

August 8: Meet/Jog/Stretch/Run O.D./Jog/Stretch

rest

26/9

66

82

54

68

SHAWN

64

68

60

60

Name	Mileage/Condition	Rest pulse	Course	Finish Time	Stress Pulse
Seniors					
JOE BARTIN	100 (M)		4.2	32:40	188
ANDREW STEIN	70 - (M)		4.2	36:00	180
JIM SPIES	50 - (M)		4.2	28:55	180
STEVE BITTO	250 T		6.2	44:34	172
SEAN HALLEY	(M)		4.2	33:30	170
MARTY LINENWEGER	(B)		2.7	25:00	140
MARC KAGAN	(M)		4.2	29:50	180
MOEL					
Juniors					
SEAN LOCK	170+ (T)		6.2	39:33	120
JEFF BIERLING	(B)		2.7	26:00	140
JOHNNY MILES	(T)		6.2	46:15	184
BOB BRYANT	(M)		4.2	33:50	172
MIKE KENNEY	150+ (T)		4.2	31:30	176
JOSH WHEELER	80 (M)		4.2	31:10	176
SEAN				44:34	172
DAVE SAPIENZA	(B)		2.7	26:00	170
CHRIS SCHMIDT	(M) (T)		6.2	45:30	158
R KAGAN					
Sophomores					
MATT ROLLO	(M)		4.2	33:50	160
TIM PROBST	(M) (M)		4.2	32:40	140
DAVE SAPIENZA					
TIM PETE	(B)		2.7	25:00	132
MIKE NORMILE	(B)		2.7	25:30	160
MATTHEW GERTY	(M)		4.2	33:50	164
HOLCH					
C. LINHARES			6.2	@ 47:30	172

H

H

H

M

M

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H

NOTES:

COACH SHOULD DISMISS RUNNERS

STRETCHING AFTER

WATCHES

REST PULSE

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M

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ML

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M

M

H

SLUH CROSS COUNTRY 198 Attendance Record

SPIES 64

REST PULSE 30 LENGTH

7 MED RUN

176 STRESS PULSE

97

EXTRA PAIR OF SOCKS

NAME	#	23	24	25	26	27	28	29	30	31	1	4	5	6	7	8	10	11	12	13	14	15	17	18	19	20
Bartin	12+	✓		✓		60		30					160													
Dorsey	4+	✓		✓				30					148													
Fagan	12+	✓		✓		58		30					160													
Gitto	13+	✓		✓		70		30					150													
Halley	9+	✓		✓		74		30					150													
Linenweber	12+	✓		✓		70		28	30				170													
Moellering	8+	✓																								
Schneider	8+	✓		✓		70		20	30				170													
Stein	6+	E	E	E																						
Quillin	6+	✓		✓																						
Bierling	13+	✓		✓		60		30					162													
Brooks	9+	✓		✓		60		0																		
Bryant	11+	✓		✓		70		28	30				160													
R. Fagan	12+	✓		✓		64		30					168													
Heebner	7+	✓		✓		68		30					153													
Kenney	13+	✓		✓		58		30					150													
Lock	12+			✓		60		30					122													
Miles	7+	✓		✓		68		0																		
Klenc	2+	✓		✓		78		30					168													
Sapienza	11+	✓		✓		52		30					158													
Schmidt	13+	✓		✓				30					138													
Wheeler	13+	✓		✓		60		30					155													
Arconati	10+	✓		✓		72		25	30				164													
Dougherty	9+	✓		✓		58		30					138													
Dahlem	10+	✓		✓		58		30					154													
Fete	12+	✓		✓		64		30					160													
Hochberg	11+	✓		✓		62		30					162													
Marshall	9+	✓		✓		54		30					131													
Knapstein	9+	✓		✓		64		25	30				148													
Normile	13+	✓		✓		70		30					166													
Nahm	9+	E	E	E																						
Pfile	11+	✓		✓		70		30					160													
Pidduck	9+	✓		✓		76		30					162													
Probst	12+	✓		✓		56		30					144													
Rollo	13+																									
Tocco	9+	✓		✓																						
Sikorski	8+	✓		✓		60		30					150													
Schwarz	3+	✓		✓		64		30					134													
Basler	8+	✓		✓		72		20					165													
Cornell	8+	✓	E																							
Griner	9+	✓		✓		70		20					170													
Gruska	6+	E	E	E																						
Hasik	6+	✓		✓		70		20					160													
Hunseker	6+	✓		✓		74		20					150													
Rooney	8+	✓		✓		64		20					160													
Weber	2+	✓	E	✓		62		20					155													
Williams	9+	✓		✓		68		20					164													
McNamara	13+	✓	62	31	130	25																				
Brockland	6+	✓	67	31	156	34																				
Riddy	✓												160	30	162											

A = Unexcused E = Excused

~~Dan McNamara~~ (Fr)
80

Shane McNamara (Soph)
72

STRESS PULSE
KINSHAW ME
GROUP COARSE
REST PULSE

8-11 (A)

Name	summer
Seniors	
78 BARTIN 2	(1)
62 STEIN 2	X
70 GARD 1	(1) 7
70 HALLEY 1	P (1)
66 LINENBADER	(2) 4
66 FAGAN 1	(1) 6
	SOLES 1 (1)
62 MOELLERING 1	(1) 5
70 SCHNEIDER 2	(1) 0
	QUILLIN P (1)
	DORSEY (2) 6
Juniors	
56 LOCK 1	(1)
52 BIERLING 1	(1)
64 MILES 1	X
54 KENNEY 2	(1)
58 WHEELER 2	P (1)
54 SADIENZA 3	X
	SCHMIOT 1 P (1)
4 BRYANT 2	P (2) 6
40 R. FAGAN 2	50
70 M. HEENER	P 30
76 BROOKS	(1)
Sophomores	
64 ROLLO 2	(2) 4
60 PROBST 1	(1) 5
60 FETE 1	(2) 4
66 NORMILE	P (2) 4
62 DUGHERY	(2) 4
62 HCHBERG	(2) 4
66 PFIL	(2) 4
68 PAHLEM	(2) 4
74 ARCONATI	(2) 4
108 PIDDUCK	(2) 4
XXXXXXXXXX	
96 NAHM	(2) 6
81 TOLLO	P (2) 6
62 SIKORSKI	(1) 3/4
John BASLER	(2) 4
Dan CORNELL	(2) 4
Raty GRINER	(2) 4
Steve BRUSKA*	
Matt HASIK	P (2) 4
Jay HENSEKER	(2) 4
Tim ROONEY	(2) 4
Chris WILLIAMS	(2) 1
Jamie Weber	(2)
Kris Knapstein*	
Josh Ruddy*	
Jimi Klenc*	
Gene Marshall*	

* need a locker

LAKE JOG / STRETCH / TIMED RUN / 6 LAPS / STRETCH

Timed Overdistance Workout

Date: 8-9

S R
PROBST 148 88

Name	Rest Pulse	Pace	Duration	Stress Pulse	3 min rec pulse
GITTO	68	STEAM-STATE	50	162	112
LOCK	54		50	116	78
MILES	68		50	164	80
STAMMOT			50	148	88
SPIES	54		50	162	122
M. FAGAN	60		50	160	108
MOELLERING	60			166	124
WILSON					
BARTIN	66		35	135	112
HALLEY	64		35		130
BRYANT	74		35	154	134
KENNEY	58		35	174	100
WITKILLER	64		35	185 *	90
PROBST	64		35		
ROLLO	66		35		132
HOCHBERG	74		35	164	110
R. FAGAN	62			186	132
STEIN	82		30		
LINENWEBER	68		30	170	126
BIERLING	60		30	152	96
SAPIENZA	58		30	150	132
FETE	62		30	122	120
NORMILE*	76	✓	30	138	

NOTES

① GROUPS!

