny, Andy	B3	?/	10			Kane, Ryan	F5				
Hadler, Geoff	B3	54/106	10			Mathias, Steve	F5				
Joseph, Raj	B3	50/70	10			Stroble, Jamie	F5				
Chik, Ken	B3	49/80	10			Schmidt, Donny	F5				
						Martin, Jim	F5				
Davis, Nick	C4	/90	8			Fournie, Kevin	F5				
Hagan, Conor	C4	35/60	8			A= 8 m. run B= 6 m. run					
						C=4-5 m. run D= 4-2 m. run					
Lovinguth, Mike	C5	45/?	8								
						1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Sively, Matt	D3	45/88	6			2= Sub 7:30 train/7 hard dist/sub 18 race					
						3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
						4=Sub 8:30 train/ 8 hard dist/ 20+ race					
											end

9/15/99: Frosh: Meet/ Weight group: lift,jog to course,cal/stretch/cal

/4 x 200's/easy five loops/cal/4 x 200/jog/stretch/Non-lifting same but 6 mi loop end at course

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	A1					Spicer, Richard	D4				
Graesser, Dan	A1					Phillips, Drew	D4				
Hatch, Ryan	A1					Gilmore, Bryan	D4				
Huegerich, Tim	A1										
Monda, Mark	A1					Siegel, Matt	D5				
O'Brien, Murphy	A1										
Snodgrass, Ted	A1					**Freshmen**					
Tower, Nathan	A1					Belgeri, John	F3				
						MacDonald, Sean	F3				
Godar, David	B1					Schaefer, Peter	F3				
O'Brien, Tipper	B1					Westlund, Andrew	F3				
Westlund, Dan	B1					Gonnerman, Boyd	F3				
Parr, John	B1					Gonnerman, Kyle	F3				
Towers, Jason	B2					Crean, Kevin	F4				
Roehr, Jason	B2					Killiany, Matt	F4				
Leinauer, Dan	B2					Lawo, Dan	F4				
Leinauer, Pat	B2					Mills, Kevin	F4				
Oldani, Ryan	B2					Stahl, Greg	F4				
Crews, Chris	B2					Stephens, Pat	F4				
Solberg, Matt	B2					Stewart, Geoff	F4				
Nischwitz, David	B2					Noblet, Drew	F4				
Kim, Pat	B2					Fournie, Kevin	F4				
Hoffman, Joe	B2					Conway, Tim	F4				
						Hoffman, Matt	F4				
Ottenad, Jason	B3					Kane, Ryan	F4				
Denny, Andy	B3					Mathias, Steve	F4				
Hadler, Geoff	B3					Stroble, Jamie	F4				
Joseph, Raj	B3					Schmidt, Donny	F4				
Chik, Ken	B3					Martin, Jim	F4				
Davis, Nick	C4					A= 8 m. run B= 6 m. run					
Hagan, Conor	C4					C=4-5 m. run D= 4-2 m. run					
Lovinguth, Mike	C5					1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
						2= Sub 7:30 train/7 hard dist/sub 18 race					
Sively, Matt	D3					3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
						4=Sub 8:30 train/ 8 hard dist/ 20+ race					
											end

9/16/99: jog half, cal/stretch/cal/200's upper field 4 - 6/ 400's: A=18 B=16 C=14 D=12

at just under race pace w/ 60 sec rest/Frosh dist loops: 4,3/cal/200's/jog/stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	A1					Siegel, Matt	D5				
Graesser, Dan	A1										
Hatch, Ryan	A1					**Freshmen**					
Huegerich, Tim	A1					Belgeri, John	F3		3	24:16	106 ?
Monda, Mark	A1					MacDonald, Sean	F3		3	24:16	140
O'Brien, Murphy	A1					Schaefer, Peter	F3		3	24:16	136
Snodgrass, Ted	A1					Westlund, Andrew	F3		3	[illegible]	124
Tower, Nathan	A1					Gonnerman, Boyd	F3		3	24:57	140
						Gonnerman, Kyle	F3		3	23:00	126
Godar, David	B1										
O'Brien, Tipper	B1					Crean, Kevin	F4		3	24:41	132
Westlund, Dan	B1					Killiany, Matt	F4		3	24:41	140
Parr, John	B1					Lawo, Dan	F4		3	25:18	182
						Mills, Kevin	F4		3	25:11	[illegible]
Towers, Jason	B2					Stahl, Greg	F4		2	19:00	140
Kim, Pat	B2					Stephens, Pat	F4				
Leinauer, Dan	B2					Stewart, Geoff	F4		3	25:48	114
Leinauer, Pat	B2					Noblet, Drew	F4		[illegible]	[illegible]	136
Oldani, Ryan	B2					Fournie, Kevin	F4		2	19:00	140
Crews, Chris	B2					Conway, Tim	F4		3	26:40	180
Hoffman, Joe	B2					Kane, Ryan	F4		3	25:46	160
Nischwitz, David	B2					Mathias, Steve	F4		3	25:48	160
						Schmidt, Donny	F4		3	25:48	180
Roehr, Jason	B3										
Solberg, Matt	B3										
Ottenad, Jason	B3										
Denny, Andy	B3										
Hadler, Geoff	B3					Recovering:					
Joseph, Raj	B3					Stroble, Jamie	F4				
Chik, Ken	B3					Hoffman, Matt	F4		2	19:00	110
						Martin, Jim	F4				
Davis, Nick	C4										
Hagan, Conor	C4										
Lovinguth, Mike	C5					A= 8 m. run B= 6 m. run					
						C=4-5 m. run D= 4-2 m. run					
Sively, Matt	D3										
						1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Spicer, Richard	D4					2= Sub 7:30 train/7 hard dist/sub 18 race					
Phillips, Drew	D4					3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Gilmore, Bryan	D4					4=Sub 8:30 train/ 8 hard dist/ 20+ race					
											end

9/17/99: Racers: jog half, cal/stretch/cal/200's upper field 4 - 6/ easy three miles/stretch

FROSH: jog half, cal, stretch,cal/intro to hills/six circuits/cal/full aviation/ stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	A1	67/122				Siegel, Matt	D5	12/40			
Graesser, Dan	A1	58/71									
Hatch, Ryan	A1	86/140				**Freshmen**					
Huegerich, Tim	A1	59/90				Belgeri, John	F3	42/119			
Monda, Mark	A1	62/125				MacDonald, Sean	F3	40/70			
O'Brien, Murphy	A1	?/106				Schaefer, Peter	F3	27/55			
Snodgrass, Ted	A1					Westlund, Andrew	F3	36/60			
Tower, Nathan	A1	92/175				Gonnerman, Boyd	F3	44/118			
						Gonnerman, Kyle	F3	44/83			
Godar, David	B1	43/?									
O'Brien, Tipper	B1	65/110				Crean, Kevin	F4	38/120			
Westlund, Dan	B1	55/70				Killiany, Matt	F4	66/100			
Parr, John	B1	60/120				Lawo, Dan	F4	27/62			
						Mills, Kevin	F4	50/73			
Towers, Jason	B2	38/75				Stahl, Greg	F4	56/84			
Kim, Pat	B2	90/135				Stephens, Pat	F4	29/62			
Leinauer, Dan	B2	48/?				Stewart, Geoff	F4	20/21			
Leinauer, Pat	B2	55/120				Noblet, Drew	F4	43/109			
Oldani, Ryan	B2	—				Fournie, Kevin	F4	30/75			
Crews, Chris	B2	51/102				Conway, Tim	F4	—			
Hoffman, Joe	B2	42/88				Kane, Ryan	F4	30/40			
Nischwitz, David	B2	65/88				Mathias, Steve	F4	40/70			
						Schmidt, Donny	F4	37/116			
Roehr, Jason	B3	41/102									
Solberg, Matt	B3	54/84									
Ottenad, Jason	B3	61/77½									
Denny, Andy	B3	61/78									
Hadler, Geoff	B3	48/100				Recovering:					
Joseph, Raj	B3	46/65				Stroble, Jamie	F4				
Chik, Ken	B3	50/90				Hoffman, Matt	F4	36/56	2	15:59	176
						Martin, Jim	F4				
Davis, Nick	C4	46/95									
Hagan, Conor	C4	38/166									
Lovinguth, Mike	C5	50/161				A= 8 m. run B= 6 m. run					
						C=4-5 m. run D= 4-2 m. run					
Sively, Matt	D3	45/127									
						1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Spicer, Richard	D4	50/80				2= Sub 7:30 train/7 hard dist/sub 18 race					
Phillips, Drew	D4	52/80				3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Gilmore, Bryan	D4	—				4=Sub 8:30 train/ 8 hard dist/ 20+ race					
											end

9/20/99: Jog full aviation/ cal,stretch,cal/Talk the meet/4 200's easy/loops 8,6,5,4/

