1994 CROSS-COUNTRY SCHEDULE

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME-TRIAL
3 Easy Perimeter Total: 7 miles	4 2 2-mile Repeats (option for third) Total: 6.5 miles	5 HILL WORKOUT (8 circuits) (Run part of course) TOTAL: 5 miles	6 EASY 4-mile Run	7 PARKWAY WEST, DuBOURG & AQUINAS at Flo Valley TOTAL: 5 MILES	8 MODERATE PERIMETER TOTAL: 7 MILES
10 3 2-mile repeats Total: 6.5 miles	11 VIANNEY and St. Mary's at Forest Park Easy 4.5 miles	12 Total: 5.5 miles	13 Total: 8 miles Clayton Run	14 PATTONVILLE INVITATIONAL JV, B Jog the course Total: 3 miles	15 PATTONVILLE INVITATIONAL V Race - Total: 5 miles
17 1 2-mile 3 1-mile repeats Total: 6 miles	18 Bikepath Easy 6.5 miles	19 15 Planetarium Hills 1½ mile jog home 6.5 miles	20 50-minute run 7 miles	21 DuBOURG SOPHOMORE INVITATIONAL at Wilmore Park Easy 3 miles B, C	22 HANCOCK INVITATIONAL at Jefferson Barracks Total: 5.5 miles V, JV
24 HARD BIKE-PATH for Time Total: 7 miles	25 FARTLEK on INTERIOR BIKE-PATH TOTAL: 6 MILES	26 EASY 5 MILE-RUN	27 PREP NORTH INVITATIONAL B, C TOTAL: 8 MILES CLAYTON RUN	28 EASY 3 MILES	29 PARKWAY WEST INVITATIONAL at Maryville TOTAL: V, JV, C 5.5 MILES
OCTOBER 1 4 EASY miles	2 DeSMET INVITATIONAL V, JV, B, C TOTAL: 5 MILES	3 TOTAL: 6.5 MILES RELATIVELY HARD BIKE PATH	4 DAY OFF	5 5 REPEAT MILES TOTAL: 6 MILES	6 TED DREWES' RUN TOTAL: 8 MILES
7 (5 easy miles) no official practice	9 12 400's in 73 sec. TOTAL: 5 MILES	10 Easy 4-mile run	11 DeSMET at DeSMET V, JV, C TOTAL: 5 MILES	12 4 800's on 2-mile course jog 2 miles TOTAL: 4.5 miles	13 TOTAL: 6 MILES Fartlek on interior bike path
15 CBC + U. CITY TOTAL: 5 MILES at Forest Park V, JV	16 6 mile moderate run	17 FRESHMAN Inv. at Hazelwood Central 4 400's in 65 2 200's in 30 TOTAL: 4.5 miles	18 Easy 4.5 miles 8 110's	19 Easy 3 miles (jogged the course)	20 DISTRICT V, JV TOTAL: 5 MILE
22 Pyramid 100-200-400-600-400-200-100 jog 2 miles	23 TOTAL: 4½ miles (jog 4-5 miles) NO OFFICIAL PRACTICE	24 Lindbergh Inv. JV, C Fartlek on interior B.P (total: 6 miles)	25 Easy 4 or 5 miles	26 Easy 3 miles	27 SECTIONAL V, JV TOTAL: 5 miles
29	30	31	NOVEMBER 1	2	3 STATE at Jefferson City

First week

20	21	22	23	24	25
run CC course in 22:30 jog 2 easy miles	Interior Bike Path	40 minute timed run	Clayton Run	30 minute timed run	2 2-mile runs for time 1 mile jog

about 34 miles the first week

Second Week

27	28	29	30	31	1
6-8 Pavillion Hills jog there & back (Total: 6-7 miles)	38 minute timed run (Total: 5 miles)	3 mile run (100+ degree temp)	13 ¼ miles in 85 sec. (60 sec. rest) (TOTAL: 4½ miles)	"Easy" Int. Bike Path + jog over & back	Time Trial (TOTAL: 5.5 miles)

30-31 miles this week

Week 3: 34.5 miles
Week 4: 32.5 miles (6 mile Sunday run for me)
Week 5: 34.5 miles (8 mile Sunday run for me)
Week 6: 34.5 miles (12 mile Sunday run for me) ← around the Arch and back
Week 7: 29.5 miles (12 mile Sunday run for me) ← [illegible] bike path (thru loop) to Wydown to Hanley to Forsyth to bike path to Mike's house
Week 8: 29.5 miles (14-15 mile Sunday run for me) around Carondelet Park
Week 9: 28 miles (Broke my shoulder in cave) -- GOODBYE MARATHON!!
Week 10: 26.5 miles