Designate leader

② pulse instruction

✓ 140 - too slow

✓ 175+ too fast

③ Shoes off recov. jog

PROBST

STEIN 166

PROBST 106

Aug. 10: jog/stretch/fartlek/hills/cool down/stretch

6.11

during w.v

30 min 1 1/2 minute 20 seconds

	Name	Rest pulse	F/interval	Duration	# hills	cool down
58	LOCKE			30 min	4	15 min.
60	GITTO			"	4	"
	LAPAN			"	4	
	MOKLERING			"	4	
66	MILKS			"	3 4	
62	SCHMIDT			"	3 4	
62	PROBST			"	4	
70	HALLEY			"	4	
56	BIERLING			"	3 4	
74	BARTIN			"	3	
84	STEIN			"	4	
66	KENNEY			"	4	
54	WHEELER			"	4	
	BRYANT			"	4	
60	DOUGHERTY			"	4	
72	R. FAGAN?			"	4	
66	LINENBERGER			20 min	3 4	
40	SAPIENZA			"	4	
72	ROLLO			"	4	
64	KETE			"	4	
64	HOLMBERG			"	4	
70	NORMILE					
74	PHILE		2.7 min			
70	DAHLEM		2.7 min			
64	SCHNEIDER					

* hills are long, by diard hills w/ 200yd pick up.

Alconete 25
Hechner 56
Spies 54

8.11 SAT

JOG/STRETCH/RUN

CLAYTON-INT- TOTEM- MUM +

NAME	REST PULSE	COURSE	TIME	STRESS PULSE
GROUP 1			56:36	180
FITTO		CLAYTON	55:14	138
LOCKE			57:30	198
NILES			57:00	178
SCHMIDT			56:19	180
PROBST				

LINTHARES

59:46

187

GROUP 2

SPIES	37:00	164
BARTIN	37:30	160
STEIN	38:16	172
HALLEY	37:00	160
LINENWEBER	42:38	182
BIERLING	40:10	184
KENNEY	37:00	170
WHEELER		
FAGAN	37:00	170
ROLLO	37:10	184
DOUGHERTY	43:50	162
HUMBERG	43:50	166
GROUP 3	46:00	168

SCHNEIDER		
SAPIENZA	35:30	176
HEEBNER	41:40	160
NORMILE	35:00	136
PRILE	38:10	174
DAHLEM	38:31	160
TOTEM	39:10	164
FETE		
Arconati	41:40	136
GROUP 4	41:40	180

3.1 miles

Glass	22:40	31.56
Directo	30:33	2
Luna	6:66	310
Woodard	Hit by bus.	10
Koester	Lost	
	(where is Jerry?)	

Timed Overdistance Workout ^{Tues}

Date: 8-14

Job 1 STREET / TIMEED RUN / JOB /
STREET /

Name	Rest Pulse	Pace	Duration	Stress Pulse	3 min rec pulse
WHEELER					
GITTO				160	
HALLEY				180	
FAGAN				158	
MOELLERING				160	
LOCK (?)					
SCHMIDT				160	
PROBST				142	
WHEELER					
BARTIN				140	
STEIN				180	
SCHNEIDER				162	
BIERLING				172	
KENNEY				174	
WHEELER					
BRYANT				192	
R. FAGAN				172	
M. HEEBNER				176	
BROOKS				182	
ROLLO				184	
QUILLIN				170	
LINENWEBER				182	
WHEELER					
WHEELER					
WHEELER					
WHEELER					
DOUGHERTY				160	
SADLENZA				158	
HOCHBERG				168	
ARCONATI				11111	
NAHM				182	
TOLCO				152	
SUKORSKI				160	
PIDDUCK				172	
KETE				?	
PRICE				166	
DAILEY				154	
NORMILE				144	
BASLER				132	
CORNELL				160	
GRINER				130	
GRUSKA				148	
HASIK					
HUNSEKER				152	
ROONEY				140	
WILLIAMS				152	

50

40

30

30

15

15 Wed

POS

Aug. 15: jog/stretch/fartlek/hills/cool down/stretch

Name	Rest pulse	F/interval	Duration	# hills	cool down	Group
Bartin	62	1:40/20	30	X	1 mile	
Fagan	54	"				1
Gitto	66	"				1
Halley	74	"				2
Linenweber	68	"				3
Moellering	54	"				2
Schneider	72	"				4
Stein	X	"				
Quillin		"				3
Bierling	58	"				20 min
Brooks	70	"				20 min
Bryant	78	"				3
R.Fagan	64	"				3
Heebner	78	"				4
Kenney	70	"				2
Lock	56	"				1
Miles	X	"				
Sapienza	48	"				4
Schmidt	50	"				2
Wheeler	58	"				2
Arconati	76	"				4
Dougherty	X	"				
Dahlem	66	"				6
Fete	62	"	20			5
Hochberg	66	"	20			5
Normile	68	"	20			6
Nahm	96	"	20			4
Pfile	66	"	20			5
Pidduck	72	"	20			5
Probst	56	"				1
Rollo	74	"	20			3
Tocco	68	"				4
Sikorski	62	"				3
Basler	78	"				2.7
Cornell	64	"				"
Griner	66	"				"
Gruska	70	"				"
Hasik	X	"				
Hunseker	74	"				"
Rooney	62	"				"
Williams	70	"				"

148 STRESS

156

142

136

164

120

164

Timed Overdistance Workout

Date: 8-16 Thurs

Name	Rest Pulse	Pace	Duration	Stress Pulse	3 min rec pulse
Bartin		35-40	40	148 L	
Fagan			40	146 L	
Gitto			40	148 L	
Halley			40	159 L	
Linenweber			35	180 H	
Moellering					
Sneider			40	162 L	
→ Spers			40	183 L	
Quillin			40	157 L	
Brockland					
Bierling			35	160 L	
Brooks			40	161 L	
Bryant			35	160 L	
R. Fagan			35	168 OK	
Heebner			35	163 L	
Kenney			40	164 ✓	
Lock			40	124 L	
Miles					
Sapienza			25 25	154 L	
Schmidt			40	159 L	
Wheeler			40	151 L	
Arconati			25 25	160	
Dougherty					
Dahlem			25	164	
Fete					
Hochberg			25	160	
Normile			25	148 L	
Nahn			30 30	176	
Pfile			25	180	
Pidduck			25	166	
Probst					
Rollo			30	158	
Tocco			30	152	
Sikorski					
Basler			20	154	
Cornell			20	146	
Griner			20	138	
Gruska			20		
Hasik			20	150	
Hunseker			20	164	
Rooney			20	160	
Williams			20	148	
→ Dorsey			35	138	

