

2.01

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p.o.e

[illegible]

Early 2m! Print workout data sheet

8.10.94 1st PRACTICE 1994

- ARRIVE 9AM
- LOCATE MED KIT AND COOLER
- WORK ON DESK WORK FILES
- COPY WORKS 2 PROGRAM IF POSSIBLE

- PICK UP EMERGENCY CARDS FROM Z

- CHECK PULL UP BAR

PRACTICE

- ① GREET ATHLETES 7:45 on upper field
- ② BEGIN INTERVIEWS BEFORE 8 w/ AS MANY AS POSSIBLE
- ③ 8:05 SPEAK TO GROUP

A) WELCOME & WORDS

B) TODAY'S ARRANGEMENT

1. SENIORS TO COACH L FOR INTERVIEW

2. JUNIORS & SOPHS TO SCALES FOR WEIGHTS THEN TO UPPER FIELD FOR PUSH-UPS TEST w/ PARTNER

3. SENIORS MOVE TO WEIGHT ON PUSH-UP TEST AFTER INTERVIEW, SOPHS JUNIORS TO INTERVIEW

4. COLLECT ALL INFO ON INTERVIEW SHEET & DETAIL MILE GROUPINGS

5. JOG TO PARK 1/2 mile

6. TOUR 2 MILE LOOP 1 mile!

7. CALISTHENICS & stretch

8. RUN TWO MILE: TIME/PULSE/PACE

9. A = 30 ADDITIONAL MIN D = JOG IN

B = 20 ADDITIONAL MIN

C = 10 ADDITIONAL MIN

SEASON PROSPECTS! SLUT TRAD
NEED FOR ATTITUDE SPIRIT
COACHING CHANGE
PRACTICE ATTENDANCE

WHAT IS XC INTRO CAPTAINS

DIFFICULTIES OF AUGUST

REVIEW SCHEDULE FOR THIS WEEK

DISCUSS OPTIONS FOR THURS & FRI OR NEXT WEEK

NUMBERS AND RECRUITMENT

ROLL INTRO LATER

LOCKERS

enter mudroom

early morn

MISC only

Heat illness warnings

→ emerg. card.

A = HIGH MILE
300+

B = GOOD MILEAGE
200+

C = MIN MILEAGE
150 @

D = LITTLE or
NO mileage

- (10) ALL END AT WATER FOUNTAIN, DRINK AND
JOG IN
- (11) CAL & LEG STRETCH ^{GROIN} HAM/QUAD/ACHILLES/
+ YAROWN
NEEDS
- (12) SITOWER

XC TO DO LIST:

- ✓ CALL GAYLORD & TOM RE: SATHPAW
- ✓ SEND NOTICE TO HENCOCK
- ✓ PREPARE FINLEY INVITATIONAL MAILING
- ✓ TALK TO GAYLORD SINCE LAST YEAR ~~HE~~ REIN IT
- ✓ RESOLVE UNIFORM ISSUES

1993 SLUH XC Initial survey and performance data

8/10/94

Name	weight	tot. mlg	push-up	mile	stress	Name	weight	tot. mlg	push-up	mile	stress
Seinors						Sophomores					
PAT HAMEL			62	11:57	161	ERIC MONDA	111		30	13:00	170
TIM DENNY			42	12:58	152	BRIAN BURNS	101		40	13:43	120
JEFF MERLO			62	14:21	180	FRANK NIESEN	127		27	14:12	160
TIM TRUMAN			27	14:40	184	DAN RANGE	122		29	14:20	170
DETE MONAHAN			17	14:40	180	DEREK HAAKE	162		10	16:32	190
KEVIN MYERS			58	12:32	170	MATT DONALDSON	160		36	14:53	170
						TIM BLESSING	116		27	13:31	148
						JOHN HOEYNECK	130.5		21	14:20	156
						RICK DOMACK	154		21	16:52	174
						MATT MISCHWITZ	132.5		57	13:48	162
						TOM SMITH	136.5		40	15:50	152
						GREG WHITE	145.5		21	17:46	160
						BEN CALDWELL	126		27	14:19	178
						PHIL KOPF	102		29	13:33	140
						JIM GUNTHER	134		30	16:45	180
						BRAD WEBER	147		32	15:09	166
						MIKE SCIRONI	120		26	14:42	166
						BRET HOEMAN	164		20	17:46	176
Juniors						Freshman					
JOHN JOHNSON	133		27	13:29	154						
JOHN CALDWELL	138		42	13:18	180						
JOHN FLYNN	135		48	13:18	174						
BEN FANSON			59	12:58	160						
JOEL BROWN			41	12:59	172						
KEITH MYERS			36	13:41	158						
JOHN SAUTER			30	13:53	162						
TIM CHIK			45	11:54	160						

WORK GROUPS

A = HIGH MILEAGE 300 +
B = GOOD MILEAGE 200 +
C = MIN MILEAGE @ 100
D = NO MILEAGE

1 = VERY COMPETITIVE, TOP TEN
TOP JV
2 = COMPETITIVE, UNRASHY PROSPECT
3 = AVERAGE LEVEL
4 = LOWER LEVEL

A1

PAT HAMEL
KEVIN MYERS
BEN RANSON
JOEL BROWN
TIM CHIK
ERIC MONDA

A2

~~TIM DENNY~~
DAN RANGE
PHIL KOPF

A3

B1

TIM DENNY
~~JOHN DENNY~~
JOHN ~~FLYNN~~

JOHN DENNY

B2

JEFF MERLO
KEITH MYERS
JOHN JOHNSON
JOHN CALDWELL
TIM BLESSING
~~JOHN DENNY~~
JOE DONNELLY

B3

MATT DONALDSON

B4

C1

JOHN WELDER
MARK BONK

C2

SHANNON YATES
FRANK NIESEN
JOSE HOENYK
MATT NISCHWITZ
BEN CALDWELL

C3

TIM TRUMAN
BOB LONGRO
~~BRIAN BURNS~~
BRIAN BURNS
BRAD WEBER

C4

D1

D2

STEVE SCHLITT
JOHN SAUTER

D3

PETE MOWAHAN
MIKE STARONI
TOM SMITH
GREG WHITE

D4

DEREK HAAKE
BRET HOBMAN
ANDREW BROOKS
DAN O'BRIEN

BEN ROSARIO
JOHN RAMSEY
PAUL MURPHY
MIKE STEAD
CARIS GRASSER

8/11/94 jog 1 or 2, cal and stretch, aerobic run long on course: 2, 4, 6, or 8, jog, cal & stretch

Name	Course	Time	Stress	pace
HAMEL	8	50:06	158	
MYERS, KEVIN	8	50:24	172	
RANSON	8	50:24	170	
BROWN	8	50:34	168	
CHIK	8	50:06	172	
MONDA	8	50:34	176	
RANGE	86	45:10	178	
KOPF	8	DNF		
DENNEY	6	43:15	162	
XXXXXXXXXXXX				
MYERS, KATH	6	179 ↔ 44:14		
JOHNSON	6	43:59	160	
CALDWELL	6	44:01	196	
FLYNN	6	43:59	174	
DONALDSON				
BLESSING	6	44:03	170	
DONNELLY	6	44:19	170	
TRUMAN	4	32:52	186	
BURNS	4	32:52	128	
NIESEN	4	33:00	170	
HUEYK	4	33:01	172	
NISCHWITZ	4	32:49	172	
CALDWELL, B	4	32:55	178	
GUNTER	4	33:01	192	
DONALDSON	4	33:01	170	
MONAHAN	2			
SAUER	2	15:35	140	
HAARE	2	16:05	180	
XXXXXXXXXXXX				
SMITH	2	15:56	152	
WHITE	2	16:07	160	
WEBER	2	15:50	188	
SCIARONI	2	15:35	162	
HOLMAN	2	16:46	160	

