

WEEK 3 SUNDAY					INTRASQUAD MEET				
25	26	27	28	29	30	31			
1	2	3	4	5	6	7			
		PARKWAY SOUTH MEET V, JV, C							
		Circuits (group 2)		SOUTH PAW V, JV		HILLS (OVEREMPHASIS AND 2 RACE PACE DOUBLE-LOOPS)			
8	9	10	11	12	13	14			
Repeat Miles V, JV	EUREKA V, JV	FROSH vs CBC & DESMET	Repeat Two x 1105 Miles	V, JV, B C Hills + Race Pace	HAZELWOOD V, JV, B				
15 Easy Long	16 Frosh Easy Short	17 Steady Long + 1105	18 Frosh Crisp Long + 1105	19	20	21			
Repeat Miles EVERYONE	FROSH Steady Long	HAZELWOOD EAST FROSH	Fartlek B+C	DUBOURG B+C	HANCOCK V, JV, B				
22	23	24	25	26	27	28			
Repeat Miles Quarters	Long Steady-State Run	Rest Quarters	Easy Day (gave them a break)	Easy Short distance	PARKWAY WEST V, JV, C				
29	30	1	2	3	4	5			
Long Crisp to Steady-State Run on Courses	DESMET V, JV, C	Top 15 Quarters	25-minute easy run	METRO V, JV, C					
6	7	8	9	10	11	12			
PICTURE DAY Miles + Halves Top 15	1105	Top 15 Miles + Halves							
13	14	15	16	17	18	19			
Rest Quarters	TIGER CLASSIC B	HAZELWOOD FROSH	EXAMS	EXAMS	EXAMS	JV INVITATIONAL JV, C			
20	21	22	23	24	25	26			
			LINDBERGH INV. JV, C			SECTIONAL			
27	28	29	30	31	1	2			
						STATE			
3	4	5	6	7	8	9			

STRENGTH

HILLS

CIRCUITS

SPEED

1 MILES

1/2 MILES

QUARTERS

PYRAMID

FARTLEK

SEAN'S AEROBIC
WORKOUT

OTHER

110'S

DOWNHILLS

KORM DAYS

EASY DAYS
SLOW

EASY DAYS
LONG

LONG HARD
RUN TIME

LONG STEADY
STATE

CITY RUN

STEADY
LONG WITH
HARD RUN
IN MIDDLE

QUICKLY
PARK TAG

1.75

YOUR NAME _____ PERIOD _____ DATE _____

COMMUNICATING IN FRIENDSHIPS

DIRECTIONS: FIRST--in PENCIL, write what you think are girls' typical attitudes or behaviors toward each of the areas below. Try to be specific and honest. Leave some space.

SECOND--interview a friend of the opposite sex with whom you are comfortable talking. For each of the areas given below, find out and record in **INK** her personal attitude or behavior.



Bold

SCHOOL:



RELIGION:

EMOTIONS:

SEX:

DEFINITION OF SUCCESS:

MOST IMPORTANT THING IN LIFE:

DEFINITION OF THE "PERFECT BOY:"

.75

Aug. 7, 1991

To: All prospective members of the 1991 Cross Country Team

From: Coach Linhares

Hope this letter finds you all well and enjoying the last few weeks of vacation. In case some of you have lost track of the time, it *is* August and the 1991 Cross-Country season is about to begin! In fact, our first practice is **Wednesday, August 14th at 8:00 a.m.** We will meet on the West side of the building near the picnic tables and the statue of St. Ignatius. This year we will only have about a week and a half of summer practices before school starts, so it will be more important than ever to take advantage of these days. Summer practices are not optional and **everyone** is expected to attend. If your family will be on Vacation during this time, please call me to let me know (965-5224). I want to remind you about a few other things before practices begin.

First, make sure you bring your **summer running log** and an accurate total of how many miles you ran this summer. I know that some of you have gotten some good mileage in this summer. Thanks for the hard work you put in and for your dedication to the team. I'm also sure that some of you have run only sporadically or not at all; don't let that discourage you from coming out next Wednesday in good spirits. Either way we will put together a training program for you which will help you to progressively improve and reach your goals. By the way, if you have not been running, get out and run for each of the remaining days before practice. I suggest that you use the same approach this week as we do during the season: brief warm-up jog, crunches and push-ups, stretching, a distance run, warm down jog, crunches, push ups and stretching. This will help you to ease into our first week of workouts.

Secondly, everyone who comes out for the team **MUST have a physical** on file in Mr. Zinselmeyer's office. If you have not yet sent your physical form in to the office please bring it with you to our first practice. If you don't yet have a physical, try to schedule one now on an emergency basis. If you cannot possibly have a physical in time for our first practice, I still expect you to come for our team meeting on that first day.

Finally, come prepared to workout. Make sure your running shoes are in good condition. You may have to carry your clothes back and forth the first few days before we get locker assignments, but you can bring a lock from home and keep your belongings in a locker during practice. If you or your parents have any other questions about details, please feel free to give me a call as well.

Three months ago I said that this could be a "Year of Destiny" in SLUH Cross-Country. I believe that now even more that I did then. I hope that you share my optimism because the only way we can make this happen is by pulling together. I look forward to seeing you all in about a week!

Coach Linhares

WORKOUT: 8.15.91

- 1 SIGN EVERYONE IN - CHECK DAY SIGALS
 - A) TOTAL MILEAGE
 - B) LONGEST RUN WITHIN THE MONTH
 - C) ORGANIZE BY ABILITY GROUPS
 - D) TAKE A RESTING PULSE
- 2 JOG TO 1 MILE LOOP AREA
- 3 STRETCH THOROUGHLY WITH 40 PUSH-UPS, 45 CRUNCHES
40 LEG RAISES
- 4 FRESHMAN RETURN TO SLUM CAL & STRETCH
- 5 GROUP EXPOSED TO AEROBIC THEORY & GENERAL
SEASON TRAINING SCHED
- 6 LEAD GROUP ON MILE COURSE
- 7 PAIR UP RUNNERS OF SIMILAR ABILITY
AND TIME THEM ON ONE MILE TO DISCOVER
PACE. HAVE THEM TAKE STRESS PULSE AFTER
- 8 BREAK GROUP UP INTO $\textcircled{H}$ $\textcircled{M}$ $\textcircled{N}$
A, B, C
 - A = 5 LOOPS w/ STRESS PULSE AFTERWARD &
RECORDED
 - B = 3 LOOPS
 - C = 2 LOOPS
- 9 JOG BACK TO SCHOOL
- 10 PUSH-UPS, CRUNCHES, LEG RAISE & LOWER BODY
STRETCHES
- 11 MEET WITH GROUP $\textcircled{A}$ AFTER PRACTICE

8.15.91

sheet? 3 wks

Name/Class	Total summer mileage	Longest run	1st rest pulse	Group assignment
✓ HASIK, SCOT	✓ 165	✓ 7	65	2
✓ PROBST, T	✓ 282	✓ 8 mi	62 *	1
✓ WELLING, L	✓ 2501	✓ 10 mi	78	1
✓ RUSSO, M	✓ 318	✓ 9 mi	82	2
✓ BASLER, J	✓ 160	○ 5 yest	72	2
✓ ESSELMAN, G	✓ 269	✓ 8 1/2	68	1
✓ GRINER, RAY	✓ 4308	○ 6 1/2	76	1
✓ LOCK, SEAN	✓ 245	○ 12	56 *	1
✓ FLANNAGAN, TOM	100+	○ 5 mi	82	3
✓ BIERLING, J	108	○ 7 + 24	68	2
✓ SCHMIDT, C	150	○ 6 mi ^{min 3 wks}	58 *	2
✓ BRYANT, B	50	○ 4 min 1st	78	3
✓ MILLS, J	54	○	60 *	3
✓ HEEBNER, M	35	○ 5	86	3
✓ FAGAN, R	150	✓ 6 mi	58 *	2
✓ PETE, T	75- 100	○ 5 mi	68	3
✓ DAHLER, J	50	○ 5	82	3
✓ ROONEY, T	✓ 124	✓ 4	82	2
✓ P. DANCE, L		○	76	4
✓ FERRIGNI, KEN	80-100	8 mi	76	2
✓ MARSHALL	✓ 350	✓ 7 mi	60 *	1
✓ DOUGHERTY, MATT	150	○ 6 (6.2)	60 *	2
✓ KOPF, DENNIS	180	○ 10 mi	56 *	2
✓ GUSKA, S	36	3 mi	72	4
✓ BROOKS, J	70	○	72	3
✓ BROCKVAND	1-2 wk	little	66	3
✓ MEIRINK, T	36	2 1/2	70	4
✓ HUMBERA, J	40	4 1/2	52 *	3
SMITH, SENE	40	3	78	4
CORNELL, D	55	4	74	3
MAREK, SCOTT	40	3	68	4

FROSH

pu's KENNY?

40 MILEAGE CHAMPS!

- 20 ① C. WELLING
35 501
- 25 ② G. MARSHALL
21 350
- 40 ③ M. RUSSO
41 318
- 20 ④ GRINER
35 308
- 45 ⑤ PROBST
40 282
- 20 ⑥ ESSELMAN
17 269
- 20 ⑦ LOCK
22 245
- 25 ⑧ KOPF
40 180
- 40 ⑨ HASIK
26 165
- 36 ⑩ BASLER
40 160
- 25 ⑪ SCHMIDT
20 FAGAN
DOUGHERTY
150

1991 SLUH Cross-Country Attendance Record

DATE?

