COACH KORNFELD $20

~~Date~~ 1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

DATE: 8-12-02 1st Practice Conditions: HOT @ 90-87° HUMID

Workout: Check-in/jog/push/strtch/plyo/pace run: 6-5-4-3-2/strides/push/strtch

SENIORS	rp	grp	mile	pace	dist	time	pace
Crean, Kevin OK	4	172	57:42	6:50	6	48:51	
Gonnerman, Boyd	4	172	30:43	7:20	3	51:24	
Gonnerman, Kyle	4	184	57:22				
Killiany, Matt	10	154	70:28	7:00	6	45:57	
Mills, Kevin	10	164	70:28	7:00	6	45:57	
Noblot, Drew	10	148	66:22	6:50	6	42:11	
Schaefer, Peter OK	10	122	106:22	6:45	6	47:30	
Stewart, Geoff	8	172	55:34	7:00	5	37:39	
Westlund, And	6	158	43:56	7:15	6	45:55	
Zychinski, Dave OK	16	168	70:28	7:00	6	45:55	
GONNERMAN							
SCHMIDT 190	4	172	33:57		3.5	33:47	

JUNIORS	rp	grp	mile	pace	dist	time	pace
Arb, Chris	4	186	38:48		4.0	28:20	
Connor, Brennan	3.5	160	57:20	6:50	5.0	41:11	
Cady, Nick				7:30			
Foldes, Daniel				2010			
Fallon, Brian	4	192	32:43	7:30	3.5	33:47	
Flanagan, Dan OK	4	188	58:48	7:00	6	50:38	
Linhares, Andrew	3.5	160	37:20	6:50	~~6~~	hip	pain
Marincel, Joe							
Meek, Patrick	6	164	47:57	7:20	5	39:34	160
Moore, Greg	4	176	33:57	8:00	3.5	31:25	
Nagel, Steven							
Nappier, Paul OK	10	160	69:45	6:50	6.5	38:53	
Oliver, John	4.5	158	57:20	7:20	6	47:14	
Odem, Nick	6	180	44:47	7:25	5	47:00	
Ryan, Rob	6	188	44:47	7:30	3.5	30:36	
Speiser, Nick	4	164	58:48	7:25	6	48:49	
Welling, Joe	6	158	43:56	7:25	5	39:54	
Shortal OK	2	112	18:20				
Flan Chik	3	168	41:23				
	10	158	66:22	6:41 pace			

SOPHOMORES	r.p.	grp	mile	pace	dist	time	pace
Abts, Greg							
Baker, Steve	2	180	37:57	9:00	2.5	26:36	
Campbell, Tom	2	160	18:15	9:00	2.5	26:12	
Carlson, Joe				7:05	6	48:55	
Corcoran, Pat							
Dang, Luke	2	180	16:12	9:00	3.5	38:59	
Faber, Phil							
Faust, Tyler	4	180	32:17	8:30	3.5	31:31	
Dirnbeck, Matt	6	160	30:25	7:35	5	41:05	
Hellman, Cole							
Herman, Peter							
Kelly, John	4	180	54:05	7:00	6	46:22	
Krings, Jim	6	164	50:25	9:00	5	46:44	
Mannhard, Pat							
Meier, Danny	6	172	44:32	8:00	5	41:40	
Meyers, Matt							
Muntges, Alex	3.5	152		7:00			
Plurad, Alex	6	180	45:47	7:45	5	43:28	
Polokonis, Dan				X			
Samson, Charlie	4	172	54:05	7:00	6		
Samson, Henry	4	172	54:05	7:00	5	X	
Sump, Dustin OK	6	144	49:03	8:15	5	42.5	
Turkcan, Kevin	6	164	44:52	7:45	5	40:9	
Weed, Charlie							
ODENWALD, MATT	2	164	16:12	9:00	3.5	34:37	

FRESHMEN
Bonner, Andy
Brotherton, Dan
Jonagan, Mich
Kaiser, Drew
Marincel, Dan
Meyer, Cory
Mulligan, Shane
Murphy-Baum
Nahlik, Louis
Odenwald, Matt
Reynolds, Jer
Scariot, Jim
Schmidt, Tim
Tressler, Pat
Turco, Patrick
Winker, Thad

A=300+/8 B=200+/6 C=100+/4 D=min/3 E=new/2

4 2?

Date: **1**=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

DATE: 8-13-02 Conditions: ON OUTA BACK LOOP

Workout: /jog/push/strtch/nuero-speed/long run: 10-8-6-4-2/strides/push/strtch/weights-core

SENIORS	rp	grp	dist	time	pulse	pace
Crean, Kevin			8	56:42	172	
Gonnerman, Boyd			4	30:13	172	
Gonnerman, Kyle			8	50:22	184	
Killiany, Matt			10	70:28	154	
Mills, Kevin			10	70:28	164	
Noblot, Drew			10	66:22	148	
Schaefer, Peter			10	106:22	122	
Stewart, Geoff			8	55:59	172	
Westlund, And			6	43:56	158	
Zychinski, Dave			10	70:28	168	
SCHMIDT			4	33:51	192	
JUNIORS						
Arb, Chris			8	58:48	186	
Connor, Brennan			8.5	57:20	160	
Cady, Nick						
Foldes, Daniel						
Fallon, Brian			4	30:13	192	
Flanagan, Dan			8	58:48	188	
Linhares, Andrew			8.5	57:20	160	
Marincel, Joe						
Meek, Patrick			6	45:57	164	
Moore, Greg			4	33:51	176	
Nagel, Steven						
Nappier, Paul			10	69:45	160	
Oliver, John			8.5	57:20	158	
Odem, Nick			6	44:47	180	
Ryan, Rob			6	44:47	188	
Speiser, Nick			8	58:48	164	
Welling, Joe			6	43:36	150	
Shortal			2	18:20	112	
Flanagan			3	41:23	168	
Chik			10	66:52	150	

SOPHOMORES	r.p.	grp	dist	time	pulse	pace
Abts, Greg						
Baker, Steve			2	17:51	196	
Campbell, Tom			2	18:15	160	
Carlson, Joe						
Corcoran, Pat						
Dang, Luke			2	16:12	180	
Faber, Phil						
Faust, Tyler			4	32:17	180	
Dirnbeck, Matt			6	50:25	160	
Hellman, Cole						
Herman, Peter						
Kelly, John			8	54:05	180	
Krings, Jim			6	50:25	164	
Mannhard, Pat						
Meier, Danny			6	44:32	172	
Meyers, Matt						
Muntges, Alex			5	x	152	
Plurad, Alex			6	45:47	188	
Polokonis, Dan						
Samson, Charlie			8	57:05	172	
Samson, Henry			8	59:05	172	
Sump, Dustin			6	49:03	144	
Turkcan, Kevin			6	44:32	164	
Weed, Charlie						
ODENWALD			2	16:12	164	
FRESHMEN						
Bonner, Andy						
Brotherton, Dan						
Jonagan, Mich						
Kaiser, Drew						
Marincel, Dan						
Meyer, Cory						
Mulligan, Shane						
Murphy-Baum						
Nahlik, Louis						
Odenwald, Matt						
Reynolds, Jer						
Scariot, Jim						
Schmidt, Tim						
Tressler, Pat						
Turco, Patrick						
Winker, Thad						

A=300+/8 **B**=200+/6 **C**=100+/4 **D**=min/3 **E**=new/2

Date: 1 = 17/7/6:30 2 = 18/7:30/7 3 = 19/8/7:30 4 = 21/8:30/8 5 = 22+/9/8:30

DATE: 8-14-02 Conditions: Cool, rainy morning

Workout: team room mtg/push/jog/strtch/timed run: 60-50-40-30-4-6 strides/jog/push/strtch/meet frosh

Freshmen: Check in/Intro Q and A/Video/push/jog/strtch/run easy: 2.7 or 1 loop/2 strides/jog/push/stretch

SENIORS	rp	grp	dist	time	pulse	pace
Crean, Kevin	50	A1				
Gonnerman, Boyd	72	C3				
Gonnerman, Kyle	12	B1				
Killiany, Matt	50	A1				
Mills, Kevin	✓	A1				
Noblot, Drew	✓	A1				
Schaefer, Peter	✓	A1				
Schmidt, Don	60	C3				
Stewart, Geoff	52	B1				
Westlund, And	52	B2				
Zychinski, Dave	46	A2				
JUNIORS						
Arb, Chris	58	B1				
Connor, Brennan	56	B1				
Cady, Nick						
Foldes, Daniel	✓	R				
Fallon, Brian	56	C3				
Flanagan, Dan	42	A1				
Linhares, Andrew	54	A1				
Marincel, Joe						
Meek, Patrick	54	C3				
Moore, Greg	✓	D3				
~~Nagel, Steven~~						
Nappier, Paul	44	A2				
Oliver, John	64	B2				
Odem, Nick	56	B3				
Ryan, Rob	72	C3				
Shortal, Ryan	✓	D5				
Speiser, Nick	58	B2				
Welling, Joe	54	B3				
SOPHOMORES						
Abts, Greg						
Baker, Steve	✓	D5				
Campbell, Tom	78	D5				
Carlson, Joe	56	A2				
Dang, Luke	✓	D4				
Faust, Tyler	✓	D4				

Sophs. (cont.)	r.p.	grp	dist	time	pulse	pace
Dirnbeck, Matt	60	B3				
Hellman, Cole	✓	D4				
Kelly, John	56	B2				
Krings, Jim	✓	C4				
Meier, Danny	✓	B4				
Muntges, Alex	52	A1				
Odenwald, Matt	✓	D4				
Plurad, Alex	64	B3				
Polokonis, Dan	64	R				
Samson, Charlie	56	A2				
Samson, Henry	55	A2				
Sump, Dustin	✓	B4				
Turkcan, Kevin	52	B3				
FRESHMEN						
Bonner, Andy	✓					
Brotherton, Dan						
Jonagan, Mich			1	8:07	174	
Kaiser, Drew ✓	✓		1	8:07	192	
Marincel, Dan ✓	✓					
Meyer, Cory ✓	✓		1	8:07	144	
Mulligan, Shane ✓	✓		1	8:07	112	
Murphy-Baum ✓	✓		1	8:02	208	
Nahlik, Louis ✓	✓		42	~~28~~		
~~Odenwald, Matt~~						
Reynolds, Jer ✓	✓		1	8:07	172	
Scariot, Jim ✓	✓		1	8:07	120	
Schmidt, Tim ✓	✓			~~8:07~~		
Tressler, Pat	✓			9:26	138	
Turco, Patrick ✓	✓			10:37	212	
Winker, Thad ✓	✓			9:25	130	
ANGELI, MATT ✓	✓					
KILLIAN, MAGNN			1	8:07	196	
ANDY LUECKING			1	8:07	152	
DOUG GRIESENAUER			1	8:07	196	
DAVID RIKIADS			1	8:07	184	
NICK WINGERMULLE			1	8:07	160	

A=300+/8 B=200+/6 C=100+/4 D=min/3 E=new/2

ST. LOUIS
UNIVERSITY HIGH

A Jesuit College Preparatory School • Founded 1818

Backer Memorial
4970 Oakland Avenue
St. Louis, MO 63110-1472
TEL (314) 531-0330
FAX (314) 531-3441

Date: 1 = 17/7/6:30 2 = 18/7:30/7 3 = 19/8/7:30 4 = 21/8:30/8 5 = 22+/9/8:30

DATE: 8-15-02 Conditions: Cool, rainy morning overcast 80+ 88

Workout: jog/push/strtch/plyos/run new loops: 2, 2.7, 3.7, 4.4. 5.4, 6.4, 7.4 strides/jog/push/strtch/weights

Freshmen: Check in/Intro Q and A/Video/push/jog/strtch/run easy: 2.7 or 1 loop/2 strides/jog/push/stretch

SENIORS	rp	grp	dist	time	pulse	pace
Crean, Kevin		A1	8.1	57:31	168	✓
Gonnerman, Boyd		C3	4.4	33:56	176	HIGH
Gonnerman, Kyle		B1	6.4	46:41	180	HIGH
Killiany, Matt		A1	4.4	32:11	152	LOW
Mills, Kevin		A1	8.1	58:28	164	✓
Noblot, Drew		A1	8.8	54:30	150	LOW
Schaefer, Peter		A1	7.1	45:35	152	LOW
Schmidt, Don		C3	3.7	25:14	192	HIGH
Stewart, Geoff		B1	—	—	—	—
Westlund, And		B2	6.4	46:00	152	LOW
Zychinski, Dave		A2	8.1	58:28	164	✓
JUNIORS						
Arb, Chris		B1	7.4	51:42	188	HIGH
Connor, Brennan		B1	7.4	51:42	164	✓
Cady, Nick			3.7	27:45	204	HIGH
Foldes, Daniel		R	—	—	—	—
Fallon, Brian		C3	4.4	33:56	188	HIGH
Flanagan, Dan		A1	7.4	53:40	186	HIGH
Linhares, Andrew		A1	8.1	57:31	186	HIGH
Marincel, Joe		—	—	—	—	—
Meek, Patrick		C3	5.4	38:49	156	LOW
Moore, Greg		D3	3.7	25:14	172	✓
Nappier, Paul		A2	8.1	57:31	144	LOW
Oliver, John		B2	8.1	58:59	152	LOW
Odem, Nick		B3	5.4	39:41	192	HIGH
Ryan, Rob		C3	5.4	40:25	200	HIGH
Shortal, Ryan		D5	2.7	—	—	—
Speiser, Nick		B2	6.4	46:54	176	HIGH
Welling, Joe		B3	5.4	38:58	180	HIGH
SOPHOMORES						
Abts, Greg			2.7	20:19	190	HIGH
Baker, Steve		D5	2.7	22:39	200	HIGH
Campbell, Tom		D5	2.7	22:14	180	HIGH
Carlson, Joe		A2	7.1	51:34	188	HIGH
Dang, Luke		D4	2.7	21:41	186	HIGH
Faust, Tyler		D4	5.4	44:29	180	HIGH
C. Cook			8.1	57:31	144	

Sophs. (cont.)	r.p.	grp	dist	time	pulse	pace
Dirnbeck, Matt		B3	5.4	44:29	160	✓
Hellman, Cole		D4	2.7	25:56	200	HIGH
Kelly, John		B2	7.1	51:23	184	HIGH
Krings, Jim		C4	5.4	44:29	164	✓
Meier, Danny		B4	6.4	46:34	180	HIGH
Muntges, Alex		A1	—	—	—	—
Odenwald, Matt		D4	2.7	21:41	188	HIGH
Plurad, Alex		B3	5.4	42:35	188	HIGH
Polokonis, Dan		R	—	—	—	—
Samson, Charlie		A2	6.4	45:54	172	✓
Samson, Henry		A2	7.1	51:23	180	HIGH
Shortal, Pat		D5	2.7	26:56	208	HIGH
Sump, Dustin		B4	5.4	39:52	152	LOW
Turkcan, Kevin		B3	5.4	38:54	168	✓
FRESHMEN						
Angeli, Matt ✓			2	24:13	180	HIGH
Bonner, Andy ✓			2.7	19:59	192	HIGH
Brotherton, Dan						
Griesenauer, Dg						
Hagan, Killian						
Jonagan, Mich			2.0	20:30	188	HIGH
Kaiser, Drew			5.4	40:32	164	✓
Luecking, Andy			2.7	25:14	120	??
Marincel, Dan ✓			2.7	25:07	180	HIGH
Meyer, Cory			2	33:12	152	LOW
Mulligan, Shane			2.7	20:19	200	HIGH
Murphy-Baum			2.7	20:00	194	HIGH
Nahlik, Louis						
~~Odenwald, Matt~~			—	—	—	—
Rhoads, David			2	19:00	186	HIGH
Reynolds, Jer			2.7	20:25	160	✓
Scariot, Jim			2.7	20:14	160	✓
Schmidt, Tim						
Tressler, Pat			2	20:40	192	HIGH
Turco, Patrick			2	25:30	212	HIGH
Wingbermuele			2	22:35	—	
Winker, Thad			2	23:00	160	✓
MANNARO			5.4	40:32	168	✓
WEED			2.7	19:55	200	HIGH

A=300+/8 B=200+/6 C=100+/4 D=min/3 E=new/2

8-16 - 8-17

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

DATE: 8-16-02 Conditions: A 40 - B 40 - C 30 - D 20

Workout: Mtg/jog to course/push/strtch/strides/run course then groups to school/push/stretch

SENIORS	rp	grp	dist	time	pulse	pace
Crean, Kevin	58	A1				
Gonnerman, Boyd	72	C3				
Gonnerman, Kyle	✓	B1				
Killiany, Matt	50	A1				
Mills, Kevin	✓	A1				
Noblot, Drew	✓	A1				
Schaefer, Peter	E	A1				
Schmidt, Don	60	C3	3	27:06	—	9:02
Stewart, Geoff	50	B1				
Westlund, And	50	B2				
Zychinski, Dave	48	A2				
JUNIORS						
Arb, Chris	✓	B1				
Connor, Brennan	✓	B1				
Cady, Nick	✓	C3				
Foldes, Daniel	✓	R				
Fallon, Brian	✓	C3				
Flanagan, Dan	✓	A1				
Linhares, Andrew	✓	A1				
Marincel, Joe		A2				
Meek, Patrick	✓	C3				
Moore, Greg	✓	D3				
Nappier, Paul	✓	A2				
Oliver, John	60	B2				
Odem, Nick	✓	B3				
Ryan, Rob	✓	C3				
~~Shotzal, Ryan~~	·	D5				
Speiser, Nick	58	B2				
Welling, Joe	60	B3				
SOPHOMORES						
Abts, Greg	60	D4				
Baker, Steve	80	D5	2	17:25	188	
Campbell, Tom	80	D5				
Carlson, Joe	✓	A2				
Dang, Luke	74	D4				
Faust, Tyler	✓	D4	3	23:58	180	7:59

Sophs. (cont.)	r.p.	grp	dist	time	pulse	pace
Dirnbeck, Matt	52	B3				
Hellman, Cole	✓	D4	2	19:48	204	9:54
Kelly, John	54	B2				
Krings, Jim	✓	C4	4	33:50	160	8:27
Mannhard, Pat	✓	B4				
Meier, Danny	✓	A1				
Muntges, Alex	✓	A1				
~~Myers, Matt~~						
Odenwald, Matt	60	D4	2	18:32	180	9:16
Plurad, Alex	60	R				
Polokonis, Dan	✓	R				
Samson, Charlie	54	A2				
Samson, Henry	✓	A2				
Shortal, RYAN	✓	D5	2	21:14	208	10:37
Sump, Dustin	✓	B4				
Turkcan, Kevin	✓	B3				
Weed, Charlie	✓	C2				
FRESHMEN						
Angeli, Matt	✓		2	19:02	170	9:31
Bonner, Andy	✓	B4				
Brotherton, Dan						
Griesenauer, Dg	✓					
Hagan, Killian	60	D				
Jonagan, Mich	70	D	—			
Kaiser, Drew	60	B4				
Luecking, Andy	68		2	17:57	160	8:58
Marincel, Dan	✓	D				
Meyer, Cory	✓		2	19:08	158	9:34
Mulligan, Shane	✓	D				
Murphy-Baum	✓					
Nahlik, Louis						
Odenwald, Matt	✓					
Rhoads, David	✓					
Reynolds, Jer	✓	D	2	15:54	176	7:57
Scariot, Jim	✓					
Schmidt, Tim						
Tressler, Pat	✓		2	21:11	196	10:36
Turco, Patrick	✓					
Wingbermuele	✓		2	17:55	168	8:58
Winker, Thad	✓					
RICHARDSON, KEVIN						
MICHAEL GRAMGER						