} I did not run Sept. 4 - Sept. 10

TOTAL → 315 miles

Stretching routine

① Arm Stretches < arm behind head
hands locked in back
arms outstretched overhead, hands locked, and lean

② Trunk Rotations

③ Grab toes with bent knees (3 phases)

SIT-UPS AND PUSH-UPS

④ Leg over head; then rotate ankles

⑤ Stretch back; elbow to outside of knee and look back

⑥ [redacted] "less stress" hamstring stretches [20-count per leg]

⑦ Butterflies [3 10-count]

⑧ Lying on back combo < bring knee to chest
bring leg across body

⑨ Lying on side combo < 3 10-count quad stretches
tuck leg under and lay back

⑩ legs over the top [40-count]

⑪ Break into pairs — 3 10-count hamstring stretches [partner holds guy's leg]

⑫ Calf stretch [20 count both legs; 10 count each leg individually]

⑬ [redacted] Mini-Splits [3 phases]

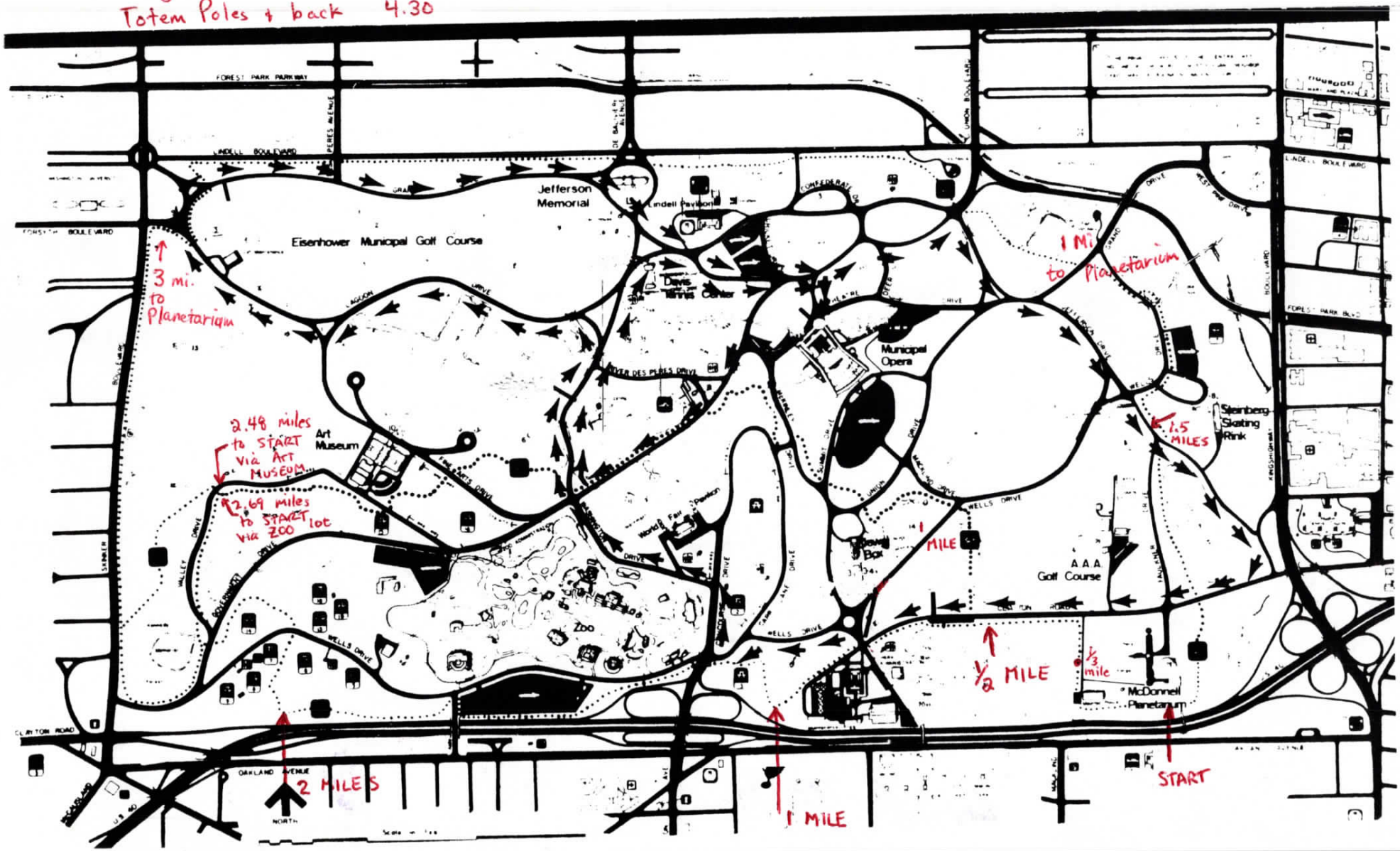
⑭ Achilles Stretch — spread legs, knees bent, & grab achilles tendon
straighten knee for 30-count