	1	2	3	4	5		TIME	STRESS PULSE
Sophomores								
58 John Whitlock					✓	2	15:05	168
58 Pat Barry	✓	70*	54	56	56	4	34:01	150
Chris Stockmann								
Gary Mitchell								
52 Dou Auer	✓	60*	54	58	54	4	29:58	154
56 Tom Flanagan	✓	60*	58*	56*	62*	6-	42:02	X
58 Kevin Myers	✓	68*	60	56	62*	6-	42:02	X
Robert Barnidge								
62 Pete Monahan	✓	70*	68	66	62*	4	34:01	170
50 Matt Schuckmann	✓	62*	56	56	50	6-	42:02	X
70* Dave Byrnes								
40 Steve Schlitt	✓	54	58	58	58	4	28:27	180
64 Pat Hamel	✓	70*	60	✓	52	6-	42:02	X
72* Paul Byrnes								
78 Drew Hunzeker	✓	82*	74*	68	72*	2	17:22	164
80 Rich Heulskoetter					76*	2	17:41	168
Tim Denny								
✓ John Andres								
68 John Weller	✓	84*	66	84*	70	4	27:53	188
40 Tim Terman	✓	58*	46	60*	40	2	15:04	182
DOUGLAS								
56 Jamie Bellet					✓	2	16:18	186
DOUGLAS								
JOHN ANDRES								
FRESHMAN								
✓ SHANNON TATES								
✓ RIETH MEYERS								
✓ JOEL BROWN								
✓ JOHN CROWEL								
(SEAN CALLAHAN)								
✓ BEN DUCHER								
✓ BEN FANSON								
✓ DAVID GEBEL								
✓ MIKE HARVATH								
✓ JOHN JOHNSON								
✓ STEVE KRAMER								
✓ BRIAN MURRAY								
✓ (TIM PASTER)								
✓ NIEL SMITH								

2ND DAY OF PRACTICE

PAGE

DIST COVERED

* Significant upper body weakness
KORM = CRITICAL MECHANICAL PROBS

8.16.91

PER M
PACE8-17
TIME GROUP PULSE

Name	Rest pulse	Push-ups	pace goal	Distance	goal time	Finish time	Stress pulse	
PROBST	60	25	7:05	5	7:05	35:25	156	60 1 140
ESSELMAN	72	29	7:45	4	7:36	30:23	168	50 X 2
GRINER	76	✓	7:34	4	7:30	30:00	160	50 2 150
LOCK	58	✓	6:20	6	6:39	39:54	158	70 1
BIERLING	70	✓	6:55	3	6:46	20:18	168	40 X 1
SCHMIDT	66	✓	7:20	3	7:10	21:30	178	40 X 1
THEEBNER	106	35	7:20	3	7:10	21:30	184	40 1 158
MILES	54	✓	7:30	2	7:10	21:30	170	40 X 1
FAGAN	60	✓	7:20	4	7:10	28:39	174	60 X
MARSHALL	64	✓	7:05	4	7:09	28:35	156	60 1 148/154
DOUGHERTY	56	✓	7:45	4				X
KOPF	50	✓	7:45	3	7:53	39:25	198	50 2
BROOKS	80	✓	7:25	3	7:18	21:56	170	40 1 150
BROCKLAND	62	✓	7:30	3	7:18	21:56	164	40 1 144
HASIK	80	✓	7:50	4	7:25	29:41	185	50 2 180
RUSSO	72	35	7:45	4	7:28	14:57(2)	166	X
BRYANT	70	✓	7:20	3	7:19	21:57	166	40 2
FERRIGNI	74	✓	7:25	4	7:27	29:49	180	40 2 174
BASLER	72	✓	8:00	3	7:45	23:14	180	X
HALL KETE	70	23	8:00	2	7:42	15:23	?	30? 3 or 4 146
ROONEY	72	27	9:00	3	7:48 23:24	14:57(2)	172	30 3 158
HUMZER	60	28	8:45	3	8:29	25:27	176	30 4 134
CORNELL	76	✓	7:30	3	6:50	20:31	174	40 2 152
MAREK	80	✓	8:55	2	8:47	17:34	172	30 4 140
GRUSKA	82	✓	8:50	2	8:55	17:50	188	30 4 172
DANLEM	78	20	8:20	2	8:21	16:42	168	30 4 162
PIDDUCK	76	25	9:15	2	8:42	17:23	176	30 4 164
MEIRINK	70	✓	8:00	2	7:24	14:48	182	30 3
SMITH	76	27	9:40	2	8:58	17:57	176	30 4 166
KENNEBECK	74	32	7:45	3	7:08	21:25	170	X
Nahm								30 3 or 4 172
Wheeler								
ANDRES	70	✓	7:15	1			162	X 180 6:58
KLANNAGAN				1			160	X
HUMZER	96	30	8:45	1		160	142	20 4
MYERS	68	✓	7:20	1			150	30 4 7:20
SCHLITT	70	32	7:12	1			147	X 168 6:32
STOCKMANN	74	✓	8:00	1			148	X
VOKOUN	55	16	8:09	1		160	160	20 4
JENKINS	70	15	8:18	1		162	?	20 4
MONIHAN	80	31	7:43	1			146	20 4
GOTWAY								20 4
KENNEBECK			7:19	1			160	

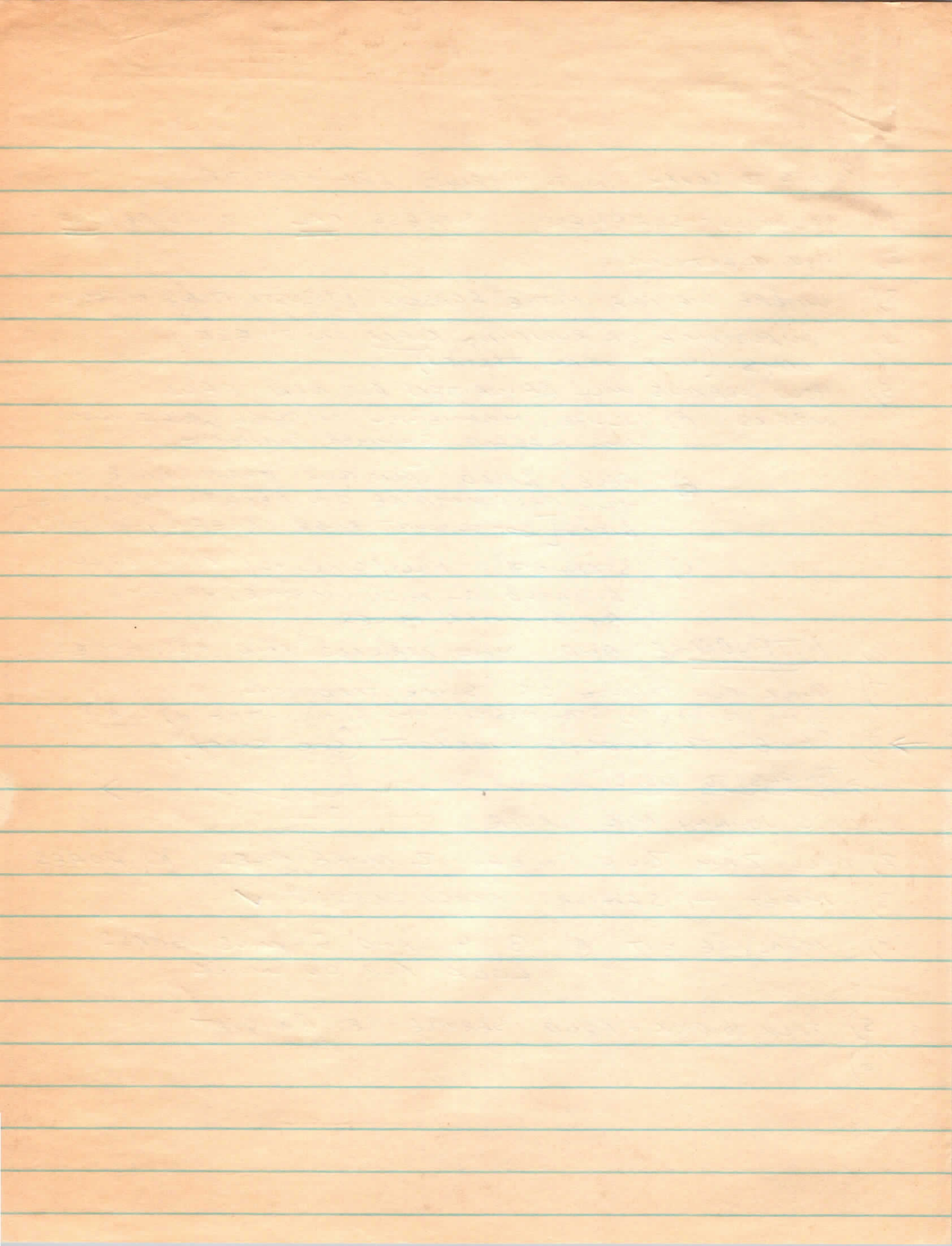
Their first
mileThose
fresh night
not have
accurate pulsesMILEAGE
0

POINTS TO COVER IN TOMORROW'S PRE-PRACTICE

- 1) INJURIES & SORENESS : STRESS CAL / SKIN LUBE / ICE
- 2) ASK QUESTIONS!
- 3) WHERE WE ARE IN THE SEASON / FRUSTRATIONS & FOCUS
- 4) IMPORTANCE OF RUNNING FORM ON THESE DAYS. (HAVE SEAN TESTIFY)
- 5) HOW WORKOUTS WILL BE WRITTEN FOR NEXT FEW WEEKS :
 - A) VOLUME; INCREMENTAL INCREASE BASED UPON YOUR RECENT SUMMER RUNNING
 - B) PACE; BASED UPON YOUR HEART RATE AND YOUR PERFORMANCE ON AEROBIC TRAINING DAYS [GOT TO COUNT PULSE CAREFULLY - WATCHES!]
 - C) STRENGTH: HILLS/CIRCUITS/ FORM DRILLS DICTATED BY PERFORMANCE; VOLUME BY SUMMER MILES.
- 6) ATTENDANCE AND NEW ARRIVALS AND ABSENCES
- 7) QUICK RUN THROUGH OF SOME TRADITIONS
 - a) NO STOPPING b) STAY TOGETHER JOGS c) NO CUTTING d) CLASS
- 8) REVIEW YESTERDAY'S WORKOUT (SEE SHEET)