A=350+/10 B=250+/7-6 C=150+/5-4 D=min/3 E=new/2

CREAN 3 ZYCH 3 ODEM 5 OLIVER 3 ACB 3
WELLING 3 CONNOR 2

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

DATE: 8-19-02 Conditions:

Workout:Jog/push/strtch/plyo/long out and back: 10-8-6-4-2/4-6 strides/push/jog/core-weights

SENIORS	rp	grp	dist	time	pulse	pace
F L Crean, Kevin		A1	10	69:49	188	
F L Gonnerman, Boyd		C3	6	44:20	178	
F Gonnerman, Kyle		B1				
F L Killiany, Matt		A1	10	68:58	198	
F L Mills, Kevin		A1	10	68:58	168	
F M Noblot, Drew		A1	10	64:40	162	
F Schaefer, Peter		A1	10	70:48	156	
F M Schmidt, Don		C3	4	33:42	190	
F M Stewart, Geoff		B1	10	67:06	160	
F L Westlund, And		B2	8	58:20	172	
F L Zychinski, Dave		A2	10	68:45	164	
JUNIORS						
F Arb, Chris		B1	8	57:33	178	
F L Connor, Brennan		B1	8	55:03	160	
F M Cady, Nick		C3	6	45:15	176	
F Foldes, Daniel		R				
F L Fallon, Brian		C3	6	45:35	180	
F Flanagan, Dan		A1	10	69:46	176	
F M Linhares, Andrew		A1	10	69:43	168	
F Marincel, Joe		A2	10	64:26	180	
F L Meek, Patrick		C3	6	45:32	160	
F Moore, Greg		D3	4	33:42	184	
Nappier, Paul		A2	10	68:24	168	
F L Oliver, John		B2	8	54:59	160	
F Odem, Nick		B3	6	45:37	188	
F L Ryan, Rob		C3	6	45:37	160	
~~Shortal, Ryan~~		D5				
F Speiser, Nick		B2	8	56:52	188	
F L Welling, Joe		B3	8	58:50	180	
SOPHOMORES						
F L Abts, Greg		D4	6	46:32	174	
F M Baker, Steve		D5	2	17:30	200	
F L Campbell, Tom		D5	2	18:49	180	
F Carlson, Joe		A2	10	70:13	180	
F M Dang, Luke		D4	4	39:33	195	
F L Faust, Tyler		D4	6	46:52	172	
Hamel			2	15:20	192	
Flanagan			4	32:14	168	
Chik			10	65:37	156	

Sophs. (cont.)	r.p.	grp	dist	time	pulse	pace
F M Dirnbeck, Matt		B3	6	45:56	164	
F Hellman, Cole		D4	4	39:30	200	
F L Kelly, John		B2	8	55:12	192	
M Krings, Jim		C4	6	50:42	168	
F Mannhard, Pat		B4	8	58:20	176	
F M Meier, Danny		A1	8	60:21	176	
F L Muntges, Alex		A1	10		176	
(Myers, Matt)				33:26		
F. Odenwald, Matt		D4	4	[illegible]	180	
F L Plurad, Alex		R	6	50:28	180	
L Polokonis, Dan		R	15	90:00	100	
F L Samson, Charlie		A2	10	70:13	172	
F L Samson, Henry		A2	8	55:12	188	
F Shortal, Pat		D5	2	19:20	208	
F Sump, Dustin		B4	8	62:30	156	
F L Turkcan, Kevin		B3	8	60:21	17	
F Weed, Charlie		C2	4	34:30	80	
F. SPRETRIA, R			4	34:30	160	
FRESHMEN						
F Angeli, Matt			2	19:10	160	
F L Bonner, Andy		B4	6	47:49	200	
(Brotherton, Dan)						
Griesenauer, Dg		E5				
Hagan, Killian		E5	4	33:42	186	
Jonagan, Mich		D4	4	33:42	186	
F Kaiser, Drew		C4	6	45:54	152	
Luecking, Andy		D5	4	32:30	140	
F. Marincel, Dan		B4	6	45:57	192	
X Meyer, Cory		E5				
X Mulligan, Shane		D				
X Murphy-Baum		4				
(Nahlik, Louis)						
~~Odenwald, Matt~~						
X Rhoads, David						
X Reynolds, Jer						
X Richardson, Kev						
M Scariot, Jim		D	4	35:34	120	
(Schmidt, Tim)						
L Tressler, Pat		E	2	19:00	158	
L Turco, Patrick		E				
Wingbermuele		E	2	17:28	172	
Winker, Thad		E	2	20:42	160	
L Liver good, A		E	2	18:23	164	
NAHLIK, LOU						

A=350+/10 **B**=250+/7-6 **C**=150+/5-4 **D**=min/3 **E**=new/2

MTG = FLOAT COUNT / T-SHIRTS

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

DATE: 8-20-02 Conditions: HOT, HUMID 90+

Workout:a.m.Jog 2/push/strtch/n.s./intervals for 1,2,3A,B/dist 4,5,C,D/4-6 strides/push/

grp	Name	goal	800	800	400	400	400	400	400	grp	Name	dist	time	pulse	d_2	t_2	P_2
1A	Crean	1645	2:46	2:39	:75	:72	73	72	72	3D	Moore						
1A	Killiany 74	1700	2:47	2:40	:76	:74	74	73	73								
1A	Mills	1715	2:48	2:41	:77	73	75	74	73	4B	Turkcan	6	46:08	182			
1A	Noblot	1630	2:34	2:38	:74	71	72	70	72	4B	Mannhard	6	43:11	178			
1A	Schaefer	1630	2:34	2:33	:74	71	71	69	68	4B	Sump	6	46:53	152			
1A	Flanagan 77	1715	2:46	2:44	:78	76	78	76	77	4B	Bonner	1	7:04	200	2.7	21:15	196
1A	Linhares	1645	2:46	2:38	:75	72	73	72	72	4B	D. Marincel	1	6:41	200	2.7	20:44	204
1A	Muntges	1700	2:46	2:39	:75	73	74	73	73								
										4C	Krings	6	51:57	178			
1B	~~Gonnerman~~									4C	Kaiser	1	7:04	?	2.7	20:43	160
1B	Stewart	1715	2:48	2:42	:78	77	77	72	72								
1B	Arb	1715	2:46	2:43	:79	78	79	76	74	4D	Abts	6	43:57	168			
										4D	Dang	24	41:26	192			
2A	Zychinski	1745	2:53	2:46	:81	78	80	71	71	4D	Faust	6	47:00	168			
2A	Marincel	1715	2:54	2:51	:79	80	80	78	78	4D	Hellman	R	25:28	120			
2A	Nappier	1815	2:56	2:53	:83	82	81	77	74	4D	Odenwald	4	36:00	180			
2A	Carlson	1745	2:54	2:47	:79	80	80	79	78	4D	Stretch	5	34:46	200			
2A	Samson C	1730	2:51	2:45	:80	79	79	74	73	4D	Jonagan	1	7:23	188	1	7:47	186
2A	Samson H	1815	2:55	2:57	:83	82	82	79	76	4D	Livergood	1	8:23	168	1	9:13	180
										4D	Mulligan	1	7:04	145	2.7	21:40	182
2B	Connor	1645	2:45	2:45	:80	89	X	X	X	4D	Murphy-Bm	1	7:04	?	2.7	20:43	180
2B	Westlund	1800	2:45	2:46	:80	78	78	74	75	4D	Nahlik	1	7:34	168	1	7:37	172
2B	Oliver	1730	2:46	2:46	:79	78	77	72	71		GRANGER	4	33:10	190			
2B	Speiser	1815	2:56	2:53	:83	82	81	81	78	5D	Baker	2	18:41	196			
2B	Kelly	1815	2:53	2:54	:82	83	81	82	78	5D	Campbell	2	17:30	176			
										5D	Shortal	2	19:00	208			
3B	Meier	1915	3:05	3:04	:89	88	89	86	87	5D	Luecking						
3B	Odem	1845	3:02	3:04	:88	86	85	87	84	5D	Scariot	1	7:53	?	1	7:55	126
3B	Welling																
3B	Dirnbeck	1915	3:07	3:07	:88	88	89	89	87	5E	Angeli	1	8:52	140	1	9:57	160
3B	Plurad	1830	2:58	3:01	:84	84	83	81	82	5E	Brotherton	1	8:05	?	1	8:05	200
		dist		time	time		pulse			5E	Griesenauer	1	8:01	162	1	8:08	160
3C	Gonnerman	6	49:33	168						5E	Hagan	1	7:05	150			
3C	Schmidt	5	39:47	190						5E	Meyer	1	8:26	156			
3C	Cady	6	46:16	160						5E	Rhoads	½ mile	4:59				
3C	Fallon	6	46:10	190						5E	Reynolds	1	7:12	180			
3C	Meek	X								5E	Richardson	1	6:41	?			
3C	Ryan	6	47:49	192						5E	Tressler	1	9:22	?	1	11:04	204
3C	~~Schmidt~~									5E	Turco						
3C	Weed	4	33:10	190						5E	Wingberm	1	8:00	196	1	8:13	210
	MOORE	4	32:26	184						5E	Winker	1	9:12	?			
											FABER						
										R	Foldes						
										R	Polokonis						

A=350+/10 **B**=250+/7-6 **C**=150+/5-4 **D**=min/3 **E**=new/2

NSD

~~QUICK~~ WALK - JOG OUT - BACKWARDS

WALK - JOG IN - BACKW

WALK - JOG HEELS - BACKW

LADDER

QUICK STEP WALK - JOG BAK

QUICK SKIP - JOG

X2' QUICK WALK - LADDER OUT & BACK

ACCELERATION - BUILD TO WHITE

X2 WHITE TO 2ND LAST WHITE

& JOG BACK

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

DATE: 8-24-02 Conditions: am sat: warming, humid 85 +

Workout:Jog/push/strtch/fartlek 3:30 off hard train w/ 90 on at race:6,5,4,3,2

groups d and E steady tempo/ext cool 3,2,1/jog/outdoor core/stretch/weights

Name	grp	dist	time	pulse	pace	Name	grp	dist	time	pulse	pace
Crean	1A	5	32:35	180	6:31	Moore	3D	3	23:24	192	7:48
Killiany	1A	6	40:35	192	6:46						
Mills	1A	6	40:35	204	6:46	Turkcan	4B	5	36:43	180	7:20
Noblot	1A	6	36:15	170	6:02	Mannhard	4B	5	35:00	168	7:00
Schaefer	1A	4.5	29:40	172	6:37	Sump	4B	5	35:00	172	7:00
Flanagan	1A	6	40:40	184	6:47	Bonner	4B	4	30:32	212	7:38
Linhares	1A	6	39:14	174	6:32	D. Marincel	4B	4	30:44	208	7:44
Muntges	1A	6	39:14	150	6:32						
						Krings	4C	4	32:00	176	8:00
Gonnerman (R)	1B	2½	18:13	160	—	Kaiser	4C	4	29:15	164	7:49
Stewart	1B	5½	36:23	172	6:36	~~[illegible]~~		4			
Arb	1B	5	33:10	188	6:39	Abts	4D	3	22:15	164	7:25
						Dang	4D	3	24:37	188	8:12
Zychinski	2A	4½	28:15	184	7:04	Faust	4D	3½	22:24	160	7:27
Marincel	2A	5	35:35	148	7:07	Hellman	4D	3	26:30	208	
Nappier	2A	5.6	35:35	180	7:07	Odenwald	4D	3	24:36	184	8:12
Carlson	2A	6	41:12	184	6:52	Stretch	4D	3	24:30	188	8:10
Samson C	2A	6	40:55	184	6:49	Jonagan	4D	3	22:06	196	7:22
Samson H	2A	6	41:48	192	6:58	Livergood	4D	3	27:55	192	9:18
						Mulligan	4D	3	21:37	150	7:12
Connor	2B	5	32:12	168	6:27	Murphy-Bm	4D	3	21:37	200	7:12
Westlund	2B	5	35:12	178	7:02	~~Nahlik~~	4D				
Oliver	2B	5	36:57	160	7:24	Gearhart, Mike	4D	3	20:40	170	6:53
Speiser	2B	5	35:00	196	7:00	Baker	5D	3	26:00	188	8:40
Kelly	2B	5	34:43	184	6:57	Campbell	5D	3	25:27	168	8:39
						Shortal	5D	3	28:50	200	9:37
Meier	3B	5	36:30	176	7:18	Luecking	5D	2½	17:57	160	8:59
Odem	3B	4½	32:21	196	8:05	Scariot	5D	3	26:08	124	8:41
Welling	3B	5	35:59	188	7:12	Killian	5D	3			
Dirnbeck	3B	5	36:30	190	7:18	Angeli	5E	2	17:46	180	8:53
Plurad	3B	5	36:43	192	7:20	Brotherton	5E	2	16:15	192	8:08
						Griesenauer	5E	2	16:27	160	8:14
Gonnerman	3C	3½	23:54	168	7:58	Hagan	5E	2			
Schmidt	3C	2½	16:30	192	8:15	Meyer	5E	2	17:51	164	8:55
Cady	3C	4	?	?		Rhoads	5E	2	19:05	180	9:32
Fallon	3C	4	29:06	208	7:16	Reynolds	5E	2	15:10	180	7:35
Meek	3C	4	HURT ANKLE			~~Richardson~~	~~5E~~				
Ryan	3C	4	30:00	196	7:30	Tressler	5E	2	19:14	188	9:40
~~Schmidt~~	~~3C~~					~~Turco~~	~~5E~~	~~2~~			
Weed	3C	3½	18:00	168	7:12	Wingberm	5E	2	16:24	212	8:15
Richardson	4C	3	21:37	164	7:12	Winker	5E	2	19:00	160	9:30
Coach Flanagan		2½	20:01	164	8:00	Foldes	R				
						Polokonis	R				

A=350+/10 B=250+/7-6 C=150+/5-44 D=min/3 E=new/2

33:45

1=17/7/6:30 2=18/7/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

DATE: 8-26-02 Conditions: 1st school day 1k

Workout:Jog/push/strtch/fartlek 3:30 off hard train w/ 90 on at race:6,5,4,3,2

groups d and E steady tempo/ext cool 3,2,1/jog/outdoor core/stretch/weights

1A	5k	pace	1k	1k	1k	1k	1k	1k
(L) Crean	192	—	3:25	:19	:23	22	:22	:18
(L) Killiany	192	184	3:26	:27	:26	28	:25	24
(L) Mills	—	192	:32	:27	:29	x	x	x
(L) Noblot	164	160	:18	:14	:18	:18	:18	:16
(L) Schaefer	164	164	:22	:14	18	:18	:16	:08
(L) Flanagan	172	176	:37	:33	:32	:32	:30	:26
(L) Linhares	216	—	:23	:20	:22	:23	:22	:24
(L) Muntges			:22	:18	x	x	x	x
1B								
O.D. Gonnerman								
(L) Stewart		166	:34	:28	:39	:30	32	x
(L) Arb	188	172	:30	:26	:33	:32	:36	x
(L) Connor		212	:28	:25	:40	:27	:25	x
2A								x
(L) Zychinski	180	176	:37	:28	:34	:34	:34	:24
(L) Marincel		184	:49	:47	:48	:52	54	:47
(L) Nappier	172	168	:42	:38	:36	:31	:25	:16
(L) Carlson	184	180	:41	:35	:39	:45	:42	:39
(L) Samson	184	184	:39	:33	:36	:36	3:35	3:27
(L) Samson	192	188	:42	:40	:40	39	:39	27
2B								
(L) Westlund	176	168	:41	:33	:33	31	:38	x :28
(L) Oliver	190	180	:37	:31	:32	:38	:35	3:26 x
(L) Speiser	184	164	:40	:36	:41	39	:39	39 x
(L) Kelly	200	184	:42	:40	:41	40	:	x
3B							:40	:34
(H) Turkcan	192	188	:59	4:00	4:07	4:06	4:02	x
(H) Mannhard			:51	:48	:47	:47	:53	x
(H) Meier	168	164	:58	:58	4:01	:58	:52	x
(H) Odem	200	192	:56	:46	:52	:50	:51	x
(H) Welling		208	:51	:51	:56	:56		x
(H) Dirnbeck		164	4:03	4:00	4:05	4:03	3:56	x
(H) Plurad	188	184	3:54	:48	:54	3:53	:48	x
3C								
(H) Gonnerman		180	3:56	:58	4:02	4:12	x	x
[redacted]								
(H) Cady	204	180	3:53	:49	:52	:51	x	x
(H) Fallon 208	204	198	3:51	:49	:55	:48	3:50 x	x
(H) Meek	188	184	3:49	:43	3:47	:43	x	x
(H) Ryan	200		3:53	:47	:54	:48	x	x
(H) Weed	200	196	3:53	:49	:55	:50	x	x
(H) Richardson			3:50	:51	:58	4:00	x	x
Recovering								
Foldes								

3C	5k	pace	1k	1k	1k	1k
Moore (H)	196	188	4:12	4:14	4:19	4:00
4C						
Sump (H)	190	184	:58	3:54	:55	:50
Bonner (H)	196	192	4:02	4:06	:58	:54
D. Marincel (H)	192	192	:55	:57	54	:50
4C						
Krings (H)			4:17	4:16	4:17	4:22
Kaiser (H)		168	4:00	3:58	4:00	4:00
(OD) SCHMIDT	196	190	4:14	4:14	4:13	
Polokonis OD						
Nahlik (F)		doctors appt.				x
Schmidt (F)						x
Abts (F)		164	3:55	:52	:54	x
Dang (F)			4:22	4:17	4:26	x
Faust (F)		152	4:08	4:06	4:06	x
Hellman (F)		212	4:44	4:35	4:31	x
Odenwald (F)		184	4:49	4:35	4:32	x
Stretch (F)		176	4:15	4:11	4:11	x
Jonagan (F)	188	176	4:17	[redacted]	4:08	x
Livergood (C)		176	4:34	4:50	·	x
Mulligan (F)		150	4:08	3:56	:56	x
Murphy-Bm (F)		212	3:55	:50	:56	x
Granger (F)		166	3:54	:50	:46	x
5D						
Hagan (F)			4:13	4:16	4:11 [redacted]	x
Baker (F)			4:47	4:45	4:49	x
Campbell (C)		160	4:27	4:28	x	x
Shortal (C)		204	4:35	4:33	x	x
Luecking (C)		160	5:27	5:42	x	x
Scariot (F)		140	4:33	4:35	x	x
5E						
Angeli (C)	170	164	5:12	5:02	x	x
Brotherton (F)			4:12		x	x
Griesenauer (F)		186	4:16	4:11	4:14	x
Meyer (C)		180	4:28	4:42	x	x
Rhoads (C)			4:54	5:00	x	x
Reynolds (F)		164	4:15	4:07	x	x
Tressler (C)		208	5:03	5:21	x	x
Wingberm (C)	208	200	4:28	4:18	x	x
Winker (C)		160	4:54	5:29	x	x
Goelz (C)		160	4:26	4:15	x	x
Holzhauer (C)		180	4:26	4:15	x	x
Huether (C)	(see Coach Chik					x
Faber (C)	160	150	4:15	3:57	4:12	x
						x