1st mile easy, middle reg, end hard/ 4 200's/cal/jog/stretch/weights

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	A1		6	39:32	182	Siegel, Matt	D5		4	37:34	120 ?
Graesser, Dan	A1		6	41:08	152						
Hatch, Ryan	A1		6	39:17	166	**Freshmen**					
Huegerich, Tim	A1		6	40:14	168	Belgeri, John	F3		4	30:05	170
Monda, Mark	A1		4	25:00	154	MacDonald, Sean	F3		4	30:05	153
O'Brien, Murphy	A1		6	38:37	164	Schaefer, Peter	F3			29:04	150
Snodgrass, Ted	A1		6	37:38	174	Westlund, Andrew	F3		4	29:12	158
Tower, Nathan	A1		6	37:38	150	Gonnerman, Boyd	F3		4	30:10	160
						Gonnerman, Kyle	F3		4	30:00	160
Godar, David	B1		6	41:26	178						
O'Brien, Tipper	B1					Crean, Kevin	F4		4	30:06	158
Westlund, Dan	B1		6	41:06	186	Killiany, Matt	F4		4	29:37	172
Parr, John	B1		6	40:40	154	Lawo, Dan	F4		4	30:16	188
						Mills, Kevin	F4		4	30:02	146
Towers, Jason	B2		6	44:03	218	Stahl, Greg	F4		didn't run		
Kim, Pat	B2		6	42:17	162	Stephens, Pat	F4		3	23:10	198
Leinauer, Dan	B2		6	44:03	188	Stewart, Geoff	F4		4	33:50	128 +++
Leinauer, Pat	B2		bike			Noblet, Drew	F4		4	30:03	164
Oldani, Ryan	B2		4	30:17	164	Fournie, Kevin	F4		4	35:12	165
Crews, Chris	B2					Conway, Tim	F4		4	34:54	180
Hoffman, Joe	B2		6	41:08	208	Kane, Ryan	F4		4	33:40	170
Nischwitz, David	B2		6	42:17	182	Mathias, Steve	F4		4	34:54	150
						Schmidt, Donny	F4		4	34:58	176
Roehr, Jason	B3		6	45:33	164						
Solberg, Matt	B3		6	43:30	164						
Ottenad, Jason	B3		6	44:03	162						
Denny, Andy	B3		didn't run								
Hadler, Geoff	B3		3	22:20	150	Recovering:					
Joseph, Raj	B3		6	44:12	166	Stroble, Jamie	F4				
Chik, Ken	B3					Hoffman, Matt	F4		3	23:49	178
						Martin, Jim	F4				
Davis, Nick	C4		5	37:50	168						
Hagan, Conor	C4		5	41:40	170						
Lovinguth, Mike	C5		5	44:57	171	A= 8 m. run B= 6 m. run					
						C=4-5 m. run D= 4-2 m. run					
Sively, Matt	D3		3	22:20	168						
						1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Spicer, Richard	D4		4	29:57	172	2= Sub 7:30 train/7 hard dist/sub 18 race					
Phillips, Drew	D4		4	29:57	183	3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Gilmore, Bryan	D4		2	14:37	168	4=Sub 8:30 train/ 8 hard dist/ 20+ race					
											end

9/20/99: Jog half av/ cal,stretch,cal/ Top group: 30 minutes, Others: 4 Miles Easy/ Cal

Speed Drills: A=6, B,C,D=4/ Full av/stretch/ weights (ice in med-room)

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	A1	62/82		30		Siegel, Matt	D5	x/35			
Graesser, Dan	A1	58/72		30	132						
Hatch, Ryan	A1	80/140		30	138	**Freshmen**					
Huegerich, Tim	A1	50/x		30	—	Belgeri, John	F3				
Monda, Mark	A1	58/120		30	148	MacDonald, Sean	F3				
O'Brien, Murphy	A1	73/131		30	136	Schaefer, Peter	F3				
Snodgrass, Ted	A1	75/200		30	106	Westlund, Andrew	F3				
Tower, Nathan	A1	82/112		30	120	Gonnerman, Boyd	F3				
						Gonnerman, Kyle	F3				
Godar, David	B1	42/100		30	130						
O'Brien, Tipper	B1	75/100		Bike		Crean, Kevin	F4				
Westlund, Dan	B1	60/70		30	148	Killiany, Matt	F4				
Parr, John	B1	62/119		30	120	Lawo, Dan	F4				
						Mills, Kevin	F4				
Towers, Jason	B2	40/60		30	170	Stahl, Greg	F4				
Kim, Pat	B2	100/130		30	140	Stephens, Pat	F4				
Leinauer, Dan	B2	54/110		30	152	Stewart, Geoff	F4				
						Noblet, Drew	F4				
Oldani, Ryan	B2	33/51		30	144	Fournie, Kevin	F4				
Crews, Chris	B2	52/111		30	162	Conway, Tim	F4				
Hoffman, Joe	B2	49/112		30	168	Kane, Ryan	F4				
Nischwitz, David	B2	65/87		30	144	Mathias, Steve	F4				
						Schmidt, Donny	F4				
Roehr, Jason	B3	41/110		32:40	170	Hoffman, Matt	F4				
Solberg, Matt	B3	52/80		26:10	150						
Ottenad, Jason	B3	55/72		26:10	166						
Denny, Andy	B3	50/63		29:56	154						
Hadler, Geoff	B3	36/84		29:56	154	Recovering:					
Joseph, Raj	B3	51/80		32:40	160	Stroble, Jamie	F4				
Chik, Ken	B3	50/95		26:10	168	Martin, Jim	F4				
						Lennamon, Pat	B2	54/125			
Davis, Nick	C4	35/95		29:05	168						
Hagan, Conor	C4	40/65			148						
Lovinguth, Mike	C5	62/102		30:20	168	A= 8 m. run B= 6 m. run					
						C=4-5 m. run D= 4-2 m. run					
Sively, Matt	D3	50/120		30:16	162						
						1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Spicer, Richard	D4	50/100		30:16	168	2= Sub 7:30 train/7 hard dist/sub 18 race					
Phillips, Drew	D4	53/80		30:19	176	3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Gilmore, Bryan	D4	61/101		30:19	176	4=Sub 8:30 train/ 8 hard dist/ 20+ race					
											end

965-5224

9/23/99: Jog half av/ cal,stretch,cal/ 2 - 3 miles easy/4 - 6 200's/cal/stretch											
Name	Grp.	cal	dist	time	pulse	**Name**	Grp.	cal	dist	time	pulse
Brice, Matt	A1					Siegel, Matt	D5	13/35	2	18:05	—
Graesser, Dan	A1										
Hatch, Ryan	A1	80/140	3	22 08	146	**Freshmen**					
Huegerich, Tim	A1					Belgeri, John	F3	36/82	3	21 09	142
Monda, Mark	A1					MacDonald, Sean	F3	45/80	3	21 04	147
O'Brien, Murphy	A1					Schaefer, Peter	F3	26/82	3	20 57	132
Snodgrass, Ted	A1					Westlund, Andrew	F3		3	~~[illegible]~~	
Tower, Nathan	A1					Gonnerman, Boyd	F3	45/127	3	20 51	160
						Gonnerman, Kyle	F3	35/82	3	21 06	134
Godar, David	B1										
O'Brien, Tipper	B1					Crean, Kevin	F4	40/120	3	20 21	164
Westlund, Dan	B1					Killiany, Matt	F4	58/110	3	20 51	146
Parr, John	B1					Lawo, Dan	F4	25/?	3	21 56	182
						Mills, Kevin	F4	31/80	3	21 30	154
Towers, Jason	B2					Stahl, Greg	F4	63/75	2	15:45	146
Kim, Pat	B2	90/130	3	22 08	140	Stephens, Pat	F4	31/58			
Leinauer, Dan	B2					Stewart, Geoff	F4	10/20	2	18:36	126
						Noblet, Drew	F4	47/114	3	20 51	122
Oldani, Ryan	B2	21/43	3	22 08	160	Fournie, Kevin	F4	30/75	3	23 04	165
Crews, Chris	B2	48/98	3	20:00	—	Conway, Tim	F4	X/200	3	23 47	160
Hoffman, Joe	B2	51/107				Kane, Ryan	F4	30/40	3	23 48	150
Nischwitz, David	B2	60/80	3	20:00	140	Mathias, Steve	F4	40/60	2	16:10	—
						Schmidt, Donny	F4	35/85	3	22:48	158
Roehr, Jason	B3					Hoffman, Matt	F4				
Solberg, Matt	B3										
Ottenad, Jason	B3										
Denny, Andy	B3	?	3	20 05	154						
Hadler, Geoff	B3	58/106	3	19 41	166	Recovering:					
Joseph, Raj	B3	52/80	3	20 51	156	Stroble, Jamie	F4				
Chik, Ken	B3	50/90	3	14:10	150	Martin, Jim	F4	30/110	2	18 35	160
Davis, Nick	C4	40/100	3	14:50	168						
Hagan, Conor	C4	38/68	3	22:22	160						
Lovinguth, Mike	C5	30/50	3	21:20	192	A= 8 m. run B= 6 m. run					
						C=4-5 m. run D= 4-2 m. run					
Sively, Matt	D3	45/110	3	20 05	172						
						1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Spicer, Richard	D4	50/100	3	21 25	130	2= Sub 7:30 train/7 hard dist/sub 18 race					
Phillips, Drew	D4					3=Sub 8:00 train/ 7:30 hard dist/ 19 race					
Gilmore, Bryan	D4	60/100				4=Sub 8:30 train/ 8 hard dist/ 20+ race					
											end