→ THINGS TO DO: →

- 1) CALL JOHNNY MAC AORDER
- 2) CALL ZAM ZOE: NEED 2 MORE POLES 10 ROPES
- 3) MEET w/ SENIORS AFTER PRACTICE ✓
- 4) MEASURE OUT A 3, 4, AND 5 MILE GRASS LOOP FOR OD WORK
- 5) TALK TO DICK & ROD SERVICE RE: BANQUET
- 6)



Name	Rest Pulse	Course/time	Work group	Stress Pulse	3 min rec pulse
WELLING					48:31
PROBST					42:
BIERLING					DNF
GRINER					DNF
KAGAN					43:09
WHEELER					
KENNY				180	45:30
HASK					45:30
BROCKLAND					47:30
BRYANT					DNF
DOUGHTERY					48:31
MARSHALL					42:
MILES					45:00
LOCK					DNF
SCHMIDT				178	45:30
HEESNER					DNF
BASLER				194	14:50
HUNZIKER				176	32:35
CORNELL				170	29:50
KENNEBECK				168	30:29 30:29
WILLIAMS				184	14:37
ESSELMAN				168	14:27
ROONEY				196	33:00
NAHM					33:15 sprained ankle
FLANAGAN				198	29:50 29:50
KOPF					33:15
FERRIGN				166	14:19
ROLLO				192	33:17
FETE				152	15:50
DAHLEA PIDDUCK				172	17:20
PIDDUCK DAHLEM				170	15:50
BAUMGART				160	14:07

Name	Rest Pulse	Course/time	Work group	Stress Pulse	3 min rec pulse
ANDRES				180	15:15
MAREK					
MEIRINK				180	14:30
ERUSKA				180	17:25
SMITH				182	17:05
GOTMAN				166	14:17
HUNZKER				166	19:15
BARRY				184	15:35
JENKINS				190	15:38
SCHLITT				168	13:57
MEYERS				182	14:40
KINN				178	15:54
MONITAN				178	17:10
BARRETT				174	14:52
BLANZ				174	19:15
				1 st pulse	2 nd pulse
LAUAZZA				174/	
HAMEL				148/150	
SCHUCKMANN				170/164	
MCKEOWN				170/150	

TUES 8-19 KENNY ✓ 90

Names	BAUMGART ✓	Rest pulse	Group	# 110's	Course	Time	Stress pulse
BEERLING	60	5	4	26:51	180		
HEEBNER	78	5	2	13:15	180		
LOCK ✓	54	1	6	39:18	152		
SCHMIDT ✓	68	5	4	28:04	164		
MILES		5	2	13:15			
FAGAN ✓	54		4	26:30	178		
PROBST ✓	58						
MARSHALL	52		2	13:27	144		
GRINER ✓	78		4	26:58	170		
BROCKLAND	58		2	13:10	184		
BROOKS ✓	72		2	13:11	180		
WHEELER ✓	62		2	13:12	180		
BAYANT	76		2	13:27	158		
DOUGHERTY	52						
FERRIGNI	72		2	13:31	176		
KOPF ✓	64		4	29:32	198		
RUSSO ✓	66		2	13:18	162		
WELLING ✓	62		4	30:14	165		
NAHM ✓	78		2	13:10	184		
CORNELL	58		2	13:10	166		
ESSELMAN ✓	72		2	13:17	164		
HASIK ✓	64		4	28:58	180		
KENNEBECK ✓	82		2	14:02	172		
ROONEY ✓	68		2	14:20	185		
WILLIAMS ✓	70		2	15:49	168		
FETE ✓			2	15:00	150		
DAKLEM ✓	70		2	15:06	164		
PIDDUCK ✓	68		2	15:08	178		
ROLLO ✓	66						
GRUSKA ✓	78		2	15:44	168		
BÄBLER ✓	70		2	14:52	172		
MAREK ✓	70		2	15:03	172		
HÄZBERGER ✓	60		2	15:25	140		
MEIRINK ✓	68		2	15:03	164		
SMITH ✓	70		2	15:47	162		
BAUMGART			6	40:50	158		
ANDRES	68		2	14:00	140		
FLANAGAN	74		2	13:27	168		
HÄZBERGER							
MYERS	68						
SCHLITT	72		2	13:43	156		
STICKMAN							
VOKOUN	84						
JENKINS							
MUNIHAN ✓	68						
GOTWAY							
BEERY							

- ① FAST PACE HIGH VOLUME
- ② GOOD PACE MESH VOLUME
- ③ FAST PACE MED VOLUME
- ④ GOOD PACE MED VOL
- ⑤ FAST PACE LOW VOL
- ⑥ MED PACE HIGH VOL
- ⑦ MED PACE

CHRIS FINN

VITO FANAZZI

MATT WILSON

13.53 162

C. FLANAGAN
B. KALBAK 75

① NOT DOING THE HILLS

172 GLANZ

DOUGHERTY

154 156 WELLING

KALBAL

JOB 2 MI LOOP

JOB 2 MI LOOP + 35-40 min.

② TALK TO MIKE KENNEY, JOEL BAUMGART

12 CIRCUITS

LOCH, PROBST, MARSHALL, GRINER

7 11:44 TWO MILE
GRASS LOOP

(148)

10 CIRCUITS

SCHMIDT, FAGAN, RUSSO, ESSELMAN, HASIK, KOPF
BA BASLER

8 CIRCUITS

BIERLING, BRYANT, BROOKS, HEEBNER, MILES,
WHEELER, ~~WHEELER~~ FERRIGNI, NAHM, BRUCKLAND, CORNELL
HUNZIKER, KENNEBECK, ROONEY, WILLIAMS

6 CIRCUITS

FETE, DAHLEM, PIDDOCK, GANSKA, MAREK, MEIRINK
~~PROBST~~ SMITH, ANDRES, PLANNAGAN, SCHLITT

4 CIRCUITS

~~HEBNER~~ MYERS, VOKUN, JENKINS, MONIHAN
BERRY?

SAT. 8/28

1 mile

1 2-2-1

Repeat One Miles

Date:

Course:

2 2-2 or 2-1

Names	Group	2 mile	STRESS	2 mile	STRESS	3 mile	STRESS	Rest Interval
BIRLING	1	13:33	168	13:28	182			@ 6 min.
HEBNER	1	14:13	180	14:24	176			
LOCK	1	12:06	148	11:22	156	5:07	160	
MILES	1	14:05	FAST!	13:44	198			
SCHMIDT	1	14:05	178	13:55	176			
WHEELER	1	14:05	174	13:59	198			
RAGAN	1	13:52	168	13:34	178	5:41	188	
DROSST	1	14:01	140	13:30	140(?)	5:48	164	
MARSHALL	1	14:46	144	15:20	154			
WELLING	1	14:05	160	15:40	158			
GRIMER	1	14:13	166	13:34	184			
CORNELL	1	13:33	174	14:01	180			
C. GIERKE						6:00	184	
C. LEANING						6:08	140	
WILLIAMS	2	16:07	164	8:59	162			
BRAKNO	2	14:13	178	13:36	(2)			
BRYANT	2				(2)			
ARMONNET	2	13:57	180	6:28	170			
DOUBERTY	2	14:46	164	14:28	(2) 178			
FERRIS	2	14:52	162	7:15	182			
FETE	2	16:05	156	7:12	156			
HOPKINS	2							
DANZON	2	16:07	162	7:24	190			
PRODUCER	2	16:43	180	8:15	180			
ESSELMAN	2	14:05	178	7:00	(2) 184			
HASLER	2							
HASIK	2	14:56	180	15:35	(2) 185			
HUNZIKER	2	16:08	176	7:12	188			
KENNEDY	2	14:35	172	7:03	(2) 170			
MEIRINK	2	14:56	182	6:46	182			
ROONEY	2	14:49	178	7:13	180			
SMITH	2	16:07	182					
ANDRES	2	14:54	160	7:14	180			
FENNAGAN	2	14:32	158	14:14	(2) 162			
SCHLIT	2	14:05	176	14:19	(2) 178			
GOTWAY	2	14:49	166	7:12	166			
MAREK	2	16:03	180	10:10	170			

Repeat One Miles

Date

Course:

STRESS
MILE TWO

Names	Group	Mile 1	DATA	DATA	Stress pulse	Mile four	Mile Five	Stress pulse	Rest Interval
@ 5 mph									
ROLLO	3	7:28	180	7:33	180				
GLIWZ	3	9:14	178	9:50	180				
FINN	3	7:59	184	10:32	176				
KAWAZA	3	11:18	186	12:29	134				
BARRET	3	7:49	178	7:52	176				
HNEKER	3	11:09	138	8:56	154				
MEYERS	3	7:13	170	7:23	164				
VOKAN	3	8:23	164	8:30	140				
JENKINS	3	7:47	190	12:30	100				
MONIHAN	3	7:50	168	8:44	176				
BERRY	3	7:46	162	8:45	170				
MCKEAN	3	7:22	166	8:20	170				
HAMEL	3	6:41	136	6:47	148				
STUCKMAN	3	6:14	126	7:34	160				
		7:14	170						