Timed ~~600~~ Distance Workout

Date: ¹⁷ 8-~~15~~ Fri

Name	Rest Pulse	Course	Finish time	Stress Pulse	3 min rec pulse
Bartin	68	6.2	47:20	190	+
Fagan	52	6.2	44:52	192	+
Gitto	70	6.2	45:05	186	+
Halley					
Linenweber	66	4.2	36:04	176	-
Moellering	60	6.2	44:51	180	+
Schneider					
Stein					
Quillin	66	5.2	43:35	158	-
Brockland	76	4.2	33:30	200	✓
Bierling	68	5.2	44:04	176	-
Brooks	70	4.2	32:55	160	✓
Bryant	72	5.2	40:19	260	✓
R.Fagan	60	6.2	47:47	190	✓
Heebner					
Kenney	60	6.2	47:47	186	✓
Lock	58	6.2			
Miles	72				
Sapienza	54	4.2	40:51	162	-
Schmidt	58	6.2	46:40	188	✓
Wheeler	62	6.2	44:10	212	+
Arconati	76	4.2	40:59	174	-
Dougherty					
Dahlem	64			154	?
Fete	64	5.2	46:40	142	✓
Hochberg	60			142	?
Normile	70	4.2	36:05	180	✓
Nahn	86	5.2	38:40	210	+
Pfile	66	5.2	46:40	174	
Pidduck	72			167	
Probst	60	6.2	43:03	168	90 4 1/2 min
Rollo	62	5.2	42:19	164	
Tocco	60	4.2	32:55	158	✓
Sikorski	62	5.2	37:47	190	
Basler	72	4.2	37:39	156	
Cornell	60		29:54	176	
Griner	66		29:50	168	
Gruska					
Hasik	80	4.2	37:39	142	
Hunseker			28:45	156	
Rooney	70		28:42	150	
Williams	68		28:43	164	
ARSEY	56	6.2			
SPIES	60	6.2	47:02	178	

8/18/90

extended sogl

SATURDAY

2 forms

	Name	Rest pulse	Form comments	1	2	3	4	5	6	
105	Bartin		Low knee action, arms cross body							
117	Fagan	58	Bounces - good form							
112	Gitto	70	Stride shortens w/ fatigue / head down							
115	Halley	74	head to one side, favors one arm							
120	Linenweber		Chest collapses, pidgeontoes, low knee action							
111	Moellering	60	Mechanical, asymmetrical arms, bounces							
116	Schneider	64	bounces							
123	Spies	66	understrides, heel strikes tight ^{body} upper							
114	Stein		cross in over, overstrides, heel strikes							
118	Quillin		stiff upper body							
233	Brockland	64	tight upper body, arms, bounces							
131	Bierling	56	right toe in, heel strikes							
239	Brooks	72	stride tends to shorten, too erect							
165	Bryant									
163	R. Fagan	58	bounces, good form							
229	Heebner									
234	Kenney	54	over strider, head turns, arm crosses							
143	Lock		heel strikes, arms, cross body							
241	Miles	60	upper body tight, neck, arms							
151	Sapienza	58								
137	Schmidt	54	bounces							
133	Wheeler	56	low knee action							
305	Arconati	74	collapses at chest, low knee action							
317	Dougherty		collapses at chest, arms cross							
316	Dahlem		understrides, chest collapses							
321	Fete	70	arms cross body							
307	Hochberg	62	bounces bounces							
303	Normile	74	arms uncrossed, understrides, heel ^{heel} strikes							
319	Nahm	80	bounces							
311	Pfife	68	chest collapses, arms cross							
325	Pidduck	72	feet splayed, understrides, heel ^{heel} strikes							
313	Probst	60	not ordered enough							
309	Rollo	76								
329	Tocco	72								
315	Sikorski	60								
688	Basler	74								
691	Cornell	70								
694	Griner	72								
	Gruska									
697	Hasik									
675	Hunseker									
709	Rooney									
710	Williams	68								

← 3 everyone else

323 Schwarz

167 Klenc

Aug 23: jog/stretch/110's/course/jog/stretch

Names	Rest pulse	Group	# 110's	Course	Time	Stress pulse
Bartin	70	7		46:38		200
Dorsey	60	7		46:50		164
Fagan	50	IN GRASS		52:05		
Gitto	64	7		42:56		158
Halley	70	5		41:43		164
Linenweber	→ 80					
Moellering	→ 64	5		39:16		160
Schneider	→ 90	5		39:16		176
Stein	→					
Quillin	64	75		41:40		162
Bierling	50	GRASS		32:05		
Brooks	62					
Bryant	72	5		44:03		186
R.Fagan	62	7		44:05		182
Heebner	64	5		43:42		172
Kenney	60	7		42:54		180
Lock	→					
Miles	62					
Klenc	→ 72	5		44:09		184
Sapienza	58	5		45:04		168
Schmidt	→ 52	7		52:05		118
Wheeler	54	GRASS		32:05		111
Arconati	72	4		37:24		158
Dougherty	58	5		47:15		152
Dahlem	60	5.7		1hr		177
Fete	70	5.7		1hr		170
Hochberg	64	4		36:18		164
Marshall	50	7		42:51		172
Knapstein	60	4		36:24		158
Normile	66	4		38:45		162
Nahm	→					
Pfile	→ 64	5.7		1hr		162
Pidduck	70	4		41:30		160
Probst	60	7		44:05		198
Rollo	→					
Tocco	62	5		41:43		164
Sikorski	54	5		41:43		178
Schwarz	62	5		47:15		156
Basler	→ 82	4		38:00 (cramp)		188
Cornell	→ 81	4		34:40		172
Griner	→ 54	4		33:40		204
Gruska	→					
Hasik	→ 96	4		33:40		180
Hunseker	→ 90	2.5		hip injury		
Rooney	→ 74	4		33:30		180
Weber	→ 56	2.5		hyperventilated		
Williams	→ 74			ankle injury		

+
 OK
 CHECK OUT
 OK
 OK
 BIG GUY WALKING
 40:49
 RAR: 49:40
 OK
 OK +
 OK +
 OK
 OK +
 OK +
 OK
 OK +
 OK
 - CHECK OUT
 - CHECK OUT
 ✓
 ✓
 OK
 OK
 OK
 OK
 ✓
 OK
 OK
 ✓
 ✓

Resting pulse is high due to recent food intake

* McNamara 64 7 27:38 140 Ruddy 54 5 44:44 172
 Brockland 60 5 44:43 168
 SALES 52 7 45:27 178