1,2 3,4 5 6-4 STRIDERS

9/28 JOG FULL - HILL 10- 8 - 6 - JOG FUL

half bound / half race

102:30
103:08

9/27/99: Jog half av/ cal,stretch,cal/ revised plyo/2x's easy strider/loops: 1&2= 8, 3 & 4=6, 5=5/ cal/8,8,6,6,6 striders/jog half av/stretch											
Name	Grp.	cal	dist	time	pulse	**Name**	Grp.	cal	dist	time	pulse
Brice, Matt	1	72/118	8	59:04	136	Siegel, Matt	5	11/32			
Hatch, Ryan	1	80/140	8	56:55	170	Gilmore, Bryan	5	65/110	5	44:37	168
Huegerich, Tim	1	60/70	8	59:55	140?	Lovinguth, Mike	5	60/92	5	46:30	178
Monda, Mark	1	62/130	8	56:55	186	Lawo, Dan	5	32/80	6	53:00	197
O'Brien, Murphy	1	73/127	8	56:55	164	Mills, Kevin	5	30/74	5	49:21	
Snodgrass, Ted	1					Stahl, Greg	5	64/105	6	47:12	156
Tower, Nathan	1	92/169	8	56:55	144	Stephens, Pat	5	36/83			
Westlund, Dan	1	55/85	8	57:34	182	Fournie, Kevin	5	35/115	5	47:21	185
						Conway, Tim	5	X/200	5	49:22	156 lost
Godar, David	2	46/120	8	56:54	186	Kane, Ryan	5				
103:25 O'Brien, Tipper	2	81/100	8	58:54	164	Mathias, Steve	5	50/70	2	18:26	150
Parr, John	2	70/140	8	57:34	160	Schmidt, Donny	5	37/179	5	47:18	180
Kim, Pat	2	100/140	8	60:49	148	Hoffman, Matt	5	36/74		~~46:30~~	
Leinauer, Dan	2	55/141	8	58:36	176						
Graesser, Dan	2	60/80	8	60:49	164						
Joe Hoffman	2	51/114	8	60:49	196	SIEGEL					
Chris Crews	2	46/97				Recovering:					
Nischwitz, David	2	68/88	6	45:25	176	Stroble, Jamie	R5				
						Martin, Jim	R5	34/26	2	18:26	164
Oldani, Ryan	3	38/91	6	45:25	168	Stahl, Greg	R4				
Towers, Jason	3	45/80	6	46:57	200	Roehr, Jason	R3				
Roehr, Jason	3	43/118				Leinauer, Pat	R3	57/142	3	23:15	132
Solberg, Matt	3	54/93	6	44:45	160	Hoffman, Matt					
Ottenad, Jason	3	64/78	6	45:40	172	Mathias					
Joseph, Raj	3	52/85	6	45:53	180	Stewart			2	18:26	122
Chik, Ken	3	50/95	6	45:40	170	Gilmore					
Belgeri, John	3	41/133	6	48:06	178	1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
MacDonald, Sean	3	45/125	6	46:05	157	2= Sub 7:30 train/7 hard dist/sub 18 race					
Schaefer, Peter	3	24/107	6	46:05	158	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
Westlund, Andrew	3	50/80	6	45:42	156	4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
Gonnerman, Boyd	3	39/133	6	50:26	160	5=sub 9 train/sub 8:30 hard dist/sub 22 race					
Gonnerman, Kyle	3	32/137	6	46:27	162						
						Boehm			5	35:45	182
Denny, Andy	4	54/81	6	46:03	174	Flanagan			6	49:12	180
Hadler, Geoff	4	52/79	6	45:00	170						
Davis, Nick	4	45/105	6	46:38	174						
Hagan, Conor	4	40/65	6	54:10	162						
Sively, Matt	4	45/105	6	47:45	186						
Spicer, Richard	4	58/103	6	47:45	204						
Phillips, Drew	4	53/67	6	49:30	190						
Crean, Kevin	4	45/125	6	53:25	150						
Killiany, Matt	4	62/120	6	48:00	180						
NOBLOT, DREW	4	53/117	6	50:20	126						
STEWART, GEOFF	4	19/41									

9/29/99: Jog half av/ cal,stretch,cal/ revised plyo/2x's easy strider/loops: 1&2= 8, 3 & 4=6, 5=5/ cal/8,8,6,6,6 striders/jog half av/stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	1		8	56:30	128	Siegel, Matt	5				
Hatch, Ryan	1		8	56:29	140	Gilmore, Bryan	5		5	42:20	160
Huegerich, Tim	1		8	59:37	180	Lovinguth, Mike	5		5	42:19	166
Monda, Mark	1		8	58:11	172	Lawo, Dan	5		5	43:32	175
O'Brien, Murphy	1		8	58:11		Mills, Kevin	5		5	43:47	172
Snodgrass, Ted	1		6	45:46	141	Stahl, Greg	5		5	43:15	162
Tower, Nathan	1		8	57:37	140	Stephens, Pat	5				
Westlund, Dan	1		4	27:44	162	Fournie, Kevin	5		5	43:20	170
Godar, David	2		4	32:00		Conway, Tim	5		5	43:40	162
O'Brien, Tipper	2		6	42:00	138	Kane, Ryan	5		5	45:00	160
Parr, John	2		6	41:33	156	Mathias, Steve	5				
Kim, Pat	2					Schmidt, Donny	5		5	41:52	184
Leinauer, Dan	2		6	44:28	188	Hoffman, Matt	5				
Graesser, Dan	2		6	42:19	154						
Joe Hoffman	2		6	42:19	200	Recovering:					
Chris Crews	2		6	45:37	176	Siegel, Matt	R5		X		
Nischwitz, David	2		6	46:36	162	Gilmore, Brian	R5		5	42:20	160
Oldani, Ryan	3		6	56:59	144	Stroble, Jamie	R5		X		
Towers, Jason	3		6	46:20	226	Martin, Jim	R5		4	33:38	160
Roehr, Jason	3		5	39:15	146	Stahl, Greg	R4		5	44:20	162
Solberg, Matt	3		6	44:25	146	Roehr, Jason	R3		5		
Ottenad, Jason	3		6	44:30	170	Leinauer, Pat	R3		5	37:45	148
Joseph, Raj	3		6	43:33	182	Hoffman, Matt	R5		X		
Chik, Ken	3		6	46:44	150	Mathias, Steve	R5		X	26:07	140 (3miles) JOGGING LIMB
Belgeri, John	3		6	47:26	160	Stewart, Geoff	R4		4	26:07	132 (3miles)
MacDonald, Sean	3		6	47:04	144	DAVIS, NICK			4	15:46	170 (2miles)
Schaefer, Peter	3		6	46:59	152	1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Westlund, Andrew	3		6	47:13	152	2= Sub 7:30 train/7 hard dist/sub 18 race					
Gonnerman, Boyd	3		6	51:21	140	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
Gonnerman, Kyle	3		6	44:52	142	4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
						5=sub 9 train/sub 8:30 hard dist/sub 22 race					
Denny, Andy	4										
Hadler, Geoff	4		5	41:01	168	KIM, PAT			X		
Davis, Nick	4		2	15:46	170	Coach Hamel			6	46:52	174
Hagan, Conor	4		5	42:15		COACH L.			6	46:58	174
Sively, Matt	4		5	41:01	171						
Spicer, Richard	4		5	41:32	156						
Phillips, Drew	4		5	40:01	176						
Crean, Kevin	4		5	43:25	150						
Killiany, Matt	4		5	42:24	160						
Stewart, Geoff	4										
Noblet, Drew	4		5	41:03	126						

9/30/99: Jog full av/ cal,stretch,cal/ two warm up striders/tempo run & 2 go 3 3 - 5 go 2 @ chart pace
short rest 3 min/repeat miles very hard: 1, 2 and 3 go two, 4 and 5 go one/cal/4-6 striders/jog full aviation/ Steven