* =missing

East-Cannon International
4700 East Airport Drive
Ontario, CA 91761

46:52
138

Base Hit Cookies						Page	Cannon Int
Group	Course	Stress pulse	Time	Schmidt	East Air	Ontario,	
(K) HAMEL ✓	9	166	1:06:35				58:26
MYERS ✓	9	172	1:08:32				
FANSON ✓	9	156	1:08:32				
BROWN ✓	9	172	1:08:41				
CHIK ✓	9	168	1:07:03				
MONDA ✓	9	190	1:08:42				
DENNEY ✓	7.6	164	53:40				54:20
RANGE ✓	5.2	178	41:35				+
KOPF ✓	6.2	158	46:17				
(LK) MYERS ✓	7.6	182	57:07				57:59
JOHNSON ✓	7.6	156	56:04				56:44
J CALDWELL ✓	7.6	168	51:33				54:33
FLYNN ✓	6.2	180	44:50				+
BLESSING ✓	6.2	170	46:45				✓
DONNELLY ✓	6.2	168	46:47				✓
MERLO ✓	6.2	174	45:31				+
TURMAN ✓	5.2	157	44:05				✓
BURNS ✓	4	154	29:48				+
NIESEN ✓	4	162	32:31				✓
B CALDWELL ✓	6.2	192	49:28				✓
NISCHWITZ ✓	4	194	28:45				+
LONIGROV ✓	6.2	162	53:46				
DONALDSON ✓	4	17	33:01				✓
GINTER ✓	4	180	33:48				✓
HOLYNK ✓	4	160	30:00				✓+
MONAHAN ✓	5.2	176	44:05				✓
SATER ✓	DNF						
HAARE ✓	4	188	35:00				✓
SMITH	3	180	19:49				+
WHITE	3	160	21:55				-
WEBER	4	210	29:27				+
SCIARONI	4	178	21:24				-
HUEMAN	3	180	21:55				-
* =missing							

53.45

8/13/94 Jog 2 or 1, cal, stretch, 2nd set push up, 200 striders, tp group Fartlek, others on grass loops, jog stretch

MON
8-15-94

	A	B	C	D	E	F	G	H	TIME	Pu
1	Name	push ups	Distance	Fartlek	Interval	pulse	time	total milage		
2	HAMEL		X					HAMEL	49.34	177
3	KV MYERS	48	50"	15,30/nd 2min		174		MYERS	49.34	166
4	FANSON	55	50"			180		FANSON	49.34	160
5	BROWN	50	50"			180		BROWN	49.34	168
6	CHIK	46	50"			160		CHIK	48.29	152
7	MONDA	32	4			152	31:35	MONDA (L)	42.40	180
8	CRONIN		40"							
9	CALDWELL	53	40"			184				
10								DENNEY	40.13	158
11								CALDWELL	45.25	180
12	RANGE	36	40"	3/2min	12,28,END	176		WELLER	42.48	180
13	KOPF	30				158		KOPF	45.53	160
14	KE MYERS	48				174		RANGE	44.40	180
15	JOHNSON	34				172		KE MYERS	44.25	178
16	FLYNN	48				182		JOHNSON	42.46	180
17	BLESSING	37				170		FLYNN	43.40	184
18	DONNELLY	40				182		BLESSING	42.46	174
19	MERLO	54				150		DONNELLY	42.54	160
20								MERLO	44.22	176
21										
22	TRUMAN	35	40"	20 min				TRUMAN	40.27	160
23	BURNS	35	4			154	31:35	BURNS	40.15	128
24	NIESEN		40"					B. CALDWELL	40.48.07	182
25	B CALDWELL	26	4			150	31:35	NISCHWITZ	28.55	180
26	NISCHWITZ	40	4			160	31:35	CONIGRO	40.13	184
27	CONIGRO	36	6.2	50 min				HOENYK	30.50	158
28	HOENYK	25	6.2			176	47.03	DONALDSON	31.04	168
29	DONALDSON	35	4			174	32:53	MONAHAN	40.27	166
30	MONAHAN	24	6.2	50 min				YATES	35.42	154
31	GUNTER	38	4			180	35:09	GUNTER	31.01	186
32	SMITH	43	4			170	37:50	SMITH	19.34	172
33	HAARE	20	4			180	36:25	HAARE	23.07	180
34	HAARE							WHITE	20.30	168
35	WHITE	30	2+1			168	17:08	WEBER	31.49	150
36	WEBER							NIESEN	33.43	172
37	SCARONI							SCARONI	18.17	192
38	HOEMAN	25	2+1			198	17:08	HOEMAN	22.20	182
39	WELLER	55	6.2			480	47.03	BROOKS	23.07	160
40								SAUTER	49.17	164
41										
42										
43										
44										
45										
46										
47										
48										
49										
50										
51										
52	8/13/94									

6 miles

6 miles

6 miles

8/16

	1 MILE TIME	PULSE
WINTERMANN		
DORSEY		
BISCAN	8:28	170
FINGER HUT	6:44	150
MURPHY		
RUDDY	7:03	144
HEANY	6:48	146
STARO	6:34	144
ROSARIO	6:24	162
GRABSER	6:30	162
MELTON	8:05	177
RAMSEY	6:27	140

8/16/94

- 130 190+ (148 - 180)

8 MI
LOOP

	TIME	PULSE
HAMEL	51:57	159
KV MYERS	51:57	156
KANSON	51:57	152
BROWN	51:57	164
CITIK	51:57	158

6 MI
LOOP

MONDA	40:38	180
DENNEY	40:19	162
J. CALDWELL	50:11	132
WELLER	40:55	180
KOPF	44:51	160
RANGE	45:26	172
KE MYERS	44:51	178
JOHNSON	41:01	158
FLYNN	40:30	170
BLESSING	40:45	170
DONNELLY	40:58	160
MERLO	45:35	168
BEN CALDWELL	45:26	182
SAUTER +	?	
TRUMAN		

~~TRUMAN~~

	TIME	PULSE
BURNS	28:48	168
CONIGRO	34:50	166
MONAHAN	34:35	162
NISCHWITZ		
HOENYK	31:17	168
YATES ^{RAN WRONG COURSE}	29:26	172
DONALDSON	31:25	176
GUNTER	33:39	190
SMITH	36:20	180
HAAKE	37:05	180
WHITE	35:20	174
WEBER	36:20	162
NIESEN	39:14	174
SCIARONI	36:20	168
HOEMAN	37:17	200
BROOKS	39:15	195
BONK (2)	14:34	163
SHLITT (4)	31:05	196

TOM
FLANAGAN

[illegible]

#1 + 30 min EASY TO SCHOOL #2 25 min #3 20

8/18/94 Jog, cal/stretch, cruise practice, hard four or two mile run, cal., extended cool down jog, 3 mile two mile, into school stretch.

DISTANCE #4 10 TIME

Name	Group	Course	Stress pulse	Time	Rate	Comment
DENNY	1	4 miles	164	24:25	8 miles	53:03 158
HAMEL	1		164	24:17	8 miles	50:56 154
MERLO	2		182	28:27	8 miles	53:42 170
MONAHAN	3		172	29:57	4 miles	34:21 160
KV MYERS	1		172	24:56	8 miles	53:03 164
TRUMAN	3		178	29:57	4 miles	34:12 174
LONIGRO	3		178	31:26	4 miles	33:31 172
WELLER	3		168	26:41	8 miles	53:03 172
SCHLITT	3		204	30:08	4 miles	30:16 180
BROWN	1		182	24:32	8 miles	53:03 160
CITIK	1		178	24:24	8 miles	53:03 166
J CALDWELL		BIKE FOR 50-60				
KANSON	1		168	24:34	8 mile	53:03 160
FLYNN	2		180	26:19	6 miles	40:35 178
JOHNSON	2		166	27:11		
KE MYERS	2		186	28:35	6 miles	45:25 158
SALTER	3		180	28:23	6 miles	45:25 156
YATES	3		150	26:14	6 miles	45:25 150
BONK ?	3		DNF		6 miles	40:35 174
GRANINO ?	3		206	30:35		
BURNS	3		136	31:50	4 miles	29:31 158
B CALDWELL	2		184	30:49	4 miles	29:10 168
DONALDSON	3		190	32:00	4 miles	32:12 174
GUNTER	3		190	32:42	4 miles	35:51 176
HAAKE	3		180	34:12	4 miles	43:29 184
HOEMAN	4	(2miles)	186	18:26		
HOENCK	4		174	30:00	4 miles	30:20 154
KOPF	3		170	28:23	6 miles	44:35 152
MONDA	1		180	24:26	8 miles	53:03 172
NIESEN	3		174	30:23	4 miles	31:40 160
NISCHWITZ	3		200	28:23	4 miles	33:40 168
RANGE	2		180	30:42		
SCIARONI	3	(2miles)	150	12:45	4 miles	35:39 152
SMITH	3	(2miles)	168	18:15	3 miles	18:15 180
WEBER	3		168	26:41	4 miles	35:42 160
WHITE	3		164	23:09	2 miles	15:00 154
DONNELLY	2		172	27:33	6 miles	45:25 166
BROOKS	4				4 miles	43:29
BISCAN	4	2 miles	170	18:15	2 miles	19:30 184
FINGERHUT	4		170	14:15	3 miles	18:50 186
HEANEY	4		158	15:15	3 miles	18:45 156
RUDDY	4		160	15:20	3 miles	20:59 160
STAID	4		156	15:01	4 miles	33:21 146
WINTERMANN	4					
MURPHY	4		180	15:15		33:21
GRAESSER	4		148	12:45	4 miles	28:16 138
ROSARIO	4		150	14:05	4 miles	29:10 170
RAMSEY	4		124	12:45	4 miles	29:10 156
MARTZ	4		142	18:15	3 miles	20:59 180
* =missing MELTON	4		195	18:16		