COACH: 46:50 118

Repeat One Miles

Date: 8/27

Course: FIELDS BEHIND GOLF COURSE 1 3/4 mile

Names	Group	Mile One	Mile Two	Stress Pulse	Mile Three	Mile Four	Mile Five	Stress pulse	Rest Interval
Bartin	1	4:55	5:40	186	6:50	180	190	12/6/72	11/29/73
Dorsey	1	4:47	4:47	190	4:44	180		10/31/72	
Gitto	1	5:11	5:32	178	5:36	180		7/7/73	
Halley	1	6:47				168		8/16/73	
Linenweber	2	5:53	6:15	188	6:28	176		6/26/73	
Moellering	1	4:32	4:43	190	5:01	170		1/14/73	
Schneider	2	5:23	6:01	190	6:26	172		3/11/73	
Spies	1	6:01	5:07	180	4:54	170		11/8/72	
Stein	2	5:22			5:32	180		1/27/73	
Quillin	2	5:03	5:55	170	6:37	166		4/29/73	
Brockland	3	5:21	5:33	196	5:33	128		4/11/74	
Bierling	1	5:00	5:27	190	5:40	180		9/22/74	
Bryant	2	5:19	5:20	196	5:09	168		8/19/74	
R.Fagan	1	4:52	5:03	184	5:01	186		7/27/74	
Heebner	2	5:05	5:38	182	5:22	176			
Kenney	1	4:59	5:11	170	5:22	158		3/6/74	
Lock	1	4:19	4:24	128	4:18	130		2/14/74	
Klene	3	8:00	7:12	186					
Ruddy	3	8:00	6:28	166		148		4/7/74	
Sapienza	3	6:02	7:08	174		162		12/17/73	
Schmidt	1	4:59	5:26	172	4:59	162		9/7/73	
Wheeler	1	NOT HERE				186		3/19/74	
Arconati	3	5:52	6:32	166		164		6/9/75	
Dougherty	2	5:50	6:51	172	5:25	174		2/17/75	
Dahlem	3	6:26	6:52	180		176		3/27/75	
Fete	3	6:43	7:14	172		170		10/9/75	
Hochberg	3	5:24	7:22	180		164		11/1/74	
Marshall	1	4:44	4:51	178	5:12	178		11/8/74	
McNamara	2	4:53	5:25	170					
Knapstein	3	5:50	6:20	152		128		12/20/74	
Normile	3	6:21	6:44	178		144		7/4/75	
Nahn	2	5:25	5:40	180	5:32	190			
Pfile	3	6:16	6:01	214		180		3/28/75	
Pidduck	3	7:34	7:38	182		172		11/24/75	
Probst	1	4:57	4:50	179	4:59	150		4/4/75	
Rollo	2	6:15	5:25	184	7:17	192		11/1/75	
Tocco	2	4:53				172		8/24/75	
Sikorski	1	4:52	5:32	198	5:40	176		1/20/75	
Schwarz	2	5:45	5:50	186	5:20	198		9/17/74	
Basler	1	5:58	5:53	172		150		11/22/75	
Cornell	4	6:56	7:15	156		172		7/27/76	
Griner	4	5:27	5:33	200		196		2/5/76	
Hasik	4	5:38	5:42	195		190			
Hunseker	4	7:02	6:48	152		168			
Rooney	4	6:42	6:33	180		140			
Weber	4	7:19	7:42			162			
Williams	4					180		6/26/76	

M1285 4:52 5:13 5:08

Glanz
Gruska
Struckhoff

204

Linhart
174

Goske 172

156
148
1928/28
1/2 506/10110
0.0 25 min
1/2 50J
STRETCH2/6/76
12/24/75
5/25/7610/19/75
8/30/75
9/2/75

Name	GROUP	Rest pulse	1	2	3	4	5	5	7	8	9	10	11	12	13	14	Timed run c/d
Bartin	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	152
Dorsey	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	152
Fagan	#3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	166
Gitto	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	138
Halley	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	166
Linenweber	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	176
Moellering	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	160
Schneider	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	162
Spies	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	156
Stein	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	178
Quillin	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	158
Brockland (PIGTON)	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	174
Bierling	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Bryant	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
R. Fagan	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Heebner	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Kenney	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	[]
Lock	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	[knee]
Miles	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Ruddy	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	166
Sapienza	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	168
Schmidt	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Wheeler	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	170
Arconati	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	158
Dougherty	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	156
Dahlem	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Fete	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Hochberg	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	164
Marshall	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	absent
Knapstein	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	148
Normile	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	142
Nahm	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	182
Pfile	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	168
Pidduck	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	162
Probst	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	142
Rollo	3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
McNAMARA McNAMARA	#3		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	200
Sikorski	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	160
Schwarz	2		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Basler	4		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	165
Cornell	4		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Glanz	5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Griner	4		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	162
Gruska	5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	170
Hasik	4		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	180
Hunseker	5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	159
Rooney	4		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	158
Strohmeyer			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Weber	5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	164
Williams	5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	164

15 or 10 min
cool down

8/29

TV.
JOG 1
STR.
HILLS
DIST.
STRETCH.

GROUPS

1 - (14)

2 - (12)

3 - (10)

4 - (7)

5 - (5)

BROOKS
15-20
MIN
RUN

100% participation

Name	TIME	pulse	F/interval	Position	TIME	STR. PULSE	Group
Bartin	148				37:30	172	1
Dorsey	152				36:05	192	1
Fagan	132						1
Gitto	150				36:51	166	1
Halley	134				36:00	174	1
Linenweber	154				30:36	188	2
Moellering					38:22	172	1
Schneider	156				30:03	170	2
Spies	140				36:51	180	1
Stein							2
Quillin	140				42 +	152	1
Brockland	148						2
Bierling	170				39:23	176	1
Brooks	156				36:08	178	3
Bryant	160				31:35	160	2
R. Fagan	144	162			34:41	176	1
Heebner	158				32:05	174	2
Kenney	154	172			34:46	174	1
Lock	128				37:46	136	1
Miles	146	182			36:08	180	1
Ruddy	148						3
Sapienza	156				23:52	156	3
Schmidt	142	164			33:46	204	1
Wheeler	150	192			31:46	172	1
Arconati					24:27		X
Dougherty	158				23:50	154	2
Dahlem	132				24:50	172	3
Fete	138						3
Hochberg	140				23:55	164	3
Marshall	119				39:18	160	1
McNamara	160						2
Knapstein	168				23:55	158	3
Normile	138				24:27	168	3
Nahm	160				29:34	202	2
Pfile	168						3
Pidduck	142				24:50	178	3
Probst	130				34:08	162	1
Rollo	174						2
Tocco	138				36:00	168	3
Sikorski							1
Schwarz	168				24:00	166	2
Basler	165				34:14	172	3
Cornell	152				25:45	160	4
Glanz	160						4
Griner	158				33:58	162	3
Gruska	168						4
Hasik	176				34:15	172	3
Hunseker	144				25:50	176	4
Rooney	130				25:10	162	3
Weber					26:00	164	4
Williams	152	176					4

P1600

8/31

① 40
30-2 min

② 35
30-2 min

③ 30
20-140

④ 20
min
20-140

9-7

Name	Rest Pulse	Course/time	Work group	Stress Pulse	3 min rec pulse
Bartin		MUNY			
Brooks		42:34		158	
Schneider		42:34		164	
Stein		5.2/35.00		157	
Brockland					
Bryant					
Dougherty		46:04	interior	148	
McNamara		42:34	bike	132	
Sikorski		42:30	path	164	
Schwarz		46:04		162	
Linenweber		42:34		174	
Ruddy					
Hochberg					
Knapstein		46:04		176	
Nahm		46:04		178	
Rollo		46:04		168	
Basler		HILLS			
Griner		HILLS			
Rooney		HILLS			
Hasik		HILLS			
Pfile	Hurt	Jeff.			
Normile		48:46		140	
Pidduck		Memorial		136	
Cornell		Hills			
Williams		Hills - HAMSTRING			
Hunzeker		Hills			
Weber		Hills			
Gruska		Hills			
Scapierza		Muny		152	
Arconatti		22:35		150	
Dahlem		29:49		144	
Fete		46:04		175	
		Interior			

Group 1

42:34

Group 2

46:04

BRING

COLOR
MAP

Name	Rest Pulse	Course/time	Work group	Stress Pulse	3 min rec pulse
Lock	120 50	45:20		128	
Fagan	94			176	
Moellering	56			170	
Spies	64			168	
Kenney	60			158	
Wheeler	70			178	
Marshall	58			172	
Probst	60		#	162 162	
Gitto	86			182	
Dorsey	60			174	
Halley	84	43:17		176	
Quillin	74			170	
Bartin	90			186	
Heebner	64			170	
Bierling	60			170	
Stokes	80				
R. Fagan	56			164	
Miles	62			178	
Tocco	58	48:05		146	
Schneider	82			162	
Brockland	56			194	
Bryant	86			150	
Dougherty	58			160	
McNamara	72			170	
Sikorski	56			150	
Schwarz	66			?	
Linenweber	88			167	
Ruddu	56			172	
Hochberg	64	49:06		164	
Knapstein	60			184	
Nahn	84			200	
Rollo	76				
Basler	70			160 160	
Griner	70			140	
Rooney	62				
Hasik	80			146	
Pfile	82	46:20			
Normile	80			180	
Pidduck	68			160	
Cornell	70				
Williams	76			182	
Hunzeker	62			182	
Weber	66	46:20		164	
Gruska					