Aug 26: jog/stretch/110's/course/jog/stretch

Names	Rest pulse	Group	# 110's	Course	Time	Stress pulse	
BROCKLAND					28:45	168	G
BROOKS					30:21	184	P
DOUGHERTY							
RUSSO					14:08 (2 mi)	knee (162)	
RIDDUCK					35:24	172	G
FERRIGNI					29:50	186	A
PAHLEN					35:52	156	G
CORNEIL					28:59	172	G
BASLER	ankle inj. (6 later laps)					170	✓
KOPF					28:09	200	
ESSELMANN					15:00	186 (sprained in)	
HUNZEKER					16:00	160	
FLANAGAN					27:57	180	
ROONEY					32:13	176	
SCHLITT					29:53	172	
NAHM					14:32 (2 mi)	ankle	
ANDRES					15:57	140	
GOTWAY					14:55	156	
BERRY					15:50	162	
McKROWN (jogged the course)						164	
MONIHAN					15:38	168	
SCHUCKMANN							
HAMEL							
MYERS					15:25	160	
D. HUNZEKER					18:08	142	
VOKOUN					16:09	168	
GLANZ					18:08	162	
MAREK					14:56	180	
MEIRZIM					14:56	164	
FINN					15:25	184	
WADLAWALA							
WILLIAMS					15:41	160	
SMITH					16:40	172	
BARRETT					15:45	170	
FARAZZA (10 min run)						162	
HADICAN (10 min run)						158	
BARNIDGE (10 min run)						136	
BAUMBART					14:00	168	
WHEELER					14:00	160	
WADLAWALA					14:01	180	

6 mm

Names	Rest pulse	Group	# 110's	Course	Time	Stress pulse
BIERLING, JEFF				6 mi	40:05 ⁴⁰	156
MILES, JOHN					42:10 (-15)	196
LOCK, SEAN					43:06	144
FAGAN, RYAN					43:20 ²⁰	174
GRINER, RAY					44:36	160 170
KENNEY, MIKE					44:57	180
SCHMIDT, CHRIS					45:33	168
BRYANT, BOB					46:01	160
HASIK, MATT					46:59 ⁶⁰	180
PROBST, TIM					46:59 (-60)	154
MR. L.					49:34 ¹⁰	200
MARSHALL, GENE					52:17	156
WELLING, CHRIS					52:17	156

8/29

Name				
✓	2x2	13:15	✓	11
Esseman	2x2	13:21	6:36	
Spring	3x2	12:52	13:27	8:00
✓	2x2x1	13:35	14:01	6:50
Hungerford	2x2	14:27	6:49	
✓	2x2	14:12	7:35	
✓	2x2	14:44	7:30	
✓	2x2	13:51	14:52	
Flanagan	2x2	12:51	14:52 13:56	
✓	2x2	19:55	14:25	
✓	2x2	12:56	14:20	
✓	3x2	12:06	6:13	5:59
Frankland	2x2x1	13:12	13:49	
✓	2x2x1	12:58	13:58	
✓	2x2x1	13:48	14:14	6:14
✓	2x2	12:37	12:51	6:07
✓	2x2x1	13:14	13:34	6:42
✓	2x2x1	12:14	12:30	5:52
✓	2x2x1	12:13	13:25	5:52 7:00
✓	3x2	11:26	11:33	5:18 5:18
✓	2x2x1	13:06	13:41	6:35
✓	✓			
✓	3x2	12:02	13:15	5:46
✓	2x2	✓		
✓	3x2	12:06	12:30/160	5:52
✓	✓		6:20/148	
RUSSO	2x2	13:28		
BASLER	2x2	14:15	7:38/198	



COLOR OF SHIRT
WRITTEN BLUE
REVERSE



SHADOW
RUNNER

WORDS

SLUH

VERY BIG

CROSS

XC

XC

CROSS-COUNTRY

"TOP SEVEN"

IN SHIRT

[illegible]

RETE

Rocco

KENNEDY BECK

DOUBHERTY

BASLER

RUSO

HASIK

BROOKS

BALM GART

DATE _____

LEADAC WAL A

BSL-4R

PINDUCK

FAGAN

Thurs 9.5.91

CIRCUIT
HILLS

Name	Time/Pulse	2.0 loop	1	2	3	4	5	6	7	8	PULSE	12	13	14
10 Lock	11:36	166	5:48								M			
Lock														
10 Miles	12:58	172	6:29								HM			
10 Probst	13:24	138	6:42								L			
10 Fagan	13:24	170	6:42								HM			
Probst														
10 Griner	13:01	166	6:30								M			
10 Bierling	13:11	164	6:35								M			
10 Brockland	13:41	158	6:50								LM			
10 Bryant	13:04	152	6:32								L ?			
10 Schmidt	13:40		6:50								?			
10 Wheeler	13:46	172	6:54								HM			
10 Brooks	13:24	158	6:42								LM			
Brooks														
10 Kennebeck	13:40	176	6:40								HM			
Heebner	12:52	168	6:26								M			
4 Russo	14:28	144	7:14											
8 Nahm	14:06	198	7:03											
Nahm														
8 Wadalawala	14:00	170	7:00								HM			
8 Essleman	13:17	174	6:38								HM			
4 Cornell	13:26	160	6:43								M			
4 Hasik	14:33	170	7:16								HM			
8 Basler	14:35	160	7:17								M			
8 Ferrigni	14:20	164												
Ferrigni														
8 Rooney	16:09	158	8:04								L			
6 Smith	16:05	160												
8 Hunzeker	16:15	160	8:07											
6 Meirink	14:33	156												
6 Rollo	14:21	176												
6 Pidduck	17:06	150												
6 Dahlem	15:15	144												
6 Fete	15:02													
Fete														
6 Marek	14:33	160												
6 Gruska	17:30	166												
4 Favazza														
4 Glanz	17:02	168												
4 Hadican	14:05	169												
X Kopf														
6 BARRETT	14:09	170												
6 FLANAGAN	13:26	172												
6 SCHLITT	13:40	170												
6 SCHICKMANN	14:26	172												
6 HAMEL	14:26	172												
6 WHEELER	14:40	180												
6 MEYERS	14:31	140												
6 ANDRES	14:31	140												
6 GOTWAY	14:16	192												
4 BARRY	14:29	162												
4 MITCHELL	14:36	180												
4 STOCKMAN	17:50	186												
4 BARNIGE	15:06	150												
4 HALLETT	14:04	168												
4 MONAHAN	16:06	154												
4 VOROUN	17:05	160												

4 JENKINS 17:03 16

4 LEVY 14:29

4 LITTLEWORTH

162 9 HUNZAKER 17:05

4 EHLMANN 15:58

SAT 9.7.91

Name	workout	2 mile	2 mile/1	2 Mile/1	Stress Pulse	
Smith	2x2	16:08	16:28		178 120	98
Hunzeker	2x2	14:20	16:30		156 108	170 120
Meirink	2x2	14:10	13:58		164 80	190 88
Rollo	2x2	14:55	15:59		188 132	184 152
Pidduck	2x2	16:35	17:09		168 116	170 112
Dahlem	2x2	16:13	16:37		168 68	174 90
Fete	2x2	16:08	15:38		142 60	156 60
Finn	2x2	not here				
Marek	2x2	DID NOT FINISH	7:03			180
Gruska	2x2	18:11	18:14		182 136	192
Favazza	2+1	18:19	12:46		182 106	
Hadican	2+1	14:18	6:58		150 110	162
Williams	2+1	13:56	6:58		160 118	160 134
Flanagan	2x2	other group				
Schlitt	2x2	other group				
Schuckman	2x2	other group				
Hamel	2x2	injured				
Wheeler	2x2	14:29	DIDN'T RUN		164	
Meyers	2x2	14:10	15:38		164 98	160 98
Andres	2x2	14:16	15:08		154 114	188 100
Berry	2+1	16:16	8:28		162 90	142 80
Mithchell	2+1	14:41	7:30		172 126	178 130
Stockman	2+1	no				
Barnidge	2+1	16:36	8:16		162 64	160 110
Hallet	2+1	14:10	7:30		148 112	168
Monahan	2+1	16:39	8:16		174 130	166
Viokoun	2+1	no				
Jenkins	2+1	15:10	DIDN'T RUN		194	
Levy	2+1	15:18	8:24		160 66	224 110
Littleworth	2+1	injured				
Hunzeker	2+1	injured				
JOHN JACKSON	2+1	15:59	8:06		150 100	140 128
MR. FLAN	2x2	14:10	14:23		164 114	172 126

REPORT STRESS ON
OFF PHASE
NOT SPRINT

*CHECK FOR INDIAN WORKRAT
BASED ON INJURIES

[illegible]

9/14/91

[illegible]

Rollo		2x2	7:42	14:56	7:52	14:56		
Meirink		"	6:59	13:59	7:11	13:58		
Williams		"	7:13	13:56	7:36	14:39		
Hunzeker		"	7:13	13:58	7:34	14:38		
Hadican		"	7:20	14:10	7:20	14:05		
Andres	-	X		6:15	6:09	6:16	6:16	
Myers	-	X		6:17	6:45	6:59		
Basler		X						
Hallett	-	X		6:51	6:54	6:46		
Gotway	-	X		6:17	6:12	6:32	6:25	
Marek		2x2	7:16	14:11	7:08	13:58		
Dahlem		2x2	7:15	14:38	7:50	14:56		
Pidduck		2x2	6:12	16:03	8:12	16:11		
Fete		2x2		X	X	X		
Smith		2x2	8:01	15:11	8:12	16:36		
Rooney		2x2	7:51	14:50	8:12	15:09		
Jackson		2x2	7:20	14:16	7:34	14:34		
Hamel	-	X		6:07	6:07		X	
Wheeler	X	X						
Ehlman		X		8:10	174			
Barry	-	X		6:27	6:35	6:48		
Mitchell	-	X		6:26	6:32	6:25		
Stockmann	-	X		7:27	7:04	6:53		
Finn		2x2	8:05	15:15	9:25	17:28		
Barry								
Barnidge	-	X		6:57	6:36	6:49		
Monahan	-	X		1		X		
Vokoun	-	X		7:33	7:06	6:53		
Jenkins		X		9				
Levy	-	X		6:54	6:57	6:39		
Littleworth	-	X		5:58	6:10	X		
Hunzeker		X		7:59				
Gruszka		2x2	8:15	17:62				
Glanz		2x2	8:22	16:32	9:25	17:55		
Favazza			10:00	19:45	12:27	X		