	Name	Grp.	tempo	pls	1	2	Name	Grp.	tempo	pls	1	2
17:00	Brice, Matt 5:54	1	17:34	182	5:17	5:20	Lovinguth, Mike 7:37	5	15:10	170	6:59	170
17:20	Hatch, Ryan 6:00	1	17:40	178	5:26	5:16 (184)	Lawo, Dan 7:17	5	14:28	200	6:43	180
17:00	Huegerich, Tim 54	1	17:52	188	5:37	5:35 (180)	Mills, Kevin 7:13	5	13:59	200	6:46	192
17	Monda, Mark 54	1	18:28	214			Stephens, Pat 7:43	5	15:16	180	6:57	168
16:45	O'Brien, Murphy 48	1	17:40	154	5:18	5:09 (182)	Fournie, Kevin 7:43	5	15:16	142	6:56	182
16:30	Snodgrass, Ted 43	1	16:40	170	5:05	5:05 (180)	Conway, Tim 8:00	5	15:24	165	6:57	180
16:30	Tower, Nathan 43	1	16:44	168			Kane, Ryan 7:43	5	14:44	170	6:55	180
	Westlund, Dan 54	1	17:51	186	5:34	5:33 (198)	Schmidt, Donny 7:41	5	14:27	170	6:55	180
17:40	Godar, David :08	2	18:09	176	5:31	5:27 (172)						
18:00	O'Brien, Tipper 13	2	18:03	166	6:07		Recovering:					
18:15	Parr, John 13	2	18:14	168	5:42	5:38 (180)	Siegel, Matt X	R5				
X	Kim, Pat	2					Gilmore, Brian 17	R5	14:31	180	6:32	200
17:50	Leinauer, Dan :08	2	18:14	188	5:48		Stroble, Jamie X	R5				
55	Graesser, Dan :12	2	18:40	174	5:47	5:52 (190)	Martin, Jim 7:59	R5	15:19	166	7:03	174
	Joe Hoffman :12	2	18:21	204	5:45	5:49 (200)	Stahl, Greg 7:34	R4	14:42	182	6:42	
	Chris Crews 13	2	13:16	210	6:22		Roehr, Jason 6:30	R3	13:19	166	6:36	6:34 172
	Nischwitz, David 13	2	18:53	176	5:47	5:47 (190)	Leinauer, Pat 6:19	R3	19:62	164	5:52	182
							Hoffman, Matt	R5	24:21	3	EASY	(3 easy) 170
	Oldani, Ryan :13	3	12:45	176	5:57	6:01 (180)	Mathias, Steve	R5	24:21	2	EASY	(3 easy) 140
	Towers, Jason :13	3	12:18	222	5:59	5:53 (200)	Stewart, Geoff 7:07	R4	13:42	176	6:10	178
	Solberg, Matt :24	3	13:09	146	5:45	5:46 (158)	(224)					
15	Ottenad, Jason :40	3			5:55	6:00 (178)						
15	Joseph, Raj :40	3	13:05	168	6:02	5:56 (200)						
	Chik, Ken :32	3	12:42	160	6:22	6:10 (160)						
	Belgeri, John :35	3	13:10	150	5:58	5:50 (158)	(168) sdnfer					
	MacDonald, Sean :35	3	13:12	147	5:57	5:50 (158)	= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
	Schaefer, Peter :35	3	13:12	160	5:58	5:45	2= Sub 7:30 train/7 hard dist/sub 18 race					
	Westlund, Andrew :40	3	13:10	156	6:17	6:15 (168)	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
	Gonnerman, Boyd 45	3	13:35	170	6:30	160	4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
	Gonnerman, Kyle :40	3	12:47	172	6:04	6:15 (166)	5=sub 9 train/sub 8:30 hard dist/sub 22 race					
	Denny, Andy 38	4	13:03	186	6:04	188						
	Hadler, Geoff 40	4	12:43	168	5:45	186						
	Davis, Nick	4										
	Hagan, Conor 07	4	14:19	174	6:39	172						
	Sively, Matt 40	4	12:56	174	5:55	183						
	Spicer, Richard 40	4	13:06	208	6:07	142						
	Phillips, Drew :17	4	13:43	165	6:19	181						
	Crean, Kevin :17	4	13:57	160	6:37	168						
	Killiany, Matt	4	13:39	150	6:09	168						
	Noblet, Drew 6:45	4	12:46	142	6:02							end

+ DRESS CHECK / MEET REVIEW / WEEK REVIEW / METRO-CONFERENCE / HUDDLE
CREWS NOTE /

10/3/99: Jog half av/ cal,stretch,cal/ plyo /loops: 8, 6, 5, 4/ 6 striders/cal/jog/stretch											
Name	Grp.	cal	time	pulse		**Name**	Grp.	cal	time	pulse	
Brice, Matt	1	8	1:05:03	128		Stahl, Greg	4	3	26:21	136	
Hatch, Ryan	1	8	~~58:37~~	158		Stewart, Geoff	4	3	43:15	158	
Huegerich, Tim	1	8	1:05:03	192							
Monda, Mark	1	8	58:37	180							
O'Brien, Murphy	1	8	1:03:33	140		Lovinguth, Mike	5	3	25:57	154	
Snodgrass, Ted	1		X	X		Lawo, Dan	5	3	23:44	182	
Tower, Nathan	1	8	1:05:08	124		Mills, Kevin	5	3	23:51	168	
Westlund, Dan	1	6	46:26	158		Stephens, Pat	5	3	25:55	160	
						Fournie, Kevin	5	3	27:40	160	
Godar, David	2	6	46:26	150		Conway, Tim	5	3	27:32	140	
O'Brien, Tipper	2	6	46:10	156		Kane, Ryan	5	3	24:32	150	
Parr, John	2	8	1:01:14	168		Gilmore, Brian	5	3	24:26	172	
Kim, Pat	2					Martin, Jim	5	3	27:42	158	
Leinauer, Dan	2	8	1:01:19	184							
Graesser, Dan	2	6	45:50	164							
Joe Hoffman	2	6	45:50	188		**Recovering:**					
Chris Crews	2					Siegel, Matt	R5				
Nischwitz, David	2	3	23:10	150		Stroble, Jamie	R5				
Leinauer, Pat	2	6	45:50	154		Roehr, Jason	R3	5	34:00	172	
						Hoffman, Matt	R5	4	33:24	170	
Oldani, Ryan	3	3	21:05	160		Mathias, Steve	R5	3	25:20	146	
Towers, Jason	3	3	23:19	166		Davis, Nick	R4		22:17	164	
Solberg, Matt	3	3	23:10	140		Schmidt, Donny	R5				
Ottenad, Jason	3	3	21:06	158							
Joseph, Raj	3	3	23:44	144							
Chik, Ken	3	3	21:59	160							
Belgeri, John	3	3	23:19	132		1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
MacDonald, Sean	3	6	42:49	150		2= Sub 7:30 train/7 hard dist/sub 18 race					
Schaefer, Peter	3	6	42:49	144		3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
Westlund, Andrew	3	6	42:53	142		4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
Gonnerman, Boyd	3	5	40:00	160		5=sub 9 train/sub 8:30 hard dist/sub 22 race					
Gonnerman, Kyle	3	6	42:53	150							
Denny, Andy	4	3	22:38	162							
Hadler, Geoff	4	3	21:01	162							
Hagan, Conor	4	3	23:23	158							
Sively, Matt	4	3	22:13	162							
Spicer, Richard	4	3	22:13	160							
Phillips, Drew	4	3	23:23	150							
Crean, Kevin	4	3	23:28	140							
Killiany, Matt	4	3	23:19	140							
Noblet, Drew	4	3	23:41	120							end

10/5/99: Jog half av/ cal,stretch,cal/ plyo/ loops: 6,5/ striders: 6/ cal/ jog/ stretch/ weights

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	1		6	38:21	186	Stahl, Greg	4	xxxxxxxxxxxxxxxxx			
Hatch, Ryan	1		6	38:31	192	Stewart, Geoff	4	xxxxxxxxxxxxxxxxx			
Huegerich, Tim	1		6	41:31	182				5	40:12	148
Monda, Mark	1		5	35:49	160						
O'Brien, Murphy	1		6	39:13	156	Lovinguth, Mike	5	xxxxxxxxxxxxxxxxx			
Snodgrass, Ted	1		6	36:00	162	Lawo, Dan	5	xxxxxxxxxxxxxxxxx			
Tower, Nathan	1		6	36:50	158	Mills, Kevin	5	xxxxxxxxxxxxxxxxx			
Westlund, Dan	1		5	35:21	178	Stephens, Pat	5	xxxxxxxxxxxxxxxxx			
						Fournie, Kevin	5	xxxxxxxxxxxxxxxxx			
Godar, David	2		5	34:56	176	Conway, Tim	5	xxxxxxxxxxxxxxxxx			
O'Brien, Tipper	2		5	34:45	176	Kane, Ryan	5	xxxxxxxxxxxxxxxxx			
Parr, John	2		5	34:56	142	Gilmore, Brian	5	xxxxxxxxxxxxxxxxx			
Leinauer, Dan	2		5	34:50	162	Martin, Jim	5	xxxxxxxxxxxxxxxxx			
Graesser, Dan	2		5	34:56	162						
Joe Hoffman	2		5	36:23	192						
Chris Crews	2		5	44:20	168	**Recovering:**					
Nischwitz, David	2					Siegel, Matt	R5	xxxxxxxxxxxxxxxxx			
Leinauer, Pat	2		5	34:56	170	Stroble, Jamie	R5	xxxxxxxxxxxxxxxxx			
Schaefer, Peter	2		5	37:28	156	Roehr, Jason	R3		5	39:21	166
						Hoffman, Matt	R5		3	24:10	178
Oldani, Ryan	3	xxxxxxxxxxxxxxxxx				Mathias, Steve	R5		3	24:10	160
Towers, Jason	3	xxxxxxxxxxxxxxxxx				Davis, Nick	R4		3	22:33	166
Solberg, Matt	3	xxxxxxxxxxxxxxxxx				Schmidt, Donny	R5				
Ottenad, Jason	3	xxxxxxxxxxxxxxxxx				Kim, Pat	R2				
Joseph, Raj	3	xxxxxxxxxxxxxxxxx									
Chik, Ken	3	xxxxxxxxxxxxxxxxx									
Belgeri, John	3	xxxxxxxxxxxxxxxxx				1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
MacDonald, Sean	3		5	37:28	147	2= Sub 7:30 train/7 hard dist/sub 18 race					
Westlund, Andrew	3		5	40:04	148	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
Gonnerman, Boyd	~~3~~		~~[illegible]~~			4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
Gonnerman, Kyle	3		5	38:23	162	5=sub 9 train/sub 8:30 hard dist/sub 22 race					
			5	42:30	130						
Denny, Andy	4	xxxxxxxxxxxxxxxxx				COACH Behm	5	35:15		~~[illegible]~~	186
Hadler, Geoff	4	xxxxxxxxxxxxxxxxx									
Hagan, Conor	4	xxxxxxxxxxxxxxxxx									
Sively, Matt	4	xxxxxxxxxxxxxxxxx									
Spicer, Richard	4	xxxxxxxxxxxxxxxxx									
Phillips, Drew	4	xxxxxxxxxxxxxxxxx									
Crean, Kevin	4	xxxxxxxxxxxxxxxxx									
Killiany, Matt	4	xxxxxxxxxxxxxxxxx									
Noblet, Drew	4	xxxxxxxxxxxxxxxxx									
											end