- Jog 1
- stretch
- 10 x 110's or longer on field

- RUNS

① Perimeter grabbing shade to 0.00 left nom. to ART MUS around back to PAVILION to fountain

② Same 3.00 till left nom then TO PAV. 34.00 INTO fountain

③ Same 5.00 to left around Mungain

④ Same 8.00 Cross Union Mungain

⑤ Mung run on grass & shade

SAPIENZA
STEIN

GLANZ

SCHMIDT

ARCONATI

DAHLEM

77
52

46:20

164
182

9/7/90 fri

Name	Rest pulse	F/interval	Duration	stress pulse	cool down	Group
Lock				130		1
Fagan				172		1
Moellering				170		1
Spies						1
Kenney						1
Wheeler				178		1
Marshall						1
Probst						1
Gitto						1
Dorsey						1
Halley						1
Quillin						1
Bartin						1
Heebner				174		1
Bierling						1
R.Fagan						1
Miles				184		1
Tocco						X
Schneider				170		2
Brookland				188		2
Bryant						2
Dougherty				180		2
McNamara						2
Sikorski				186		2
Schwarz						X
Stein						X
Linenweber				192		2
Ruddy				162		2
Hochberg				184		2
Knapstein				180		2
Nahm				190		2
Basler				180		
Griner						2
Rooney						2
Hasik				190		2
Sapienza				168		
Arconati				192		2
Fete						2
Pfile						2
Rollo				196		
Dahlem						2
Normile				178		2
Pidduck				176		2
Cornell						2
Williams						2
Hunzeker						2
Weber						2

- ① JOG/SRRH
- ② TALK PLAN RACE
- ③ VISUALIZE & PSYCH OF RACE
- ④ KARTLE K 20 sec 190 SRRH 140
- Group 1 20 min
- Group 2 15 min
- ⑤ Time run 190 SRRH RUN
- Group 1 20 min
- Group 2 15 min
- ⑥ JOG 5 Easy Laps STREET

Hills 9/97

Name	Rest pulse	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Timed run c/d
Lock		/	/	/	/	/	/	/	/	/	/	/	/			
Spies		/	/	/	/	/	/	/	/	/	/	/	/			
Marshall		/	/	/	/	/	/	/	/	/	/	/	/			
Moellering		/	/	/	/	/	/	/	/	/	/	/	/			
Fagan		/	/	/	/	/	/	/	/	/	/	/	/			
Wheeler		/	/	/	/	/	/	/	/	/	/	/	/			
Heebner		/	/	/	/	/	/	/	/	/	/	/	/			
Probst		/	/	/	/	/	/	/	/	/	/	/	/			
Gitto		/	/	/	/	/	/	/	/	/	/	/	/			
Dorsey		/	/	/	/	/	/	/	/	/	/	/	/			
✓ Halley		/	/	/	/	/	/	/	/	/	/	/	/			
R. Fagan		/	/	/	/	/	/	/	/	/	/	/	/			
Bartin		/	/	/	/	/	/	/	/	/	/	/	/			
Kenney		/	/	/	/	/	/	/	/	/	/	/	/			
Brooks		/	/	/	/	/	/	/	/	/	/	/	/			
Bierling		/	/	/	/	/	/	/	/	/	/	/	/			
Quillin		/	/	/	/	/	/	/	/	/	/	/	/			
Miles		/	/	/	/	/	/	/	/	/	/	/	/			
Tocco		/	/	/	/	/	/	/	/	/	/	/	/			
Schneider		/	/	/	/	/	/	/	/	/	/	/	/			
Brockland		/	/	/	/	/	/	/	/	/	/	/	/			
Bryant		/	/	/	/	/	/	/	/	/	/	/	/			
Dougherty		/	/	/	/	/	/	/	/	/	/	/	/			
McNamara		/	/	/	/	/	/	/	/	/	/	/	/			
Sikorski		/	/	/	/	/	/	/	/	/	/	/	/			
Schwarz		/	/	/	/	/	/	/	/	/	/	/	/			
Linenweber		/	/	/	/	/	/	/	/	/	/	/	/			
Stein		/	/	/	/	/	/	/	/	/	/	/	/			
Ruddy		/	/	/	/	/	/	/	/	/	/	/	/			
Hochberg		/	/	/	/	/	/	/	/	/	/	/	/			
Knapstein		/	/	/	/	/	/	/	/	/	/	/	/			
Nahm		/	/	/	/	/	/	/	/	/	/	/	/			
Rollo		/	/	/	/	/	/	/	/	/	/	/	/			
Arconati		/	/	/	/	/	/	/	/	/	/	/	/			
Fete		/	/	/	/	/	/	/	/	/	/	/	/			
Pfile		/	/	/	/	/	/	/	/	/	/	/	/			
Dahlem		/	/	/	/	/	/	/	/	/	/	/	/			
Normile		/	/	/	/	/	/	/	/	/	/	/	/			
Pidduck		/	/	/	/	/	/	/	/	/	/	/	/			
SCHMIDT		/	/	/	/	/	/	/	/	/	/	/	/			
Brooks		/	/	/	/	/	/	/	/	/	/	/	/			
Sapienza		/	/	/	/	/	/	/	/	/	/	/	/			

GROUP ONE

12

GROUP TWO

10

GROUP 3

8

GROUP 4

6

0

Pidgeon

Repeat One Miles

Date:

9.10 Course: cross park's course

Names	Group	Mile 1/form	Mile Two	Mile three	Stress pulse	Mile four	Mile Five	Stress pulse	Rest interval
Lock	1	5:17	5:17	5:15	180 170	5:14	5:14		@ 6 min.
Spies	1		5:56	5:58	180	5:51	5:49		
Marshall	1		5:31	6:07					
Moellering	1		5:38	5:55	202	5:46	5:46		
Fagan	1		5:38	5:36	194	5:49	6:01		
Wheeler	1		5:46	5:53	204	5:58	5:57		
Heebner	1		5:38	5:40	194	6:00	5:47		
Probst	1		5:56	6:05	180	6:01	6:10		
Gitto	1		6:01	6:20	192	6:22	6:24		
Dorsey	1		5:50	5:41	186	5:47	5:44		
Halley	2								
R. Fagan	1		5:57	6:10	180	6:18	6:05		
Bartin	1		6:01	6:20	164	7:29	6:24		
Kenney	1		6:12	6:02	170	6:08	6:18		
Bierling	1		6:17	6:18	172	6:20	6:18		
Quillin	2		6:22	7:49					
Miles	1		5:49	6:02	202	6:15	6:33		
Tocco	1		5:53	6:07		6:16			
Schneider	2		6:09	7:09		7:08	6:38		
Brockland	1		6:17	6:39		7:01			
Bryant	1		6:10	6:16		6:49	6:18		
Dougherty	1		6:22	6:49		6:16	6:51		
McNamara	2		5:27	6:15		7:17			
Sikorski	1		6:25	6:40		6:47	6:30		
Schwarz	1		6:40	6:46		6:20	6:30		
Linenweber	1		6:38	6:50		6:49	7:05		
Ruddy	2		7:40	7:57		7:16	7:09		
Hochberg	2		6:41	7:57		7:06	9:00		
Knapstein	2		7:55	8:15		7:57	8:47		
Nahm	2		6:48	7:24		6:33			
Rollo	2		7:05	7:01		6:55			
Basler	2		8:14	8:57		9:04			
Griner	2		6:25	6:59		7:08			
Rooney	2		8:15	8:53		8:57	7:20		
Hasik	2		6:25	7:04		7:18			
Arconati	2		7:54	8:12		8:29			
Fete	2		6:56	7:21		6:40	8:03		
Pfile	2		7:35	7:55		8:02	8:03		
Dahlem	2		7:35	10:58		8:21	8:03		
Normile	2		8:19	8:33		8:45	9:36		
Pidduck	2								
Cornell	3		7:50						
Williams	3		8:30						
Hunzeker	3		8:12	9:04		9:25			
Weber	3		7:54	8:31					
Gruska	4		8:45	9:25					
Glanz	4								