⑮ Saigon Squat — feet at shoulder width and at 90° ∠

Distances of various runs

Muny Run 2.62
Int. Bike Path 5.17
Bike Path 6.25
Bike Path + loop 6.59
Clayton Run 7.43
Totem Poles + back 4.30

Clayton Run
(2 miles on bike path;
.24 miles cross-country in park;
.79 miles to Big Bend;
1.44 miles to bike path at Wydown;
2.96 more miles on bike path to Planetarium)

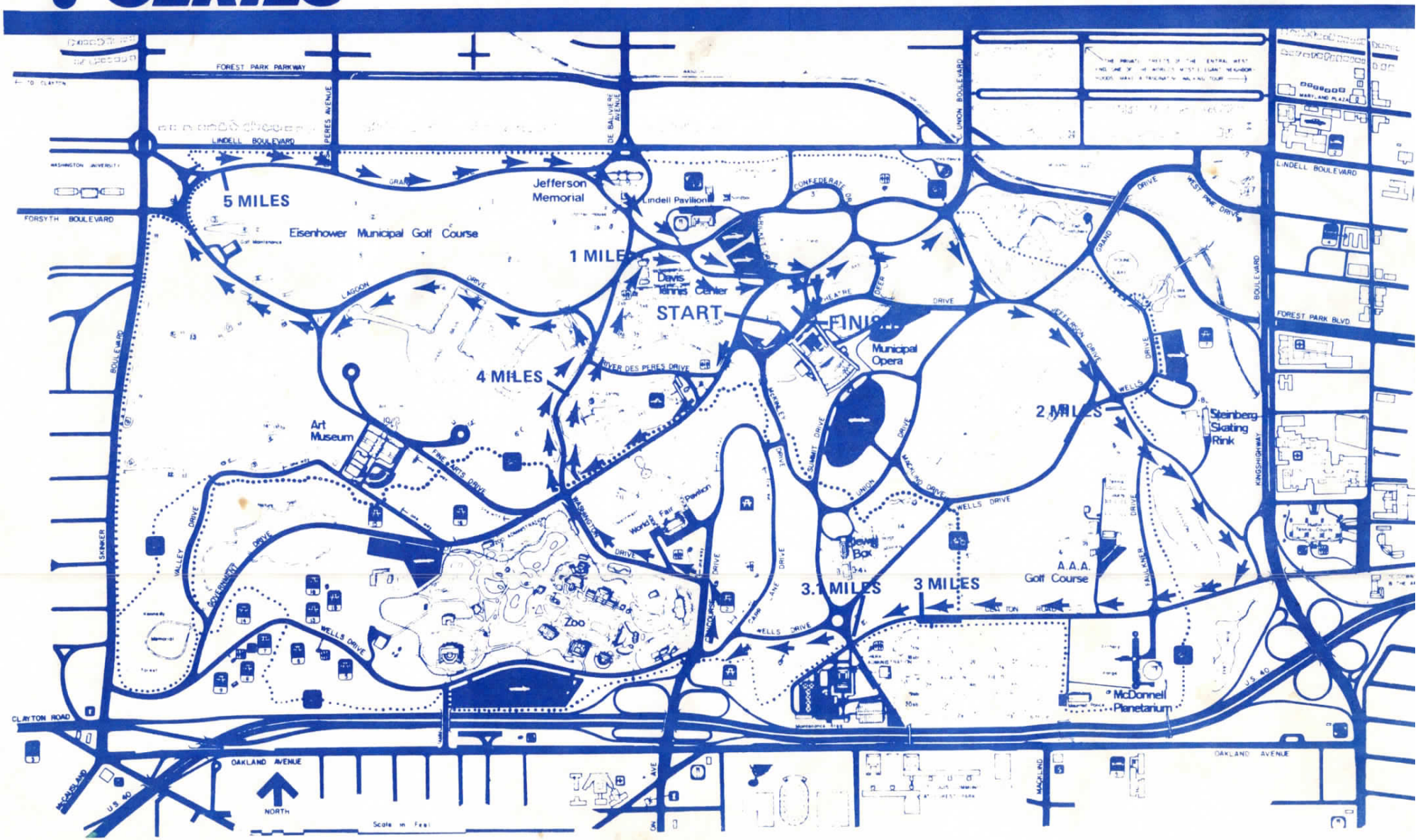


DIET PEPSI 10,000 METER SERIES

THE DIET PEPSI 10,000 METERS (6.2 MILES)

SUNDAY, MAY 20, 1984
8:00 A.M.

RACE STARTS IN FRONT OF THE MUNY IN FOREST PARK



Two-Mile Repeats

SENIORS								
Paul Alvord			12 25	12 34	12 20	12 35	13 22	
Drew Beckmann					18 11			
Gene Bender			14 15	15 19	13 16	14 14		
Rich Blankenship	13 59	DNF	14 11	13 22	13 48	13 58		
Tom Buerkert	12 19	12 23			12 11	12 15	12 19	
Jim Hasik	13 27	13 30	13 08	13 33	13 38	14 01		
Joe Kardos	12 04	12 58	11 55	12 00	12 04	12 00	12 26	
Pat O'Brien	13 24	13 31	12 35	13 00	12 36	13 20	12 55	
Larry State	13 13	DNF						
JUNIORS								
Rob Behm								
Dave Brink			15 00	14 29	14 18	15 09		
Bob Edler			12 38	12 34	12 26	12 25	13 42	
Bob Groth			13 04	14 03	12 50	14 06		
Rob Grothe	13 03	14 02	13 53	14 03	13 19	15 49		
Mike Hasik	12 37	13 38	12 53	14 16	13 08	13 33		
Dan Hoeynck	11 57	12 25	11 56	12 34				
Andy Minardi	13 44	14 42	13 18	13 29	13 47	—		
Dave Schukai	13 46	14 07	14 36	14 19	14 31	15 19		