MC DONALD (H)	196	4:32	4:13	4:01	x	x		
[redacted] (E)								
					x	x		

A=350+/10 B=250+/7-6 C=150+/5-44 D=min/3 E=new/2

HERMAN (C)		4:22	4:37		x
SCHNEIKER (C)	190	4:45	4:59		x
BUSHONG (E)		4:15	5:13		x

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E

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

DATE: 8-26-02 Conditions: 1st school day → NEURO SPEED / LONG : 10-8-6-4-3 (2)

Workout:Jog/push/strtch/~~fartlek 3:30 off/hard train w/ 90 on at race:6,5,4,3,2~~

~~groups d and E steady tempo/ext cool 3,2,1/jog/outdoor core/stretch/weights~~

* 3 GO TO MILL BEFORE UNION

A TURN

4-6 STRIDERS

JOG

CORE

STRETCH

T-SHIRT MTG

1A	dist	time	pulse	pace
Crean	10	1:07:	171	
Killiany	10	74:25	166	
Mills	10	74:25	156	
Noblot (R)	10	X	116	
Schaefer	10	1:06	160	
Flanagan	10	1:09:50	172	
Linhares	10	1:06:50	164	
Muntges	10	1:06	180	
1B				
Gonnerman (R)	4	32:35	160	
Stewart	8	53:00	172	
Arb	8	59:00	178	
2A				
Zychinski	10	1:11:50	164	
Marincel	10	~~1:14:52~~		
Nappier	8	53:34	156	
Carlson	10	73:20	172	
Samson	10	71:54	164	
Samson	10	70:51	180	
~~2B~~ ~~1B~~				
Connor 1B (C)	8	47:25	176	
Westlund 2B	8	57:40	168	
Oliver	8	59:00	164	
Speiser	8	50:30	180	
Kelly 6+	8	46:08	X	
3B				
Meier	8	1:02:07	176	
Odem	8	59:52	204	
Welling	E			
Dirnbeck	8	1:01:31	168	
Plurad	8	1:01:31	196	
3C				
Gonnerman	6	55:35	160	
Schmidt	4	32:02	186	
Cady	6			
Fallon	6	36:55	180	
Meek	6	36:46	164	
Ryan	6	36:46	192	
Weed	6	48:09	172	
Richardson	4	30:38	164	
5E GOELZ	2	17:30	128 (R)	
5E HOLZMACHER	2	17:30	140	
5E HUEBER	2	19:50	220	

3D	dist	time	pulse	pace
Moore	4	32:02	180	
4B C				
Turkcan	8	1:01:31	168	
Mannhard	8	57:40	172	
Sump	8	1:03:45	156	
Bonner	6	46:23	216	
D. Marincel	8	1:03:47	176	
4C				
Krings	6	49:01	172	
Kaiser	6	47:40	160	
4D MANLIK	4	32:45	172	
Abts	4	47:11	176	
Dang	4	34:41	172	
Faust	6	48:15	172	
Hellman	4	35:35	208	
Odenwald	4	34:48	184	
Stretch	4	32:47	188	
Jonagan	4++	37:56	196	
Livergood	3	28:08	196	
Mulligan	4	30:19	184	
Murphy-Bm	6	47:40	180	
Granger	4	30:19	160	
5D				
~~Killian~~ HAGAN	4+	38:02	180	
Baker	4	38:23	236	
Campbell	4	37:50	176	
Shortal	4	44:10	192	
Luecking ✓	2	19:25	160	
Scariot	4	34:27	140	
5E				
Angeli ✓	3	28:36	180	
Brotherton ✓	3	26:42	192	
Griesenauer 4++	3		182	
~~Hagan~~	3			
Meyer	3	31:09	X	
Rhoads ✓	3	19:26	164	
Reynolds	3	26:40	144	
Tressler	3	31:30	200	
Wingberm	2	19:24	168	
Winker	3	33:21	135	
Recovering				
Foldes				
Polokonis	2	17:30		
Turco X				
5E FABER	3			

A=350+/10 **B**=250+/7-6 **C**=150+/5-44 **D**=min/3 **E**=new/2

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

DATE: 8-26-02 Conditions: 1st school day 1k

Workout:Jog/push/strtch/fartlek 3:30 off hard train w/ 90 on at race:6,5,4,3,2 groups d and E steady tempo/ext cool 3,2,1/jog/outdoor core/stretch/weights

	1A	5k	pace	1k	1k	1k	1k	1k	1k	3D	5k	pace	1k	1k	1k	1k	
L	Crean									Moore							H
L	Killiany									4C							
L	Mills									Sump							H
L	Noblot									Bonner							H
L	Schaefer									D. Marincel							H
L	Flanagan									4C							
L	Linhares									Krings							H
L	Muntges									Kaiser							H
	1B									4D Schmidt							F
OD	Gonnerman	OD								Polokonis	OD						OD
L	Stewart									Nahlik						X	F
L	Arb									Schmidt						X	F
L	Connor									Abts						X	F
	2A									Dang						X	F
L	Zychinski									Faust						X	F
L	Marincel									Hellman						X	F
L	Nappier									Odenwald						X	F
L	Carlson									Stretch						X	F
L	Samson									Jonagan						X	F
L	Samson									Livergood					X	X	C
	2B									Mulligan						X	F
L	Westlund									Murphy-Bm						X	F
L	Oliver									Granger						X	F
L	Speiser									5D							
L	Kelly									Hagan						X	F
	3B									Baker						X	F
H	Turkcan									Campbell					X	X	C
H	Mannhard									Shortal					X	X	C
H	Meier									Luecking					X	X	C
H	Odem									Scariot						X	F
H	Welling									5E							
H	Dirnbeck									Angeli					X	X	C
H	Plurad									Brotherton						X	F
	3C									Griesenauer						X	F
H	Gonnerman							X	X	Meyer					X	X	C
	~~Schaefer~~									Rhoads					X	X	C
H	Cady							X	X	Reynolds						X	F
H	Fallon							X	X	Tressler					X	X	C
H	Meek							X	X	Wingberm					X	X	C
H	Ryan							X	X	Winker					X	X	C
H	Weed							X	X	Goelz					X	X	C
H	Richardson							X	X	Holzhauer					X	X	C
	Recovering									Huether					X	X	C
OD	Foldes	OD								Faber					X	X	C
										~~Barse~~					X	~~X~~	~~C~~

H McDonald

A=350+/10 B=250+/7-6 C=150+/5-44 D=min/3 E=new/2

C=16 OD=3 Herman X X C

F=20 Schneider X X C

H=21 Bushong X C

L=21

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

DATE: 8-28-02 Conditions: 3rd school day

Wehner Meeting / Workout: Jog/push/strtch/time run: 50,40,35,30,25,20 /outdoor core/stretch/weights

1A	5k	pace	~~1k~~	~~1k~~	~~1k~~	~~1k~~	~~1k~~	~~1k~~
Crean	50							
Killiany	"							
Mills	"							
Noblot	"							
Schaefer	"							
Flanagan	"							
Linhares	"							
Muntges	"							
1B								
Gonnerman	~~40~~	30						
Stewart	50	E						
Arb	50							
Connor	50							
2A								
Zychinski	50							
Marincel	"							
Nappier	"							
Carlson	"							
Samson	"							
Samson	"							
2B								
Westlund	40							
Oliver	40							
Speiser	"							
Kelly	"							
3B								
Turkcan	40							
Mannhard	"							
Meier	"							
Odem	"							
Welling	"							
Dirnbeck	"							
Plurad	"							
3C								
Gonnerman	~~40~~ 35							
Cady	"							
Fallon	"							
Meek	"							
Ryan	"							
Weed	E							
Richardson	"							
3D								
Granger	30							
Abts	"							
Recovering								
Foldes								

4C	5k	pace	~~1k~~	~~1k~~	~~1k~~	~~1k~~
Sump	35					
Bonner	"					
D. Marincel	"					
Schmidt	"					
Krings	"					
Kaiser	"					
4D						
Polokonis	30					
Nahlik	"					
~~Schmidt~~	"					
Moore	"					
Faust	"					
Hellman	"					
Odenwald	"					
Stretch	"					
Murphy-Bm	"					
Mulligan	"					
Jonagan	"					
4E						
Faber	25					
Reynolds	"					
Goelz	"					
Holzhauer	"					
Herman	"					
Griesenauer	"					
McDonald	"					
5D						
Hagan	20					
Baker	"					
Campbell	"					
Shortal						
Luecking						
Dang						
Scariot						
5E						
Angeli						
Brotherton						
Meyer						
Rhoads						
Tressler						
Wingberm						
Winker						
~~Huether~~						
Livergood						
Bushong						
Schneier	✓					

A=350+/10 **B**=250+/7-6 **C**=150+/5-44 **D**=min/3 **E**=new/2

SLUH XC Attendance'02 Date:

Seniors	pulse	Sophs	pulse	Freshmen	pulse
Crean		Abts		Angeli	✓
Gonnerman, B		Baker		Bonner	✓
Gonnerman, K	60	Campbell		Brotherton	✓
Killiany		Carlson		Griesenauer	✓
Mills		Dang		Hagan	✓
Noblot		Faust		Jonagan	68
Schaefer		Dirnbeck		Kaiser	✓
Schmidt		Hellman		Livergood	✓
Stewart		Kelly		Luecking	E
Westlund		Krings		Marincel	60
Zychinski		Manhard		Meyer	✓
Juniors		Meier		Mulligan	✓
Arb		Muntges		Murphy-Baum	✓
Connor		Odenwald		Nahlik	✓
Cady		Plurad		Rhoads	✓
Foldes		Polokonis		Reynolds	✓
Fallon		Samson		Richardson	✓
Flanagan		Samson		Scariot	✓
Linhares		Shortal		Schmidt	
Marincel		Stretch		Tressler	✓
Meek		Sump		Turco	
Moore		Turkcan		Wingbermuele	✓
Nappier		Weed		Winker	✓
Oliver					
Odem					
Ryan					
Speiser					
Welling					

key: E= excused by coaches, R=not working out have filled out recovery form

- BURGERS
- DOGS ✓
- BUNS ✓
- KETCHUP ✓
- MUSTARD ✓
- BBQ CHIPS ✓
- WATERMELON ✓
- BANANAS ✓
- No PULSE
- PLATES
- NAPKINS
- 160
- 57:00

Speiser	8	57:58	152
Zch.	8	1:01:40	
Carlson	8	56:58	
Crean	8	57:00	172
Mills	8	57:00	160
Westlund	6	42:46	144
Ryan	5	37:37	168
Odom	5	37:17	204
Moore	4	33:12	172
Gonn. K	2	14:27	160
Gonn. B	5-6	46:17	162
Welling	7	51:50	164
Shortal	4-4½	48:30	204
Campbell	4-4½	48:30	168
Henry S.	8	56:03	188
Charlie S.	8	51:03	178
Baker	3	26:15	184
Cady	6	42:39	184
Brotherton	3	26:15	156
Dang	3	26:15	170
Conner	8	54:42	156
Nappier	8	54:42	152
Kelly	8	56:03	172

Flanagan	8	57:43	176
Meier	4	31:08	168
Oliver	8	57:38	168
Killiny	8	62:15	168
Meek	6	42:46	156
Munches	10	64:14	164
Schaefer	10	64:13	132
Noblet	10	64:13	128
Art	8	54:42	172
Marince J.	10-10.5	/4:13/	188

X NON-RACER

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 8-29-02 Conditions:

Workout:Jog/push/strtch/plyo/long run: 10,8,6,5,4,3,2/6-8 striders/push/stretch/jog

Note: Individual consultation with top group about fatigue levels and individualized training

FRESH + NON-RUN 1 BUS

1 JV 2:30 BUS

V = VAN 2:10

1A	dist	time	pulse	pace
Crean*	10	68:00	165	6:46
Killiany*	10	72:07	152	7:13
Mills*	10	72:07	156	7:13
Noblot*	10	67:12	156	6:41
Schaefer*	10	67:12	140	6:41
Flanagan*	10	72:20	172	7:14
Linhares*	7	47:30	180	6:47
Muntges*	10	67:12	168	6:41
1B				
X Gonnerman*	5	34:11	164	6:50
Stewart*	10	67:12	160	6:41
Arb*	8	54:14	178	6:47
Connor*	8	54:14	182	6:47
2A				
Zychinski*	10	69:20	164	6:56
Marincel*	10	72:50	168	7:17
Nappier*	8	53:12	162	6:39
Carlson*	5	37:51	156	7:34
Samson* C	10	72:20	172	7:14
Samson* H	10	72:20	180	7:14
2B				
Westlund*	8	63:00	136	7:53
Oliver*	8	54:14	160	6:47
Speiser*	8	60:00	160	7:30
Kelly*	8	59:23	180	7:29
3B				
Sump	8	59:23	176	7:29
Turkcan	8	58:08	172	7:16
Mannhard #	8	59:23	168	7:25
Meier	8	58:11	180	7:16
Odem #	8	55:52	188	6:59
Welling	8	59:23	170	7:25
Dirnbeck	8	59:50	190	7:29
Plurad#	8	63:53	180	7:59
3C				
Gonnerman	6	49:33	176	8:15
Cady	TIME	30:00	—	—
Fallon#	6	44:40	188	7:22
Meek#	6	44:06	164	7:21
Ryan#	6	44:04	176	7:21
Weed#	—	—	—	—
Richardson	5	35:18	160	7:04
3D				
Granger#	6	48:30	180	8:05
Abts	8	59:46	168	7:28

4C	dist	time	pulse	pace
Bonner	6	47:30	168	7:55
D. Marincel	8	63:53	188	7:59
Schmidt	4	34:30	188	8:38
Krings	6	48:55	164	8:19
Kaiser	6	44:40	164	7:22
4D				
Polokonis	4.75	36:25	180	LOST
Nahlik	5	37:40	172	7:32
~~Schmidt~~				
Moore	5	40:09	176	8:02
Faust	5	39:22	172	7:52
Hellman	4	34:30	216	8:38
Odenwald				
Stretch	4	34:35	168	8:39
Murphy-Bm	5	36:30	176	7:18
Mulligan	6	48:30	184	8:05
Jonagan				
4E				
Faber	4	30:43	153	7:41
Reynolds	4	32:44	168	8:11
Goelz	3	24:15	190	8:05
Holzhauer	3	24:15	200	8:05
Herman				
Griesenauer	4	33:27	180	8:07
McDonald	4	32:22	184	8:05
5D				
Hagan	5	41:08	176	8:22
Baker	4	34:39	200	8:40
Campbell	4	33:38	168	8:25
Shortal	3	27:30	200	9:10
Luecking	3	26:20	172	8:47
Dang	4	34:01	172	8:30
Scariot	4	35:30	140	8:53
5E				
Angeli	3	29:42	170	9:54
Brotherton	4	33:20	180	8:20
Meyer	2	17:49	172	8:55
Rhoads	3	28:30	185	9:30
Tressler	3	29:39	196	9:53
Wingberm	3	28:30	212	9:30
Winker	2	15:53	172	7:56
~~Weber~~				
Livergood	3	26:55	180	7:58
Bushong	4	40:00	182	10:00
Schneier				
FLANAGAN	3	23:40	164	7:53

* indicates those in varsity level group. # indicates those on the bubble.

5.2

4/31/02 McNAIR FOR TOP GROUP

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 8-30-02 Conditions:

Workout:Jog to course/push/strtch/striders/tempo run for non-V group: 4,3,2/ext cool: 2,1/push/stretch/co

Varsity + bubble group: timed run A=50 B=40 finish at SLUH/stretch/weights

1A	dist	time	pulse	pace
Crean* 54 31:08	5	32:36	180	6:18
Killiany* 44 31:16	5	32:26	186	6:15
Mills* ✓ 32:09	5	33:19	200	6:26
Noblot* ✓ 29:25	5	30:35	164	5:59
Schaefer* ✓ 29:05	5	30:15	172	5:49
Flanagan* 44 32:49	5	33:59	172	6:32
Linhares* 60 (5)	5	30:39	180	6:06
Muntges* ✓ 4	5	31:42	164	6:00
1B (5) 36 36 152				
+ Gonnerman* ✓	3	19:31	192	6:30
Stewart* 50 30:05	5	31:55	176	6:09
Arb* ✓ 32:20	5	33:34	192	6:28
Connor* ✓ 31:48	5	31:58	172	6:10
2A				
Zychinski* 4 32:08	5	33:14	164	6:24
Marincel* ✓	? 5			6:30
Nappier* 40 16:47	4	28:07	192	6:42
Carlson* 00 32:24	5	33:34	184	6:30
Samson* 56 32:00	5	33:09	184	6:24
Samson* 64 27:00	4	28:18	200	6:45
2B				
O Westlund* 52 33:32	5	34:56	168	6:39
Oliver* 56 33:41	5	35:04	170	6:42
Speiser* 52 31:53	4	29:13	186	6:58
Kelly* ✓ 33:36	5	34:56	192	6:38
3B				
+ Sump	4	28:19	180	7:05
+ Turkcan	4	28:15	172	7:04
E Mannhard # E				
+ Meier	4	27:30	180	6:50
O Odem # 29:35	4	31:05	201	7:26
Welling 54	3.1	20:50		X
Dirnbeck	4	28:33	190	7:08
Plurad# 28:36	4	29:46	186	7:04
3C				
164 Gonnerman 4 ✓	3	21:45	180	7:15
— Cady	3	21:08	163	7:03
Fallon# ✓ 21 44	4	29:06	204	6.57
Meek# 64				DNF
Ryan# 52	4	29:09	204	6:58
E Weed#				
Richardson	O.D. - RECOVERING			
3D				
Granger# 56 21 21	4	28:47	184	6:52
— Abts	3	21:16	164	7:05

4C	dist	time	pulse	pace	
Bonner	3	20:24	176	6:48	+
D. Marincel	4	28:49	192	7:12	
Schmidt					
Krings	3	22:52	180	7:37	✓
Kaiser	3	20:58	164	6:40	—
4D					
Polokonis	3	22:20	180	7:27	✓
Nahlik	3	22:00	180	7:20	✓
~~Schmidt~~					
Moore	3	22:22	188	7:27	✓
Faust	3	22:32	172	7:30	—
Hellman	2	15:54	200	7:57	✓
Odenwald	2	15:27	184	7:44	✓
Stretch O	2	15:55	196	7:58	✓
Murphy-Bm	2	13:13	152	6:37	—
Mulligan	3	21:04	150	7:03	—
Jonagan	2	14:38	198	7:19	✓
4E					
Faber	2	15:16	168	7:38	—
Reynolds	2	14:38	176	7:19	—
Goelz	2	15:50	172	7:55	—
Holzhauer + mouser	2	15:57	196	7:56	✓
Herman ✓	2	16:38	188	7:49	✓
Griesenauer ✓	2	15:09	186	7:35	✓
McDonald	3	21:50	196	7:17	✓
5D					
Hagan	2	15:13	240	7:36	↑
Baker	2	16:05	184	8:03	✓
Campbell	2	15:36	176	7:48	✓
Shortal	2	16:48	196	8:24	✓
Luecking	2	17:53	172	8:56	✓
Dang	2	14:09	188	7:05	✓
Scariot	2	16:33	139	8:16	—
5E					
Angeli	2	19:07	182	9:36	✓
Brotherton	2	15:37	192	7:48	✓
Meyer	2	17:15	166	8:38	—
Rhoads ✓	2	18:30	182	9:15	✓
Tressler	2	18:29	200	9:15	✓
Wingberm	2	16:08	212	8:04	✓
Winker	2	15:36	160	7:48	—
~~Huether~~					
Livergood	2	16:38	178	8:19	✓
Bushong, Ju +	1 - HURT				
Schneier -	2	17:50	190	8:55	
BUSHONG, JO -	2	17:46	143	8:53	—