DAN O'Brien

2 miles

118

19:27

2 miles

19:27

118

29:10

08/20/94

Name	Course	Mid pulse	End pulse	Time	pace	Name	Course	Mid pulse	End pulse	Time
HAMEL	7.6		161	47:58						
MYERS	7.6		182	47:35		LINGGANT	3		160	21:24
LARSON	7.6		168	48:55		HEARNY	3		152	22:11
BROWN	7.6		162	49:03		DONSEY	3		127	23:30
CHIK	7.6		166	48:48		RUDDY	3			
MUND	7.6		168	48:46		STARO	3		146	22:11
RAMSEY	7.6					MURPHY	3		180	24:17
DENNY	6.2		168	39:25		RAMSEY	3		RAN 4 MILES	
FLYNN	"		174	39:26		MELTON	3		176	26:40
MERLO	"		172	45:48		MARTZ	3		170	28:46
MYERS	"		182	45:51						
JOHNSON	"		164	45:43						
CALDWELL	"									
REED	"		170	44:12						
REED	"									
DONNELLY	"		160	43:25						
DONALDSON	"									
WELLER	5.2		180	32:47						
BONK	"	20 minutes				BISCAN	2		128	18:04
YATES	"		150	33:17		O'BRIEN	2		148	17:54
NIESEN	"		128	38:33						
HOEYNE	"		180	39:44						
NISCHWITZ	"		166	35:10						
CALDWELL	"		170	37:25		COACH L	5		126	35:48
TRUMAN	"		164	39:06		TOM F			190	35:10
LONIGRO	"		178	39:57						
BURNS	"		159	38:24						
WEBER	"		196	38:50						
SCHUTT	4		206	28:54						
SATER	"									
MONAHAN	"		168	30:19						
SCIARONI	"		192	28:38						
SMITH	"		172	28:52						
WHITE	"		174	31:15						
HAARE	"									
BROOKS	"		174	34:18						
ROSARIO	"		175	26:34						
RAMSEY	"		172	28:30						
GUNTER	"		190	31:20						
GRANINO	"		210	29:16						

Kopf

B

F

F

Timed Course

Date:

08/22/94

heel
toe taps

(1) Slow HOP
30 SEC

(2) FAST HOP
20 SEC

(3) REST +
Repeat

(4) 80 meter
walk

(5) 40 toes
out

(6) 40 toes
in

(7) skips
toes
out

(8) skips
toes
in

(9) Jog
on toes
40

(10) heel
walk

Name	Group	Course	Time	Pulse	Cool Down	Comment
PETE MONAHAN	D3	4	33:50	158		
TIM TRUMAN	C3	4	33:50	164		
STEVE SCHLITT	D2	4	31:42	180		
MARK BUNK	C1	4	28:07	168		
JOE GRANINO		4	28:08	202		
SHANNON YATES	C2	6	41:36	160		
JOHN SAUTER	D2	4	28:10	170		
JOHN CALDWELL	B2		20 MINUTES			
BRIAN BURNS	C3	6				
JIM GUNTER	C3	6	50:24	188		
DEDER NARKE	D4	4	33:37	190		
JOHN HOEVAK						
FRANK NIESEN	C2	6			Lost	
MIKE SCIARDONI	D3	4	32:23	185		
TOM SMITH	D3	4	32:22	172		
BRAD WEBER	C3	6?	42:09	204		
GREG WHITE	D3	4	28:08	200		
TIM LESCHER	D2	4	30:23	172		
ANDREW BROOKS	D4	4	34:34	180		
JON BISCAN		2	21:07	190		
PATRICK DORSEY		3		110		Hurt KNEE
MARK FINGERHUT		3	21:37	160		
MIKE HEANEY		3	21:53	162		
NOAH RUDDY		3	23:55	168		
MIKE STAEH	D3	3	21:53	138		
PAUL MURPHY	D3	3	25:06	180		
BEN ROSARIO	D3	4	27:33	160		
JOHN RAMSEY	D3	4	26:15 30:27	160		
MATT MARTZ		2	16:45	140		
MATT MELTON		3	29:35	192		
DAN O'BRIEN	D4	2	18:20	140		
KEVIN KONARIK	D4	2	16:18	112		
JOHN EBEL	D4	2	16:38	108		
CHRIS GRASSER	D3	3	23:02	140		
COACH F		4	27:40			

Jog/cal/ injury circuits/Course hard/cal/jog/ stretch

Repeat Two's; Early Season

Date: 08/22/94

INJURY CIRCUITS
 (1) SLOW HOP 30 SEC
 (2) FAST HOP 30 SEC
 (3) REST REPEAT

Name	Group	2 mile	2 mile	2 mile	stress	cool down	tot. milage	Comment
YAMEL	A1							
MYERS	"	12:17	12:50	12:19				
FANSON ✓	"	12:27	13:04					
BROWN ✓	"	12:27	13:04					
CHIK	"	12:10	12:14	12:10				
MONDA	"	12:13	hamstring					
RANEE	A2	15:08	15:24					
KOPF	A2	13:55	14:52					
DENNY ✓	B1	12:14	12:34					
FLYNN ✓	B1	12:40	12:45					
MERLO	B2	13:40	14:14					
* MYERS	"	13:20	14:04					
JOHNSON	"	13:29	14:09					
* B. CALDWELL	"	14:28	15:18					
TIMBLESS ✓	"	13:30	13:57					
JOE DONNELLY	"	12:45	12:56					
** MATT DONALDSON	B3	15:30	16:36					
WELLER ✓	C1	12:55	13:21					
HUENK	C2	(MI) 16:27	16:50					
B. CALDWELL	C2	15:29						
LOMIGO	C3	15:39	16:36					
BURNS	C3	NA	NA					
N. SCHWITZ	C2	13:28	15:58					

log/cal/injury circuits/repeats/cool down/cal/stretch

* OFF OR CROSS-TRAIN BICYCLE

** CHOICE

OFFERED

(10) WALK ON TIRES

- (4) 20' retractor walk
 (5) 20' w/ toes out 45°
 (6) 20' w/ toes inward
 (7) skips outward
 (8) skips in
 (9) 20' w/ toes

Name	Total time	F/interval	Duration	str. pls # 1	Str pls #2	Notes
KEVIN MYERS	50					
BROWN	50					
CHIKK	50					
FANSON	50					
MONDA	50					
RANGE	50					
KARF	50					
DENNY	50					
FLYNN	50					
BLESSING	40			140	170	
DONNELLY	40					
WELLER	40			172	160	
BONK	40					
MERLO ✓	40			182	176	
MYERS ✓	40			176	182	
JOHNSON ✓	40			154	170	
DONALDSON ✓	40			—	174	
YATES ✓	40			124		
NIESEN ✓	40					
HOEYMK ✓	40			164	170	
NISCHWITZ ✓	40					
CALDWELL ✓	40			188	—	
SAUTER ✓	30					
TRUMAN ✓	30					
LONIGRO ✓	30			182	182	
BURNS ✓	30					
WEBER ✓	30			240?	201	
KOPF	30			110	115	
GIANINOV ✓	30					
SCHLITT ✓	30			190	—	
MONAHAN ✓	30					
BROOKS 0	30			—	184	
SCIARONIV ✓	30			—	156	
GUNTER	30			—	178	
LESCHER ✓	30					
SMITH ✓	30					
WHITE 0	30					
ROSARIO 0	30					
RAMSEY 0	30					
HAAKE	20					
BISLAN	20					
O'BRIAN	20					
MELTON	20					