10/6/99: (For all DuBourg racers) Jog full av/ cal,stretch,cal/ plyo/loops: 6,5/ 6 striders/ half av jog/ cal, stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	1	xxxxxxxxxxxxxxxxxx				Stahl, Greg	4		5	4530	149
Hatch, Ryan	1	xxxxxxxxxxxxxxxxxx				Stewart, Geoff	4	xxxxxxxxxxxxxxxxxx			
Huegerich, Tim	1	xxxxxxxxxxxxxxxxxx									
Monda, Mark	1 3	xxxxxxxxxxxxxxxxxx		24:30	148						
O'Brien, Murphy	1	xxxxxxxxxxxxxxxxxx				Lovinguth, Mike	5		5	45:09	174
Snodgrass, Ted	1	xxxxxxxxxxxxxxxxxx				Lawo, Dan	5		5	4631	182
Tower, Nathan	1	xxxxxxxxxxxxxxxxxx				Mills, Kevin	5		5	[illegible]	
Westlund, Dan	1	xxxxxxxxxxxxxxxxxx				Stephens, Pat	5		5	[illegible]	
						Fournie, Kevin	5		5	4533	164
Godar, David	2	xxxxxxxxxxxxxxxxxx				Conway, Tim	5		5	4530	150
O'Brien, Tipper 3	2	xxxxxxxxxxxxxxxxxx				Kane, Ryan	5		5	4705	164
Parr, John	2	xxxxxxxxxxxxxxxxxx				Gilmore, Brian	5		5	4240	180
Leinauer, Dan	2	xxxxxxxxxxxxxxxxxx				Martin, Jim	5		5	4530	162
Graesser, Dan	2	xxxxxxxxxxxxxxxxxx									
Joe Hoffman	2	xxxxxxxxxxxxxxxxxx									
Chris Crews	2		6	1733	182	**Recovering:**					
Nischwitz, David 3	2	xxxxxxxxxxxxxxxxxx				Siegel, Matt	R5				
Leinauer, Pat	2	xxxxxxxxxxxxxxxxxx				Stroble, Jamie	R5				
Schaefer, Peter	2	xxxxxxxxxxxxxxxxxx				Roehr, Jason	R3		3	2424	154
						Hoffman, Matt	R5				
Oldani, Ryan	3		6	4543	160	Mathias, Steve	R5				
Towers, Jason	3		3	2424	164	Davis, Nick	R4		5	3935	170
Solberg, Matt	3		6	4306	160	Schmidt, Donny	R5				
Ottenad, Jason	3		6	4422	164	Kim, Pat	R2				
Joseph, Raj	3		6	4743	182						
Chik, Ken	3		6	4605	160						
Belgeri, John	3		6	4346	144	1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
MacDonald, Sean	3	xxxxxxxxxxxxxxxxxx				2= Sub 7:30 train/7 hard dist/sub 18 race					
Westlund, Andrew	3	xxxxxxxxxxxxxxxxxx				3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
Gonnerman, Boyd	3	xxxxxxxxxxxxxxxxxx				4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
Gonnerman, Kyle	3	xxxxxxxxxxxxxxxxxx				5=sub 9 train/sub 8:30 hard dist/sub 22 race					
						Monda	1		3	24:30	148
Denny, Andy	4		4	33:26	142	O'Brien Tipper	2		3	24:24	108
Hadler, Geoff	4		6	4310	180	Nischwitz	2		3	24:30	150
Hagan, Conor	4		6	5310	160						
Sively, Matt	4		5	4038	165						
Spicer, Richard	4		xxx	xxxx	xxxx						
Phillips, Drew	4	6	3	6151	174						
Crean, Kevin	4		3	2429	150						
Killiany, Matt	4		5	4058	152						
Noblet, Drew	4		5	4840	118						
											end

4520 → [illegible] 160

[illegible] → 4430 162

10/11/99: Jog half av/ cal,stretch,cal/pyos/ loops: 8,6,5/ 8,6 200's/ cal/ jog/ stretch/

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	1		8	54:28	158	Crean, Kevin	4		6	57:25	164
Hatch, Ryan	1		8	58:40	160	Fournie, Kevin	4	5		46:45	160
Huegerich, Tim	1		8	54:08	184	Hagan, Conor	4		6	48:13	174
Monda, Mark	1	—			—	Noblet, Drew	4		6	57:25	120
O'Brien, Murphy	1		8	54:08	—	Phillips, Drew	4		6	50:15	196
Snodgrass, Ted	1		WITH	SOLBERG		Spicer, Richard	4	3		23:14	152
Tower, Nathan	1		8	51:08	164	Stahl, Greg	4		6	52:53	168
Westlund, Dan	1		6	DNF		Stewart, Geoff	4		6		168
										5327	
Chris Crews	2					Conway, Tim	5		5	48:28	140
Godar, David	2		8	58:52	186	Gilmore, Brian	5		5	41:30	186
Graesser, Dan	2					Kane, Ryan	5		5	44:10	164
Joe Hoffman	2		8	62:00	192	Lawo, Dan	5		6	52:53	184
Leinauer, Dan	2		8	59:18	168	Lovinguth, Mike	5		5	45:00	180
Leinauer, Pat	2		8	59:52	168	Martin, Jim	5		5	49:19	154
Nischwitz, David	2		6	45:15	174	Mills, Kevin	5		5	44:29	172
O'Brien, Tipper	2	—			—	Stephens, Pat	5		5	46:49	196
Parr, John	2		8	60:40	164						
Schaefer, Peter	2		6	46:41	136						
						Recovering:					
						Davis, Nick	R5		4	30:26	170
Belgeri, John	3		6	47:17	172	Hoffman, Matt	R5		5	48:44	174
Chik, Ken	3	5		42:13	176	Kim, Pat	R3		3	25:00	132
Denny, Andy	3	5		39:46	174	Mathias, Steve	R5		5	46:49	150
Gonnerman, Boyd	3		6	52:53	168	Roehr, Jason	R5		5	39:35	170
Gonnerman, Kyle	3	FOOT BAD	6	60:52	—	Schmidt, Donny	R4		2	19:20	170
Hadler, Geoff	3		6	44:36	180	~~Siegel, Matt~~	~~R5~~				
Joseph, Raj	3		6	50:15	166	Stroble, Jamie	R2				
Killiany, Matt	3		6	48:45	172						
MacDonald, Sean	3		6	49:29	147						
Oldani, Ryan	3		6	46:41	172						
Ottenad, Jason	3		6	44:12	162						
Sively, Matt	3	5		39:46	165						
Solberg, Matt	3			DNF		1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Towers, Jason	3		6	50:48		2= Sub 7:30 train/7 hard dist/sub 18 race					
Westlund, Andrew	3		6	47:14	152	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
						4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
						5=sub 9 train/sub 8:30 hard dist/sub 22 race					
											end

10/12/99: Jog half av/ cal,stretch,cal/loops: 6,5,4/ 8,6 200's/ cal/ jog/ stretch.