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-3-02 Conditions:

Workout:Jog/push/strtch/striders/V-JV repeat miles:4,3,2 /ext cool: 3,2,1/push/stretch/~~core/weights~~

Frosh: N.S. Drill/Aero run on same loop: 6,5,4,3 (2)/6 strides/push/stretch/jog

1A	5k gl/- r pc	1 mi	1 mi	1 mi	1 mi	4C	5k gl/-r pc	1 mi	1 mi	1 mi
Crean*		5:20	5:28	5:35	5:28	Bonner	5@7:15	37:52	212	
Killiany*		5:30	5:36	5:47	—	D. Marincel	5@7:15:	39:17		
Mills*		5:38	5:47	5:49	—	~~Schmidt/Rohr~~	5@7:15			
Noblot*		5:14	5:23	5:27	5:32	Krings		6:38	6:49	7:08 178
Schaefer*		5:09	5:34	5:47	—	Kaiser	5@7:15:	39:17	192	
Flanagan*		5:37	5:47	6:23	—	4D				
Linhares*		5:23	5:33	5:47	—	Polokonis		6:37	6:53	176
Muntges*		5:17	5:27	5:31	—	Nahlik	5@ 7:15	37:30	180	
1B						Schmidt		—	—	—
Gonnerman*		5:43	6:00	5:56	—	Moore		6:53	7:11	~~204~~ 204 7:40
Stewart*		5:29	5:33	5:33	—	Faust		6:35	6:47	7:05
Arb*		5:37	5:43	5:47	5:49	Hellman		7:04	7:26	224
Connor*		5:51	7:00	—	—	Odenwald		7:07	7:14	204
2A						Stretch		6:58	7:26	188
Zychinski*		5:38	5:49	6:23	—	Murphy-Bm	5@7:15	36:47	200	
Marincel*		5:43	5:52	6:05	—	Mulligan	4@7:15	29:30	180	
Nappier*		5:49	5:59	6:02	—	Jonagan	4@7:30	30:01	186	7:30
Carlson*		5:49	5:50	6:03	5:59	4E				
Samson*		5:41	5:49	5:50	—	Faber		6:57	6:40	
Samson*	SICK	SENT	HOME			Reynolds	4@7:30	—	—	—
2B						Goelz	3@8:00	24:59	188	8:20
Westlund*		5:48	5:53	6:00	—	Holtshouser	3@8:15	25:42	200	
Oliver*		5:43	5:53	6:13	—	Herman	3@8:00	27:57	212	9:19
Speiser*		5:51	5:52	5:51	—	Griesenauer	3@7:45	24:27	186	8:09
Kelly*		5:53	5:53	5:54	192	McDonald		6:41	6:20	6:32 192
3B						5D				
Sump	6:26	6:10	6:14	6:09	—	Hagan	3@8:00	24:55	196	
Turkcan	6:17	6:17	6:50	7:27	196	Baker		7:36	7:44	192
Mannhard #	6:10	6:06	6:09	6:10	—	Campbell		7:05	7:04	176
Meier	6:17	6:15	6:25	6:25	180	Shortal		7:24	8:22	196
Odem #	6:12	6:14	6:25	7:12	208	Luecking	3@9:15	29:29	172	
Welling	6:12	6:11	5:58	5:56	196	Dang		6:57	7:11	200
Dirnbeck	6:20	6:21	6:23	6:06	186	Scariot	3@8:15	24:20	144	8:07
Plurad#	6:10	6:08	6:42	7:01	192	5E				
3C						Angeli	3@9:15	26:47	188	8:56
Gonnerman	6:07	6:36	6:39	7:42	182	Brotherton	3@8:00	—		
Cady	6:21	6:13	DNF	—	—	Meyer	3@8:30	20:57	172	~~[illegible]~~ 10:29
Fallon#	6:07	5:57	6:20	7:03	194	Rhoads	3@9:15	28:30	210	9:30
Meek#	6:07	5:57	6:	—	—	Tressler	3@9:15	19:38	212	9:49
Ryan#	6:07	6:06	6:28	7:02	204	Wingberm	3@8:30	24:29	228	8:10
Weed#	6:21	6:04	6:50	—	—	Winker	3@8:00	7:52		
~~Richards~~	~~[illegible]~~					Livergood	3@8:00	27:18	196	9:06
cand ~~2B~~						Bushong, Ju		7:36	8:15	180
Granger# 3	6:26	6:06	6:18	6:17	156	Schneier	3@9:00	30:31	190	10:10
Abts 3	6:17	6:13	6:38	6:45	—	Bushong, Jo	3@8:45	27:40	184	9:13

* indicates those in varsity level group. # indicates those on the bubble.

CHECKS 2810.00 XCOED CASH BACK TO ALUM 60.00

REIMB FOR BINDERS _____

CAMP INCOME ^WEIGHTS

4,480
- 100 CAMP
- 100 WEIGHTS
- 400 EXPENSE
- 187.20 WEIGHTS RE

3,692.80

PER DIEM @ 30#

TIM CHIK 90.00
PAT HAMEL 210.00
TOM KLAN 630.00

SALARY 930.00

J.L. 2,762.00

9-5- V,JV tired run 30,25 w/ strides

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-5-02 Conditions:

Workout:Frosh on race routine/v,JV: Jog/push/strtch/discuss race/easy run:30,25/6 strides/jog stretch

Frosh: two mile time trial on mile loop/ 2 mile cool down/stretch

1A	dist	goal	time	pulse	pace	**4C**	dist	goal	time	pulse	pace
Crean*						Bonner	race				
Killiany*						D. Marincel	race				
Mills*						Richardson	rec				
Noblot*						Krings					
Schaefer*						Kaiser	race				
Flanagan*						**4D**					
Linhares*						Polokonis					
Muntges*						Nahlik	race				
1B						Schmidt					
Gonnerman*						Moore					
Stewart*						Faust					
Arb*						Hellman					
Connor*						Odenwald					
2A						Stretch					
Zychinski*						Murphy-Bm	race				
Marincel*						Mulligan	race				
Nappier*						Jonagan	race				
Carlson*						**4E**					
Samson*						Faber					
Samson*						Reynolds	race				
2B						Goelz	race				
Westlund*						Holtshouser	race				
Oliver*						Herman	race				
Speiser*						Griesenauer	race				
Kelly*						McDonald					
3B						**5D**					
Sump						Hagen	race				
Turkcan						Baker					
Mannhard #						Campbell					
Meier						Shortal					
Odem #						Luecking	race				
Welling						Dang					
Dirnbeck						Scariot	race				
Plurad#						**5E**					
3C						Angeli	race				
Gonnerman						Brotherton	race				
Cady						Meyer	race				
Fallon#						Rhoads	race				
Meek#						Tresslar	race				
Ryan#						Wingberm	race				
Weed#						Winker	race				
3D						Livergood	race				
Granger#						Bushong, Ju					
Abts						Schneier	race				
Recovering						Bushong, Jo	race				

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 2=18/7/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9/7/02 Conditions: JK / strong / hot

Workout: ~~Frosh on race routine/v,JV: jog/push/stretch/discuss race/easy run:30,25/6 strides~~/jog stretch

Frosh: ~~two mile time trial on mile loop/ 2 mile cool down/stretch~~

1A	dist	goal	time	pulse	pace
Crean*	10		77:02	176	
Killiany*	10		77:02	156	
Mills*	10		77:02	164	
Noblot*					
Schaefer*	10		73:59	148	
Flanagan*	6		49:35	156	8:16
Linhares*	8		61:15	164	
Muntges*	10		73:54	156	
1B					
Gonnerman	8		80:55	152	
Stewart*	8		61:10	150	
Arb*	8		1:01:20	164	
Connor*	8		1:01:20	148	
2A					
Zychinski*	6		49:25	152	7:
Marincel*	10		77:00	180	
Nappier*	10		76:11	160	
Carlson*	10		76:58	176	
Samson* C.	10		77:02	172	
Samson* H.	4		33:05	152	8:16
2B					
Westlund*			66:06	160	
Oliver*	8		1:01:20	160	
Speiser*	8		62:57		
Kelly*	8		1:02:31	180	
3B					
Sump	8		65:20	148	
Turkcan	8		63:05	160	
Mannhard #	8		62:57	174	
Meier	8		66:22	156	
Odem #	8		61:46	174	
Welling	6		49:40	186	8:17
Dirnbeck	8		63:23	180	
Plurad#	8		64:27	188	
3C					
Gonnerman	6		51:50	160	
Cady	X				
Fallon#	8		62:01	180	
Meek#	6		49:43	152	
Ryan#	6		49:49	160	
Weed#			49:16	172	
3D					
Granger#	6		49:05	130	8:11
Abts	8		63:05	164	
Recovering					

4C	dist	goal	time	pulse	pace
Bonner	race	6	43:00	196	8:10
D. Marincel	race	6	48:05	188	8:01
Richardson	rec	X			
Krings		6	50:41	158	
Kaiser	race	6	43:57	164	7:20
4D					
Polokonis		4	36:31	152	9:08
Nahlik	race	6	45:49	164	
Schmidt		6	48:02	202	8:00
Moore		5	47:04	156	
Faust		6	49:46	172	
Hellman		4	36:31	196	9:08
Odenwald		5	43:50	192	
Stretch		4	39:38	180	9:24
Murphy-Bm	race	6	42:48	208	
Mulligan	race	6	43:57	180	
Jonagan	race	5	42:34	182	
4E					
Faber		5	43:39	150	
Reynolds	race	5	42:33	172	
Goelz	race	4	52:60	180	
Holtshouser	race	4	39:41	186	
Herman	race	4	35:46	204	
Griesenauer	race	6	56:52	180	
McDonald		2	18:30	~	9:15
5D					
Hagen	race	6	51:05	~	
Baker		5	43:56	192	
Campbell		5	48:39	160	
Shortal		5	49:45	204	
Luecking	race	4	36:23	176	
Dang		5	43:18	168	
Scariot	race	5	45:10	160	
5E					
Angeli	race	4	45:00	162	
Brotherton	race	5	45:05	164	
Meyer	race	3	24:46	168	
Rhoads	race	4	46:20	210	
Tresslar	race	3	29:29	196	
Wingberm	race	X			
Winker	race	3	24:36	200	
Livergood	race	3	29:36	196	
Bushong, Ju		4	33:18	190	
Schneier	race	4	43:49	180	
Bushong, Jo	race	3	27:33	168	

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Coach Linhares: 6:48 172
Chik: 73:54 180

STOP XC

9/10-02 JOG - STRETCH - N.S. DRILL - LONG RUN ● - 8 - 7 - 6 - 5 - 4
6-8 STRIDES - JOG - STRETCH - CORE/WEIGHTS

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-9-02 Conditions: Very hot and humid

Workout: jog/push/stretch/plyo/run ~~8,4,6,8,4,3~~ at moderate aero pace/8 - 6 strides, jog stretch

TIMED RUN 40-AB 35-C 30-D 25 E

1A	dist	time	pulse	comm	comm
Crean* ✓	7+	51:16	152		
Killiany* ✓	7+	53:58	164		
Mills* ✓	7+	53:58	168		
Noblot* ✓	7+	45:40	160		
Schaefer* ✓	7+	45:40	—		
Flanagan*✓	6	41:25	164		
Linhares*	6	40:43	160		
Muntges*	6.2	41:22	164		
1B					
Gonnerman*	HEAT SICKNESS				
Stewart*	7+	51:16	156		
Arb*	7+	53:06	158		
Connor*	7+	53:06	148		
2A					
Zychinski*	7+	58:57	156		
Marincel*	7+	58:57	160		
Nappier*	6	44:46	176		
Carlson*	7+	48:40	164		
Samson*	7+	58:57	160		
Samson*	7+	58:57	172		
2B					
Westlund*	6	43:00	156		
Oliver*	8	59:33	146		
Speiser*	6	45:02	172		
Kelly*	7+	58:57	180		
3B					
Sump	6	46:06	180		
Turkcan	6	46:45	180		
Mannhard #	6	44:30	168		
Meier	6	46:58	164		
Odem #	6	47:45	180		
Welling #	6	44:20	180		
Dirnbeck	6	46:58	174		
~~Granger~~					
Plurad #	6	45:45	196		
3C					
Gonnerman	6	48:55	168		
Cady	3	25:34	184		
Fallon #	6	44:52	188		
Meek #	6	43:57	168		
Ryan #	6	46:37	188		
Weed #	3	23:26	196		
3D					
Granger #	6	44:30	180		
Abts	6	45:04	168		

4C	dist	time	pulse	comm	comm
Bonner	6	46:40	120	?	
D. Marincel	6	46:55	180		
Richardson	RE	COVERING			
Krings	5	38:47	178		
Kaiser	6	46:55	178		
4D					
Polokonis	5	38:47	180		
Nahlik	EX				
Schmidt	4	33:04	194		
Moore	5	39:12	144	LOW	
Faust	5	38:40	172		
Hellman	4	36:11	196		
Odenwald	3	28:30	200		
Stretch	4	33:38	192		
Murphy-Bm	6	46:55	200		
Mulligan	6	46:55	180		
Jonagan	4	33:40	178		
4E					
Faber	5	38:40	168		
Reynolds.	3.2	28:35	200		
Goelz	4	34:44	186		
Holtshouser	4	34:14	200		
Herman	EX				
Griesenauer	5	39:49	180		
McDonald	–	30:12	–	HELPED KYLE	
5D					
Hagen	5	39:54	200		
Baker	4	34:14	204		
Campbell	4	35:33	166		
Shortal	4	39:30	204		
Luecking	3	25:46	172		
Dang	4	33:04	192		
Scariot	4	38:58	180		
5E					
Angeli	4	38:49	162		
Brotherton	4	31:43	160		
Meyer	3	26:51	178	8:57	
Rhoads	4	41:00	189		
Tresslar	3	28:47	204		
Wingberm	4	38:00	220		
Winker	3	24:39	160		
Livergood	4	34:33	176		
Bushong, Ju					
Schneier	4	38:05	190		
Bushong, Jo					

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A workout L = LINHARES C = CHIK A workout H = HAMEL C workout F = CHIK

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-11-02 Conditions:

Workout: jog/push/stretch/plyo/mtg/A &B=2m,8,8,2,8/C=2,8,1,8/D=1,8,1,8/ E=1,8,8 3 MIN REST INT.

mid tempo pace 1st interval, race pace 8's, harder tempo, end w, -race pace/push/ext. cool 3,2,1/stretch

	1A	2 (1)	800	800	2 (1)	800	comm
L	Crean*	11.47	240	239	1155	236	178
L	Killiany*	12.19	242	242	1205	236	184
L	Mills*	12.23	249	2.44	1220	231	174
L	Noblot*	11.20	245	231	1113	230	164
L	Schaefer*	11.20	232	231	1105	222	160
L	Flanagan*	1230	238	238	1238		180
L	Linhares*		240	239	1154	232	188
L	Muntges*	11.41	237	237	1146	232	180
	1B						
L	Gonnerman*	11.55	244	242	1219	239	188
L	Stewart*	11.43	251	241	1356	—	150
L	Arb*	12.13	245	243	1229	241	4:
L	Connor*	12.00	240	239	1159	236	176
	2A						
C	Zychinski*	1211	244	244	549	238	172
C	Marincel*	1213	243	245	551	241	184
L	Nappier*	1208	245	242	1157	234	
L	Carlson*	1246	251	249	1231	244	188
L	Samson*	1223	253	249	600	237	184
C	Samson*	1236	249	246	1212	236	184
	2B						
C	Westlund*	1250	252	252	610	248	180
C	Oliver*	1219	246	244	549	235	180
L	Speiser*	1244	249	248	1253	243	184
C	Kelly*	1236	254	250	600	244	188
	3B						
C	Sump	1305	255	255	620	200	172
C	Turkcan	1313	307	305	633	302	176
C	Mannhard #	1244	255	255	602	245	180
C	Meier	1301	301	300	621	254	176
C	Odem	1247	257	257	614	249	200
C	Welling#	1235	254	251	601	244	192
C	Dirnbeck#	1307	305	303	628	309	180
C	Granger	1244	256	254	604	249	176
C	Plurad	1320	259	254	620	251	192
	3C						
C	Gonnerman	1320	307	307	631	304	184
H	Cady	1319	300	302	630	257	212
C	Fallon	1228	254	252	611	256	192
C	Meek	1228	253	251	602	247	188
H	Ryan	250	304	3.00	258	257	306
H	Weed C?	1256					—
	3D						
C	Granger	1244					
H	Abts	1307	304	300	621	256	164

	4C	2 (1)	800	800	2 (1)	800	comm
	Bonner H	LATE					~~3:04~~
	D. Marincel H	252	3.04	2.59	258	257	3:08
	Richardson						
	Krings H	305	3.19	3.11	311	310	3:23
	Kaiser H	301	3.04	3.00	259	301	3:08
	4D						~~3:20~~
	Polokonis H	—	3.14	3.09	—	—	3:20
	Nahlik H	258	3.02	3.05	3.04	303	3:08
	Schmidt						
	Moore H	302	3.24	3.12	313	313	3:27
	Faust H	300	3.15	3.07	3.05	304	3:25
	Hellman F	192	3.29	3.23	319	306	~~3:06~~
	Odenwald F	192	3.25	3.14	314	307	
	Stretch F	188	3.13	3.12	310	259	
	Murphy-Bm H	256	3.03	2.59	2.59	300	3:06
	Mulligan H	250	3.02	2.59	258	257	3:06
	Jonagan H	257	3.15	3.17	3.05	304	3:23
	4E						
	Faber H	250	3.15	3.07	3.05	303	3:23
	Reynolds H	301	3.14	3.10	3.05	305	3:23
	Goelz F	160	3.26	3.17	313	350	
	Holtshouser F	172	3.06	3.04	317	337	
	Herman F	200	3.39	3.29	332	334	
	Griesenauer H	300	3.18	308	3.05	3.05	3:27
	McDonald H	249	3.11	306	3.02	300	3:08
	5D						
	Hagen H	309	3.28	3.11	3.07	311	3:27
	Baker F	190	3.23	3.20	320	312	198
	Campbell F	168	3.19	3.11	309	304	
	Shortal F	204	3.33	3.24	320	320	
	Luecking F	184	3.37	3.22	319	312	
	Dang H	311	328	3.11	315	323	3:32
	Scariot H	305	323	3.11	3.13	3.13	3:32
	5E						
	Angeli F	182	341	329	35	300	
	Brotherton H	312	3.17	310	304	312	3:32
	Meyer F	192	3.34	3.29	325	317	
	Rhoads F	210	3.51	333	334	334	
	Tresslar F	204	3.27	327	333	331	
	Wingberm H		3.25	3.15	329	313	3:37
	Winker F	162	3.30	3.18	320	311	
	Livergood F	172	3.33	3.27	321	313	
	Bushong, Ju H		3.15	3.15	326	335	3:32
	Schneier F	200	3.44	3.35	334	325	
	Bushong, Jo H	168	3.11	3.12	312	307	

* indicates those in varsity level group. # indicates those on the bubble.