9/14/91

Name	Rest Pulse	1	2	3	4	5	5	6	7	8	2 Race Circuits	rest	2 Race Circuits	Ext. Jog
Rollo	4										6:40		6:26	+
Meirink	4										X		X	
Mitt														
Wilmann														
Williams	X										X		X	
Hunzeker	6										5:41		5:49	✓
Hadican	4										5:27		got confused	-
Andres	4										5:48		5:36	✓
Myers	4										6:25		5:47	-
Basler	6										5:46		—	
Hallett	4										5:54		—	
Gotway	X										X		X	
Marek	4										5:43		5:48	✓
Dahlem	4										6:23		6:03	+
Pidduck	4										6:24		6:15	+
Fete	4										5:53		5:42	+
Smith	4										5:49		6:12	+
Rooney	4										6:10		5:55	+
Jackson	4										5:54		5:47	+
Hamel	4										5:40			
Wheeler	4										5:52		5:31	+
Barry	4										X			
Mitchell	4										5:49		—	-
Stockmann	4										6:29		6:13	+
Finn	3										6:50		6:57	-
Barnidge	3										6:14		5:58	+
Monahan	3										6:29			-
Vokoun	3										6:52		6:31	+
Jenkins	3										7:26		6:22	+
Levy	3										7:08		6:25	+
Littleworth	4										6:37		5:25	++
Hunzeker	4										6:35		—	-
Gruszka	3										7:13		6:48	+
Glanz	3										7:52		6:53	+
Favazza	3										X		X	

COMBINATION CIRCUITS

Date: 9.22

ON SPANISH PAV. HILLS
w/ PINE KNOLL EXTRA
LOOP AT START AN 3X200

[illegible]

70 SPRINTS
between
trees & second
sidewalk

ALL
DID
5x's

Name	Rest pulse	RACE PACE												20 or 15 min rec run
		1	2	3	4	5	6	7	8	9	10	11	12	
Kennebeck	5		5:02	5:12										
Welling	?		-	-										
Nahm	5		5:31	5:45										
Cornell	5		-	-										
Hasik	5		5:37	5:50										
Kopf	5		5:34	+										
Russo			-	-										
Wadalawala	5		5:42	6:10										
Esselman	5		6:03	+										
Ferrigni	5		5:37	5:28										
Flanagan	4		5:04	5:18										
Schlitt	4		5:21	5:26										
Schuckmann	4	5:12	5:21	5:21										
Barrett			-	-										
Rollo	?		-	-										
Meirink	5		5:33	-										
Williams	5		-	-										
Hunzeker			-	-										
Hadican	?		-	-										
Andres	4		5:36	-										
Myers	4		5:43	5:54										
Basler	?		-	+										
Hallett	4		5:56	5:39										
Gotway	4		5:38	5:8										
Marek	5		5:23	-										
Dahlem	5		6:03	6:03										
Pidduck	5		6:11	6:23										
Fete			-	-										
Smith	5		7:01	-										
Rooney	5		-	+										
Jackson	5		5:45	5:56										
Hamel			-	-										
Wheeler			-	-										
Ehlman	?		6:31	-										
Barry	4		6:8	+										
Mitchell	4		6:36	6:17										
Stockmann	4		6:36	6:47										
Finn	5		6:21	6:20										
Barnidge	4		6:49	6:46										
Monahan	4		-	-										
Vokoun	4		7:30	+										
Jenkins	●		-	-										
Levy	4		6:19	6:28										
Littleworth			-	-										
Hunzeker			-	-										
Gruszka	5		-	-										
Glanz	5		7:44	8:10										
Vito				7:55										

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

Name	goal	1	2	3	4	5	6	7	8	9	10	11	12
Lock	✓	63	71	69	64	64	66	66	64	65			
Probst	✓	74	76	74	74	75	75	75	75	75			
Marshall	✓	72	75	74	69	73	73	73	70	66			
Griner	✓	78	82	83	79	82	81	80	83	79			
Miles	✓	75	76	73	72	75	74	75	75	75			
Fagan	✓	73	77	74	71	75	74	74	76	72			
Bierling	✓	70	74	73	71	72	73	72	73	71			
Brookland	✓	77	77	78	77	78	77	77	78	77			
Dougherty	✓	78	78	78	78	78	78	78	78	76			
Heebner	✓	75	76	77	71	81	77	82	78	85			
Wheeler	✓	77	73	77	82	82	81	80	79	78			
Schmidt	✓	76	76	75	76	76	76	78	79	77			
Bryant	excused												
Brooks	✓	75	76	76	76	76	76	76	77	75			
Kenney													
Kennebeck													
Kopf	✓	73	73	76	79	83	72	86	83	X			
Ferrigni	excused												
Baumgart													
Nahm	✓	80	84	84	80	82	82	81	82	79			
Cornell	✓	79	81	81	80	82	83	81	79	79			

1. HIGH KNEES
2. on BALL of FOOT - LIFT HEEL UP TO BUTT
3. Power Bound - KEE 1) HEIGHT - LIFTING KNEE HIGH - WORK
ARM - to PUMP - OPP. ARM & LEG
4. QUICK HIGH KNEES - on BALL ~~to~~ TOE -
5. 60% OF CAPACITY - WORK ON GOOD FORM - USE ARM
6. 70% " "
7. 90% " "

9.30.91

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
	Circuit	Circuit	Circuit	Circuit	Circuit	Circuit	Circuit	Circuit	Circuit	Circuit	Res	Hard	3.1	timed						
Lock	27	74	74	75	74	72	73	73	73	70	72	71	69	69	68	69	67	008	16:00	77 12
Probst	80	78	79	78	78	78	78	79	78	79	76	80	85	83			63		17:30	84 19
Marshall	81	79	79	78	78	78	79	79	78	79	76	78	76	71					17:15	82 18
Griner	88	81	84	84	83	85	89	89											17:45	85 18
Miles	83	79	80	79	80	80	79	79	79	79	78	74	74						17:30	84 14
Fagan	83	80	81	80	82	80	79	81	80	81	81	80	81	80					17:30	84 14
Bierling	80	79	74	78	77	76	77	75	75	76	77	76	75	77					17:15	82 14
Brockland	82	79	81	81	82	82	81	83	83	82	81	82	84	81					17:30	84 14
Dougherty	83	79	80	81	81	82	81	83	85	85									17:55	86 14
Heebner	83	78	78	77	76	85	76	78	-			41	74	74	78	81			17:30	84 14
Wheeler	82	81	86	82	83	83	81	81	81	82	80	42	84	87					18:00	86 14
Schmidt	79	77	85	82	82	84	83	81	83	83	40	82	84	78					17:45	85 14
Bragant												86								
Brooks	79	77	80	81	81	82	81	83	83	84	81	93	86	77					17:30	84 14
Kenney	79	78	82	81	79	82	83	84	83	84									18:08	87 14
Kennebeck	83	83	87	86	82	83	84	84	84	87	81	82	83	76					18:08	87 14
Baumgart	84	82	83	84	84	85	85	85	84	85	83	85	88	77	80	73			18:30	89 14
CORNELL	83	82	85	82	80	82	82	81	83	83	81	80	83	74					18:20	88 14
NAHM	84	82	84	85	83	84	84	84	83	83	81		83	77					18:30	89 14

Repeat One Miles

Date:

Course:

9:30

XC course

TARGET

Name	TIME	Group	Mile one	Mile Two	Mile three	Stress pulse	Mile four	Mile Five	Stress pulse	Rest Interval
Welling	6:30	7	6:18	6:48	7:08	6:28				
Hahn										@ 6 min.
Cornell										
Hasik	6:30		6:31	6:39	6:21	6:15				
Kopf	6:30		6:16	6:28	6:29	5:58				
Russo	6:30		6:20	6:05	6:04	—				
Wadalawala	6:30		6:14	6:10	6:18	6:10				
Esselman	6:30		6:44	6:38	7:10	6:05				
Ferrigni	6:30		6:14	6:04	6:07	6:11				
Rollo	7:10		6:43	6:28	6:30	6:29				
Meirink	6:30		6:31	6:19	6:21	6:15				
Williams										
Hunzeker	6:30		6:20	6:16	6:28	6:24				
Hadican	6:20		6:17	6:19	6:20	6:30				
Basler										
Hallett	6:40									
Gahlem	7:10									
Pidduck	7:20		7:33	7:20	7:20	6:36				
Fete	7:05		6:42	6:28	6:30	6:29				
Smith	7:10		7:17	6:38	6:48	6:19				
Rooney	6:30		6:40	6:39	6:49	6:42				
Jackson										
Finn	7:20		7:11	7:15	7:18	6:45				
Gruszka										
Glanz	8:00		7:37	8:37	8:22	9:14				
Favazza	?		9:29	8:30	8:25	—				
John Andres	6:50		6:43	6:31	6:43	6:34				
Robert Barnidge	7:40		7:20	6:50	6:50	6:56				
Pat Barry	7:10		6:47	7:03	7:20	7:08				
Dan Ehlman	7:30		7:10	7:28	7:18	7:27				
Tom Flanagan	6:20		6:18	6:14	6:20	6:12				
John Gotway	7:00		6:59	6:50	6:57	6:21				
Jamie Hallett	6:45		6:42	6:36	6:47	6:41				
Pat Hamel	6:20		6:25	6:20	DNF					
Drew Hunzeker	7:50		7:40	7:59	8:19	7:45				
Rob Jenkins	7:40		8:04	7:24	7:40	—				
Jack Levy	7:10		7:28	7:06	8:02	—				
Rob Littleworth										
Gary Mitchell	6:50		6:47	6:50	7:04	6:44				
Pete Monahan	7:30		7:23	7:34	8:03	8:06				
Kevin Myers	6:30		6:40	6:39	6:45	6:43				
Matt Schuckmann	6:20		6:18	6:14	6:22	6:15				
Steve Schlitt	6:40		6:30	6:27	6:21	6:03				
Chris Stockman	6:50		7:26	7:13	7:11	7:07				
John Vokoun	7:30									
Jake Wheeler										