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	1		6	49:53	130	Crean, Kevin	4		5	42:20	160
Hatch, Ryan	1		6	41:04	158	Fournie, Kevin	4				
Huegerich, Tim	1		6	42:50	180	Hagan, Conor	4		5	43:50	
~~Monda, Mark~~	1		6			Noblet, Drew	4		5	44:20	116
O'Brien, Murphy	1		6	46:48	No Pulse	Phillips, Drew	4		5	44:57	
Snodgrass, Ted	1		5	39:45	158	Spicer, Richard	4		4	29:29	176
Tower, Nathan	1		6	41:17	150	Stahl, Greg	4		5	44:16	148
Westlund, Dan	1		6	49:53	No Pulse	Stewart, Geoff	4		5	42:17	140
Chris Crews	2		6	48:45	182	Conway, Tim	5		4	32:27	180
Godar, David	2		6	48:51	176	Gilmore, Brian	5		5	41:43	172
Graesser, Dan	2		6	44:26	176	Kane, Ryan	5				
Joe Hoffman	2		6	44:26	188	Lawo, Dan	5		5	42:00	180
Leinauer, Dan	2		6	48:51	160	Lovinguth, Mike	5		4	32:57	180
Leinauer, Pat	2		6	48:51	180	Martin, Jim	5		4	32:27	184
Nischwitz, David	2		5	38:18	166	Mills, Kevin	5		4	29:56	180
O'Brien, Tipper	2					Stephens, Pat	5		4	32:14	192
Parr, John	2		5	36:25	146						
Schaefer, Peter	2		6	51:32	130						
						Recovering:					
						Davis, Nick	R5		4	30:17	172
Belgeri, John	3		6	51:32	130	Hoffman, Matt	R5		4	33:48	174
Chik, Ken	3		5	39:16	174	Kim, Pat	R3		2	14:34	158
Denny, Andy	3		5	39:45	172	Mathias, Steve	R5		4	33:48	160
Gonnerman, Boyd	3		5	42:30	160	Roehr, Jason	R5		5	43:07	148
Gonnerman, Kyle	3		5	38:02	154	Schmidt, Donny	R4		3	30:24	182
Hadler, Geoff	3		5	38:02	168	~~Siegel, Matt~~	~~R5~~				
Joseph, Raj	3		5	38:02	200	Stroble, Jamie	R2		4	[redacted]	[redacted]
Killiany, Matt	3		5	40:59	170						
MacDonald, Sean	3		6	51:32	141						
Oldani, Ryan	3		5	39:22	168						
Ottenad, Jason	3		5	41:13	162						
Sively, Matt	3		5	41:43	168						
Solberg, Matt	3					1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Towers, Jason	3		5	41:14	180	2= Sub 7:30 train/7 hard dist/sub 18 race					
Westlund, Andrew	3		5	Ran, but injured		3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
						4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
						5=sub 9 train/sub 8:30 hard dist/sub 22 race					
											end

FELT GOOD, NO PAIN. WILL TRY 4 MILES TOMORROW

10/13/99: Jog full av/ cal,stretch,cal/6 striders/ 400's: 4 at race pace, half/ four at faster pace with half/ four very quick pace and half/ group 2 3 per/ group 4 and 5 two per / rest goes from 60 seconds to 2 minutes to three minutes/cal/ full jog/ stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	1	2:39		2:27	2:29	Crean, Kevin	4				
Hatch, Ryan	1	2:43		2:32	2:25	Fournie, Kevin	4				
Huegerich, Tim	1	2:44		2:34	2:29	Hagan, Conor	4				
Monda, Mark	1					Noblet, Drew	4	3:00		2:58	2:57
O'Brien, Murphy	1	2:42		2:28	2:27	Phillips, Drew	4				
Snodgrass, Ted	1	2:35		2:22	2:21	Spicer, Richard	4				
Tower, Nathan	1	TEMPO	4	22:33	164	Stahl, Greg	4				
Westlund, Dan	1	2:45		2:35	2:36	Stewart, Geoff	4				
Chris Crews	2	2:54		2:51	2:45	Conway, Tim	5				
Godar, David	2					Gilmore, Brian	5				
Graesser, Dan	2					Kane, Ryan	5	3:09		3:17	3:15
Joe Hoffman	2	2:49		2:36	2:31	Lawo, Dan	5				
Leinauer, Dan	2					Lovinguth, Mike	5				
Leinauer, Pat	2					Martin, Jim	5	3:19		—	3:07
Nischwitz, David	2					Mills, Kevin	5	3:17		3:24	3:15
O'Brien, Tipper	2					Stephens, Pat	5				
Parr, John	2	2:44		2:36	2:30						
Schaefer, Peter	2										
						Recovering:					
						Davis, Nick	R5				
Belgeri, John	3					Hoffman, Matt	R5				
Chik, Ken	3	2:56		2:50	2:48	Kim, Pat	R3	DIST.	5	37:36	152
Denny, Andy	3					Mathias, Steve	R5	3:15		3:10.	3:05
Gonnerman, Boyd	3					Roehr, Jason	R5	3:08		3:01	3:05
Gonnerman, Kyle	3					Schmidt, Donny	R4				
Hadler, Geoff	3					Siegel, Matt	R5				
Joseph, Raj	3					Stroble, Jamie	R2				
Killiany, Matt	3										
MacDonald, Sean	3										
Oldani, Ryan	3										
Ottenad, Jason	3										
Sively, Matt	3										
Solberg, Matt	3					1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Towers, Jason	3					2= Sub 7:30 train/7 hard dist/sub 18 race					
Westlund, Andrew	3	DIST.	2	—	—	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
						4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
						5=sub 9 train/sub 8:30 hard dist/sub 22 race					
											end

10/14/99: Jog half av/ cal,stretch,cal/4 striders/ easy XC loops: 5,4,3/cal/6-8 striders/jog half/st

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Brice, Matt	1					Crean, Kevin	4				
Hatch, Ryan	1					Fournie, Kevin	4				
Huegerich, Tim	1					Hagan, Conor	4				
Monda, Mark	1					Noblet, Drew	4				
O'Brien, Murphy	1					Phillips, Drew	4				
Snodgrass, Ted	1					Spicer, Richard	4				
Tower, Nathan	1					Stahl, Greg	4				
Westlund, Dan	1					Stewart, Geoff	4				
Chris Crews	2					Conway, Tim	5				
Godar, David	2					Gilmore, Brian	5				
Graesser, Dan	2					Kane, Ryan	5				
Joe Hoffman	2					Lawo, Dan	5				
Leinauer, Dan	2					Lovinguth, Mike	5				
Leinauer, Pat	2					Martin, Jim	5				
Nischwitz, David	2					Mills, Kevin	5				
O'Brien, Tipper	2					Stephens, Pat	5				
Parr, John	2										
Schaefer, Peter	2										
						Recovering:					
						Davis, Nick	R5				
Belgeri, John	3					Hoffman, Matt	R5				
Chik, Ken	3					Kim, Pat	R3				
Denny, Andy	3					Mathias, Steve	R5				
Gonnerman, Boyd	3					Roehr, Jason	R5				
Gonnerman, Kyle	3					Schmidt, Donny	R4				
Hadler, Geoff	3					Siegel, Matt	R5				
Joseph, Raj	3					Stroble, Jamie	R2				
Killiany, Matt	3										
MacDonald, Sean	3										
Oldani, Ryan	3										
Ottenad, Jason	3										
Sively, Matt	3										
Solberg, Matt	3					1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Towers, Jason	3					2= Sub 7:30 train/7 hard dist/sub 18 race					
Westlund, Andrew	3					3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
						4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
						5=sub 9 train/sub 8:30 hard dist/sub 22 race					
											end

10/18/99: Jog half/ cal,stretch,cal/ plyos/ easy loops: 6,5/ cal/ 6 striders/ jog half/ stretch/ weig

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Hatch, Ryan	1		6	41:58	160	Crean, Kevin	4		5	41:20	160
Huegerich, Tim	1		6	44:04	178	Fournie, Kevin	4				
Monda, Mark	1		6	44:20	168	Hagan, Conor	4		5	43:10	105
O'Brien, Murphy	1		6	44:20	134	Noblet, Drew	4		5	38:24	138
Snodgrass, Ted	1		6	41:32	160	Phillips, Drew	4				
Tower, Nathan	1		6	44:04	134	Spicer, Richard	4				
Westlund, Dan	1		6	43:38	170	Stahl, Greg	4		5	41:40	152
Leinauer, Dan	1		6	44:20	148	Stewart, Geoff	4		5	41:21	178
Chris Crews	2		6	45:52	162	Conway, Tim	5		4	33:56	160
Godar, David	2		6	42:15	190	Gilmore, Brian	5		5	39:40	192
Graesser, Dan	2		5	35:43	166	Kane, Ryan	5		4	34:16	170
Joe Hoffman	2					Lawo, Dan	5		5	42:45	180
Leinauer, Pat	2		6	45:10	144	Lovinguth, Mike	5		4	32:40	186
Nischwitz, David	2		6	45:15	154	Martin, Jim	5		4	33:56	162
O'Brien, Tipper	2		6	44:50	156	Mills, Kevin	5		4	32:32	X
Parr, John	2		6	41:30	162	Stephens, Pat	5		4	33:56	158
Schaefer, Peter	2		6	42:35	136						
						Recovering:					
						Davis, Nick	R5		4	30:05	170
Belgeri, John	3		5	42:40	140	Hoffman, Matt	R5				
Chik, Ken	3		5	37:46	166	Kim, Pat	R3		6	42:08	164
Denny, Andy	3		5	38:44	162	Mathias, Steve	R5		4	32:22	160
Gonnerman, Boyd	3	056		46:20	134	Roehr, Jason	R5			38:44	176
Gonnerman, Kyle	3		5	38:06	168	Schmidt, Donny	R4		4	40:41	
Hadler, Geoff	3		5	42:32	162	~~Siegel, Matt~~	~~R5~~				GONE
Joseph, Raj	3		5	38:06	160	Stroble, Jamie	R2				
Killiany, Matt	3		5	41:21	172	Brice, Matt	R1				
MacDonald, Sean	3		5	42:41	153	Coach Behm	C1		5	38:00	180
Oldani, Ryan	3		5	42:40	160	Coach Flanagan	C1		4	29:17	164
Ottenad, Jason	3		5	35:43	166	Coach Hamel	C1		Timed Run		
Sively, Matt	3		5	42:41	156	Coach Linhares	C1		Timed Run		
Solberg, Matt	3					1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Towers, Jason	3		5	38:06	176	2= Sub 7:30 train/7 hard dist/sub 18 race					
Westlund, Andrew	3		5	37:52	146	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
						4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
						5=sub 9 train/sub 8:30 hard dist/sub 22 race					
											end