L = 15 C = 19 H = 24 F = 19

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-12-02 Conditions: Warm and nice

Workout: jog/push/stretch/run 6,5,4,3 or Timed for top group- at easy aero pace/8 - 6 strides, jog/stretc

1	dist	time	pulse	comm	comm
Noblot	6	43:16	120		
Schaefer	6	43:16	124		
Linhares	6	43:16	156		
Muntges	6	43:16	148		
Crean	6	43:16	152		
Killiany	6	43:16	148		
Connor	6	43:16	144		
2					
Flanagan	6	43:08	156		
Gonnerman	6	41:16	160		
Stewart	6	40:30	140		
Arb	6	43:08	178		
Nappier	6	43:08	160		
Carlson	6	40:44	176		
Samson, C	6	42:01	160		
Speiser	—				
3					
Samson, H	6	44:13	160		
Zychinski	6	44:03	156		
Marincel	6	42:06	172		
Westlund	4	32:03	156	INJ. KNEE	
Oliver	6	43:06	160		
Kelly	6	44:13	176		
Mills	6	42:06	168		
3B					
Sump	5	36:50	160		
Turkcan	5	35:55	164		
Mannhard #	5	35:37	160		
Meier	5	36:29	160		
Odem #	5	34:06	195		
Welling	5	35:37	152		
Dirnbeck	5	35:51	168		
Granger	5	35:40	156		
Plurad#	5	35:04	184		
3C					
Gonnerman	4 ~~5~~	36:08	160		
Cady	5	35:58	160		
Fallon#	5	35:03	172		
Meek#	5	35:03	156		
Ryan#	5	35:03	168		
Weed#	4	29:41	196		
3D					
~~Granger#~~					
Abts	5	35:55	156		

4C	dist	time	pulse	comm	comm
Bonner	3	23:30	150		
D. Marincel	3	23:30	120		
Richardson	—				
Krings	4	30:41	170		
Kaiser	3	23:30	142		
4D					
Polokonis	—				
Nahlik	3	23:30	152		
Schmidt	—				
Moore	4	29:39	176		
Faust	4	29:31	172		
Hellman					
Odenwald	4	33:27	196		
Stretch	4	32:52	184		
Murphy-Bm	3	23:30	172		
Mulligan	3	23:30	158		
Jonagan	3	23:30	166		
4E					
Faber	4	29:31	166		
Reynolds	3	23:30	172		
Goelz	4	34:30	196		
Holtshouser	4	34:30	188		
Herman	4	38:35	208		
Griesenauer	3	23:30	160		
McDonald	4	32:15	176		
5D					
Hagen	3	23:30	160		
Baker	4	30:59	196		
Campbell	4	30:57	176		
Shortal	4	36:40	208		
Luecking	2	18:18	160		
Dang	4	30:49	174		
Scariot	2	18:16	140		
5E					
Angeli	3	23:30	164		
Brotherton	2	17:34	180		
Meyer	2	18:18	168		
Rhoads	2	18:18	182		
Tresslar	2	18:18	196		
Wingberm	2	18:18	180		
Winker	2	17:39	164		
Livergood	3	23:30	180		
Bushong, Ju	4	33:09	180		
Schneier	2	17:36	180		
Bushong, Jo	2	17:39	172		

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1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-17-02 Conditions: Warm and nice

Workout: jog/ push/ stretch/ tempo run 5,4,3/ 4,3,2 hill loops/ extended jog/ stretch

1	dist	time	pulse	comm	comm
Noblot	6	35:00	164		
Schaefer	6	33:42	168		
Linhares					
Muntges	6	35:00	168		
Crean	6	37:45	180		
Killiany	6	41:38	142	achilles	
Gonnerman,K	6	40:06	168		
2					
Flanagan	6	37:04	180		
Connor	8	37:04	172		
Stewart	6.2	35:41	168		
Arb	4	26:32	160		
Nappier	6	38:07	176		
Carlson					
Samson, C	6	38:51	180		
Speiser					
3					
Samson, H	6	39:10	184		
Zychinski	6	38:50	160		
Marincel	6	40:06	160		
Westlund					
Oliver	6	37:39	176		
Kelly	6	40:07	176		
Mills	6	40:05	168		
Welling	6	39:10	184		
4					
Mannhard	4	25:07	172		
Dirnbeck	4	26:48	188		
Meek	4	25:07	176		
Meier	4	25:56	180		
Granger	4	25:54	164		
5					
Fallon	4	25:27	180		
Odem	4	24:45	176		
Sump	4	26:25	168		
Turkcan	4	26:42	188		
Abts	4	26:44	176		
Cady	4	26:21	184		
Ryan	4	25:47	180		
Gonnerman,B					
Bonner					
Murphy-Bm					
Mulligan					

6	dist	time	pulse	comm	comm
Plurad	4	25:49	184		
Moore	4	28:35	188		
D. Marincel					
Kaiser					
Krings	4	28:49	174		
Jonagan					
Faber	4	28:35	160		
Nahlik					
McDonald	4	28:19	176		
7					
Griesenauer					
Reynolds					
Scariot					
Dang					
Faust					
Baker	4	29:13	192		
Stretch	4	30:01	180		
8					
Campbell	4	29:04	160		
Luecking					
Hagen					
Hellman	4	29:54	200		
Odenwald					
Holtshouser					
Herman	4	33:55	180		
Bushong, Ju	4	32:00	150		
Winker					
Wingberm					
Brotherton					
9					
Goelz					
Shortal					
Angeli					
Meyer					
Rhoads					
Tresslar					
Schneier					
Bushong, Jo					
Livergood					
Recovering					
Weed					
Richardson					
Schmidt					
Polokonis	4	30:33	184		
Foldes	4	30:33	176		

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-18-02 Conditions:

Workout: Frosh racing/others jog/ push/ stretch/speed drill/timed run: 1-3 60 min, 4-5 50 min/ 6-9 40 mi end at course/8-6 striders/push/jog/stretch

1	dist	time	pulse	comm	comm
Noblot					
Schaefer					
Linhares					
Muntges	8	51:30	168		
Crean					
Killiany	6	45:52	152		
Gonnerman,K					
2					
Flanagan					
Connor	6	39:27	156		
Stewart					
Arb	6	45:30	168		
Nappier	6	39:46	156		
Carlson					
Samson, C					
Speiser	3	25:20	160		
3					
Samson, H					
Zychinski	8	59:15	152		
Marincel					
Westlund					
Oliver					
Kelly	7	54:37			
Mills					
Welling	6	45:18	168		
4					
Mannhard	6	45:50	160		
Dirnbeck					
Meek	4	—	152		
Meier					
Granger	6	45:50	164		
5					
Fallon	5	36:35	170		
Odem	5	37:15	168		
Sump	6	46:10	176		
Turkcan					
Abts	6	45:17	172		
Cady					
Ryan					
Gonnerman,B	4	39:25	160		
Bonner	—	—	—		
Murphy-Bm	—	—	—		
Mulligan	—	—	—		

6	dist	time	pulse	comm	comm
Plurad					
Moore	5	36:35	172		
D. Marincel	—	—	—		
Kaiser	—	—	—		
Krings	6	47:00	178		
Jonagan	—	—	—		
Faber	4	32:42	—		
Nahlik	—	—	—		
McDonald					
7					
Griesenauer	—	—	—		
Reynolds	—	—	—		
Scariot	—	—	—		
Dang					
Faust					
Baker	4	32:42	—		
Stretch					
8					
Campbell	4	33:20	164		
Luecking	—	—	—		
Hagen	—	—	—		
Hellman	4	35:25	168		
Odenwald	4	35:25	182		
Holtshouser					
Herman	4	38:02	188		
Bushong, Ju	4	32:42	—		
Winker	—	—	—		
Wingberm	—	—	—		
Brotherton	—	—	—		
9					
Goelz	4	37:53	188		
Shortal	4	37:53	204		
Angeli	—	—	—		
Meyer	—	—	—		
Rhoads	—	—	—		
Tresslar	—	—	—		
Schneier	—	—	—		
Bushong, Jo	—	—	—		
Livergood	—	—	—		
Recovering					
Weed	3	25:20	196		
Richardson	—	—	—		
Schmidt	—	—	—		
Polokonis	4	35:25	—		
Foldes	4	[illegible]	[illegible]		

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-20-02 Conditions: wet and muddy, 56 degrees

Workout: Racers: push, stretch/run timed 30 min/6 strides/push, stretch FROSH: run 800 repeats 6,5,4 at or faster than last workout/ 3:30 rest TOP SEVEN: repeat 1k's at Hancock goal pace/strides

Name	int	int	int	int	int	int	int	int
1								
Noblot								
Schaefer								
Linhares								
Muntges								
Crean								
Killiany								
Gonnerman,K								
2								
Flanagan								
Connor								
Stewart								
Arb								
Nappier								
Carlson								
Samson, C								
Speiser								
3								
Samson, H								
Zychinski								
Marincel								
Westlund								
Oliver								
Kelly								
Mills								
Welling								
4								
Mannhard								
Dirnbeck								
Meek								
Meier								
Granger								
5								
Fallon								
Odem								
Sump								
Turkcan								
Abts								
Cady								
Ryan								
Gonnerman,B								
Bonner	2:58	2:57	2:55	2:49	2:45			
Murphy-Bm	2:52	2:53	2:54	2:54	2:51			
Mulligan	2:52	2:53	2:53	2:50	2:54			
Folder								

Name	int	int	int	int	int	
6						
Plurad						
Moore						
D. Marincel	2:58	2:56	2:54	2:54	3:03	
Kaiser	2:57	2:57	2:57	2:57	2:57	
Krings						
Jonagan	2:57	2:57	2:57	2:57	3:03	
Faber						
Nahlik	2:57	2:57	3:00	3:01	3:01	
McDonald						
7						
Griesenauer	2:59	2:57	3:03	3:10	3:17	
Reynolds	2:58	2:57	2:58	3:05	3:09	
Scariot	3:07	3:10	3:13	3:05	3:23	Fell
Dang						
Faust						
Baker						
Stretch						
8						
Campbell						
Luecking	3:33	3:23	3:21	3:21	3:17	176
Hagen	3:12	3:04	3:05	3:09	3:04	172
Hellman						
Odenwald						
Holtshouser						
Herman						
Bushong, Ju					180	
Winker						
Wingberm	3:26	3:13	3:09	3:21	3:13	212
Brotherton	3:00	3:05	3:13	3:15	3:18	
9						
Goelz						
Shortal						
Angeli	3:38	3:31	3:18	3:11	3:02	
Meyer	3:23	3:31	3:27	3:41	3:37	188
Rhoads	3:40	3:31	3:27	3:30	3:32	225
Tresslar	3:38	3:37	3:42	3:54	4:02	200
Schneier	3:39	3:31	3:27	3:30	3:19	200
Bushong, Jo	3:00	3:02	3:08	3:10	3:12	
Livergood	3:22	3:21	3:17	3:26	3:33	180
Recovering						
Weed						
Richardson						
Schmidt						
Polokonis						

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1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-16-02 Conditions: Warm and nice

Workout: jog/push/stretch/run long 10, 8,7,6,5,4 /8 - 6 strides, jog/stretch

1	dist	time	pulse	comm	comm
Noblot	10	64:36	168	6:44	
Schaefer	10	63:47	160	6:35	
Linhares					ABSENT
Muntges	10	64:43	176	6:44	
Crean	10	69:11	176	7:31	
Killiany	8.75	≈7:00	150		HURT ACHILLES
Connor	6				
2					
Flanagan	10	67:06	184	7:21	
Gonnerman	8	55:39	168		
Stewart	10	64:25	168	6:43	
Arb					
Nappier	8	55:45	160	QUAD	PROBLEMS
Carlson	6	43:34	172		
Samson, C	10	69:11	172	7:31	
Speiser					
3					
Samson, H	TURNED ANKLE AFTER 4 MILES				
Zychinski	6	47:57	152		
Marincel	10	69:44	172		
Westlund					
Oliver	10	68:11	168	7:21	
Kelly	10	71:18	184	7:52	
Mills	10	71:18	164	7:52	
Folds	4	31:25	180	7:51	
3B					
Sump	8	60:25	164	8:04	
Turkcan	8	64:14	180	8:02	
Mannhard #	10	71:18	188	7:52	
Meier	8	59:58	168		
Odem #	8	57:00	177		
Welling	8	58:00	172		
Dirnbeck	8	64:14	168		
Granger	8	59:20	176	7:25	
Plurad#	8	59:42	188	7:28	
3C					
Gonnerman	5	44:35	160	8:55	BOTH LEGS HURT
Cady	6	46:50	180		
Fallon#	8	56:45	184		
Meek#	8	58:47	164		
Ryan#	8	58:39	156		
Weed#					
3D					
~~Granger#~~					
Abts	8	59:42	164	7:28	

4C	dist	time	pulse	comm	comm
Bonner	5	38:27	184		
D. Marincel	6	43:19	196		
Richardson					
Krings	8	63:57	172		
Kaiser	6	44:24	168		
4D					
Polokonis	6	47:10	204		
Nahlik	6	45:14	172		
Schmidt					
Moore	6	47:13	176		
Faust	7	54:05	172		
Hellman	5	39:22	216	7:52	
Odenwald	3	27:14	196	9:05	
Stretch	5	39:10	192		
Murphy-Bm	6	44:13	194		
Mulligan	6	42:40	180	7:07	
Jonagan	6	46:42	172		
4E					
Faber	6	47:20	150		
Reynolds					
Goelz	4	32:37	180	8:09	*?
Holtshouser	4	32:37	231	8:09	?
Herman	4	37:51	192	9:28	
Griesenauer	5	44:00	160	8:48	
McDonald	6	47:33	184	7:55	
5D					
Hagen	6	46:54	196		
Baker	5	43:55	196	8:47	GOT CRAMP
Campbell	5	42:10	160	8:26	
Shortal	4	35:55	200	8:59	
Luecking	5	43:40	172	8:	
Dang	5	43:41	204	8:44	
Scariot	6	49:56	188		
5E					
Angeli	4	32:38	172	8:09	
Brotherton	5	38:42	168	7:45	
Meyer	4	36:50	192	9:12	
Rhoads	4	34:38	195	8:39	
Tresslar	4	39:27	204	9:52	
Wingberm	4	34:25	210	8:36	
Winker					
Livergood	4	34:25	180	8:36	
Bushong, Ju	6	52:58	186	8:50	
Schneier	4	34:38	208	8:39	
Bushong, Jo	5	39:09	180	7:50	*?
FLANAGAN	4	31:29	168	7:52	

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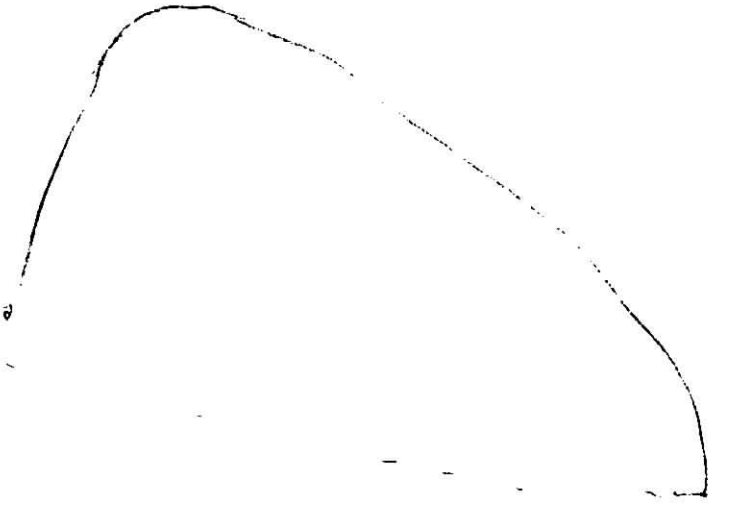

RAINT THUNDER

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-19-02 Conditions:

Workout: jog/push/stretch/up-down hill rep drill/sc/r/r racers: modified tempo on lake loop: 3-2/push/ext cool down: 3 - 2/Frosh and top 7: recovery run:50-40-30/ 6 strides/push/stretch

1	dist	time	pulse	comm	comm	6	dist	time	pulse	comm	comm
Noblot						Plurad					
Schaefer						Moore					
Linhares						D. Marincel					
Muntges						Kaiser					
Crean						Krings					
Killiany						Jonagan					
Gonnerman,K						Faber					
2						Nahlik					
Flanagan						McDonald					
Connor						7					
Stewart						Griesenauer					
Arb						Reynolds					
Nappier						Scariot					
Carlson						Dang					
Samson, C						Faust					
Speiser						Baker					
3						Stretch					
Samson, H						8					
Zychinski						Campbell					
Marincel						Luecking					
Westlund						Hagen					
Oliver						Hellman					
Kelly						Odenwald					
Mills						Holtshouser					
Welling						Herman					
4						Bushong, Ju					
Mannhard						Winker					
Dirnbeck						Wingberm					
Meek						Brotherton					
Meier						9					
Granger						Goelz					
5						Shortal					
Fallon						Angeli					
Odem						Meyer					
Sump						Rhoads					
Turkcan						Tresslar					
Abts						Schneier					
Cady						Bushong, Jo					
Ryan						Livergood					
Gonnerman,B						**Recovering**					
Bonner						Weed					
Murphy-Bm						Richardson					
Mulligan						Schmidt					
						Polokonis					
						Foldes					

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1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-20-02 Conditions: wet and muddy, 56 degrees

Workout: Racers: push, stretch/run timed 30 min/6 strides/push, stretch FROSH: run 800 repeats 6,5,4 at or faster than last workout/ 3:30 rest TOP SEVEN: repeat 1k's at Hancock goal pace/strides

Name	int	int	int	int	int	int	int	int	Name	int	int	int	int	int
1									**6**					
Noblot	3:16	17	24	32	180	X			Plurad					
Schaefer	3:15	15	14	09	160	09			Moore					
Linhares	3:19	21	20	19	192	18			D. Marincel					
Muntges	3:19	21	21	21	176	18			Kaiser					
Crean	3:20	22	22	21	178	19			Krings					
Killiany	3:21	22	23	22	188	20			Jonagan					
Gonnerman,K									Faber					
2									Nahlik					
Flanagan									McDonald					
Connor									**7**					
Stewart									Griesenauer					
Arb									Reynolds					
Nappier									Scariot					
Carlson									Dang					
Samson, C									Faust					
Speiser									Baker					
3									Stretch					
Samson, H									**8**					
Zychinski									Campbell					
Marincel									Luecking					
Westlund									Hagen					
Oliver									Hellman					
Kelly									Odenwald					
Mills									Holtshouser					
Welling									Herman					
4									Bushong, Ju					
Mannhard									Winker					
Dirnbeck									Wingberm					
Meek									Brotherton					
Meier									**9**					
Granger									Goelz					
5									Shortal					
Fallon									Angeli					
Odem									Meyer					
Sump									Rhoads					
Turkcan									Tresslar					
Abts									Schneier					
Cady									Bushong, Jo					
Ryan									Livergood					
Gonnerman,B									**Recovering**					
Bonner									Weed					
Murphy-Bm									Richardson					
Mulligan									Schmidt					
									Polokonis					

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1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-23-02 Conditions:

Workout: jog/push/stretch/mtg/long run:10/8/7/6/4/10 - 8 strides/push/stretch

1	dist	time	pulse	comm	comm
Noblot	12	77:18	156		
Schaefer	12	77:18	152		
Linhares	10	68:32	172		
Muntges	12	77:18	168		
Crean	10	68:32	168		
Killiany	10	69:49	166		
Connor	8	54:10	148		
Gonnerman,K	10	68:27	168		
2					
Flanagan	8	54:40	176		
Stewart	10	64:09	158		
Arb	—	—	—		
Nappier	8	51:36	164		
Carlson	10	68:38	184		
Samson, C	10	71:34	168		
Speiser	5	36:05	160		
3					
Samson, H	—	—	—		
Zychinski	8	56:20	156		
Marincel	10	71:19	164		
Westlund					
Oliver	10	68:29	188		
Kelly	10	71:34	164		
Mills	10	69:49	156		
Welling	—	—	—		
4					
Mannhard	8	58:04	164		
Dirnbeck	8	59:10	180		
Meek	—	—	—		
Meier	8	57:45	168		
Granger	8	58:05	170		
5	—	—	—		
Fallon	8	57:31	176		
Odem	8	59:30	172		
Sump	8	58:04	168		
Turkcan	8	59:13	172		
Abts	8	59:10	168		
Cady	—	—	—		
Ryan	8	57:03	176		
Gonnerman,B	6	48:30	168		
Bonner	6	42:48	164		
Murphy-Bm	7	50:20	180		
Mulligan	7.	49:58	180		
	—	—	—		
Flanagan	4	30:34	168		