Schmidt
B (books)5:48
6:10 6:18

6:37 6:30

~~Aug 27 - Interpretation of the "Kauai" and "Kauai"~~

Clayton	--	0
Exterior	--	1 1/2
Interior	--	3

Names	Rest pulse	Group	# 110's	Course	Time	Stress pulse
Bartin		7.6			61:35	126
Dorsey		7.6			61:40	130
Fagan		6.2		6.2	46:31	166
Gitto		7.6			53:53	178
Halley						
Linenweber		6.2			51:27	151
Moellering		7.6			52:00	140
Schneider		6.2		6.2	47:02	168
Stein		back trouble?				
Quillin				6.2	46:31	168
Bierling		7.6			54:35	186
Brooks		6.2		6.2	46:52	162
Bryant		sick				
R. Fagan		7.6			54:05	178
Heebner		7.6			59:35	170
Kenney					54:01	178
Lock		7.6			45:50	152
Miles		7.6			59:25	164
None						
Sapienza	TR				40:00	136
Schmidt		7.6			59:35	164
Wheeler		7.6			50:36	156
Arconati		6.2			45:50	148
Dougherty	Repent	8005				
Dahlem		5.2			51:58	169
Fete		5.2			47:40	160
Hochberg		5.2			45:45	174
Marshall		7.6 (Lost)			62:00	104 (late)
Knapstein		5.2			45:15	152
Normile		5.2			45:56	170
Nahm		6.2 (Lost) (long)			48:41	
Pfile		5.2			45:45	186
Fidduck					47:40	180
Probst	TR				40:00	140
Rollo		5.2			45:45	149
Tocco	TR				40:00	142
Sikorski				6.2	46:35	178
Schwarz		6.2			45:45	148
Spies		7.6			53:44	177
McNamara		7.6 (lost)			62:00	108 (late)

BRÖCKLAND

6.2 46:53 170

Sept 17 -- Repeat 900s

PULSE

Name	Goal	F/half pulse	Half	Half	Half	stress pulse	Half	Half	Half	Half
Freshman										
Bastler			3:23	3:18	3:22	180	Ankle	324	316	172
Cornell			3:30	3:25	3:34	172		3:32 333	326	172
Glanz			3:31	3:51	4:17	176	NORVN	348	358	164
Griener			3:10	3:11	3:11	156		312	314	303
Gruska			3:34	3:30	3:45	186		3:38 335	340	180
Hasik			3:31	3:16	3:18	205		3:22 322	322	195
Hunzeker			3:34	3:21	3:25	174		3:30 325	325	170
Rooney			3:24	3:15	3:13	168		3:11 311	307	178
Weber			3:31	3:26	3:36	186		3:34 339	336	184
Williams			3:07	3:00	3:07	172		3:10 329	316	168
Dougherty			2:55	2:45	2:49	180		2:50 255	256	166

GOAL

3:00 2:50 2:52

2:50 2:55 2:52

Sept 24

~~100%~~ jog/stretch/110's/course/jog/stretch

Names	Rest pulse	Group	# 110's	Course	Time	Stress pulse
Bertin				6.2	46:19	170
Dorsey				6.2	42:13	160
Case						
Gitto				7.6	52:22	182
Halley						
Linenweber				6.2	46:42	186
Moellering				6.2	42:42	176
Schneider				6.2	45:13	172
Mar						
Quillin				6.2	46:29	168
Bierling						
Brooks				7.6	51:05	170
Bryant				6.2	45:43	196
R. Fagan					50:02	172
Heebner				6.2	49:44	
Kebney						
Lock						
Miles				7.6	52:08 52:08	188
Cam						
Spence						
Schmidt				6.2	50:08	160 @
Wheeler				7.6 44	50:44	185
SPIES				6.2	45:13	170
Ruddy				6.2	53:08	176
Blackland				6.2	52:59	192

P. SOUTH

- SPIES?
- ① - R. FAGAN ✓
 - ③ - DORSEY ✓
 - ⑤ - BROOKS ✓
 - ② - HEEBNER ✓
 - ⑥ - MILES ✓
 - ④ - HALLEY ✓
 - ⑨ - WHEELER ✓
 - ⑦ BROCKLAND ✓
 - ⑧ GITTO
 - ⑫ SCHMIDT
 - Quillin
 - ⑪ RUDDY
 - ⑩ BERTIN

- (Lock, Bierling, Moellering, Marshall)

Sept 24: Quarter Workout

Name	1	2	3	4	5	6	7	8	9	10	11	12
Sophomores												
Arconati	85	84	92	93	93	95	96	93	94	97	96	
Dougherty	79	82	80	80	X	X	81	89	80	80	82	83
Dahlem	93	84	90	87	86	90	96	105	91	94	93	95
Fete	80	82	90	82	107							
Hoenberg	X	X										
Marshall	72	78	75	75	75	74	76	86	76	78	72	71
McNamara	73	78	75	75	75	74	76	86	79	78	71	77
Knapstein	80	80	95	90	89	89	93	94	103	103	86	80
Normile	99	94	98	99	105	101	102	103	101	101	101	94
Nahm	83	82	81	81	81	81	81	X	81	81	81	81
Prille	93	86	91	89	92	92	96	93	92	94	83	92
Pidduck	99	87	101	103	105	104	111	109	106	112	101	105
Probst	81	85	82	85								
Rullo	X	X										
Tocco	77	74	76	74	76	X						
Sikorski	73	80	81	X	X	X	X	X				
Schwarz	83	82	80	80	79	80	80	82	80	79	78	
Freshman												
Bastler	87	84	89	89	89	91	90	88	88	89	88	81
Cornell	95	92	92	93	95	95	93	95	95	95	96	91
Glanz	105	108	108	106	122	X	114	120	X	114	115	117
Griner	X	X										
Gruska	98	93	93	94	94	97	98	102	98	98	95	97
Hastik	93	93	95	98	96	99	105	103	104	103	106	103
Hunzeker	91	86	91	81	92	92	93	95	93	94	94	88
Rooney	95	87	92	95	95	96	97	96	97	90	88	86
Weber	95	X	X	X	X	X	X	X	X	X	X	X
Williams	82	84	87	89	95	91	88	80	83	88	85	