10/19/99: Jog half/ cal,stretch,cal/ frosh: pre-race easy running/ striders/ half jog/ stretch

Non-frosh: striders/ mile repeats/ cal/ jog full/ stretch

Name	Grp.	mile1	mile2	mile3	mile4	mile5	pulse	Name	Grp.	cal	dist	time	pulse
Hatch, Ryan	1	540	528	5[illegible]	525	536		Schaefer, Peter	2				
Huegerich, Tim	1	540	526	5[illegible]20	520		180	Belgeri, John	3				
Monda, Mark	1	539	531	539	[illegible]			Gonnerman, Boyd	3				
O'Brien, Murphy	1	542	513	5[illegible]12	516	516		Gonnerman, Kyle	3				
Snodgrass, Ted	1	531	506	5[illegible]07	503	508	170/170	Killiany, Matt	3				
Tower, Nathan	1	531	519	5[illegible]17			170	MacDonald, Sean	3				
Westlund, Dan	1	543	531	531	529			Westlund, Andrew	3				
Leinauer, Dan	1	543	531	532	526		200	Crean, Kevin	4				
								Fournie, Kevin	4				
Chris Crews	2	555	545	611	545			Spicer, Richard	4				
Godar, David	2	540	528	526	531		190	Stahl, Greg	4				
Graesser, Dan	2	556	546	548	556			Stewart, Geoff	4				
Joe Hoffman	2	542	532	534	537	544	208	Conway, Tim	5				
Leinauer, Pat	2	600	546	5[illegible]9	541			Martin, Jim	5				
Nischwitz, David	2							Mills, Kevin	5				
O'Brien, Tipper	2	543	530	526	531	535		Stephens, Pat	5				
Parr, John	2	541	527	524	525	529	168						
Chik, Ken	3	615	626	710									
Denny, Andy	3	613	605	600	554								
Hadler, Geoff	3	556	557	547	542		188						
Joseph, Raj	3	603	600	601	559								
Oldani, Ryan	3	600	600	603	606			**Recovering:**					
Ottenad, Jason	3												
Sively, Matt	3	600	600	618				Hoffman, Matt	R5				
Towers, Jason	3	600	617					Mathias, Steve	R5				
								Schmidt, Donny	R4				
Hagan, Conor	4	703	651	637	632			Solberg, Matt	3	[illegible]			
Phillips, Drew	4	648	634	640	655		190	Stroble, Jamie	R2				
								Brice, Matt	R1				
Gilmore, Brian	5	636	626	629	632		192						
Lovinguth, Mike	5	702	715	734	734		234						
Kim, Pat	R3	600	600	556	605	624(w/ Lones)							
Roehr, Jason	R4	DISTANCE - 6 mi.				49:20	152						
Davis, Nick	R5	642	651										
								1= Sub 7:00 train/ 6:30 hard dist/ sub 17 r					
								2= Sub 7:30 train/7 hard dist/sub 18 race					
								3=Sub 8:00 train/ 7:30 hard dist/ sub19 ra					
								4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
								5=sub 9 train/sub 8:30 hard dist/sub 22 ra					
													end

10/20/99: Jog half/ cal,stretch,cal/ 4 striders/ Distance Loops 6,5 - 45 min. timed run TOP 7 ONL

cal/ 6 striders/ half jog/ stretch/ NO weights

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Hatch, Ryan	1			45min		Crean, Kevin	4		—		
Huegerich, Tim	1					Fournie, Kevin	4		—		
Monda, Mark	1					Hagan, Conor	4		5	45:28	168
O'Brien, Murphy	1					Noblet, Drew	4		—		
Snodgrass, Ted	1					Phillips, Drew	4		5	4319	—
Tower, Nathan	1					Spicer, Richard	4		X		
Westlund, Dan	1					Stahl, Greg	4		—		
Leinauer, Dan	1					Stewart, Geoff	4		—		
Chris Crews	2		6+	4727	—						
Godar, David	2		5	44:20	148						
Graesser, Dan	2		6+	4727	183	Conway, Tim	5		—		
Joe Hoffman	2		6+	4727	168	Gilmore, Brian	5		5	4319	144
Leinauer, Pat	2		6	4700	141	Kane, Ryan	5		—		
Nischwitz, David	2		5	3847	166	Lawo, Dan	5		—		
O'Brien, Tipper	2		6	4725	146	Lovinguth, Mike	5		5	45 00	—
Parr, John	2		6	4701	124	Martin, Jim	5		—		
Schaefer, Peter	2		—			Mills, Kevin	5		—		
						Stephens, Pat	5		—		
Belgeri, John	3		—								
Chik, Ken	3		5	4319	140						
Denny, Andy	3	restroom stop	5	4256	154	**Recovering:**					
Gonnerman, Boyd	3		—			Davis, Nick	R5		5	40:45	168
Gonnerman, Kyle	3		—			Hoffman, Matt	R5				
Hadler, Geoff	3		5	43:21	—	Kim, Pat	R3				
Joseph, Raj	3		5	42:56	130	Mathias, Steve	R5				
Killiany, Matt	3		—			Roehr, Jason	R5		6+	50:00	160
MacDonald, Sean	3		—			Schmidt, Donny	R4				
Oldani, Ryan	3		5	43:37	—	Siegel, Matt	R5				
Ottenad, Jason	3		5	4410	152	Stroble, Jamie	R2				
Sively, Matt	3		5+	4420	160	Brice, Matt	R1				
Solberg, Matt	3		—								
Towers, Jason	3		5	4100	200						
Westlund, Andrew	3		—								

1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race

2= Sub 7:30 train/7 hard dist/sub 18 race

3=Sub 8:00 train/ 7:30 hard dist/ sub19 race

4=Sub 8:30 train/ -8 hard dist/ sub 20 race

5=sub 9 train/sub 8:30 hard dist/sub 22 race

end

10/21/99: Jog half/ cal,stretch,cal/ Distance Loops/ striders/ cal/ half jog/ stretch

Frosh who raced yesterday: Easy loops/ striders

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Hatch, Ryan	1	85/140	4	—	—	Conway, Tim	4	50/152	4	3356	159
Huegerich, Tim	1	70/90	4	—	—	Crean, Kevin	4	51/160	4	3000	140
O'Brien, Murphy	1	73/143	4	27:46	—	Fournie, Kevin	4	—			
Snodgrass, Ted	1	76/150	4	—	—	Gilmore, Brian	4	70/125	4	2802	184
Tower, Nathan	1	43/169	4	—	—	Hagan, Conor	4	48/—	X	didn't	run
Westlund, Dan	1	55/70	4	3200	100	Kane, Ryan	4	36/50	4	3810	—
Leinauer, Dan	1	62/201	4	2844	140	Lawo, Dan	4	37/71	4	3340	—
						Lovinguth, Mike	4	51/113	4	3301	176
						Martin, Jim	4	42/135	4	3413	146
						Mathias, Steve	4	50/110	4	3200	140
Chris Crews	2	52/92	4	2752	162	Mills, Kevin	4	38/115	4	3300	140
Godar, David	2	53/150	4	2901	—	Phillips, Drew	4	53/180	4	3400	151
Graesser, Dan	2	63/74	4	2900	—	Schmidt, Donny	4	42/103	4	3810	—
Hoffman, Joe	2	52/109	4	2900	168	Stahl, Greg	4	67/108	4	3307	145
Kim, Pat	2	105/140	4	3023	144	Stephens, Pat	4	34/122	4	3413	160
Leinauer, Pat	2	51/81	4	2746	124						
Nischwitz, David	2	68/93	4	2915	168						
O'Brien, Tipper	2	80/125	4	2746	—						
Oldani, Ryan	2	43/107	4	3350	—						
Parr, John	2	65/201	4	2745	142						
Schaefer, Peter	2	36/123	4	3200	116						
						Recovering:					
						Brice, Matt	R	—			
Belgeri, John	3	51/163	4	3350	120	Davis, Nick	R	41/100	4	2856	168
Chik, Ken	3	65/180	4	3249	150	Hoffman, Matt	R	—			
Denny, Andy	3			3		Monda, Mark	R	63/135	4	2606	170
Gonnerman, Boyd	3	62/207	4	3300	130	Roehr, Jason	R	43/137	4	2900	146
Gonnerman, Kyle	3	43/270	X	dNR		Skosky, Andy	R	—			
Hadler, Geoff	3	67/128	4	3400	—	Solberg, Matt	R	—			
Joseph, Raj	3	54/87	4	2806	154	Stroble, Jamie	R	—			
Killiany, Matt	3	64/150	4	3200	160	COACH Hamel			4	3200	152
MacDonald, Sean	3	51/112	4	2903	138	COACH F			3	2747	—
Noblet, Drew	3	53/121	4	2903	—						
Ottenad, Jason	3	65/72	4	3200	152						
Sively, Matt	3	46/87	4	3350	—						
Spicer, Richard	3	56/125	X	DNR		1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Stewart, Geoff	3	34/70	4	2746	—	2= Sub 7:30 train/7 hard dist/sub 18 race					
Towers, Jason	3	52/112	4	3200	186	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
Westlund, Andrew	3	30/60	4	—	—	4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
						5=sub 9 train/sub 8:30 hard dist/sub 22 race					
											end

-eg 1?