Two-Mile Repeats

SOPHOMORES	August 25			Sept 4			Sept. 11		
Pat Barlow				14 09	14 24		13 40	14 35	
Pete Driscoll				12 41	13 39		12 40	12 47	
Eric Fix				13 20	13 33		12 42	15 05 (INJURY)	
Dave Galli	13 54	14 53		14 17	14 14		15 05	—	
Tom Hogan	14 05	15 02		14 51	—				
Bill Hunker	11 46	12 22		11 44	11 43		11 37	11 47	12 10
Mike Jaskiewicz				13 07	13 24		12 56	DNF	
Chris Orf				13 28	—				
Dan Ortwerth				14 20	—				
Greg Sandheinrich	14 20	16 30					16 32	—	
Chris Shocklee				11 55	12 25		12 20	12 35	13 04
Andy Watkins				14 30	16 00		14 30	16 11	
Chris Woodward				11 54	11 54	11 54	11 49	12 06	12 18
Mr. Goeke	12 00	12 18							
Mr. O'Liddy	12 58	13 33		12 50	13 18				
FRESHMEN									
Dave Abkemeier				13 22	13 30		13 25	13 52	
Bob Barrett	13 38	14 08		14 33	14 27		13 33	13 37	
Pat Denny	14 52	14 58		15 33	15 19		14 52	16 04	
Chris Ferrari							12 45	13 10	
Darren Kocs	13 36	15 02		14 18	—		13 58	16 28	
Greg Mazdra							13 03	15 15	
Mike McGlynn	12 07	12 06		11 44	11 43	11 53	11 37	11 47	12 10
Mike Muzzarelli	13 15	13 49		13 29	13 52		12 59	13 30	
Brian Pelikan	14 13	14 57		15 23	—		14 58	13 59	
Mark Prusacki	14 14	15 15		14 20	15 14		14 10	15 03	
Mike Schinsky	14 07	15 07							
Kevin Williams	12 00	12 18		11 54	12 26		11 52	12 13	12 49

Personal Bests for 1984 Cross-Country (not counting Lindbergh Inv.)