Job 1/2 - 1/1 CAL / STRETCH / SPEED CIRCUITS / CAL / FARTLEK on LAKE CREEK / CAL /
Job / STRETCH

FARTLEK

RUN

Name	Total time	F/interval	Duration	str. pls # 1	Str pls #2	Notes
DORSEY	20					
FINGERHUT	20					
HEANEY	20					
LODES	20					
KORF	20					
GRAESSER	20					
RUDDY	20					
MURPHY	20					
KOVARIK	20					
EBEL	20					
MARTZ	20					
MILLER	20					
BUMB	20					
CHRISTIE	20					
PATTON	20					
GERWITZ	20					
DICKMEYER	20					
BARRET	20					

Name	Total time	F/interval	Duration	str. pls # 1	Str pls #2	Notes
DORSEY	20					
FINGERHUT	20					
HEANEY	20					
LODES	20					
KORP	20					
GRAESSER	20					
RUDDY	20					
MURPHY	20					
KOVARIK	20					
EBEL	20					
MARTZ	20					
MILLER	20					
BUMB	20					
CHRISTIE	20					
PATTON	20					
GERWITZ	20					
DICKMEYER	20					
BARRET	20					

Aug. 29, 1993 Jog, stretch, lunge, skip, bound, knees, hard O.D. w/ very hard second mile, jog, stretch

Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
KEV MYERS	8	55:39	144		SCHLITT	4	28:54	184
FANSON		55:39	144		SAUTER			
BROWN		48:19	174		WEBER		31:08	165
CHIK		48:19	160		MONAHAN		32:35	164
MONDA					HAAKE		34:50	190
RANGE		55:39	182		SMITH		48:01	186
HOPS					WHITE			
DENNY		55:39	144		GUNTER		35:39	144
DENNY					SCIARONI	4 miles	29:32	192
FLYNN	6	35:35	182		BROOKS			
BLESSING		41:10	154		DICKMEYER	3 miles	22:57	147
DONNELLY		38:58	170		GERWITZ	4 miles	29:32	206
MERLO		45:00	172		ROSARIO			
JOHNSON		41:57	168		RAMSEY	3 miles	20:20	128
DONALDSON		46:15	166		CHRISTIE	4 miles	32:35	124
					LAROSE	4 miles	32:35	148
WELLER	6	39:39	180		DORSEY	2 miles	DNF	
YATES		41:36	144		LODES	3 miles	23:03	160
BONK		41:20	162		FINGERHUT	4 miles	32:35	160
NISCHWITZ					RUDDY	4 miles	32:35	164
GIANINO		46:15	192		GRAESSER	3 miles	20:32	146
NIESEN		50:16	182		KOVARIK	3 miles	20:32	148
B. CALDWELL		48:00	182		MURPHY	4 miles	32:35	188
LESCHER		47:43	148		HEARTY			
TRUMAN					EBEL	3 miles	23:47	120
LONIGRO		46:59	186		PATTON	3 miles	23:08	184
BURNS		42:40	112		LAUER	3 miles	23:03	140
HOEYNK		44:43	168		MARTZ	3	32:35	172
SAUTER		44:32	164		BISCAN	3 miles	23:47	172
ROSARIO		41:42	140		MELTON	3 miles	23:04	175
MONDA	6	45:00	150		KOPH	4 miles	28:44	165
					NISCHWITZ	4 miles	30:48	164
COACH F.	6	44:32	180					

Name	Group	Course	Time	Pulse	Cool Down	Comment
Keith Myers		30 min on grass		168		
Phil Kopf		30 min on grass		140		
Graesser		4	30:50	150		
Ebel		4	31:30	190		
Kovarik		4	31:30	196		
Ramsay		4	29:17	120		
LaRose		4	31:17	133		
Dorsey		4	31:02	126		
Burns		4	31:23	119		
Murphy		4	31:30	180		
Melton		4	35:35	194		
Rusby		4	33:30	160		
Heaney		4	34:05	163		
Martz		4	36:50	168		
Gunter		4	32:50	180		
Christie		5.2	39:29	158		
Fingerhut		5.2	36:59	160		
Hamel		6.2	40:03	138		
Lodes		5.2	42:05	154		
Donnelly		6.2	41:15	166		
Niesen		5.2	42:57	140		
Weller		6.2	41:10	170		
Johnson		6.2	42:53	172		
Bank		6.2	42:23	168		
Yates		6.2	45:05	150		
Rosario		6.2	41:25	148		
Blessing		6.2	41:55	162		
Donaldson		5.2	39:40	170		
Hacke		5.2	42:21			
Nischwitz		6.2	46:12	180		
Caldwell		6.2	45:35	184		
Lescher		6.2	46:12	172		
Gerwitz		5.2	40:33	172		
Sauter		6.2	44:13	160		
Lauer		5.2	44:00	176		
Hbeynck		6.2	46:13	174		
Riscan		4	34:21	188		
Weber		6.2	45:15	168		
Kange		6.2	47:34	164		
Giarino		6.2	47:12	184		
Merlo		6.2	46:42	174		
Lonigro		6.2	48:20	180		
Monda		7.6	50:20	172		
Myers		7.6	50:20	164		
Denny		7.6	50:20	160		
Flynn		7.6	50:20	170		
Chik		7.6	50:20	162		

Jog/cal/ injury circuits/Course long/cal/jog/ stretch

Brown	7.6	50:20	164
Fanson	7.6	50:20	160

8/31/94 Jog/Cal/Stretch/ Injury Circuits/ Repeat Miles/Cal/Cool down/
Jog/Stretch 6 minutes rest, workout run in two groups "2" and "3"

	A	B	C	D	E	F	G	H
1	Name	#	1st mile	2nd mile	Pulse	3rd Mile	Cool down	Comments
2	John Weller	3	5:56	5:58	164	5:57		
3	Shannon Yates	3	6:28	6:08		5:49		
4	Mark Bonk	3	6:04	6:07	168	6:27		
5	Matt Nischwitz	3	6:03	6:11	185	6:50		
6								
7	Joe Gianino	3	6:38	6:39	6	6:33		
8	Frank Niesen	3	6:08	6:42		6:42		
9	Ben Caldwell	3	6:50	6:57	160	6:39		
10	Tim Lescher	3	5:59	6:07		6:20		
11	PETE McNAHAN	3	6:43	6:49	180	6:53		
12	Tim Truman	3	6:43	6:49	170	6:46		
13	Bob Lonigro	3	6:55	6:54	174	6:39		
14	Brian Burns	3	6:49	7:29	101			ASTHMA
15	Josh Hoeynk	3	6:28	6:54	176	6:59		
16	MATT DONALDSON	3	7:10	7:11	176	7:11		
17	Steve Schlitt	3						
18	John Sauter	3	6:00	6:09	160	6:49		
19	Brad Weber	3	6:52	6:57	160+	7:03		
20	MIKE SCIDRONI	3	6:18	7:06	200	X		
21	Ben Rosario	3	6:35	6:17	158	6:26		
22	John Ramsey	3	6:23	6:33				HURT ANKLE
23	John Christie	3	6:18	6:11	152	6:26		
24								
25	Pat Dorsey	2	DNF					HURT RIGHT ANKLE
26	Chris LaRose	2	6:21	6:20	110			
27	Paul Lodes	2	6:48	6:49	158			
28	Mark Fingerhut	2	6:38	6:37	168			
29	Noah Ruddy	2	6:48	6:50	180			
30	Chris Greasser	2	6:45	6:44	146			
31	Kevin Kovarik	2						
32	Paul Murphy	2	6:50	6:53	160			
33	Mike Heany	2	6:57	7:19	180			
34								
35	Scott Lauer	2	6:40	7:50	166			
36	John Ebel	2	6:58	7:39	170			
37	Brian Patton	2	6:59	8:30				
38	Jonathan Biscan	2	7:46	DNF				
39								
40	Matt Martz	2	7:12	7:27	188			
41	Matt Melton	2	8:02	8:25	198			
42	JIM GUNTER	2	6:50	7:20	200			
43	KURT GERWITZ	2	6:15	6:23	142			
44	DEREK HAAKE	2	7:55	7:51	188			
45	SELAGONI		6:18					
46								
47								
48								
49								
50								
51								