6	dist	time	pulse	comm	comm
Plurad	8	57:09	188		
Moore	7	54:35	176		
D. Marincel	7	50:02	186		
Kaiser	7	49:58	172	[redacted]	
Krings	8	61.12	180		
Jonagan	6	46:42	167		
Faber	7	54:35	172		
Nahlik	7	50:23	168		
McDonald	6	48:59	176		
7					
Griesenauer	6	46:45	188		
Reynolds	6	43:39	192		
Scariot	5	38:01	180		
Dang	6	49:36	180		
Faust	8	62:06	170		
Baker	5	38:21	192		
Stretch	6	45:16	192		
8					
Campbell	5	38:50	170		
Luecking	6	44:51	164		
Hagen	6	46:48	180		
Hellman	5	40:42	188		
Odenwald	5	41:16	208		
Holtshouser	4	32:30	200		
Herman	4	37:33	198		
Bushong, Ju	Tim	30:30	150		
Winker	4	34:01	—		
Wingberm	5	50:30	—		
Brotherton	5	38:15	172		
9					
Goelz	4	32:30	196		
Shortal	4	33:59	208		
Angeli	4	31:28	160		
Meyer	—	—	—		
Rhoads	5	46:02	182		
Tresslar	Tired	25:48	168		
Schneier	5	45:56	190		
Bushong, Jo	5	38:16	168		
Livergood	5	39:04	192		
Recovering					
Weed					
Richardson					
Schmidt					
Polokonis	6	47:00	178		
Foldes	6	45:45	172		

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1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-24-02 Conditions:

Workout: jog/push/stretch/hill drills/mile repeats: 4,3 at race pace </3 mile recovery/push/stretch

Frosh: Jog/push/25 min easy/6 strides/stretch

1	goal	pace	mile	mile	mile	mile
Noblot L	5:19		5:19	5:16	5:16	5:17
Schaefer X			5:12	5:13	5:05	
Linhares L	5:23		5:24	5:21	5:19	5:11
Muntges L	5:23		5:19	5:19	5:16	5:20
Crean L	5:23		5:24	5:21	5:19	5:11
Killiany L	5:28		5:34	5:24	5:29	5:24
Connor L	5:28		5:39	5:33	6:00	
Gonnerman,K	5:28	182pm	5:33	5:22	5:34	5:35
2						
Flanagan L	5:38	172pm	5:33	5:27	5:25	5:26
Stewart L	5:28		5:36	~~6:40~~ 5:29	~~6:06~~ 5:21	5:22
Arb X L						
Nappier L	5:48		5:47	5:40	5:37	5:32
Carlson L	5:43	172pm	5:45	5:39	5:43	5:50
Samson, C L	5:43	172pm	5:46	5:41	5:39	5:28
Speiser	5:52		5:53	5:55	—	—
3						
Samson, H H	5:52	192	5:51	5:45	5:44	5:42
Zychinski H	5:52	172	5:49	5:45	5:39	5:40
Marincel L	5:43		5:41	5:37	5:47	
Westlund X						
Oliver H	5:43	200	5:48	5:41	5:38	5:32
Kelly H	5:52	192	5:50	5:45	5:34	~~5:43~~ 5:34
Mills L	5:43		5:47		5:48	
Welling X	~~6:00~~					
4						
Mannhard H	5:57	188	6:03	5:56	5:55	5:47
Dirnbeck H	5:57	200	6:10	5:57	5:54	5:51
Meek X						
Meier H	6:02	188	6:00	5:57	5:55	5:51
Granger H	6:02	176	6:10	6:02	6:01	6:06
5						
Fallon	6:07	212	6:09	5:50	5:47	5:44
Odem	6:07	198	6:09	6:01	5:58	5:57
Sump	6:17	192	6:12	6:04	6:02	6:02
Turkcan	6:17	192	6:20	6:22	6:24	6:24
Abts	6:17	180	6:13	6:08	6:03	6:02
Cady X	—					
Ryan	6:07	204	6:14	6:05	6:01	5:57
Gonnerman,B	6:17		6:25	6:16	6:01	—
Bonner X						
Murphy-Bm X						
Mulligan X						

6	goal	pace	mile	mile	mile	mile
Plurad X	6:17	192	6:14	6:03	6:09	5:57
Moore	6:36	208	6:26	6:29	6:23	~~192~~ pulse 6:18
D. Marincel X						
Kaiser X						
Krings	6:43		6:52*	6:25	6:22	188 pulse
Jonagan X						
Faber	6:36		6:11	6:05	6:14	165
Nahlik X						
McDonald H	5:57		6:10	5:52	5:54	204 pulse
7						
Griesenauer X						
Reynolds X						
Scariot X						
Dang	6:50	194	6:32	6:29	6:17	
Faust	6:50		6:54*	6:33	6:31	176
Baker	7:15		7:21	6:58	6:43	196
Stretch	7:05		6:57	6:42	6:39	196 pulse
8						
Campbell X	—					
Luecking X						
Hagen X						
Hellman	7:15		7:21	6:58	6:43	220
Odenwald	7:05		7:19	6:54	6:43	212
Holtshouser	7:15		7:17	7:00	6:50	200
Herman	7:44		7:35	7:17	7:13	198
Bushong, Ju X						
Winker X						
Wingberm X						
Brotherton X						
9						
Goelz	7:44		7:35	7:04	6:46	196
Shortal	7:44		7:40	7:09	6:58	208
Angeli X						
Meyer X						
Rhoads X						
Tresslar X						
Schneier X						
Bushong, Jo X						
Livergood X						
Recovering						
Weed						
Richardson						
Schmidt						
Polokonis						
Foldes	6:07		6:09	6:10	6:07	

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1=17/7/6:30 2=18/7/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-~~25~~-02 26 ~~Conditions:~~

Workout: RECOVERY DAY:jog/push/stretch/timed run:40,35,30/ 6 moderate strides/push/stretch

9-26 ~~[illegible]~~ AT SLUH: PLYO / RUN DISTANCE / 6 STRIDES

1	dist	time	pulse	comm	comm	6	dist	time	pulse	comm	comm
Noblot						Plurad	6	45:19	176		
Schaefer						Moore					
Linhares						D. Marincel	X				
Muntges						Kaiser	5	36:32	164		
Crean						Krings	5	38:11	170		
Killiany						Jonagan	5	36:34	164		
Connor						Faber	5	41:00	168		
Gonnerman,K						Nahlik	X	—	—		
2						McDonald					
Flanagan						7					
Stewart						Griesenauer	5	39:05	192		
Arb						Reynolds	5	36:32	172		
Nappier						Scariot	5	37:22	178		
Carlson						Dang	4	31:41	184		
Samson, C						Faust	X	—	—		
Speiser						Baker	4	31:19	188		
3						Stretch					
Samson, H						8					
Zychinski						Campbell	4	31:08	172		
Marincel						Luecking	4	35:39	186		
Westlund	5e	37:05	148			Hagen	5	39:03	132		
Oliver						Hellman	4	34:50	188		
Kelly						Odenwald	4	31:48	200		
Mills						Holtshouser	4	33:42	180		
Welling						Herman	4	36:44	176		
4						Bushong, Ju	3e	24:15	180		
Mannhard						Winker	4	33:46	184		
Dirnbeck	6	46:55	160			Wingberm	4	37:40	200		
Meek						Brotherton	4	32:29	144		
Meier	6	45:18	160			9					
Granger	6	45:30	148			Goelz	4	32:25	186		
5						Shortal	4	35:38	196		
Fallon						Angeli	4	32:19	164		
Odem						Meyer	X	—	—		
Sump						Rhoads	4	34:12	168		
Turkcan	6	45:15	160			Tresslar	4	38:44	208		
Abts	6	45:09	164			Schneier	4	35:50	180		
Cady						Bushong, Jo	4	32:29	144		
Ryan						Livergood	X				
Gonnerman,B						**Recovering**					
Bonner	X					Weed	3e	25:40	164		
Murphy-Bm	5	34:10	188			Richardson					
Mulligan	X					Schmidt					
						Polokonis					
						Foldes	6	45:29	172		

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9-30-02 Conditions:

Workout:jog/push/stretch/accel drill/run 10,8,7,6,5,4/strides/Weights -Core/push/stretch

1	dist	time	pulse	comm	comm	6	dist	time	pulse	comm	comm
Noblot	8	53:05	164			Plurad	6	45:02	188		
Schaefer	10	1:05:42	164			Moore	6	47.46	172		
Linhares	10	1:08:18	176			D. Marincel	7	54:33	176		
Muntges	10	1:05:42	172			Kaiser	EARLY DEP				
Crean	A					Krings	E				
Killiany	8	59:34	156			Jonagan	6	48:37	148		
Connor	10	1:08:18	160			Faber	8		178		
Gonnerman,K	10	69:37	168			Nahlik	7	50:10	172		
2						McDonald	6	47:55	176		
Flanagan	10	71:15	172			7					
Stewart	8	55:56	160			Griesenauer	6	47.57	188		
Arb	E					Reynolds	6	46:00	176		
Nappier	6	43:04	140			Scariot	4	35:12	126		
Carlson	8	58.50	172			Dang	5	42:40	184		
Samson, C	10	70:15	184			Faust	6	47:46	172		
Speiser	E					Baker	5	38:24	192		
3						Stretch	6	47:23	192		
Samson, H	10	70:15	184			8					
Zychinski	7	54:09	176			Campbell	5	37:43	172		
Marincel	10	70:15	164			Luecking	4	37:03	172		
Westlund	6	47:55	184			Hagen	6	40:30	188		
Oliver	10	1:11:04	160			Hellman	5	42.40	196		
Kelly	10	1:11:09	192			Odenwald	E	33.02	180		
Mills	8	59:34	176			Holtshouser	4	30:22	200		
Welling	5	37:50	188			Herman	4	39:25	200		
4						Bushong, Ju	4	32.28	200		
Mannhard	8	55:56	188			Winker	4	31:29	—		
Dirnbeck	8		168			Wingberm	4	39:10	204		
Meek						Brotherton	4	31:36	192		
Meier	8	58:05	168			9					
Granger	8	58:09	172			Goelz	4	34:44	172		
5						Shortal	4	39.18	196		
Fallon	8	58:05	184			Angeli	4	34.44	156		
Odem	5	47:12	152			Meyer	4	36:20	186		
Sump	8	58:07	176			Rhoads	5	4[illegible]	212		
Turkcan	8	1:00:35	176			Tresslar	5	53:12	200		
Abts	8	1:00:35	176			Schneier	5	43.05	190		
Cady	E					Bushong, Jo	4	31:36	192		
Ryan	8	58.05	186			Livergood	3	26:42	172		
Gonnerman,B	6	49:49	168			**Recovering**					
Bonner	6	50:18	184			Weed	—				
Murphy-Bm	7	50:10	200			Richardson	—				
Mulligan	7	50:10	184			Schmidt	—				
						Polokonis	4	33.03	172		
Coach C						Foldes	6	46:10	172		

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1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-2-02 Conditions:

Workout:at school: /push/stretch/recovery timed run in groups: 40/30 / 6 strides/Weights -Core

1 < 16:45	dist	time	pulse	comm	comm
Noblot					
Schaefer					
Linhares					
Muntges					
2 < 17:00					
Crean					
Killiany					
Connor					
Gonnerman,K					
Stewart					
3 <17:30					
Flanagan					
Carlson					
Samson, C					
Marincel, J					
Oliver					
4 <18:00					
Nappier					
Kelly					
Murphy-Bm					
Mulligan					
Zychinski					
Mannhard					
Mills					
Welling					
Samson, H					
Westlund					
5 > 18:30					
Granger					
Dirnbeck					
Meier					
Fallon					
Nahlik					
Ryan					
Bonner					
Mulligan					
Kaiser					
Jonagan					
Bonner					
Marincel, D					
Recovering					
Spieser					
Weed					
Meek					
Cady					

6 < 19	dist	time	pulse	comm	comm
Turckan					
Abts					
Odem					
Ryan					
Gonnerman					
Moore					
McDonald					
7< 19:30					
Plurad					
Faber					
Polokonis					
Foldes					
8< 20:00					
Krings					
Scariot					
Reynolds					
9<20:30					
Odenwald					
Dang					
Baker					
Faust					
10< 21:00					
Campbell					
Goeltz					
Stretch					
Brotherton					
Hagen					
Bushong, Jo					
11< 22:00					
Holtshouser					
Bushong, Ju					
Hellman					
Angeli					
Griesenauer					
Livergood					
Wingberm					
Lueking					
Schneier					
12<23:00					
Herman					
Shortal					
Meyer					
Rhoads					
Tresslar					
Winker					

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1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-3-02 Conditions:

Workout: ext jog/bush/stretch/accel drill/repeat 800's, 1st qtr at race, 2nd qtr at below, 3 min rest/ext jog

	800	800	800	800	800	800
1 < 16:45						
Noblot 2:41						
Schaefer 81						
Linhares 71						
Muntges						
2 < 17:00						
Crean 2:44						
Killiany 82						
Connor 72						
Gonnerman,K						
Stewart						
3 <17:30						
Flanagan 2:49						
Carlson 84						
Samson, C 74						
Marincel, J						
Oliver						
4 <18:00						
Nappier 2:54						
Kelly 87						
Murphy-Bm						
Mulligan 77						
Zychinski						
Mannhard						
Mills						
Welling						
Samson, H						
Westlund						
5 > 18:30						
Granger 2:58						
Dirnbeck 89						
Meier 79						
Fallon						
Nahlik						
Ryan						
Bonner						
Mulligan						
Kaiser						
Jonagan						
Bonner						
Marincel, D						
Recovering						
Spieser						
Weed						
Meek						
Cady						

	800	800	800	800	800	800	
6 < 19							
Turckan 3:04	3:02	2:59	2:58	3:02	2:55	X	184
Abts 92	3:58	2:55	2:55	2:57	2:46	X	180
Odem 81	2:56	2:49	2:49	3:03	2:53	X	196
~~Ryan~~	—	—	—	—	—	—	
Gonnerman	2:58	2:53	2:56	3:01	2:58	X	184
Moore	3:04	2:55	2:53	2:59	2:50	X	216
McDonald	3:08	2:55	2:49	2:47	2:37	X	180
7< 19:30							
Plurad 3:08	3:07	2:55	2:55	2:42	X	X	188
Faber 94	3:09	3:00	X	X	X	X	Knee
Polokonis 83	—	—	—	—	—	—	
Foldes	3:08	2:57	2:55	2:42	X	X	
8< 20:00							
Krings 3:13	3:09	3:01	2:58	3:00	X	X	
Scariot 96	3:11	3:11	3:15	3:05	X	X	
Reynolds 85	3:09	3:00	2:57	2:58	X	X	
9<20:30							
Odenwald	3:20	3:06	3:09	3:02	X	X	
Dang 3:18	3:19	3:05	3:09	3:05	X	X	
Baker 99	3:20	3:07	3:11	3:06	X	X	196
Faust 87	3:19	3:05	3:09	3:05	X	X	
10< 21:00							
Campbell	3:12	3:04	3:02	2:58			
Goeltz 3:23	3:13	3:05	3:05	3:08			
Stretch 1:41	3:08	3:03	3:01	2:58			
Brotherton	3:13	3:07	3:07	3:02			
Hagen 1:29	3:08	3:03	3:01	2:57			
Bushong, Jo	3:13	3:07	3:07	3:02			
11< 22:00							
Holtshouser	3:13	3:06	3:26	3:20			
Bushong, Ju	3:22	3:15	3:17	3:15			
Hellman 3:32	3:21	3:14	3:16	3:16			
Angeli 1:46	—	—	—	—	—	—	
Griesenauer	3:14	3:06	3:08	3:03	172		
Livergood	3:30	3:16	3:16	3:12			
Wingberm	3:30	3:20	3:17	3:11			
Lueking 1:33	3:29	3:18	3:16	3:14	196		
Schneier	3:27	3:18	3:20	3:14	185		
12<23:00							
Herman 3:42	3:35	3:23	3:21	3:21			
Shortal 1:51	3:32	3:23	3:22	3:23			
Meyer 1:37	3:32	3:25	3:25	3:28			
Rhoads	3:30	3:27	3:28	3:30	218		
Tresslar	—	—	—	—	—	—	
Winker	3:29	3:14	3:15	3:10			

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ ~~D=min/exp E=beginning~~

DATE: 10-3-02 Conditions:

Workout: ext jog/push/stretch/accel drill/repeat 800's, 1st qtr at race, 2nd qtr at below, 3 min rest/ext jog

	800	800	800	800	800	800
(6) **1 < 16:45**						
Noblot 2:41	2:51	31	32	31	31	32
Schaefer 81	2:51	31	32	31	26	22
Linhares 71	—	—	—	—	—	—
Muntges	2:51	33	32	35	X	X
2 < 17:00						
Crean 2:44	2:51	35	36	33	40	—
Killiany 82	2:51	36	34	37	32	33
Connor 72	2:51	36	34	42	56	—
Gonnerman,K	2:51	36	38	41	54	—
Stewart	52	34	35	45	51	—
3 <17:30						
Flanagan 2:49	56	40	40	44	42	41
Carlson 84	58	42	45	46	46	42
Samson, C 74	56	42	42	45	42	38
Marincel, J	56	42	50	47	51	43
Oliver	57	41	42	55	1:00	54
(5) **4 <18:00**						
Nappier 2:54	2:57	2:44	2:41	2:38	2:32	—
Kelly 87	2:57	2:46	2:43	2:43	2:37	—
Murphy-Bm	2:56	2:49	2:47	2:51	2:48	—
Mulligan 77	2:56	2:46	2:46	2:49	2:44	—
Zychinski	2:56	2:44	2:42	2:43	2:35	—
Mannhard	2:57	2:46	2:44	2:44	2:40	—
Mills	2:58	2:44	2:40	2:40	2:40	—
Welling	—	—	—	—	—	—
Samson, H	2:56	2:44	2:43	2:43	2:41	
Westlund	—	—	—	—	—	—
5 > 18:30						
Granger 2:58	3:01	2:49	2:46	2:49	2:49	—
Dirnbeck 89	3:03	2:52	2:53	2:51	2:51	—
Meier 79	3:02	2:49	2:48	2:51	2:46	—
Fallon	3:02	2:48	2:46	2:51	2:44	—
Nahlik	3:02	2:51	2:53	2:52	2:53	—
Ryan	3:01	2:48	2:46	2:49	2:50	—
Bonner	3:03	2:52	2:51	2:52	2:52	—
~~Mullins~~						
Kaiser	3:02	2:51	2:51	2:52	2:52	—
Jonagan	3:03	2:50	2:56	—	—	—
~~Bonner~~ Sump	3:00	2:49	2:48	2:52	2:51	—
Marincel, D	3:01	2:50	2:52	2:52	2:51	—
Recovering						
Spieser						
Weed						
Meek						
Cady						