John Barrett 6:50 6:39 6:31 6:33 6:19

Scott Marek 6:40 6:59 6:50 7:06 dump

Names	Rest pulse	Group	* 110's	Course	Time	Stress pulse
Lock	36:00					
Probst	39:30	(intermediate)				
Marshall	42:00					
Griner	42:05					
Miles	39:13					
Fagan	43:25					
Bierling	38:11					
Brockland	41:38	176				
Dougherty	42:07					
Heebner	39:32					
Wheeler	44:30					
Schmidt	DNF					
Bryant						
Brooks	41:39	170				
Kenney	50:00					
Kennebeck	41:39	172				
Baumgart						
Welling	44:30					
Nahm						
Cornell	4.4 mi 31:10	180				
Hasik	49:20					
Kopf	42:25					
Russo						
Wadalawala						
Esselman						
Ferrigni	45:26					
Flanagan						
Schlitt	4.4 mi 34:00	183				
Schuckmann	4.4 mi 35:40	160				
Barrett	4.4 mi 35:41	170				

[illegible]

9
10-~~8~~-91

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

High/Low

Name	goal	18	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Comments
Lock	65	65																		
Probst	78																			
Marshall	78																			
Griner	X																			
Miles	80																			
Fagan	81	74	8	75	77	78	78	78	77	77	77	75	76	74	70					
Bierling	76																			
Brockland	83																			
Dougherty	X																			
Heebner	78																			
Wheeler	84																			
Schmidt	81																			
Bryant	85																			
Brooks	79	77	77	77	77	77	75	77	77	77	77	76	75	75	71					
Kenney	81																			
Kennebeck	82																			
Baumgart	85																			
Nahm	85																			
Cornell	X																			

78 for 1st half ← 77 + 75 for 2nd half

78 76 72

75 ← 77 77.07 Aug

84 81 72

84 80.5 78

10-91

Name	One mile	One mile	Stress pulse	Half	Half	Half	Half	Mile Goal	Half Goal
Hasik	6:13	6:15		3:10	3:02	3:14	3:09	6:20	
Welling	6:47	6:12		3:30	3:06	3:38	2:35	6:30	
Kopf	6:11	6:03		2:40	2:40	2:55	2:25	6:10	
Russo	6:12	5:58		2:48	—	—		6:20	
Wadalawala	6:11	5:55		2:55	2:47	3:05	2:41	6:10	
Esselman									
Ferrigni	6:11	6:09		2:03	2:49	3:02	2:36	6:30	
Flanagan									
Schlitt	6:13	6:04		2:58	2:52	3:03	2:44	6:20	
Schuckmann	6:10	5:59		2:50	2:41	2:57	2:35	6:10	
Barrett	6:23	6:23		3:00	2:59	3:17	3:03	6:30	
Rollo	6:19	6:23						6:37.5	
Meirink	6:13	6:09		3:10	2:54	3:06	2:38	6:20	
Williams									
Hunzeker	6:31	6:20		3:07	2:55	3:16	2:43	6:20	
Hadican	6:13	5:58		3:02	2:48	3:04	2:49	6:30	
Andres	6:22	6:20		3:02	2:53	3:07	2:47	6:30	
Myers	6:24	6:26		3:20	2:55	3:18	3:03	6:30	
Basler									
Hallett	6:35	6:37		3:07	3:05	3:19	2:58	6:35	
Gotway									
Marek ?	6:25	—						6:40	
Rooney	7:17	6:23		3:14	3:07	3:25	3:05	6:35	
Jackson	6:35	6:12		3:07	2:51	3:04	2:49	6:30	
Hamel	6:11	6:00		3:00	2:53	—	—	6:25	
Wheeler									
Ehlman	7:20	7:15		3:25	3:29	3:26	3:18	7:10	
Barry	7:06	7:08		3:28	3:21	3:38	3:03	7:00	
Mitchell	6:56	6:21		3:31	—	—	—	6:30	
Stockmann	6:50	6:50		3:25	3:24	—	—	6:30	
Finn	6:43	6:55		3:28	3:29	3:48	3:05	7:15	
Barnidge	6:58	6:45		3:23	3:11	3:19	3:03	6:40	
Monahan	7:07	7:09		3:30	3:21	3:32	3:05	7:05	
Vokoun	7:00	6:57						7:00	
Jenkins	7:16	7:09		3:37	—	—	—	7:00	
Levy	6:57	6:32						7:00	
Littleworth									
Hunzeker	7:45	—						7:15	
Gruszka	7:13	—						7:15	
Glanz									
Favazza									
Dahlem	7:17	7:11		3:19	3:06	3:12	2:57	7:15	
Fete	6:17	6:16		3:00	2:52	—	—	6:45	
Pidduck	6:59	7:14		3:25	3:16	3:31	2:49	7:15	

The second half mile course is faster (by 10 seconds) than the first half.

Name	Goal 400's	1	2	3	4	5	6	7	8	Goal 200's	1	2	3	4	5	6
Lock		✓	67	65	68	69	68	63	66		28	29	28	29	30	
Heebner		✓	70	73	73	73	73	74	71		31	30	32	31	32	
Dorsey		✓	71	70	69	71	71	72	72		32	31	31	31	32	
Spies		✓	70	69	71	73	73	72	73		32	37	34	34	31	
Bierling		✓														
Marshall		✓	68	70	71	72	72	71	72		29	30	29	30	27	
Kenney		✓	74	75	75	76	78	77	79		35	32	35	34	35	
Wheeler		✓	70	73	74	76	77	77	77		31	31	32	31	30	
Probst		✓	77	79	77	78	82	82	82		32	36	32	35	36	
Moellering		✓	68	72	70	68	68	67	68		28	29	28	29	27	
R. Fagan		✓	72	77	74	74	76	75	78		29	32	30	33	33	
Miles		✓	74	76	75	76	78	77	79		33	36	38	31	35	30
Gitto		✓	73	75	75	76	78	77	77		30	32	33	31	31	
Brooks		✓	69	73	70	74	73	71	72		30	31	33	32	32	
Halley		✓														
Quillin		✓	67	72	76	76	80	75	79		27	30				
Bartin		✓	72	73	74	70	76	75	79		29	30	31		31	
Brockland		✓	74	77	76	74	76	75	76		30	33	32	35	29	
Nahm		✓														
Schneider		✓														
Dougherty		✓														
McNamara		✓	68	70			80	85	87		29	37	33	32	27	
Sikorski		✓									28					
Schwarz		✓														
Griner		✓														
Stein		✓														
Linenweber		✓														
Ruddy		✓	73	77	77	75	79	82	79		31	33	32	30	30	
Hochberg		✓														
Knapstein		✓														
Rollo		✓														
Basler		✓														
Rooney		✓														
Hasik		✓														
Sapienza		✓														
Arconati		✓														
Fete		✓														
Pfile		✓														
Dahlem		✓														
Normile		✓														
Pidduck		✓														
Cornell		✓														
Williams		✓														
Hunzeker		✓														
Weber		✓														
Gruska		✓														
Glanz		✓														

Schit
 Fagan
 200's
 73 73 75 75 75 77 72 33 32 32
 71 72 73 73 79 87 71
 33 31 32

10.14.91

NEW LAKE

+ SHORT & LONG HILL LOOP

Name	Goal	800	800	Rest int.	800	800	800	600	comments
Lock SLACKER!									35:39
Probst TIM!!!	2:56	2:53	3:04		3:12	—	3:16		38:44
Marshall GENE!	2:53	2:53	2:54		2:49	2:54	2:47		38:42
Griner SLACKER!									44:30
Miles 54 1/2	2:56	2:58	3:00		2:55	3:00	3:05		39:28
Fagman	2:56	2:51	3:04		3:00	3:03	2:53		—
Bierling Muscular	2:44	2:44	2:51		2:52	2:56	—		38:24
Brockland Spiderman	2:54	2:55	3:03		3:03	3:05	3:09		42:00
Dougherty Da-Boy	2:58	2:54	3:03		3:03	3:04	3:12		42:14
Heebner bad boy	2:52	2:47	2:53		2:54	2:58	3:00		41:38
Wheeler SLACKER									—
Schmidt really cool	2:59	2:53	3:09		2:59	3:06	3:08		41:30
Bryant bad boy	2:59	3:12	3:17		3:12	3:17	3:13		
Brooks CRAZY	2:55	2:49	2:59		2:52	3:01	2:56		40:49
Kenney Every Legs	2:57	2:58	3:07		3:07	3:05	3:11		42:00
Kennebeck OFF	2:59	2:56	3:07		3:11	—	—		42:30
Baumgart Grin									
Cornell Ident really cool									
Nahm SLACKER									