Cool, Breezy, Sunny

Jog+Aviation+Hill ~~Circuits+Race~~ ~~Circuits+Extended~~ Jog

8/31/94

9 10

between each

Name	Rest Pulse	1	2	3	4	5	6	7	8	2 Race Circuits	rest	2 Race Circuits
PAT HAMEL	GMI											39
GROUP A1 10 HILLS + 15 min COOL DOWN												
GROUPS A2 B1 B2 8 HILLS + 15 min COOL DOWN												

9.1.94

	A	B	C	D	E	PULSE	MILE SPLIT
1	Name	#	1st split	2nd split	3rd split	Comment	
2	John Weller	3					
3	Shannon Yates	3					
4	Mark Bonk	3					
5	Matt Nischwitz	3					
6							
7	Joe Gianino	3					
8	Frank Niesen	3					
9	Ben Caldwell	3					
10	Tim Lescher	3					
11							
12	Tim Truman	* 3	16:00	32:30	47:37	175	7:35
13	Bob Lonigro	3	15:09	30:37	45:11	172	7:10
14	Brian Burns	3	14:47	32:07	48:05	186	6:40
15	Josh Hoeynk	3	14:47	30:13	46:03	148	7:05
16							
17	Steve Schmitt	3					
18	John Sauter	3	13:38	26:50	39:40	174	6:33
19	Brad Weber	3	15:48	31:47	46:48	178	7:30
20	Pete Monahan	* 3	16:00	32:30	47:37	168	7:35
21	Derek Haake	2	16:50	34:40		190	8:10
22	John Smith						
23	Greg White						
24	Jim Sauter						
25	Mike Sciaroni	3	15:48	31:46	46:13	170	7:30
26	Andrew Brooks	2	17:19	34:35		160	7:40
27	Steve Brooks						
28	Kurt Gerwitz	3	15:48	31:35	46:01	190	7:30
29	Ben Rosario	✓ 3	13:38	26:50	39:40	160	6:33
30	John Ramsey	✓ 3				6:39 HURT ANKLE	(MILE 1) 15:41
31	John Christie	✓ 3	13:38				
32	DONALDSON	3	14:57	31:07	46:39	170	6:55
33	Pat Dorsey	✓ 2				KNEES	
34	Chris LaRose	✓ 2	14:04	28:42		144	6:44
35	Paul Lodes	2	15:12	31:32		140	
36	Mark Fingerhut	✓ 2	14:00	28:12		170	6:45
37	Noah Ruddy	✓ 2	17:57	30:28		164	7:10
38	Chris Greasser	2	14:57				
39	Kevin Koverak	2					
40	Paul Murphy	✓ 2	14:57	30:27		160	7:10
41	Mike Heany	2	16:00	32:02		174	7:40
42							
43	Scott Lauer	2	16:49	33:27		160	8:10
44	John Ebel	2	14:59	31:06		150	7:10
45	Brian Patton	2	17:20	34:55		164	8:24
46	Jonathan Bisca	2	19:05	38:39		192	8:45
47							
48	Matt Martz	2				HIP/ANKLE	
49	Matt Melton	2	16:26	34:36		188	7:40
50							
51							
52	end						

9-1-94 Jog/Stretch/Cal/ Injury Circuits/Extra Cal/ Quarters on Grass/Cal/ Jog/Stretch

[illegible]

9/2/94 jog , push-up test, strength, circuits, LSD, cal, jog, stretch

Name	Course	Time	Pulse	Name	Course	Time	Pulse
Pat Hamel	1hr			Tim Truman	5	40:42	166
Kevin Myers	1hr			Bob Lonigro	6	40:43	170
Ben Fanson	1hr			Brian Burns	30min		
Joel Brown	1hr			Josh Hoeynk	5.2	44:04	156
Tim Chik	1hr			MONAHAN	5.25	40:42	164
Eric Monda	1hr			Steve Schlitt			
				John Sauter	5	41:52	146
Dan Range	6	46:47	170	Brad Weber	5	38:46	175
Dennis Kopf	6	43:44	146				
				Ben Rosario	6.2	43:39	155
Tim Denny	1hr			John Ramsey	4	28:43	158
Keith Myers	1hr			John Christie	5	28:46	168/120
John Flynn	1hr						
Tim Blessing	1hr			Pat Dorsey			
Joe Donnelly	1hr			Chris LaRose	4	30:02	148
				Paul Lodes	5.2	38:44	170
Jeff Merlo	6	44:14	160	Mark Fingerhut	5.2	37:106	178
John Johnson	1hr			Noah Ruddy	4	30:37	156
MATT DONALDSON	5	36:21	160	Chris Greasser	4	32:32	154
John Weller	1hr			Kevin Kovarik			
Shannon Yates	430 min	35:06		Paul Murphy	4	32:06 37:52	170
Mark Bonk	5	41:56	152	Mike Heany	4	31:08	170
Matt Nischwitz	5.25	43:38	144				
			0-WATER	Scott Lauer	5	39:17	164
Joe Gianino	5.2	42:10	164	John Ebel	4	32:06	170
Frank Niesen	6.2	48:14	174	Brian Patton	4	35:06	196
Ben Caldwell	6.2	45:26	154	Jonathan Biscan	LATE	15 min RUN	
Tim Lescher	6.2	43:50	147				
				Matt Martz	4	33:14	142
SCARONI	5.2	43:38	168	Matt Melton	4	37:12	160/120
GERWITZ	5.2	43:38	146				
HAARE	5.2	44:12	182				
BROOKS	5.2	45:03	170				

1994 SLUH XC Work Groups for Sept

9/3/94

8.6.4.3

Group A1	Group B1	Group C1	Group D1	Group F1
✓ Pat Hamel	✓ Tim Denny	✓ John Weller		✓ Ben Rosario *
✓ Kevin Myers	✓ Keith Myers	✓ Shannon Yates		✓ John Ramsey
✓ Ben Fanson	✓ John Flynn	✓ Mark Bonk		✓ John Christie
✓ Joel Brown	✓ Tim Blessing	✓ Matt Nischwitz *		
✓ Tim Chik	✓ Joe Donnelly			
✓ Eric Monda				
(John Caldwell)				
Group A2	Group B2	Group C2	Group D2	Group F2
✓ Dan Range	✓ Jeff Merlo	✓ Joe Gianino	✓ Steve Schlitz *	✓ Pat Dorsey
✓ Dennis Kopf	✓ John Johnson	✓ Frank Niesen	✓ John Sauter	✓ Chris LaRose
		✓ Ben Caldwell	✓ Brad Weber	✓ Paul Lodes
		✓ Tim Lescher		✓ Mark Fingerhut
				✓ Noah Ruddy
				✓ Chris Greasser
				✓ Kevin Kovarik
				✓ Paul Murphy
				✓ Mike Heany
	Group B3	Group C3	Group D3	Group F3
	✓ Matt Donaldson	✓ Tim Truman	✓ Pete Monahan *	✓ Scott Lauer
		✓ Bob Lonigro	✓ Derek Haake	✓ John Ebel
		✓ Brian Burns	✓ Tom Smith	✓ Brian Patton
		✓ Josh Hoeynk	✓ Greg White	✓ Jonathan Biscan
			✓ Jim Gunter	
			✓ Mike Sciaroni	Group F4
			✓ Andrew Brooks	✓ Matt Martz
			✓ Tim Dickmeyer	✓ Matt Melton
			✓ Kurt Gerwitz	
Codes:				
A=High Mileage 300+				
B=Good Mileage 250				
C=Some Mileage 150				
D= No mileage				
F=Freshman				
1=Very Competitive				
2= Competitive				
3=Average				

Sept. 9, 1994 Jog, cal, stretch, push-up #'s, 200 striders, course, cal, jog, stretch

Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
Pat Hamel	X	X	X		Tim Truman	6.2	48:20	176
Kevin Myers	7.6	52:43	156		Bob Lonigro	6.2	50:11	164
Ben Fanson	7.6	57:00	174		Brian Burns	GRASS LOOP	4 + 2	4539148
Joel Brown	7.6	57:06	136		Josh Hoeynk	6.2	51:30	162
Tim Chik	7.6	52:43	162					
Eric Monda	7.6	52:43	188		Steve Schlitt	6.2	48:20	188
Dan Range	7.6	58:58	164		John Sauter	6.2	37:54	164
Devin Kopf	7.6	X	X		Brad Weber	6.2	46:30	174
Tim Denny	7.6	52:43	156		Ben Rosario	6.2	44:45	140
Keith Myers	7.6	58:58	176		John Ramsey	5.2	37:53	164
John Flynn	7.6	52:43	164		John Christie	5.2	X	178
Tim Blessing	7.6	52:43	158		Pat Dorsey	X	31:40	132
Joe Donnelly	7.6	52:30	160		Chris LaRose	5.2	37:54	159
Jeff Merlo	7.6	58:30	174		Paul Lodes	5.2	39:20	164
John Johnson	7.6	53:58	168		Mark Fingerhut	5.2	36:14	178
John Weller	6.2	45:33	168		Noah Ruddy	5.2	42:35	172
Shannon Yates	6.2	45:33	144		Chris Greasser	5.2	39:20	162
Mark Bonk	6.2	44:45	174		Kevin Kovarik	X		
Matt Nischwitz	6.2	30:54	168		(4) Paul Murphy	5.2	31:04	160
Joe Gianino	6.2	49:09	172		Mike Heany	5.2	47:40	168
Frank Niesen	6.2	45:34	156		Scott Lauer	5.2	42:07	160
Ben Caldwell	6.2	49:47	140		John Ebel	4	33:34	176
Tim Lescher	6.2	46:25	138		Brian Patton	4 +	37:26	176
MUNAHAN	5.2	26:30	168		Jonathan Biscan	4 +	39:30	196
HAAKE	5.2	46:30	196		Matt Martz	4 +	33:54	148
SMITH	5.2	39:16	192		Matt Melton	4 +	31:02	178
WHITE	X	X	X		CORCORAN		31:25	176
GUNTER	X	X	X		FLANNAGAN	5.2	35:15	180
SCIARONI	5.2	47:23	142					
BROOKS	5.2	48:35	160					
BERNITZ	5.2	47:23	150					
DOLANDER	6.2	48:26	174					

1:02:29

TOM & CRAIG!

9/9/94

- complete roll for guys I don't take along
- make sure guys who didn't get a sheet on meet get one
- take a second hand count of those needing the van. We have van #2, the smaller one, instead of #1, so if the group is too large, I'll have to come down with my car. Call me at home & let me know.
- Jog the guys 1 PULL MILE
- CAL + PUSH UP TEST! Check the #'s!
- STRETCH
- 6x 200 yd Striders for Fresh
- 8x 200 For soph, jr., sr.
- FORM DRILLS on a GRASSY course Approx 20 minutes should be fine. See attached sheet for form components. (make copies if you want to)
- Cool Down, CAL, stretch.

Sept. 12, 1994 Jog, cal, stretch, push-up #'s, change over drills, course, cal, jog, stretch

Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
Pat Hamel	0	42:00	163		Tim Truman	4	34:25	175
Kevin Myers	1	42:38	156		Bob Lonigro	6	47:37	178
Ben Fanson	1	42:38	172		Brian Burns	6	46:57	148
Joel Brown	1	40:43	168		Josh Hoeynk	6	48:47	160
Tim Chik	1	46:43	158/158		Pete Monahan	6	47:10	160
Eric Monda	1	41:26	195		Steve Schlitt	4	34:30	178
Dan Range	1	43:35	180		John Sauter	6	42:38	160
PHIL Dennis Kopf	1	45:51	153		Brad Weber	6	46:57	162
Tim Denny	1	42:38	158		Kurt Gerwitz	6	47:50	172
Keith Myers	1				Derek Haake	4	38:38	190
John Flynn	1	41:26	162		Tom Smith		X	
Tim Blessing	1	40:47	154		Greg White		X	
Joe Donnelly	1	40:33	160		Jim Gunter	4	32:46	204
Joe Donnelly					Andrew Brooks	3	26:38	174
Jeff Merlo	1	47:06	158		SCHARBNI	6	47:50	168
John Johnson	1	42:47	168		Ben Rosario	6	46:48	158
John Johnson					John Ramsey	4-	28:07	160
John Weller	4-	28:07	180		John Christie	4-	28:07	152
Shannon Yates	4	34:25	112		Pat Dorsey		X	
Mark Bonk	6-	42:08	158		Chris LaRose	4	35:02	148
Matt Nischwitz	20	MINUTE JOG	140		Paul Lodes		X	
Joe Gianino	6	45:16	136		Mark Fingerhut	4	30:42	180
Frank Niesen	1				Noah Ruddy	4	36:20	164
Ben Caldwell	1	43:35	180		Chris Greasser	4	30:52	162
Tim Lescher	1	42:38	160		Kevin Kovarik	4	31:18	120
Matt Donaldson	1	47:52	162		Paul Murphy	4	31:25	184
CALDWELL	20	MINUTE JOG	162		Mike Heany	4	32:54	160
COACH L	4	178	29:14		Scott Lauer	4	32:53	184
					John Ebel	4	35:30	162
					Brian Patton	4	39:57	192
					Jonathan Biscan		X	
					Matt Martz	4	39:36	162
					Matt Melton	4	40:15	168
end								

9/13/94 Freshman practice

Jog to course/cal: challenge frosh to 60 push ups, require 40, challenge 60 crunches, require 40/check numbers. Jog one loop with coach to talk through strategy/ run extra two or three loops/cal/ jog home /stretch

Name	attendance	# loops	pulse	Comments
Ben Rosario	X	2	138	
John Ramsey	49	↓	146	
John Christie	X	↓ —		HURT ANKLE YESTERDAY DURING SPRINTS, AGGRAVATED IT TODAY
Pat Dorsey	E	2		
Chris LaRose	X		142	
Paul Lodes	X		156	
Mark Fingerhut	X 68		190	
Noah Ruddy	X		186	
Chris Greasser	X		186	
Kevin Kovarik	66		180	
Paul Murphy	60		158	
Mike Heany	58	↓	157	
Scott Lauer	X	2	140	
John Ebel	54	↓	170	
Brian Patton	64	↓	170	
Jonathan Biscan	X	↓	184	
Matt Martz	60	2	168	
Matt Melton	54	2	166	

CRAIG:

- THE IDEA TODAY IS TO GET PSYCHED FOR TOMORROW
- HAVE them do some 110 BUILD UPS before turning the loops. 4 of them is fine
- IF everyone wants to go just two loops (after a tour) that is plenty.
- Remind them that tomorrow, they get out of school, dress promptly & walk over to the course ASAP.