	800	800	800	800	800	800
(5) **6 < 19**						
Turckan						
Abts						
Odem						
Ryan						
Gonnerman						
Moore						
McDonald						
7< 19:30						
Plurad						
Faber						
Polokonis						
Foldes						
8< 20:00						
Krings 4						
Scariot 4						
Reynolds 4						
9<20:30 (4)						
Odenwald						
Dang						
Baker						
Faust						
10< 21:00						
Campbell						
Goeltz						
Stretch						
Brotherton						
Hagen						
Bushong, Jo						
11< 22:00						
Holtshouser						
Bushong, Ju						
Hellman						
Angeli						
Griesenauer						
Livergood						
Wingberm						
Lueking						
Schneier						
12<23:00						
Herman						
Shortal						
Meyer						
Rhoads						
Tresslar						
Winker						

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1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-7-02 Conditions:

Workout: at school: /push/stretch/long run: 10,8,7,6,5,4/ 8-6 strides/stetch

1 < 16:45	dist	time	pulse	comm	comm
Noblot					
Schaefer					
Linhares					
Muntges					
2 < 17:00					
Crean					
Killiany					
Connor					
Gonnerman,K					
Stewart			130		
3 <17:30					
Flanagan					
Carlson					
Samson, C			160		
Marincel, J			128		
Oliver					
4 <18:00					
Nappier					
Kelly			142		
Murphy-Bm			128		
Mulligan			140		
Zychinski			132		
Mannhard			—		
Mills			140		
Welling			156		
Samson, H			—		
Westlund					
5 > 18:30					
Granger	8	61:30	156		
Dirnbeck	8	59:35	164		
Meier	8	56:43	164		
Fallon	8	55:01	192		
Nahlik	4	33:05	176		
Ryan	8	57:54	172		
Bonner	4	33:40	180		
Mulligan					
Kaiser	8	57:30	160		
Jonagan					
Bonner					
Marincel, D	8	57:30	176		
Recovering					
Spieser			156		
Weed					
Meek					
Cady					

6 < 19	dist	time	pulse	comm	comm
Turckan	8	57:04	168		
Abts	8	59:35	164		
Odem	8	55:01	192		
~~Ryan~~ Sump	8	56:05	168		
Gonnerman	6	41:52	176		
Moore	7	51:53	172		
McDonald	6	48:06	164		
7< 19:30					
Plurad	8	57:54	176		
Faber	8	58:52	180		
Polokonis	E	Timed Run			
Foldes	7	51:52	168		
8< 20:00					
Krings	8	58:52	178		
Scariot	6	48:08	186		
Reynolds	7	51:52	172		
9<20:30					
Odenwald	5	38:44	196		
Dang	8	61:44	184		
Baker	4	31:17	180		
Faust	6	47:08	168		
10< 21:00					
Campbell	5	37:06	176		
Goeltz	5	38:32	186		
Stretch	6	47:01	180		
Brotherton	5	36:17	188		
Hagen	6	45:23	180		
Bushong, Jo	5	36:17	156		
11< 22:00					
Holtshouser	4	29:15	216		
Bushong, Ju	5	37:12	150		
Hellman	5	38:29	196		
Angeli	4	34:33	170		
Griesenauer	6	47:58	180		
Livergood	4	33:07	168		
Wingberm	5	42:00	208		
Lueking	4	32:28	176		
Schneier	6	49:13	190		
12<23:00					
Herman	4	34:15	180		
Shortal	X	—		Absent from school	
Meyer	3	26:57	184		
Rhoads	6	51:45	195		
Tresslar	3	27:54	188		
Winker	4	31:19	180		

* indicates those in varsity level group. # indicates those on the bubble.

Sump 8 56:05 168

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-8-02 Conditions:

Workout: ext. jog to course/stretch-push/easy striders/TEMPO: 5,4,3 ext cool down/6-8 striders/push-stre

1 < 16:45 (5) 5:48	dist	time	pulse	comm	comm
Noblot *		24:01	161	5:48	✓
Schaefer A *					
Linhares X					
Muntges *		29:19	172	5:52	
2 < 17:00 (5)					
Crean *		30:20	184	6:04	
Killiany *		30:24	180	6:05	
Connor *					
Gonnerman,K *		31:39	192	6:24	
Stewart *		30:02	170	6:00	
3 <17:30 (4)					
Flanagan ✓		24:13	176	6:03	✓
Carlson ✓		25:51	184	6:13	
Samson, C ✓		24:44	146	6:11	
Marincel, J ✓		25:34	200	6:23	
Oliver ?		—			
4 <18:00 (4)					
Nappier ✓		24:37	192	6:09	✓
Kelly ✓		25:34	196	6:23	
Murphy-Bm ✓		25:27	202	6:21	
Mulligan		25:34	200	6:23	
Zychinski		25:02	172	6:16	
Mannhard		25:30	180	6:22	
Mills		24:52	146	6:13	✓
Welling	(3mi)	19:30	188	6:30	
Samson, H		25:16	188	6:19	
Westlund		—			
5 > 18:30 (4)					
Granger	4	27:34	168	6:53	
Dirnbeck	4	26:15	188	6:34	
Meier	4	25:42	188	6:25	✓
Fallon	4	25:42	196	6:25	✓
Nahlik		—			
Ryan	4	27:03	204	6:46	
Bonner	4	28:17	212	7:04	
~~Mulligan~~					
Kaiser	4	27:03	172	6:46	
Jonagan		—			
~~Bonner~~					
Marincel, D	4	27:00	188	6:45	
Recovering					
Spieser	4	25:54	184	6:30	
Weed					
Meek					
Cady					

6 < 19 (4) 6:35	dist	time	pulse	comm	comm
Turckan		27:13	184	6:48	
Abts		26:15	184	6:34	✓
Odem		27:12	196	6:48	
Sump		26:27	178	6:37	✓
Gonnerman		27:34	188	6:53	
Moore		—			
McDonald		26:51	180	6:43	
7< 19:30 (4)					
Plurad		27:40	184	6:55	
Faber		21:00	180	7:00	
Polokonis		—			
Foldes		27:60	184	6:45	✓
8< 20:00 (3)					
Krings		20:28	188	6:49	✓
Scariot		20:38	184	6:53	✓
Reynolds		20:43	184	6:54	✓
9<20:30					
Odenwald		22:14	204	7:25	
Dang		21:36	188	7:12	
Baker	(3mi)	28:09	164	—	
Faust		22:18	168	7:26	
10< 21:00					
Campbell		21:46	172	7:15	✓
Goeltz		21:54	204	7:20	
Stretch		21:53	184	7:17	✓
Brotherton		22:20	188	7:27	
Hagen		22:20	180	7:27	
Bushong, Jo		22:20	168	7:27	
11< 22:00					
Holtshouser		24:30	200	8:07	
Bushong, Ju		22:30	180	7:27	✓
Hellman		—			
Angeli		22:44	176	7:35	✓
Griesenauer		—			
Livergood	(2mi)	14:12	176	—	
Wingberm		23:15	212	7:45	
Lueking		23:21	184	7:47	
Schneier		22:44	196	7:36	✓
12<23:00					
Herman		22:51	192	7:57	✓
Shortal		—			
Meyer		27:17	192	—	
Rhoads		24:35	208	8:12	
Tresslar		28:02	192	—	
Winker		22:41	190	7:34	

* indicates those in varsity level group. # indicates those on the bubble.

10-12-82

10- 8

		1	2	3	4	5	6	7	8	9	10	COMM
8	75/70 MURRAY-BAUM	74	74	74	74	72	72	69	69	—		
8	75/70 MULLIGAN	75	75	74	75	72	72	69	68	—		
10	69/65 SCHAEFER	69	70	68	69	67	68	68	67	61	57	
10	71/67 CREAN	69	70	68	69	68	72	70	69	67	X	
10	71/67 NOBLOT	68	70	66	68	66	70	69	67	63	63	
10	71/67 KILLIANY	70	70	68	69	68	71	70	69	66	64	
10	71/67 STEWART	70	70	68	69	67	70	69	68	63	62	
	MILLS X											
8	74/69 FLANAGAN	73	72	70	71	71	71	67	67	63		
8	74/69 NAPPIER	73	72	71	72	70	71	67	61	—		
8	75/70 WELLING	75	75	75	75	73	73	69	60	—		
10	70/66 MUNTGES	69	70	66	69	66	68	69	67	63	62	
8	74/69 CARLSON	74	74	73	74	71	71	69	67	67		
8	75/70 SAMSON, H	73	73	73	73	71	71	68	62	—		
8	74/69 SAMSON, C	73	74	72	74	71	71	68	62	—		
8	75/70 KELLY	74	74	74	74	72	72	69	64	—		

+ 11.2.15 **1**=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-14-02 Conditions:

Workout:QUICKLY! jog/stretch-sit-push/nuero-speed drill/long run: 10-8-7-6-5-4/8-6 strides/

push-stretch FRESH: 3 x 1 MILE REPEATS

1 < 16:45	dist	time	pulse	comm	comm
Noblot	8	47:51	169		
Schaefer					
Linhares	—	—			
Muntges	8	47:51			
2 < 17:00					
Crean	8	54:18	172		
Killiany	8	53:48	168		
Connor	30 MINUTES			EASY	
Gonnerman,K	8	54:19	164		
Stewart	8	54:41	158		
3 <17:30					
Flanagan	8	56:14			
Carlson	8	54:58	172		
Samson, C	10	1:11.17	164		
Marincel, J	10	1:11.17	180		
Oliver	—	—	—		
4 <18:00					
Nappier	8	54:12	166		
Kelly	8	56:32	176		
Murphy-Bm	8	56:31	180		
Mulligan	8	56:31	176		
Zychinski					
Mannhard	8	56:30	172		
Mills	8	54:50	168		
Welling		?			
Samson, H	8	55:40	184		
Westlund	4	31:17	140		
5 > 18:30					
Granger	8	59:26	164		
Dirnbeck	8	60:10	172		
Meier	8	56:32	168		
Fallon	8	56:31	192		
Nahlik		6:05	5:57	5:55	
Ryan	8	59:34	172		
~~Bonner~~					
~~Mulligan~~					
Kaiser		6:05	5:58	6:01	
Jonagan	—	—			
Bonner		6:06	5:58	6:05	
Marincel, D		6:05	5:56	5:55	
Recovering					
Spieser	6	44:30	172		
Weed					
Meek					
Cady					

6 < 19	dist	time	pulse	comm	comm
Turckan	8	60:15	168		
Abts	8	60:10	156		
Odem	8	59:52	176		
Sump	8	59:26	176		
Gonnerman	6	43:57	169		
Moore	6	45:32	128		
McDonald	6	44:56	180		
7< 19:30					
Plurad	6	45:37	180		
Faber throw up	4	30:00	188		
Polokonis					
Foldes	8	57:00	168		
8< 20:00					
Krings	6	45:24	172		
Scariot		6:41	6:32	6:20	
Reynolds		6:06	6:00	6:05	
9<20:30					
Odenwald	4	36:15	168		
Dang	5	39:34	174		
Baker		34:03	188		
Faust	5	39:34	168		
10< 21:00					
Campbell	6	46:45	164		
Goeltz	5	39:37	184		
Stretch	6	44:06	180		
Brotherton		6:41	6:38	6:33	✓
Hagen		6:37	6:37	6:33	
Bushong, Jo		6:41	6:37	6:33	
11< 22:00					
Holtshouser		40:28	200		
Bushong, Ju	5	38:32	180		
Hellman	4	36:15	172		
Angeli		7:14	6:48	6:22	
~~Griesenauer~~					
Livergood		7:11	7:04	6:52	
Wingberm		7:18	7:14	6:46	
Lueking		7:26	7:23	7:22	
Schneier		7:24	7:14	6:40	
12<23:00					
Herman		34:03	198		
Shortal					
Meyer		7:41	7:40	7:24	
Rhoads		7:42	7:33	7:01	
Tresslar	3.4	29:09	196		
Winker	4	7:10	7:17	7:11	

* indicates those in varsity level group. # indicates those on the bubble.

N.S. Drill

1. WALK ON HEEL & JOG BACKWARD X 2
2. " " TOES OUT & JOG TO END OF GRID X 2
3. " " " IN " " " " " " "
4. " " " STRAIGHT " " " " " "
5. QUICK WALK OUT & JOG BACKWARD X 2
6. " SKIP " " " " " "
7. QUICK WALK & HOLD TEMPO ON LADDER TO END X 2
8. ACCELERATIONS NEAR SOCCER FIELD W/ BURST X 2

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-16-02 Conditions: FLANAGAN / CHIK

Workout: jog/stretch-sit-push/FROSH (w/Flanagan, Chik): 4 striders/ 5-4 x 800 repeats@ -race p w/4 min rest/2 mi cool/cal-stretch V/JV(w/Hamel) /6-5 at train pace/8-6 strides/jog-cal- (NO FASTER)

1 < 16:45	dist	time	pulse	comm	comm
Noblot	✓				
Schaefer	✓				
Linhares	✓				
Muntges	✓				
2 < 17:00					
Crean	✓				
Killiany	✓				
Connor	✓				
Gonnerman,K	✓				
Stewart	✓				
3 <17:30					
Flanagan	✓				
Carlson	✓				
Samson, C	✓				
Marincel, J	✓				
Oliver					
4 <18:00					
Nappier	✓				
Kelly	✓				
DIST Murphy-Bm	✓				
DIST Mulligan	✓				
Zychinski	✓				
Mannhard	✓				
Mills	✓				
Welling	✓				
Samson, H	✓				
Westlund					
5 > 18:30					
Granger					
Dirnbeck	✓				
Meier	✓				
Fallon					
Nahlik	✓	2:52	2:53	2:52	2:52
Ryan					2:51
5x 8's Bonner	✓	2:51	2:53	2:53	2:53
Mulligan					2:40
5x 8's Kaiser	✓	2:53	2:51	2:52	2:51
X Jonagan					2:52
5x8 ~~Bonner~~					
5x8 Marincel, D	✓	252	2:51	2:51	2:47
Recovering					2:44
Spieser					
Weed					
Meek					
Cady					

6 < 19	dist	time	pulse	comm	comm	
Turckan						
Abts						
Odem						
Sump						
Gonnerman						
Moore						
McDonald						
7< 19:30						
Plurad						
Faber						
Polokonis						
Foldes						
8< 20:00						
Krings						
Scariot 5x8	✓	3:00	2:59	3:04	3:57	2:59
Reynolds 5x8	✓	2:55	2:54	2:54	2:53	2:54
9<20:30						
Odenwald						
Dang						
Baker						
Faust						
10< 21:00						
Campbell						
Goeltz						
Stretch						
Brotherton 4x8		3:05	3:03	3:02	3:02	—
Hagen 4x8		3:00	3:00	3:02	3:01	3:00
Bushong, Jo 4x8		2:57	2:49	2:49	2:50	—
11< 22:00						
Holtshouser						
Bushong, Ju						
Hellman						
Angeli 4x8		3:19	3:17	3:11	2:59	
Griesenauer X						
Livergood 4x8		3:17	3:13	3:08	3:09	
Wingberm 4x8		3:26	3:17	3:13	2:59	
Lueking 4x8		3:29	3:22	3:19	3:11	
Schneier 4x8		3:17	3:13	3:09	3:06	
12<23:00						
Herman						
Shortal						
Meyer 4x8						
Rhoads 4x8		3:33	3:27	3:23	3:22	
Tresslar 4x8		3:15	3:15	3:28	—	
Winker 4x8		3:22	3:13	3:11	3:03	

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-16-02 Conditions: HAMEL

Workout: ~~all extended~~ jog/stretch-sit-push/FROSH (w/Flanagan, Chik): 4 striders/ 5-4 x 800 repeats@ -race p w/4 min rest/2 mi cool/cal-stretch V/JV(w/Hamel) ~~[illegible]~~/6-5 at train pace/8-6 strides/jog-cal-

1 < 16:45	dist	time	pulse	comm	comm
Noblot	6	42:45	128		
Schaefer	6	41:49	Low		
Linhares	X				
Muntges	6	41:49	Low		
2 < 17:00					
Crean	6	43:26	160		
Killiany	6	43:25	150		
Connor	X				
Gonnerman,K					
Stewart	6	42:24	118		
3 <17:30					
Flanagan	5	37:47	X		
Carlson	6	42:22	168		
Samson, C	6	44:54	160		
Marincel, J	6	44:20	168		
Oliver	X				
4 <18:00					
Nappier	5	36:27	120		
Kelly	5	37:21	164		
Murphy-Bm	6	43:10	184	?	
Mulligan	6	44:20	152		
Zychinski	6	44:55	164		
Mannhard	6	46:05	148		
Mills					
Welling	5	36:59	148		
Samson, H	5	37:25	152		
Westlund	5	39:41	162		
5 > 18:30					
Granger	6	46:05	124		
Dirnbeck	6	46:05	164		
Meier	6	46:05	144		
Fallon	5	38:35	164		
Nahlik					
Ryan	5	38:41	160		
Bonner					
Mulligan					
Kaiser					
Jonagan					
Bonner					
Marincel, D					
Recovering					
Spieser	5	38:28	172		
Weed	BW				
Meek ✓					
Cady ✓					

6 < 19	dist	time	pulse	comm	comm
Turckan	5	38:12	160		
Abts	5	38:08	168		
Odem	5	38:34	164		
Sump	6	47:17	156		
Gonnerman					
Moore	5	38:25	172		
McDonald	5	39:41	168		
7< 19:30					
Plurad	5	37:26	176		
Faber	5	38:08	180		
Polokonis					
Foldes	5	36:27	152		
8< 20:00					
Krings	5	39:46	160		
Scariot					
Reynolds					
9<20:30					
Odenwald					
Dang	5	39:42	176		
Baker	5	40:54	180		
Faust	5	39:46	168		
10< 21:00					
Campbell	5	40:54	156		
Goeltz	5	41:42	180		
Stretch	5	39:41	160		
Brotherton					
Hagen					
Bushong, Jo					
11< 22:00					
Holtshouser					
Bushong, Ju	5	40:54	150		
Hellman	5	41:42	172		
Angeli					
Griesenauer					
Livergood					
Wingberm					
Lueking					
Schneier					
12<23:00					
Herman	5	44:20	176		
Shortal	5	42:03	208		
Meyer					
Rhoads					
Tresslar					
Winker					

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1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-21-02 Conditions:

Workout:jog/stretch-sit-push/MEETING/Run out and back 6/5/4/hill drills:5,4,3/cal/jog/stretch

1 < 16:45	dist	time	pulse	comm	comm
* Noblot	6	37:36	164		
* Schaefer	6	37:36	152		
Linhares	—	—	—		
Muntges					
2 < 17:00					
✓ Crean	6	42:09	167		
✓ Killiany	6	42:27	168		
Connor	—	30 minutes			
✓ Gonnerman,K	6	43:20	168		
✓ Stewart	6	42:09	164		
3 <17:30					
✓ Flanagan	6	43:55	172		
✓ Carlson	6	44:08	172		
✓ Samson, C	6	44:00	160		
✓ Marincel, J	6	43:30	156		
Oliver	—	—	—		
4 <18:00					
✓ Nappier	6	43:58	176		
✓ Kelly	6	44:00	176		
✓ Murphy-Bm	5	35:54	184		
✓ Meier	6	43:55	168		
✓ Dirnbeck	5	37:47	180		
✓ Mulligan	5	36:20	156		
✓ Zychinski	6	43:55	156		
✓ Mannhard	5	36:40	160		
✓ Mills	6	42:27	168		
✓ Welling	5	35:54	158		
✓ Samson, H	5	36:21	176		
Westlund	4	31:12	148		
5 > 18:30					
Granger					
✓ Fallon	5	35:55	176		
✓ Nahlik	5	36:34	164		
✓ Ryan	5	37:58	176		
Bonner	5	39:00	174		
✓ Kaiser	5	36:39	164		
✓ Jonagan	4	30:37	164		
~~Bonner~~					
✓ Marincel, D	5	36:19	160		
Recovering					
✓ Spieser	4	29:27	168		
Weed	—	—	—		
Meek	—	—	—		
Cady	—	—	—		
✓ ARB	6	43:55	182		