25 AN

85

80

Quarters Rest Interval: 60 sec Date: 9-26-90

MARSHALL 75 (AV)
SPIES LAST YR 80 (AV)
MILES LK 78 AV

Name	Goal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	comments
Lock	72	61	63	66	68	69	70	71	68	70	88	66	67	73	63			
Spies	76	74	74	74	75	75	76	75	74	78	75	75	76	78	77			
Dorsey	77	74	75	73	77	75	78	77	76	80	80	76	76	73	74			
Moellering	77																	
Moellering	76	73	72	72	73	74	75	73	72	79	77	75	77	74	67			
Halley	79	75	75	78	82	85	89	89	89	92	94	88	85					
Heebner	77	73	73	73	74	75	76	80	78	80	77	87	81	79	76			
Bierling	77	75	74	76	77	79	78	77	80	83	80	84	82					
Wheeler	79	75	73	74	75	78	78	75	74	82	77	75	78	82	74			
Schmidt	79	73	76	78	82	77	79	85	75	87	84	79	85					
Miles	79	73	75	76	78	82	79	82	79	81	80	79	81	82	82			
Gitto	79	74	74	76	78	79	80	80	81	82	80	81	83	82	80			
Kenny	80																	
Gullin	80	67	75	71	74	78	78	82	79	78	75	84						
Bartlin	82	70	77	77	80	98	91	85	95	96	102	98	96					
Brockland	82	69	79	79	81	86	81	86	85	86	86	89	84	83	79			+ if possible
Brooks	79	67	75	73	78	85	85	88	81	84	85	80	91	84	78			
14 Bryant	79	68	78	78	81	81	85	87	85	88	88	85	87	83	79			
14 Linenweber	84	80	82	78	84	92	91	92	96	93	96	85	89					
14 Schneider	84	66	74	78	81	80	76	79	84	86	88	95	79	77	65			
14 Ruddy	85	79	79	78	81	87	88	89	85	89	89	95	91					
14 Stein	85	78	81	76	82	7												

LAST YR. AV 18

GITTO 83 L.Y.
SCHMIDT 79 L.Y.
WHEELER 82 L.Y.
KENNY 83 L.Y.
BROOKS 82
LUNA 73
DORSEY 80 MC
HALLEY 82
MOELLERING 77 MC
BRYANT 80
GULLIN 83
RUDDY 89
MILES 84

P. Sarn

Thurs 27th

Lockers 6-16-22
Gray 2-16-22

Groups

Name	Rest pulse	1	2	3	4	5	5	7	8	9	10	11	12	13	14	Timed run c/d
Bartin																
Fagan	52	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Gitto	84	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Halley	82	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Linenweber	78	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Moellering																
Schneider	70	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Spies	58	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Stein																
Quillin	70	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Brookland	58	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Bierling	76	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Brooks	70															25 min
Bryant	70	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
R. Fagan	60	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Heebner																
Kenney	72	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Lock	56															25 min
Miles	68															X
Sapienza	56															
Schmidt	58	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Wheeler	62	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Arconati	76	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 6
Dougherty	62	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Dahlem	64	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Fete	68	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Hochberg	62	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Normile	70	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 8
Nahm	88	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Pfile	72	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Pidduck	58	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 8
Probst	64	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Rollo	74															
Tocco	62	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14
Sikorski	62	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 10
Bastler	72	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 8
Cornell	90	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 6
Griner	70	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 8
Gruska	E															
Hasik	80	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 8
Hunseker																
Rooney	70	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 6
Williams																
Weber	66	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 6
Knapstein	58	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 6
Shwarz	70	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 10
Ruddy	56	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 8
Klenc	86	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 8
G. Marshall	56	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	15 8
Dorsey	64	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	20 14

1-14

2-10

3 8

4 6

ENTRY 4

1 }
2 } 20 min
3 }

4 } 15 min

E JOG
HOME

Lockers

Klenc
145Gruska
682Ruddy
139Dorsey
109Weber
707Knapstein
327Marshall
301

✓
✓
✓
✓
✓
✓
✓
✓

110's/Timed run designated course-crisp pace

Date: 10/1/90

Name	Rest Pulse	Course/time	Work group	Stress Pulse	3 min rec pulse
Lock	52	(7.6) 48:30			
Spies	68	(7.6) 56:26	164		
Dorsey	100	(7.6) 56:24	164		
R. Fagan	82	(6.2) 49:04			
Moellering	74	(6.2) 44:46	160		
Halley		(bike)			
Heebner	56	(7.6) 55:29	166		
Bierling	64	(7.6) 48:12	168		
Wheeler	62	(7.6) 53:22			
Schmidt	70	(7.6) 66:00	bathroom visit (near Spies when stopped)		
Miles	?	(7.6) 52:22	200		
Gitto	—	(absent)			
Kenney	88	(6.2) 49:04			
Quillin	70	(6.2) 45:30	168		
Bartin	80	(7.6) 56:30	188		
Brockland	62	(7.0?) 63:04	184		
Brooks	70	(7.0?) 63:04	170		
Bryant	86	(5.2) 39:40			
Linenweber	64	(5.2) 41:57	154		
Schneider	78	(5.2) 39:40			
Ruddy	56	(4.0?) 63:04	178		
Stein	90	(back)			
Arconati	72	4 1/2 - shins			
Dougherty	74	(sick)			
Dahlem	64	(back)			
Fete	66	(5.2) 40:50	176		
Hochberg	—	(hip + violin)			
Marshall	62	(6.2) 51:10	146		
McNamara	—	(?)			
Knapstein	64	(5.2) 43:42	162		
Normile	88	(5.2) 46:21			
Nahm	100	(5.2) 39:08			
Pfile	71	5.2 40:55	260		
Pidduck	88	5.2 54:15	170		
Probst	66	(6.2) 51:10	144		
Rollo	94	(nurse)			
Tocco	—	(shins)			
Sikorski	78	(6.2) 51:10	158		
Schwarz	96	(sick)			
Basler	72	4 1/2 - shins			
Cornell	88	(5.2) 46:20	156		
Glanz	88	(5.2) 54:15	166		
Griner	78	(5.2) 41:57	170		
Gruska	92	(5.2) 51:48	183		
Hasik	115	(5.2) 49:26	200		

Rooney

Hunzeker

Williams

Weber

64

70

78

60

(5.2) 46:26

(5.2) 49:20

(5.2) 46:30

(5.2) 46:24

180

164

182

Fagan (6.2) 44:46 188

2 min - 2:30

10.10. 90 INT.

Quarters

Rest Interval

10.8. 90 DIST

CANCELED

Group A	1/4's goal	1	2	3	4	5	6	7	8	200's goal	1	2	3	4	5	6
Bartin	6.2	✓														
Dorsey	6.2	✓														
Gitto	6.2	✓														
Moellering	4.0	✓														
Spies	6.2	✓														
Brookland	6.2	✓														
Bierling	6.2	✓														
Brooks	6.2	✓														
R. Fagan	6.2	✓														
Heebner	6.2	✓														
Kenney	6.2	✓														
Lock	6.2	✓														
Miles	6.2	✓														
Schmidt	6.2	✓														
Wheeler	6.2	✓														
Marshall	4.0	✓														
Probst	6.2	✓														
Halley			90	71	72	82			32		32	32	32	30		
Linenweber	4		70	77	76	80	74	75	32		32	32	33	33		
Schneider	4		70	64	70	74	69	72	30		30	29	30	27		
Quillin	4	✓														
Bryant	X	✓														
Ruddy	6.2	✓														
Arconati	4		86	81	84	90	86	86			35	37	33		37	
Dougherty	4		76	76	75	78	77	80			33	33	33	33		
Dahlem	4		89	82	85	82	80	84			36	33	30	36		
Fete	4		76	75	77	77	79	83			33	35				
Hochberg	4		72	70	74											
Normile	4		81	88	88	88	86	88			36	37	38	36		
Nahm	4		77	80	77	80	81	78			34	35	37	33		
Pfile	4		89	85	85	85					34	36	37	36		
Pidduck	4		91	92	95	91	89	88			34	36	36	35	33	
Rollo	4		84	80												
Sikorski	4		77	75	74	76	78	80			31	31	32	32		
Schwarz	4		72	70	72	74	74	72	32		32	31	31	32		
Basler	4		80	77	75	78	77	78			31	31	33	32		
Cornell	4		90	90	87	92	89	90			37	37	37			
Glanz	4		75	95	102	100	98	98			41	40	43	37		
Griner	4		81	81	83	82	82	82			36	35	35	35		
Gruska	4	✓									36					
Hasik	4		89	85	88	85	86	90			36	39	39	36		
Hunseker	4		91	87	89	89	88	89			36	38	39			
Rooney	4		89	82	84	82	82	86			33	33	33	39		
Weber	4		90	85	90	95	93	94			37	39	37	34		
Williams	4		81	75	87	95	93	80			36	35	38	37	37	
Knapstein			81	80	83	90	85	96			33	33	34	33		
SAPenza			78	80	77						33					