Thanks!
Jim

Sept. 19, 1994 Jog, cal, stretch, push-up #'s, speed circuits, course, cal, jog, stretch

[illegible]

Sept. 22, 1994 Jog, cal, stretch, push-up #'s, strength circuits, course, cal, jog, stretch

Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
Pat Hamel					Tim Truman ✓	6 ●	55 BP	
Kevin Myers					Bob Lonigro 52		46:04 BP	140
Ben Fanson					Brian Burns 54		46:30 BP	77?
Joel Brown					Josh Hoeynk ✓		✓	
Tim Chik					Pete Monahan 66	●	55 BP	
Eric Monda					Steve Schlitt 68	●	55 BP	
Dan Range					John Sauter C			
Dennis Kopf					Brad Weber ✓		49:20 BP	
Tim Denny					Kurt Gerwitz ✓		49:20 BP	
Keith Myers					Derek Haake ✓	●		
John Flynn					Tom Smith E			
Tim Blessing					Greg White ✓			
Joe Donnelly					Jim Gunter ✓			
Jeff Merlo 58	6	44:45 BP			Andrew Brooks 55	●		
John Johnson ✓	6	? ✓			SCIARONI ✓		49:20 BP	
John Weller					Ben Rosario 62		56	
Shannon Yates					John Ramsey ✓		56	
Mark Bonk ✓	6	? ✓			John Christie 62	✓ 4		
Matt Nischwitz ✓	6	✓			Pat Dorsey X			
Joe Gianino 54	6	? ✓			Chris LaRose ✓	5.2	42	
Frank Niesen					Paul Lodes 54		42	
Ben Caldwell					Mark Fingerhut			
Tim Lescher ✓	6	44:45 BP			Noah Ruddy 62		43	
Matt Donaldson 60	6	48:50 BP			Chris Greasser 54		42	
CALDWELL ✓	6				Kevin Kovarik 66		42	
					Paul Murphy 64		42	
					Mike Heany 56		42	
					Scott Lauer ✓	5.2	42	
					John Ebel 56	5.2	43	
					Brian Patton 64	5.2	54	
					Jonathan Biscan ✓	5.2	54	
					Matt Martz 62	5.2	54	
					Matt Melton 58	5.2	42	

FOR TIME

Name	Course	Time	Pulse
Benny Tim	6.2	37:20	160
Hammel Pat	6.2	37:20	166
Lorigro Bob	5.2	37:25	178
Merlo Jeff	6.2	43:33	176
Morahan Pete	6.2	44:34	168
Myers Kevin	6.2	36:15	174
Schlitt Steve	DNF		
Turman Tim	'	37:11	172
Weller John	6.2	39:49	176
Brown Joel	X		
Donk mark	6.2	41:18	166
Caldwell John	X		
Chick Tim	6.2	38:06	176
Fanson Ben	6.2	40:34	174
Flynn John	6.2	39:38	178
Gianino Joe	6.2	42:38	176
Johson John	6.2	41:49	178
Myers Keith	6.2	42:15	176
Nutter John S.	5.2	34:18	164
Oates Shannon	HIP TRAVERSE		
Rossing Tim	6.2	39:59	168
Brooks Andrew	X		
Burns Brian		34:29	124
Callwell Ben	6.2	48:03	JOGGED
Donaldson Matt	6.2	46:33	170
Doonally Joe	6.2	40:14	180
Eberitz Kurt	5.2	43:37	150
Evans Jim			
Haacke Derek	5.2	41:36	180
Hornik Josh		35 minutes	
Koep Phil	6.2	44:31	162
Lescher Tim	6.2	41:29	170
Monda Eric	6.2	39:52	166
Neesen Frank		35 minutes	
Nischwitz Matt		33:11	200
Rand Dan	6.2	40:56	178
Sclafoni Mike	5.2	43:37	198
Vebber Oral	5.2	39:19	140

end

9/27/94 jog , push-up test, strength and speed circuits, LSD on grass loops, 9.5, 8, 6 loops, cal, jog, stretch

Name	Course	Time	Pulse	Name	Course	Time	Pulse
Pat Hamel	9.5	1:02:50	148	Tim Truman	8	56:04	166
Kevin Myers		1:08:00	132	Bob Lonigro	8	54:43	174
Ben Fanson		1:08:00	152	Brian Burns	8	56:47	136
Joel Brown		1:05:19	166	Josh Hoeynk	6	45:15	156
Tim Chik		1:03:09	140	MONAHAN	8	56:04	160
Eric Monda		1:08:00	160	Steve Schlitt	8	58:52	186
				John Sauter	8	55:25	160
Dan Range	8.5	56:45	178	Brad Weber			
Dennis Kopf	EASY 30 MIN.			Derek Haake	6	53:19	170
Tim Denny	9.5	1:08:00	136	Ben Rosario	8	57:45	160
Keith Myers	8	57:45	172	John Ramsey	8	57:45	168
John Flynn	9.5	1:03:09	160	John Christie			
Tim Blessing	8.5	1:08:00	158	Pat Dorsey	EASY 30 MIN.		
Joe Donnelly	8	40:00	160	Chris LaRose	6	42:57	160
Matt Donaldson	EASY 30 MIN.			Paul Lodes	6	46:14	140
Jeff Merlo	8	53:38	170	Mark Fingerhut	6	43:52	166
John Johnson	8	50:14	170	Noah Ruddy	6	46:55	146
				Chris Greasser	6	43:00	140
John Weller	8	57:45	170	Kevin Kovarik	6	43:03	194
Shannon Yates				Paul Murphy	6	43:03	166
Mark Bonk	8	56:46	156	Mike Heany	6	43:04	162
Matt Nischwitz				Scott Lauer	6	46:14	176
Joe Gianino	8	52:19	176	John Ebel	6	46:55	148
Frank Niesen	8	DNF		Brian Patton			
Ben Caldwell	8	52:27	192	Jonathan Biscan	6	53:33	180
Tim Lescher	8	51:45	174				
SCARONI	8	1:10:00	144	Matt Martz	6	50:22	176
Jim Gunter				Matt Melton	6	53:22	Rest of Group at 174
Andrew Brooks	BIKE			COACH F.		46:05	
GERWITZ	8	1:10:00	142				

Race Pace + with 5-6 min rest using last week's #'s, cal, jog, stretch

[illegible]

10/3/94 Jog full aviation/cal/stretch/high knees, butt kicks/110's/ mile and half mile repeats/
group one does six, two five and three four/ 1st mile equals current race pace next half goes
negative from split, next mile doubles that half, last halves get progressively faster/ cal
jog whole aviation/stretch

	A	B	C	D	E	F	G	H	I
1	Name	Group	mile	half	mile	half	half	half	Comments:
16:18 2	HAMEL	16:45	5:22	2:32	5:18	2:35	2:34	2:34	16:27
16:35 3	DENNY	17:20	5:38	2:37	5:38	2:40	2:34		17:30
16:30 4	CHIR	17:20	5:31	2:36	5:27	2:37	2:35	2:36	17:05
17:15 5	MONDA	17:20	5:37	2:43	5:29	2:43			17:05
16:59 6	BROWN	17:17	5:32	2:41	5:29	2:38	2:35	2:35	17:05
17:20 7	PANSON	17:17	5:32	2:41	5:37	2:44	2:43	2:40	17:30
16:15 8	MYERS	16:55	5:26	2:34	5:25	2:34	2:33	2:30	16:52
17:45 9	FLYNN	17:29	5:34	2:42	5:26	2:34	2:35	2:31	16:55
18:00 10	MERLO	17:40	6:20	2:58	6:10	2:56	2:53		19:10
17:01 11	LONIGRO	21:35	6:35	2:57	6:33	3:03	3:03		20:25
18:23 12	GIONINO	20:10	6:28	2:47	5:48	2:37	2:39		18:08
17:55 13	Yates	19:10	6:06	2:49	6:21	2:51			19:50
14									
15									
16									
17									
18									
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48									
49									
50									end

(over)

10-3-92 overdistance for ABarg Runners

Hoeynck	32:40	166
Niesen	33:16	172
Hankie	33:10 34:10	174
Heany	34:20	176
Thrumman	43:24	172
Lotus	43:12	148
Kovarilk	43:38	188
Lauer	43:4	172
Ramsey	43:12	120
Christi	43:12	146
Kopt	40:49	146
Caldwell	41:31	168
Donaldson	41:05	156
Ruddy	47:32	152
Barns	47:22	77
Murphy	43:17	176
Fingerhut	42:01	180
Bank	56:29	152
Johnson	56:30	158
Weller	56:30	172
Renge	56:30	168
Donnelly	56:38	156
Lescher	56:30	158
Ossing	56:30	138
Rosario	56:30	170
Maitz	58:04	168
Meyer	56:30	160
Scheroni	58:11	162
Webber	58:10	134
Melfon	58:00	162
Sqater	50:04	150

- ① HANDOUT MAPS - BLUE RULES
- ② FORM TEAMS & NUMBER THEM 1 -
- ③ HANDOUT CARD 1 OF 12 ~~OPPOSITE~~
- ④ START RACE
- ⑤ CHECK IN AT STATION & GIVE
NEXT CARD WHEN CONFIRMED
IN ORDER OF ARRIVAL FROM MED TAPE
- ⑥ 1st TO ALL 12 WINS!