SENIORS													
Paul Alvord		SM	Pat	H		PW	D	D	17	51	(DI)	17 49 (district)	
Drew Beckmann						PW	D	D	21	36	(D)		
Gene Bender							D	D	21	28	(DI)	Lindbergh meet: Blankenship Kardos?? (NO CONFLICT)	
Rich Blankenship	PW	SM	Pat	H		PW	D	D	19	52	(Maryville)		
Tom Buerkert		SM	Pat			PW	D	D	19	04	(DI)		
Jim Hasik	PW	SM	Pat				D	D	21	33	(DI)		
Joe Kardos	PW	SM	Pat	H		PW	D	D	17	56	(DI)	17 52 (district)	
Pat O'Brien	PW	SM	Pat			PW	D	D	20	11	(DI)		
Larry State													
JUNIORS													
Rob Behm				H		PW	D	D	17	25	(DI)	17:21 (STATE)	
Dave Brink		SM	Pat			PW	D	D	22	44	(Maryville)		
Bob Edler	PW	SM	Pat	H		PW	D	D	18	26	(DI)		
Bob Groth		SM	Pat	H		PW	D	D	18	53	(Maryville)		
Rob Grothe		SM	Pat	H		PW	D	D	20	02	(D)		
Mike Hasik	PW	SM	Pat	H		PW	D	D	20	19	(DI)		
Dan Hosyrick													
Andy Minardi	PW	SM		H		PW	D	D	21	09	(DI)		
Dave Schukai	PW					PW	D	D	21	39	(D)		

Personal Bests for 1984 Cross-Country (not counting Lindbergh Inv)

SOPHOMORES

Pat Barlow		SM	Pat		PN		D	D							
Pete Driscoll		SM	Pat	D	PN		D	D					18 50	(D)	
Eric Fix	PW		Pat	D	PN		D	D					19 38	(DI)	
Dave Galli	PW		Pat	D	PN		D						20 45	(DI)	
Tom Hogan	PW		Pat		PN		D	D					21 09	(DI)	
Bill Hunker	PW	SM	Pat	H	PN	PW	D	D					17 39	(D)	Lindbergh meet: Hunker? ~~Woodward?~~
Mike Jaskiewicz			Pat	D	PN			D					20 04	(DuB)	
Chris Orf															
Dan Ortwerth															
Greg Sandheinrich					PN		D	D					22 40	(D)	
Chris Shocklee		SM	Pat	H	PN	PW	D	D					18 03	(D)	
Andy Watkins			Pat		PN		D	D					20 54	(DI)	
Chris Woodward	PW	SM	Pat	H	PN	PW	D	D					17 21	(D)	

FRESHMEN

Dave Abkemeier					PN	PW	D	D	CBC	HC		(MARYVILLE) 20 22	(HC) 19:51		
Bob Barrett	PW	SM	Pat	D	PN		D	D				(DI) 20 26			
Pat Denny	PW	SM	Pat		PN		D	D	CBC			(DI) 22 49			
Chris Ferrari		SM	Pat	D	PN	PW	D	D		HC		(DI) 18 51	(HC) 18:52		
Darren Kocs	PW	SM	Pat		PN	PW	D	D		HC		(DI) 20 47	(HC) 21 27		
Greg Mazdra		SM	Pat	D	PN	PW	D			—		(DI) 19 45			
Mike McGlynn	PW	SM	Pat	H	PN	PW	D	D		HC		(D) 17 37	(HC) 1755		
Mike Muzzarelli	PW	SM	Pat		PN	PW	D	D		HC		(D) 20 02	(HC) 2019		
Brian Pelikan	PW	SM	Pat		PN		D	D	CBC			(DI) 21 11			
Mark Prusacki	PW	SM	Pat		PN	PW	D	D	CBC			(DI) 21 51			
Mike Schinsky		SM	Pat		PN		D	D	CBC			(D) 21 03	(CBC) 2051	(HC) 2048	
Kevin Williams	PW	SM	Pat	H	PN	PW	D			HC		(DI) 18 22	(HC) 18 45		
Mike Scego					PN		D		CBC			(DI) 19 54			

Problems for Lindbergh meet:
Bob Barrett
~~Kevin Williams?~~
~~Mike McGlynn??~~