* First loop was not timed which makes a total of 7 loops

10. 14. 91

Quarters ~~1000~~~~1000~~

10/17/91 10K

Name	Goal	400's	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Comments
Hasik	14-84	81	84	81	82	84	83	84	83	84	84	84	84	84	84	84	48:08
Waller GREINER	14-82	82	82	83	83	83	83	83	82	82	83	82	82	83	83	83	44:30
Kopf	14-82	81	82	80	82	82	77	78	81	78	81	78	81	78	81	78	47:00
Russo	14-82																47:03
Wadalawala	14-82																42:30
Esselman	14-84																46:50 38:10 5.2 mi.
Ferrigni	14-82	82	79	78	77	86											47:03
Flanagan																	46:50
Schlitt	14-82	81	81	80	80	83	82	81	81	81	83	82	82	82	82	85	42:30
Schuckmann	14-82	83	84	82	82	84	83	82	83	84	84	83	83	83	83	83	42:30
Barrett	14-84	86	85	83	84	85	84	83	83	84	83	84	83	83	83	83	45:10
Roth ROONEY	14-86	91	90	89	87	87	87	86	85	82	84	84	82	82	82	82	44:26
Meirink	14-84	84	84	81	82	81	81	80	81	81	83	82	82	82	82	82	
Williams	12-86	79	77	79	78	80											DNF
Hunzeker	12-86	82	83	83	80	79	80	80	81	83	82	80	77	82	81		44:20
Hadian	14-84	77	75	76	78	80											48:02
Andres	14-86	73	82	85	83	82	82	81	82	82	82	82	82	82	82	82	44:15
Myers	14-84	84	84	84	82	81	83	80	82	82	82	86	90				50:40
Easter HAMEL	14-84	85	84	83	81	82	80	83	82	81	83	81	80				50:40 DNF
Hallett	14-84	80	82	82	82	83	90	91	82								50:40
Gotway																	
Marek	14-84	87	75	86	90	88	85	85									48:40
Dahlem	14-92	94	94	92	96	92	92	91	92	91	93	89	91	88	87		50:42
Pidduck	14-92	101	94	91	96	91	91	91	92	94	94	89	91	88	79		51:20
Fete	14-86	79		107													48:20
Smith	14-86	75	77	80	84	78	84	94	84								50:35
Robb PAO	14-88	77	82	83	86	81	86	86	85	85	85	85	80	81	79		48:20
Jackson	12-88	79	80	81	80	81	82	81	80	81	82	82	82	82	82		48:28
Hamel BAGUEL																	28:15 4.8 MILES
Wheeler	10-95	100	91	90	100	91	95	11	82	82	81						28:06 4.0 MILES
Ehlman	10-95	94	95	90	90	91	91	91	90	90	90	90	90	90	90		DNF
Barry	12-90	92	92	90	93	91	92	93	93	93	93	93	92	93	93		48:45
Mitchell	12-86	82	81	83	78	84	85	87	82	82	82	82	81	81	74		53:40
Stockmann	12-88	82	87	88	82	90	89	88									29:20 TOTEN POLE
Finn	12-95	93	93	89	93	92	94	94	92	96	97	95	87				38:10 INTERIOR BP.
Barnidge	12-92	93	92	93	89	81	86	89	88	83	87	81	82				53:36
Monahan	12-95	92	92	90	94	92	94	94	94	97	97	97	97	97	97		53:35
Vokoun	10-95	95	92	92	90			99	96	92	90						29:30 TOTEN POLE
Jenkins	10-95	99	98	97	100	95	95					96	94	93	90		
Levy	10-92	90	88	89	81	96	95	100	99	98	102						50:43
Littleworth	10-95	92	92	94	90	90	93	83	81	78	76	77					28:02 4.8 MILES
Hunzeker	12-95	94	96	99	100	100											
Gruszka	12-95	84	83	87	92	89	91	93	95	82	82						38:30 INTERIOR BP.
Glanz	12-95	101	96	96	102	107	100	102	102	102	104						
Favazza	12-98	100	114	101	115												

A

B

17.11.21

17.11.21

17.11.21

Quarters and 200's ¹⁰⁻¹⁵⁻⁹⁰ ~~10-15-90~~

Name	Goal 400's	1	2	3	4	5	6	7	8	Goal 200's	1	2	3	4	5	6
Lock		63	62	64	71	69	70	71	64		29	30	X	30		
Heebner		74	69	69	72	73	73	74	73		32	32	31	32		
Dorsey	doctor appt	X	X	X	X	X	X	X	X		X	X	X	X	X	X
Spies		71	70	70	69	69	72	71	73		36	36	36	33	33	
Bierling		X	75	76	77	78	75	77	76		33	32	32	32	33	
Kenney	tripped up - affected Jeff's whole workout	78	73	80	76	76	74	75	76		37	34	36	34	37	
Wheeler		75	71	72	72	72	73	74	74		30	31	32	32		
Moellering		71	69	67	66	66	67	67	69		28	28	28	29	29	
R.Fagan		75	75	73	71	70	77	76	76		31	32	32	33	32	
Miles		83	76	73	73	73	73	80	81		33	32	40	40		
Gitto		73	72	73	74	76	77	76	78		33	33	32	33	32	
Brooks		71	68	71	70	72	72	71	73		32	33	34	30	33	
Halley		80	78	82	86	X	X	X	X		X	X	X	X	X	X
Quillin		69	69	71	73	76	X	X	X		X	X	X	X	X	X
Bartin		83	68	77	74	70	78	71	94		35	42	31	33	33	
Brockland		75	73	75	77	75	75	74	75		33	35	34	36	36	30 34 31
Schneider		69	76	66	71	74	74	78	61		29	29	28	30	27	
Stein		74	X	X	X	X	75	75	X		X	X	X	X	X	32
Linenweber		83	79	84	74	79	83	84	X		35	33	36			
Ruddy		X	73	75	X	X	X	X	X		X	X	X	X	X	X
Sapienza	Aick															

400's
 Schimdt 72 74 73 73 76 75 75 75 34
 Fagan 71 70 69 69 X X X
 C. McCall 55
 200's Schimdt 34 32 32

[Handwritten scribbles]

Name	Goal 400's	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Comments
Hasik	12-86	84	82	82	83	81	82	83	83	84	81	80				
Welling	12-86	75	76	79	80	79	77	80	82	86	90	84	80	82	81	←
Kopf	12-86	75	80	80	81	81	77	77	86	93	82	95	87	60		
Russo	12-86	82	82	81	82	80	80	80	82	79	77	77	77			
Wadalawala?	12-84	78	81	80	81	79	78	81	81	82	81	80	75			
Esselman	12-86	76	81	85	85	-	-	-	-	-	-	-	-			
Ferrigni	12-84	83	80	81	-	82	82	82	82	81	78	80	78			
Flanagan	12-84	82	81	82	83	82	81	81	80	80	80	78	76	74	←	
Schlitt	12-85	82	82	81	83	80	79	82	82	81	81	80	79			
Schuckmann	12-84	83	82	82	80	80	82	82	83	83	82	80	80			
Barrett	12-86	83	83	83	83	83	83	84	84	83	84	83	83			
Barrett	12-86	86	86	86	88	88	86	88	84	90	89	90	91			
Meirink	12-86	84	82	81	83	82	82	83	81	82	85	85	83			
Williams																
Hunzeker																
Hadican	12-86	80	78	79	82	79	81	81	-	-	89	-	-			
Andres	12-86	85	85	88	89	86	90	92	-	-	-	93	92			
Myers	12-86	82	85	87	83	82	82	82	86	83	83	86	87			
Barrett	12-84	85	83	82	83	80	-	-	-	-	-	-	-			
Barrett	12-85	76	76	79	80	80	81	81	81	81	81	81	81			
Gotway	12-90	85	84	89	90	88	91	90	92	92	91	90	88			
Marek	12-88	82	78	81	82	82	85	-	-	82	82	81	83			
Dahlem	12-88	88	88	88	88	88	88	89	91	-	-	-	-			
Pidduck	12-88	88	89	91	91	91	94	94	91	76						
Fete	12-92	73	73	73	79	-	-	-	-	-	-	-	-			
Smith	12-90	82	78	79	82	78	82	80	77							
Boone																
Jackson	10-90	87	84	84	89	84	91	87	88	86	89					
Barrett																
Barrett																
Rollo	12-90	88	85	85	84	87	86	88	88	87	87	83				Just kidding
Ehlman	10-95															
Barry	10-92	88	86	89	89	89	89	91	92	92	91					
Mitchell	10-90	84	84	85	86	84	83	80	79	80	78					
Stockmann	10-90	86	88	87	88	91	91	90	90	88	88					
Finn	10-95	87	87	87	93	104		87								
Barnidge	10-92	94	89	93	96	98	96	99	98	90						
Monahan	10-95	87	89	93	95	97	99	94	99	98	90					
Vokoun																
Jenkins	8-98	94	90	83	94	95	-	100	98	-						
Levy	8-95	107	90	89	89	86	-									
Littleworth																
Hunzeker	10-95	90	81	94	95	-	-	93	-							
Gruszka	10-98	87	84	85	87	85	86	84	-	86	84					
Glanz																