Need: 12 DIFFERENT COLORS
 82 SETS 24 TOTAL
 10 BLACK MARKERS
 MED TAPE
 CONES - ROSTER

SET UP

- PLACE CONES AT LOCALES + TWO HIDDEN
- PUT ONE COLOR & ONE BLACK
UNDER ALL BUT HIDDEN (yellow) and
BLUE (BLUE)
- = NEXT ~~card~~ TO TEAM #S LIST ON
MARK THEIR COLOR PATH TO
VICTORY
- PREPARE A SET OF CARDS FOR EACH
TEAM WITH EACH COLOR IN PROGRESSION
NUMBERED ON TOP, COLOR ON BOTTOM

10-11-94 jog , push-up test, speed circuits, course on bike path loops, 7.6, 6.2. 5.2 cal, jog, stretch

Name	Course	Time	Pulse	Name	Course	Time	Pulse
Pat Hamel	7.6	51:00	152	Tim Truman	6.2	51:24	158
Kevin Myers	7.6	45:40	152	Bob Lonigro	6.2		
Ben Fanson	7.6	53:13	152	Brian Burns	6.2	49:26	162
Joel Brown	7.6	47:22	166	Josh Hoeynk	6.2	55:16	178
Tim Chik	7.6	47:22	150				
Eric Monda	7.6	52:09	176	Steve Schlitt	6.2	43:43	188
				John Sauter	6.2		
Dan Range	6.2	45:00	166	Brad Weber	6.2	3 miles	
Phil Kopf	6.2	42:08	164	Derek Haake	6.2	1:14:00	180
				TOM SMITH	EASY 00	3 miles	
Tim Denny				Ben Rosario	6.2	42:40	126
Keith Myers	7.6	53:13	164	John Ramsey	6.2	44:46	156
John Flynn	7.6	47:22	170	John Christie	6.2	49:35	140
Tim Blessing	7.6	48:07	164	Pat Dorsey			
Joe Donnelly	7.6	53:13	160	Chris LaRose	6.2	45:05	142
Matt Donaldson	6.2	3 miles		Paul Lodes	6.2	49:35	140
Jeff Merlo	6.2	47:52	170	Mark Fingerhut	6.2	46:20	172
John Johnson	6.2	44:32	166	Noah Ruddy	6.2	41:17	150
				Chris Greasser	6.2	45:07	144
John Weller				Kevin Kovarik	6.2	47:53	170
Shannon Yates	6.2	DNF		Paul Murphy	6.2	45:10	184
Mark Bonk	6.2			Mike Heany			
Matt Nischwitz	BIKE	8 miles	168	Scott Lauer	5.2	47:40	160
Pete Monahan	6.2	46:43	169	John Ebel	5.2	41:17	148
Joe Gianino	6.2			Brian Patton	5.2	41:37	168
Frank Niesen	6.2	DNF		Jonathan Biscan	5.2	46:55	180
Ben Caldwell	6.2	44:58	190				
Tim Lescher	6.2	44:56	142	Matt Martz	5.2	41:37	176
Mike Sciaroni	6.2	DNF		Matt Melton	5.2	38:37	Rest of Group
Jim Gunter	OUT						190
Andrew Brooks	OUT			COACH F	7.6	54:04	176

CRAIG & TOM: Attendance sheet behind.

I LET OUT THE SPEED CIRCUITS AND JUST HAD THEM DO SOME 110'S FOR LOOSENING UP.

I EMPHASIZED THAT WE WERE LOOKING FOR A DISTANCE RUN AT A GOOD PACE... GET THE PULSES UP OUT OF THE COMFORT RANGE. SOME GUYS DID OTHERS DIDN'T.

RESPONSE FURNS GIVEN OUT TO MORROW.

Oct 4, 1994 Jog, cal, stretch, push-up #'s, strength circuits, course, cal, jog, stretch

20 minutes to
finish run

800's w decrease Date:

NAME	800	800	800	400	400	800	Cool down
✓ GIONINO	2:52	2:43	2:40	1:13	1:16	2:36	2.5 miles/20 min
JOHNSON	2:49	2:46	2:45	1:20	1:19	2:57	
LESCHER	2:47	2:37	2:37	1:15	1:17	2:38	
✓ CALDWELL	2:51	2:48	2:49	1:15	1:20	2:45	
WEBER	3:12	3:02	2:59	1:26	1:30	3:01	
NIESEN	2:43	2:38	2:49	1:14	1:17	2:57	
SCORONI	2:47	2:36	2:41	1:16	1:40		
GORWITZ	2:49	2:47	3:11	1:15	1:21	2:58	
DONALDSON	3:01	2:55	2:57	1:23	1:21	2:57	
✓ SCHLITZ	2:57	2:54	2:51	1:24	1:24	2:47	
SMITH	2:54	2:55	3:01	1:27	1:26	3:03	
✓ MINAHAN	2:56	2:54	2:54	1:23	1:22	2:53	
HDAKE	3:11	3:12	3:12	1:31	1:32	3:16	
✓ NISCHWITZ	2:51	2:47	2:42	1:16	1:16	2:41	
HOFYNK	2:39	2:50	2:58	1:21	1:22	2:50	
SMITH		2:55					

1st race → Faster race =

GRAMINO
 LA ROSE
 LAMER
 DONALDSON
 MELTON
 EBEL
 SMITH
 HAAKE
 BISCHM

LOOES
 JOHNSON
 RUDY
 PATTON
 MARTZ
 FINGERHUT
 CHRISTIE
 KOVARIK
 MURPHY

16 NAMES

TEAMS

	BONK		HAMEL	MYERS	CHIK	FANSON
✓	HAMEL		HAMEL		BONK	MYERS
✓	MYERS		BROWN	DONNELLY	WELLER	FLANAGAN
✓	RYNN		BLESSING	FELIX GRASSER	SCHLIT	TRUMAN
✓	MYERS		LONIGRO	MERLO	MONDA	NISCHWITZ
	WELLER		SAUTER	YATES	GERWITZ	HOEYNICK
✓	CHIK		BURNS	CALDWELL	MESON	RANGE
✓	DENNY		KOPF	LESCHER	RAMEY	ROSARIO
	RAMSEY		SCIARONI	WEBER		
	ROSARIO		WELLER	MALBROSET		
	MONDA					
✓	BLESSING					
✓	BROWN					
✓	DONNELLY					
✓	FANSON					
✓	WELLER					
	SAUTER					

	A	B	C	D	E	F	G	H	I	J
1	October 26, 1994		400m	400m	400m	Pulse	200m	200m	200m	Pulse
2										
3	Pat Hamel		69	69	66		30	31	29	132
4	Kevin Myers		68	68	66		27	31	29	116
5	Tim Chik		68	68	69		31	31	30	150
6	Eric Monda		72	70	71		32	33	34	
7	Ben Fanson		71	67	70		27	31	30	152
8	Tim Denny		68	67	68		28	31	30	120
9	Joel Brown		69	69	69		28	29	30	160

BEGIN WITH 8X110

2

cal, stretch

[illegible]

Jog to course/cal/stretch/ run short intervals on grass part of course with hills, beginning with goal 3.1 and descending with short jog rest interval between 400's and 800's and longer jog rest interval after 800 before 200.

Finish with extended (3 mile) cool down easy run/ cal/ stretch.

(HAB 25 RASCAL)

Name	5k goal	800 goal	400 goal	400 (goal)	800(goal)	400(goal +	300(goal +	400	400	400	800(neg)
Hamel	16:15	2:36		65	2:40	64	2:36	65	68		
Myers	16:15	2:36		64	2:45	66	2:38	67	63	70	
Chik	16:30	2:39		67	2:48	66.5	2:39	73	67	76	
Monda	17:15	2:45		74	2:59	72	2:52 46	75	71	78	
Fanson	17:15	2:45		67	2:49	67	2:42	73	67	79	
Denny	16:45	2:41		68	2:48	67.9	2:41	71	66	72	
Brown	17:15	2:45		68	2:49	67	2:43	65	63	76	
Comments:											

followed by 1 mile on finish of xc
course

Hamel	5:12	5:48
Myers	5:12 5:12	5:56
Chik	5:24 5:24	5:53
Monda	5:30	6:03
Fanson	5:30	6:18
Denny	5:22	6:08
Brown	5:30	6:35

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