94

"Halves" & "600s"
~~Quarters and 200s~~

10/12/90

800s (1600s)

800s

Name	Goal	1	2	3	4	5	6	7	8	Goal	1	2	3	4	5	6
Lock	✓	229	237	228							215	241	207			
Heebner	✓	234	251	242							230	229	222			
Dorsey	✓	244	237	235							224	218	217			
Spies	✓	239	241	242							230	228	225			
Bierling	✓	240	240	238							227	229	235			
Marshall	✓	230	241	240							228	230	222			
Kenney	✓	242	246	250							229	233	229	234		
Wheeler	✓	244	245	248							246	226	224	204		
Probst	✓	251	251	250							240	236	238			
Moellering	✓	234	234	241							221	222	218			
R. Fagan	✓	237	241	245							232	232	222			
Miles	✓	249	249	255							233	238	235			
Gitto	✓	247	251	255							236	237	237			
Brooks	✓	236	240	241							230	229	230			
Halley	✓	209	310	306							237	232				
Quillin	✓	240	305	X												
Bartin	✓	249	248	253							246	258	250			
Brockland	✓	245	246	247							231	237	227			
Nahm	✓	309	304	257							253	239				
Schneider	✓	306	250	249							241	226				
Dougherty	✓	304	254	252							244	235				
McNamara	✓	272	240	242							248	225				
Sikorski	✓	257	259	X												
Schwarz	✓	257	250	251							244	240				
Griner	✓	307	304	301							255	248				
Stein	✓	305	255	258							244	239				
Linenweber	✓	315	307	307							240	242				
Ruddy	sick															
Hochberg	✓	254	356	X												
Knapstein	✓	314	320	320							300	315				
Rollo	✓	315	312	309							250	X				
Basler	✓	315	309	313							259	257				
Rooney	✓	327	313	304							308	247				
Hasik	✓	318	310	317							301	303				
Sapienza	✓	318	X	X												
Arconati	✓	307	315	323												
Fete	✓	306	303	308							244	244				
Pfile	✓	318	313	313							300	259				
Dahlem	✓	322	314	313							256	255				
Normile	✓	323	323	326							314	X				
Pidduck	✓	340	345	341							323	X				
Cornell	✓	322	321	325							303	255				
Williams	✓	319	X	X												
Hunzeker	✓	322	313	312							255	257				
Weber	✓	327	331								304	X				
Gruska	✓	319	323	328							309	251				
Glanz	✓	351	404	357							312	335				

Schnitt

245 251 257 248
 246

234 233 230

Name	Goal	F/half pulse	Half	Half	Half	stress pulse	Half	Half	Half	Half
Bartin	1		257	310	323	256	305	323	325	
Fagan	1		247	245	248	247	323	255	246	247
Dorsey	3		245	235	248	247	255			
Gitto	1		255	311	315	254	307	310	313	321
Halley	1		255 255 255 255 255 255 255 255							
Linenweber	3		323	319	325					
Moellering	1		245	256	318		323	246	318	247
Schneider	2		249	256	318	248	322	246	318	247
Spies	1		301	258	308		345	323	258	309
Stein	x									
Quillin	2		256	255						
Brockland	2									
Bierling	2		303	313	311		322	325	311	302
Brooks	?		257	311	317		342	320	327	335
Bryant	3									
R.Fagan	2		252	252	300	251	307	318	306	302
Heebner	2		256	303	309	255	330	318	311	354
Kennedy	2		251	300	304	250	306	308	316	352
Lock	?		245	235	234	244	258	237	246	241
Miles	?									
Sapienza	4									
Schmidt	1		257	258	327	256	307	318	335	
Wheeler	1		252	305	309		302	312	306	
Arconati	3									
Dougherty	3									
Dahlem	4									
Fete	4									
Hochberg	3									
Normile	4									
Nahm	3									
Pfile	4									
Pidduck	4									
Probst	1									
Rollo	2									
Tocco	3									
Sikorski	2									
Basler	5									
Cornell	5									
Griner	5									
Gruska	?									
Hasik	3									
Hunseker	5									
Rooney	5									
Williams	5									

Ruddy

303 | 323

Klenc

312 | 323

Brackland

259 | ~~259~~ | 320
310

Name	Goal	900	800	700	600	500	400	300	200	100	0	comments
LOCK	227	224	219	222	120	212	215					
DORSEY	235	237	235	222	126	221	226					
SPIES	239	240	240	231	120	228	X					
BIERLING	238	240	239	230	120	226	229					
HEEBNER	234	233	231	225	130	217	219					
MARSHALL	230	234	231	227	106	217	219					
BROOKS	236	236	239	227	132	224	220					

Repeat halves: 1st crisp, rest race pace+

Date:

Name	Goal	Half	Half	Half	Half	stress pulse	Half	Half	Half	Half
Lock		2:39	2:21	2:28						
Spies		2:46	2:38	2:41						
moeller, ing		2:49	2:26							
wheelon		2:51	2:32							
kenney		2:51	2:43	2:43						
Dorsey		2:55	2:32	2:36						
marshall		2:53	2:35	2:35						
Brooks		2:55	2:34	2:47						
Miles		3:01	2:46							
Heebner		2:52	2:39							
Sikorski		2:54	2:47	2:53						
Quilling		3:01	2:52							
Bierlings		2:57	2:50	2:52						
Schneider		2:58	2:40							
Brockland		3:01	2:43							
Dougherty		3:03	2:55	2:55						
Bartlett		3:24	2:44							
Gitto		3:13	2:55	3:02						
Bryant		3:12	2:55	2:59						
Schmidt		3:03	2:55	2:40						
Probst		3:06	2:52	2:40						
Nahm		2:59	2:58							
Ragan		3:06	2:29	2:54						
Ruddy		3:01	2:57	3:00						
Knapstein		3:14	3:07							
Alb		3:07	3:09							
Hochburg		2:44	2:57							
Arconati		3:09	3:13							
M. Fagan		2:37	2:37	2:40						
Hunzeker		3:21	3:18							
Fefe		3:01	3:24							
Noemle		3:29	3:29							
Weber		3:23	3:21							
Dahm		3:13	3:15							
Basler		3:08	3:15							
Haske		3:30	3:24							
Cornell		3:30 3:17	3:17							
Rolle		3:12	3:18							
Griner		3:12	2:58							
Gruska		3:30	3:23							
Glanz		3:50	3:50							
Schwarz		2:17	X	X	X	X	X	X	X	X
Williams		3:33	3:15							
Rooney		3:44	3:55							
Linenweber		4:20	3:14	2:54						