86
+45

2:10

93
+45

2:18

A

B

1/2's on LAKE DOUBLELOOP 10/21/91

	1	2	3	4	5	6	7
Name	One mile split	Two mile split	3.1 finish	Place overall			
Lock	2:47	2:34	2:40	2:40	2:37	2:39	2:26
Biering	2:51	2:41	2:50	2:51	2:44	2:49	2:36
Piles	2:52	2:44	2:52	2:00	2:58	-	-
Marshall	2:52	2:41	2:57	2:52	2:42	2:53	2:33
Heelmer	2:53	2:47	2:49	2:41	2:48	3:03	2:33
Probst	2:54	2:54	2:54	2:57	2:48	3:00	2:45
Schmidt	3:05	2:52	3:02	2:55	2:51	3:10	2:40
Brooks	2:54	2:44	2:53	3:03	2:49	-	-
Kenny	3:00	2:59	3:03	3:06	2:56	2:56	2:48
Brochland	3:03	2:57	3:18	-	-	-	-
Fagan	2:56	2:49	2:55	3:00	2:45	2:50	2:44
Nahm	3:12	3:07	3:12	3:13	3:00	3:12	-
Wheeler	3:03	3:05	3:26	-	-	-	-
Wellis	3:14	3:13	3:16	3:21	3:57	3:32	2:45
Dougherty	3:04	2:49	3:06	-	-	-	-

Name	Goal 400's	1	2	3	4	Goal 200's	1	2	3	4	5	6	7	8	form comments
Lock	62	64	61	60	61	29-28	30	32	31	31	27				
Heebner	69/67	64	69	67	74	30	31	33	30	30	30				
Dorsey		72	67	66	65	30	32	33	33	33	31				
Spies	69	70	61	68	67	31	32	35	34	34	33				
Bierling	69/70/67	72	71	61	70	30	31	33	X						
Brooks	69	61	66	68	69	31	29	34	31	33	29				
Hall	72					30									
Kenney	73	64	71	70	77	33	33	33	31						
-> Marshall	69/67	70	67	67	68	29	28	32	31	33	28				
Kneller	67					28									
R. Fagan	70	65	64	77	73	30	33	33	37						
Illies	72	70	74	75	75	32	33	36	36						
Gitto	72	70	73	77	74	31	31	32	31	31					
Quinn	X					X									
Bartie	X					X									
Brockland	72					30									
Probst	72	75	77	73	73	31	33	34	35	31					
Schmidt	72	70	74	69	70		31	31	32	31	31				
Wheeler	72	67	70	70	73		31	34	32	33	31				

Pyramia WORKOUT

WED
10/23
mon.

Team place	800	School	400	200	200	200	400	800	1200		
				1st	2nd	3rd	4th	5th	total	6th	7th
Lock	2:17		58	27	28	28	1	61	2:24	3:35	
Bierling	2:29		65	29	30	30		69	2:28	3:57	
Marshall	2:26		62	28	29	30		67	2:28	3:56	
Probst	2:33		69	31	31	32		72	2:41	4:10	
Miles	2:29		64	31	31	32		70	2:39	4:09	
Fagan	2:30		66	29	31	32		69	2:38	4:04	
Brooks	2:29		65	29	31	31		72	—	—	
Brockland	2:33		68	28	32	33		74	2:43	4:23	
Kenney	2:33		70	33	32	35		77	2:42	4:13	
Dougherty	2:34		67	28	31	33		69	2:36	4:17	
Wheeler	2:31		71	30	33	—		79	2:51	4:21	
Baumgart	2:39		—						2:39	—	
Barrett	2:42		74	30	32	34		79	2:52	4:33	
Gamer	2:41		74	34	33	35		74	2:49	4:26	
Bryant	2:39		72	29	31	39		85	3:00	4:27	
Welling	2:42		69	29	32	35		—	3:00	4:52	
Kennebeck	2:38		69	31	33	33		75	2:43	4:22	
Williams	2:41		72	32	33	35		77	2:06	5:12	

Jim Marshall

Seniors

#8 +
#9
man

~~St~~
Schmidt
{ Brockland
Brooks
Kenney
~~Dougherty~~
Wheeler?
Bryant?
Baumgart?

Juniors

Nahn??
Kopf??
Welling!
Dougherty
[Ferrigni?]
[Russo?]

Sophomores

Griner
Kennebeck
Hadican
Barrett
[Cheis Williams ←
Jay?
Wadalawala?
Ropney?]

Jackson

V

Lock
Marshall
Probst
Fagan
Miles
Heebner

JV

Schmidt
Kenney/Dougherty } 2 of these
~~Bryant?~~
Welling
Wheeler?
~~Baumgart?~~
Barrett?
Griner?
Williams?

Kinney/Dougherty/Schmidt

Q1	Σ	Σ	b
11	Σ	Σ	9
Σ1	Σ	Σ	b
Σ1	1	9	9
41	1	4	b
91	1	Σ	11
12	1	2	21
8Σ	1	1	9Σ

10.28.91

Zods

Quarters

Rest Interval: ~~10:00~~

Date: ~~10/28/91~~

Name	400 goal	200 goal	1	2	3	break	1	2	3	4	5	6	break	1	2	Comments
Lock	62-61		67	59	61		28	28	31	29	28	26		60	59	
Probst	70		73	68	70		31	31	31	30	31	30		71	71	
Marshall	65		73	64	64		28	30	30	31	30	27		68	60	
Marshall																
Miles	67		73	60	68		31	31	31	31	33	33		70	76	
Fagan	67		73	65	68		30	30	34	-	-	-		68	67	
Bierling	67		72	67	67		30	31	31	31	30	30		70	71	
Brockland	70		73	68	70		30	30	30	30	31	31		72	73	
Dougherty	70		73	65	69		30	31	31	30	31	30		70	73	
Heebner	65		71	65	66		29	30	32	31	30	23		80	66	
Wheeler	72		80	68	71		32	33	32	33	33	31		-	-	
Schmidt	70		75	67	69		30	31	31	30	31	30		70	71	
Heebner																
Brooks	70		71	65	69		29	30	-	-	-	-		-	-	
Kenney	70		71	68	73		32	33	34	32	33	33		78	73	

Hadican

Barrett

Kennebeck

Hunzeker ←

Rooney

Griner

Welling

Williams

Wadalawala ←

Smith ←

Bryant

Repeat One Miles Date: 10-29 Course: XC Soccer field course

Name	Group	Mile one	Mile Two	Mile three	Stress pulse	Mile four	Mile Five	Stress pulse	Rest Interval
Lock	5	5:06	5:00	5:02	172 138	5:12	4:57		
Probst		5:47	5:49	5:49	164	5:53	5:48		@ 6 min.
Marshall		5:43	5:44	5:46	176	5:52	5:43		
Griner		5:45							
Miles		5:45	5:43	5:43	172	5:46	5:48		
Fagan		5:55	5:44	6:11	177	6:07			
Bierling		5:32	5:29	5:29	188	5:36	5:29		
Brockland		5:53	5:53	5:54	188	5:58	5:53		
Dougherty		5:58	5:57	5:57	168	6:00	5:49		
Heebner		5:51	5:50	6:32	178	5:58			
Wheeler									
Schmidt		5:45	5:49	5:53	192	5:59	6:13		
Bryant		5:58	5:53	7:10		6:32			
Brooks		5:53	5:52	5:54	188	5:59	5:48		
Kenney									
Kennebeck		5:55	5:42	5:57	180	6:02			
Baumgart		5:35	5:45	5:51	188	5:58	6:11		
Cornell		5:55	5:53	5:57	182	6:01			
Nahn		5:59	5:53	5:58	204	5:59			

20 SEC REST

SEAN'S ARKANSAS FORM WORKOUT

TWO 100 YD LENGTHS EACH

2 MED PACE HIGH KNEES

~~CHANGING PACE AND RHYTHM~~

2 BUTT KICKS

2 POWER SKIP STRIDES PULLING THROUGH AND UP

2 FAST HIGH KNEES LOWER KNEE ACTION MUCH FASTER TEMPO

2 EVERYTHING RELAXED 65% SPRINT

30 SEC REST 2 83-85 REST IS BETWEEN PAIRS NOT EACH

2 92% NOT ALL OUT

Name	Goal	800	800	Rest int.	800	800	800
Hasik ✓		307	312	312	322	325	
Welling ✓		300	304	319	305	321	
Russell							
Wadalawala ✓		300	307	305	307	309	
Esselman ✓		309	317	317	324	319	
Flanagan ✓		307	316	314	329	315	
Schlitt ✓		304	305	307	309	311	
Schuckmann excused FETE							
Barrett ✓		307	310	258	304	304	
Rollo		3	-	-	-		
Meirink ✓		308	308	304	317	317	
Williams ✓							
Hunzeker ✓		309	314	310	312	309	
Hadican ✓		305	304	259	303	259	
Andre							
Myers ✓		310	302	310	313	312	
Basler ✓							
Hallett ✓		312	315	314	321	329	
Gotway excused							
Marak ✓		307	311	312	314	313	
Rooney ✓		338	324	322	319	304	
Jackson FETE		300	302	256	301	303	
Hamel ✓		303	303	301	303	311	
Wheeler exc ✓		304	-	-			
Ehlman excused							
Barry ✓		331	336	336	346	336	
Mitchell ✓		315	310	310	310	305	
Stockmann ✓		320	319	321	325	324	
Finn							
Barnidge ✓		332	338	337	342	326	
Monahan ✓		336	340	342	356	345	
Vokoun ✓		332	339	340	349	331	
Jenkins ✓		334	349	348	348		
Levy ✓		349	400	335	347	340	
Littleworth ✓		315	316	327	X	X	
Hunzeker ✓		336	340	349	359	402	
Gruszka ✓	Danlem	321	323	325	336	333	
Glanz ✓	Barry	385	406	357	450	404	
Favazza ✓		440	343 447		450	418	
SMITH		307	313	319	309	327	
PIDBUCK		325	330	333	337	325	