Legit 4

10/22/99: Half jog/ cal,stretch/ 400's and 800's/ cal/ full jog/ stretch

District Racers: Half jog/ cal,stretch/ Easy loops/ 4 striders/ half jog/ stretch

Name	G	4	4	4	8	4	4	8	4	4	8	Name	G	Dist	Time	Pulse
Godar, David	2											Hatch, Ryan	1			
~~Oldani, Ryan~~	2											Huegerich, Tim	1			
Schaefer, Peter	2											Leinauer, Dan	1			
												O'Brien, Murphy	1			
												Snodgrass, Ted	1			
												Tower, Nathan	1			
Belgeri, John	3											Westlund, Dan	1			
~~Chik, Ken~~	~~3~~															
~~Denny, Andy~~	3											Chris Crews	2			
Gonnerman, Boyd	3											Graesser, Dan	2			
Gonnerman, Kyle	3											Hoffman, Joe	2			
~~Hadler, Geoff~~	3											Kim, Pat	2			
~~Joseph, Raj~~	3											Leinauer, Pat	2			
Killiany, Matt	3											~~Nischwitz, David~~	2			
MacDonald, Sean	3											O'Brien, Tipper	2			
Noblet, Drew	3											Parr, John	2			
Ottenad, Jason	3											OLDANI, RYAN				
~~Sively, Matt~~	3											SPICER, RICHARD				
~~Spicer, Richard~~	3											TOWERS, JASON				
Stewart, Geoff	3											CHIK, KEN				
~~Towers, Jason~~	3											PHILLIPS, DREW				
Westlund, Andrew	3															
												Recovering:				
												Brice, Matt	R			
												Davis, Nick	R			
Conway, Tim	4											Hoffman, Matt	R			
Crean, Kevin	4											Monda, Mark	R			
~~Fournie, Kevin~~	4											Roehr, Jason	R			
~~Gilmore, Brian~~	4											Skosky, Andy	R			
Hagan, Conor	4											Solberg, Matt	R			
Kane, Ryan	4											Stroble, Jamie	R			
Lawo, Dan	4															
~~Levinguth, Mike~~	4															
Martin, Jim	4															
Mathias, Steve	4															
Mills, Kevin	4															
~~Phillips, Drew~~	4															
Schmidt, Donny	4															
Stahl, Greg	4															
Stephens, Pat	4															
																end

ADDITIONAL RACERS

1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race

2= Sub 7:30 train/7 hard dist/sub 18 race

3=Sub 8:00 train/ 7:30 hard dist/ sub19 race

4=Sub 8:30 train/ -8 hard dist/ sub 20 race

5=sub 9 train/sub 8:30 hard dist/sub 22 race

10/25/99: Jog half/ cal,stretch,cal/ Distance Loops 8,6,5/ 8,6 striders/ cal/ half jog/ stretch

Name	Grp.	cal	dist	time	pulse	Name	Grp.	cal	dist	time	pulse
Hatch, Ryan	1		8	57:37	162	Conway, Tim	4		3	30:06	—
Huegerich, Tim	1		8	59:36	174	Crean, Kevin	4		5	39:46	152
O'Brien, Murphy	1		8	55:56	140	Fournie, Kevin	4			—	
Snodgrass, Ted	1		8	58:00	122	Gilmore, Brian	4			—	
Tower, Nathan	1		8	56:32	???	Hagan, Conor	4		5	43:36	180
Westlund, Dan	1		6	44:05	180	Kane, Ryan	4		5	46:57	160
Leinauer, Dan	1		8	59:26	156	Lawo, Dan	4		5	42:52	—
MONDA, MARK			6	44:24	180	Lovinguth, Mike	4		5	47:17	171
						Martin, Jim	4		5	46:34	164
						Mathias, Steve	4		5	46:34	160
Chris Crews	2	B.S.	6	51:18	158	Mills, Kevin	4		5	46:41	170
Godar, David	2		6	44:21	176	Phillips, Drew	4		5	44:31	166
Graesser, Dan	2		5	38:01	192	Schmidt, Donny	4		5	47:15	190
Hoffman, Joe	2		6	44:21	196	Stahl, Greg	4		5	39:38	180
Kim, Pat	2		5	37:27	160	Stephens, Pat	4		5	46:34	172
Leinauer, Pat	2		6	45:37	160						
Nischwitz, David	2		5	37:27	180						
O'Brien, Tipper	2		6	45:18	150						
Oldani, Ryan	2		5	37:15	150						
Parr, John	2		6	44:05	141						
Schaefer, Peter	2		6	50:47	84						
						Recovering:					
						Brice, Matt	R			—	
Belgeri, John	3		6	50:47	126	Davis, Nick	R		5	42:38	168
Chik, Ken	3		5	44:31	162	Hoffman, Matt	R			—	
Denny, Andy	3		5	39:40	154	~~Monda, Mark~~	R			—	
Gonnerman, Boyd	3		5	44:30	128	Roehr, Jason	R		5	41:08	152
Gonnerman, Kyle	3		5	47:24	140	Skosky, Andy	R			—	
Hadler, Geoff	3		5	36:21	182	Solberg, Matt	R		4	28:11	172
Joseph, Raj	3		6	45:01	154	Stroble, Jamie	R			—	
Killiany, Matt	3		5	41:04	162						
MacDonald, Sean	3		6	50:47	144						
Noblet, Drew	3		5	46:02	22						
Ottenad, Jason	3		5	37:53	152						
Sively, Matt	3			—							
Spicer, Richard	3		5	46:41	168	1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Stewart, Geoff	3		5	42:36	164	2= Sub 7:30 train/7 hard dist/sub 18 race					
Towers, Jason	3		5	41:00	204	3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
Westlund, Andrew	3		5	46:31	122	4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
						5=sub 9 train/sub 8:30 hard dist/sub 22 race					
											end

TOM,

PAT'S WATCH HAS MY GROUP TIME

near highway

10/26/99: Jog half/ cal,stretch/ Racers run course 1 time/ jog home/ stretch

Non-Racers: 5 Hillis, 1 Race Hill, 3-400's, 1-800, 2-400's, 1-800/ cal/ full jog/ stretch → WEIGHTS

Name	Grp.	Hill	400	400	400	800	400	400	800	Pulse	Name	Grp.
Hatch, Ryan	1										Conway, Tim	4
Huegerich, Tim	1										Crean, Kevin	4
O'Brien, Murphy	1										Fournie, Kevin	4
Snodgrass, Ted	1										Gilmore, Brian	4
Tower, Nathan	1										Hagan, Conor	4
Westlund, Dan	1										Kane, Ryan	4
Leinauer, Dan	1										Lawo, Dan	4
Monda, Mark	1										Lovinguth, Mike	4
											Martin, Jim	4
											Mathias, Steve	4
Chris Crews	2										Mills, Kevin	4
Godar, David	2										Phillips, Drew	4
Graesser, Dan	2										Schmidt, Donny	4
Hoffman, Joe	2										Stahl, Greg	4
Kim, Pat	2										Stephens, Pat	4
Leinauer, Pat	2											
Nischwitz, David	2											
O'Brien, Tipper	2											
Oldani, Ryan	2											
Parr, John	2											
Schaefer, Peter	2											
											Recovering:	
											Brice, Matt	R
Belgeri, John	3										Davis, Nick	R
Chik, Ken	3										Hoffman, Matt	R
Denny, Andy	3										Roehr, Jason	R
Gonnerman, Boyd	3										Skosky, Andy	R
Gonnerman, Kyle	3										Solberg, Matt	R
Hadler, Geoff	3										Stroble, Jamie	R
Joseph, Raj	3											
Killiany, Matt	3											
MacDonald, Sean	3											
Noblet, Drew	3											
Ottenad, Jason	3											
Sively, Matt	3						1= Sub 7:00 train/ 6:30 hard dist/ sub 17 race					
Spicer, Richard	3						2= Sub 7:30 train/7 hard dist/sub 18 race					
Stewart, Geoff	3						3=Sub 8:00 train/ 7:30 hard dist/ sub19 race					
Towers, Jason	3						4=Sub 8:30 train/ -8 hard dist/ sub 20 race					
Westlund, Andrew	3						5=sub 9 train/sub 8:30 hard dist/sub 22 race					

end