6 < 19	dist	time	pulse	comm	comm
Turckan	5	37:53	164	✓	
Abts	5	38:20	156	✓	
Odem	5	37:48	176	✓	
Sump	5	37:40	152	✓	
Gonnerman	5	36:04	164	✓	
Moore	5	38:20	184	✓	
McDonald					
7< 19:30					
Plurad	5	36:20	180	✓	
Faber					
Polokonis					
Foldes	5	38:10	160	✓	
8< 20:00					
Krings	5	38:17	168	✓	
Scariot	4	30:06	168	✓	
Reynolds	5	36:39	176	✓	
9<20:30					
Odenwald	—	—	—		
Dang	4	30:37	172	✓	
Baker					
Faust	5	38:17	172	✓	
10< 21:00					
Campbell	4	32:26	168	✓	
Goeltz					
Stretch	5	38:20	180	✓	
Brotherton					
Hagen	4	31:37	160	✓	
Bushong, Jo	4	31:37	172	✓	
11< 22:00					
Holtshouser					
Bushong, Ju					
Hellman	4	33:25	184	✓	
Angeli	4	32:26	186	✓	
Griesenauer	—	—	—		
Livergood	5	39:45	176	✓	
Wingberm	4	38:05	·	—	
Lueking	4	33:00	176	✓	
Schneier	4	30:51	188	✓	
12<23:00					
Herman	—	—	—		
Shortal					
Meyer	4	38:15	168	—	
Rhoads	4	33:28	184	✓	
Tresslar	3	26:41	204	✓	
Winker					
Hamer	6	41:58	172	+++	

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(2) 73 71 70-68 34-31
(1) = 1st two 70 NEXT TWO 68-66 200's 31-27

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-23-02 Conditions:

Workout: ext jog 2m/push/stretch/accel drill/JV: 7x400 repeats at faster than race w/ 2-3 min jog recovery/2 mile recovery/push/stretch 4 x400, 5 x 200 then same as above

1 72-70	int 400	int 400	int 400	int 400	int 200	int 200	int 200	6	int 300	int 300	int	int	int	int	int
(1) Noblot	68	68	65	66	32	32	30	~~Plurad~~	31	30					
(1) Schaefer	68	68	65	64	30	28	28	~~Moore~~	27	26					
Linhares								D. Marincel							
(1) Muntges	69	69	67	67	32	31	32	Kaiser	31	31					
(1) Crean	69	69	67	66	31	29	30	Krings	29	28					
(1) Killiany	70	69	68	68	32	31	31	Jonagan	29	30					
(2) 74-5 Connor	70	71	67	67	33	32	33	Faber	31	31					
(1) Gonner,K	69	69	66	67	32	31	31	Nahlik	30	30					
2								McDonald							
(1) Flanagan	70	69	68	68	32	31	31	7	30	32					
(1) Stewart	69	69	67	68	32	31	31	Griesenauer	30	29					
(2) Arb	70	71	71	69	32	31	31	Reynolds	33	—					
(2) Nappier	70	70	66	68	32	32	33	Scariot	31	31					
Carlson								Dang							
(2) Samson, C	72	71	68	69	32	32	33	Faust	31	31					
Speiser								Baker							
3								Stretch							
Samson, H								8							
Zychinski								Campbell							
(2) Marincel	71	72	70	70	33	32	32	Luecking	33	33					
Westlund								Hagen							
Oliver								Hellman							
(2) Kelly	72	73	70	71	34	32	31	Odenwald	32	31					
Mills								Holtshouser							
Welling								Herman							
4								Bushong, Ju							
Mannhard								Winker							
Dirnbeck								Wingberm							
Meek								Brotherton							
Meier								9							
Granger								Goelz							
5								Shortal							
Fallon								Angeli							
Odem								Meyer							
Sump								Rhoads							
Turkcan								Tresslar							
Abts								Schneier							
Cady								Bushong, Jo							
Ryan								Livergood							
Gonner,B								**Recovering**							
Bonner								Weed							
76 (2) MurphBm	72	73	70	71	34	33	32	Richardson	33	32					
Mulligan								Schmidt							
								Polokonis							
								Foldes							

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-23-02 Conditions:

Workout: ext jog 2m/push/stretch/accel drill/JV: 7x400 repeats at faster than race w/ 2-3 min jog recovery/2 mile recovery/push/stretch 4 x400, 5 x 200 then same as above

1	int	int	int	int	int	int	int
Noblot							
Schaefer							
Linhares							
Muntges							
Crean							
Killiany							
Connor							
Gonner,K							
2							
Flanagan							
Stewart							
Arb							
Nappier							
Carlson							
Samson, C							
Speiser	83	77	79	81			
3							
Samson, H	80	74	77	75	74	74	69
Zychinski	80	73	77	73	73	71	63
Marincel							
Westlund	30:38						
Oliver							
Kelly							
Mills	80	73	77	73	73	72	65
Welling	80	76	77	75	74	74	67
4							
Mannhard	82	75	78	75	74	74	68
Dirnbeck	84	78	80	77	79	79	76
Meek							
Meier							
Granger	84	75	79	75	77	75	71
5							
Fallon	84	76	79	75	77	76	78
Odem	84	79	79	76	78	78	74
Sump							
Turkcan	85	80	83	82	82	81	78
Abts	85	78	81	77	79	78	75
Cady	88	80	79	77	79	76	74
Ryan	87	78	82	78	82	79	76
Gonner,B	85	76	80	79	81	80	75
Bonner							
MurphBm							
Mulligan							

6	int	int	int	int	int	int	int
Plurad	86	78	79	75	75	74	70
Moore	87	82	84	81	82	83	77
D. Marincel							
Kaiser							
Krings	87	82	82	79	79	79	76
Jonagan							
Faber	91	85	84	80	88		
Nahlik							
McDonald	85	75	77	72	72	71	69
7							
Griesenauer							
Reynolds							
Scariot							
Dang	94	92	90				
Faust	92	86	87	84	84	83	76
Baker							
Stretch	87	84	84	80	80	80	76
8							
Campbell	89	85	85	82	81	81	76
Luecking							
Hagen							
Hellman							
Odenwald							
Holtshouser	91	87	83	84	84	86	77
Herman	94	90	90	86	95	91	90
Bushong, Ju	93	88	87	86	89		
Winker							
Wingberm							
Brotherton							
9							
Goelz	92	86	88	84	84	83	77
Shortal	94	88	90	86	91	88	86
Angeli							
Meyer							
Rhoads							
Tresslar							
Schneier							
Bushong, Jo							
Livergood							
Recovering							
Weed							
Richardson							
Schmidt							
Polokonis							
Foldes	83	76	78	76	77	75	71

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30 **5**=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-24-02 Conditions:

Workout: FROSH: ext jog 2m/push/stretch/4 strides on track/ 7x400 repeats at faster than race w/ full jog lap recovery, last two faster not all out/extended jog/cal/stretch JV: PREMEET: 30 min w/8 strides

1	rep	rep	rep	rep	rep	rep	rep
Noblot							
Schaefer							
Linhares							
Muntges							
Crean							
Killiany							
Connor							
Gonner,K							
2							
Flanagan							
Stewart							
Arb							
Nappier							
Carlson							
Samson, C							
Speiser							
3							
Samson, H							
Zychinski							
Marincel							
Westlund							
Oliver							
Kelly							
Mills							
Welling							
4							
Mannhard							
Dirnbeck							
Meek							
Meier							
Granger							
5							
Fallon							
Odem							
Sump							
Turkcan							
Abts							
Cady							
Ryan							
Gonner,B	—	—	—	—	—	—	—
Bonner	78	78	80	74	77	75	72
MurphBm	—	—	—	—	—	—	—
Mulligan	78	78	80	74	77	75	73

6	rep	rep	rep	rep	rep	rep	rep
Plurad	—	—	—	—	—	—	—
Moore	—	—	—	—	—	—	—
D. Marincel	78	78	81	75	77	76	74
Kaiser	79	77	81	75	79	76	76
Krings	—	—	—	—	—	—	—
Jonagan	80	79	81	75	77	76	78
Faber	—	—	—	—	—	—	—
Nahlik	78	78	80	75	77	75	73
McDonald	—	—	—	—	—	—	—
7	—	—	—	—	—	—	—
Griesenauer	—	—	—	—	—	—	—
Reynolds	79	78	~~81~~	~~75~~	77	~~75~~	~~74~~
Scariot	82	79	~~83~~	~~81~~	~~81~~	~~80~~	~~88~~
Dang	—	—	—	—	—	—	—
Faust	—	—	—	—	—	—	—
Baker	—	—	—	—	—	—	—
Stretch	—	—	—	—	—	—	—
8	—	—	—	—	—	—	—
Campbell	—	—	—	—	—	—	—
Luecking	89	89	89	87	87	86	85
Hagen	84	85	84	79	80	77	73
Hellman	—	—	—	—	—	—	—
Odenwald	—	—	—	—	—	—	—
Holtshouser	—	—	—	—	—	—	—
Herman	—	—	—	—	—	—	—
Bushong, Ju	—	—	—	—	—	—	—
Winker	86	87	87	81	82	81	79
Wingberm	92	91	91	86	88	87	83
Brotherton	—	—	—	—	—	—	—
9	—	—	—	—	—	—	—
Goelz	—	—	—	—	—	—	—
Shortal	—	—	—	—	—	—	—
Angeli	91	89	89	82	81	80	78
Meyer	92	90	90	85	90	87	79
Rhoads	96	93	94	92	96	93	93
Tresslar	95	93	93	89	92	91	89
Schneier	85	86	84	80	81	79	78
Bushong, Jo	79	75	75	71	74	74	74
Livergood	92	90	90	84	89	83	78
Recovering	—	—		—	—	—	—
Weed	—	—	—	—	—	—	—
Richardson	—	—	—	—	—	—	—
Schmidt	—	—	—	—	—	—	—
Polokonis	—	—	—	—	—	—	—
Foldes	—	—	—	—	—	—	—

* indicates those in varsity level group. # indicates those on the bubble.

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-28-02 Conditions:

Workout:team mtg/jog/stretch/run out and back 8/6/5/4/8-6 strides/Stretch/cal team room: V weight ro

1 < 16:45	dist	time	pulse	comm	comm
Noblot	6	39:31	156		
Schaefer	6	39:30	—		
Linhares	4	28:38	176		
Muntges	6	39:30	168		
2 < 17:00					
Crean	6	43:10	160		
Killiany	6	43:10	156		
Connor	—				
Gonnerman,K	6	43:12	160		
Stewart	6	39:32	148		
3 <17:30					
Flanagan	6	44:44	152		
— Carlson	—				
Samson, C	6	44:46	152		
— Marincel (+)	5	36:00	160		
— Colyer ARB	6	44:40	172		
4 <18:00					
— Nappier	6	44:40	160		
Kelly	—				
— Murphy-Bm	6	44:44	172		
— Meier	6	44:44	152		
Dirnbeck	5	37:56	160		
Mulligan	5	35:36	176		
Zychinski	5	37:58	164		
Mannhard	—				
Mills	5	37:58	160		
Welling	5	38:11	168		
Samson, H	5	35:36	164		
Westlund	4	31:50	138		
5 > 18:30					
Granger	5	37:30	164		
Fallon	5	35:36	176		
Nahlik	5	35:46	156		
Ryan	5	37:57	172		
Bonner	5	37:19	156		
Kaiser	5	35:46	160		
Jonagan	5	40:27	146		
~~Bonner~~	—				
Marincel, D	5	35:36	168		
Recovering					
Spieser	4	30:57	168		
Weed	—				
Meek	—				
Cady	4	30:57	172		

6 < 19	dist	time	pulse	comm	comm
Turckan	5	37:57	160		
Abts	—				
Odem	5	37:32	168		
Sump	5	37:30	168		
Gonnerman	5	38:30	168		
Moore	5	40:27	168		
McDonald	4	31:50	154		
7< 19:30					
Plurad	—				
Faber	4	28:58	180		
Polokonis	—				
Foldes	5	36:42	160		
8< 20:00					
Krings	4	30:36	170		
Scariot	4	29:56	164		
Reynolds	5	35:46	164		
9<20:30					
Odenwald					
Dang	3	26:17	164		
Baker	4	32:30	180		
Faust					
10< 21:00					
Campbell					
Goeltz	4	36:12	136		
Stretch	3	26:17	168		
Brotherton	—				
Hagen	4	32:00	168		
Bushong, Jo	4	31:03	180		
11< 22:00					
Holtshouser	4	36:14	180		
Bushong, Ju	4	32:30	180		
Hellman	4	36:12	160		
Angeli	4	30:38	150		
Griesenauer	—				
Livergood	4	32:40	180		
Wingberm	4	38:00	160		
Lueking	4	30:56	176		
Schneier	5	40:28	172		
12<23:00					
Herman					
Shortal	4	37:37	200		
Meyer	4	38:05	172		
Rhoads	4	36:42	192		
Tresslar	3	27:31	198		
Winker	3	25:02	160		

* indicates those in varsity level group. # indicates those on the bubble.

Date: **1**=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

Date: 10-29-02 Conditions:

Workout: Ext jog/stretch cal/strides/1.5 at race pace/2 mile recovery/ 3x800 fast/ext. recovery

				1	1/2	8	8	8					
	Group 1	race goal	mile + HALF pace	mile	mile	mile	mile	rep					
78	Schaefer 2:37	16:15	7:51	8:04	2:29 (75)	2:29	2:29	2:26					16:45
80	Crean 2:41	16:45	8:04	8:14	2:33 (77)	2:33	2:31	2:27					17:05
80	Killiany 2:41	16:45	8:04	8:25	2:33 (77)	2:34	2:35	2:39					17:28
82	Stewart 2:44	17:00	8:12	8:26	2:35 (78)	2:35	2:35	2:37					17:30
80	Muntges 2:41	16:45	8:04	8:17	2:33 (77)	2:33	2:31	2:32					17:11
79	Noblot 2:39	16:30	7:58	8:12	2:31 (76)	2:29	2:29	2:30					17:01
80	Gonnerman	16:45	8:04	8:31	2:33 (77)	2:35	2:37	2:43					17:40

A=300+/8 **B**=200+/6 **C**=100+/4 **D**=min/3 **E**=new/2

Date: **1**=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

Date: 10-31-02 Conditions:
Workout: V + alts: jog/cal/stretch/ 6 - 8 out and back at good pace/3 hill reps/ext recovery/stretch
Andrew: ext jog/full stretch-cal/run 1 400 at goal/1.5 at goal/2 mi recovery/1x800 at fast/hill reps i

Group 1	race goal	mile pace	400 pace (82)	1.5	800 (2:39)	800 (2:35)	rec				
Linhares	17:30	5:39		8:28	2:35	2:33					
CHIK				8:45	2:40	2:40					
Schaefer											
Crean											
Killiany											
Stewart											
Muntges											
Noblot											
Gonnerman											
Meier											
Samson											
Flanagan											
Marincel											
Carlson											

EN ROUTE
82 | 2:44 | 5:28 | 4:12

17:30
84
2:49
4:13
5:38
7:02
8:27

A=300+/8 **B**=200+/6 **C**=100+/4 **D**=min/3 **E**=new/2

Date: **1**=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

Date: 11-5-02 Conditions: Rainy, on the track
Workout: V + alts: extended jog/cal/stretch/1 x 800 at 1st mile pace, 1 x 800 at faster, 1 x 400 at 1 x 400 at start pace, 1 x400 at faster/ext recovery/stretch cal

Group 1	~~race goal~~ 800	~~mile pace~~ 800	400 ~~pace~~		400	800	~~rec~~				
Schaefer	2:33	2.24	67		66						
Crean	2:33	2:26	68		67						
Killiany	2.34	2:26	68		67						
Stewart	2.44	2:35	72		70						
Muntges	2:34	2:24	68		67						
Noblot	2:33	2:24	67		66						
Gonnerman	2:33	2:25	68		67						
Linhares	2.34	2:25	68		67						
Meier	2:45	2:35	72		70						
Samson	2.45	2.35	72		70						
Flanagan	2.45	2.35	72		70						
Marincel	2.45	2.35	72		70						
Carlson	2:46	2:38	73		70						

A=300+/8 **B**=200+/6 **C**=100+/4 **D**=min/3 **E**=new/2

65° SUNNY

Date: 11-07-02 1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

Date:											
✓ JOG/STR/ RUN SMOOTH 6 / 200 AT START BACK X 3											
✓		11	1h	4							
Group 1											
Schaefer	49:04			37	35	35		GOAL: 36			
Crean	49:04			37	35	36					
Killiany	49:04			37	35	36					
Stewart	49:04			37	35	36					
Muntges	49:04			37	35	36					
Noblot	49:04			37	35	35					
Gonnerman	49:04			37	35	36					
Linhares	CROSS TRAINING										
Meier	31.00	150		39	37	36		GOAL: 37			
Samson	31:00	150		39	37	36					
Flanagan	31:00	164		39	37	36					
Marincel	31:00	160		39	37	36					
Carlson	31:00	172		39	37	36					

A=300+/8 B=200+/6 C=100+/4 D=min/3 E=new/2

2002

2M (1M) TEMPO PACE – FAST END 800'S START AT RACE A
SECOND TEMPO NEGATIVE – LAST 800'S NEG GO DOWN

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-15-02 Conditions:

Workout: ext jog-push-stretch/hill drills/1-4: 2m,8,8,2,8/ 5-7: 2,8,1,8/8-12:1,8,1,8/ext jog/stretch

rest ints are 90 secs after long reps,3 min after short reps, parallel distances go negative

		2m	800	800	2m	800	pls
1 < 16:45							
Noblot	1	11:15	2:35	2:27	11:02	2:28	172
Schaefer	1	11:15	2:35	2:27	11:32	2:21	
~~Linhares~~					5:40pk		
Muntges	1	11:23	2:44	2:34	[illegible]	2:30	
2 < 17:00							
Crean	1	11:53	2:44	2:39	11:52	2:38	182
Killiany	1	11:51	2:44	2:40	11:45	2:35	186
~~Connor~~							
Gonnerman, K		11:53	2:48	2:44	12:48	2:44	
Stewart		11:52	2:44	2:38	11:51	2:37	172
3 <17:30							
Flanagan	1	11:52	2:48	2:43	11:52	2:42	188
~~Carson, J~~	1						
Samson, C	1	12:08	2:53	2:48	12:09	2:41	192
Marincel, J	1	12:08	2:53	2:49	12:41	2:47	172
~~Oliver~~							
4 <18:00							
Nappier	1	12:19	2:47	2:40	5:58	186	
~~Kelly~~	1						
Murphy-Bm	2	12:15	2:52	6:04	2:54		
Mulligan	2	12:31	2:55	6:09	2:54		
Zychinski	2	12:29	3:04	6:39			
Mannhard	2	12:40	2:57	2:56	6:00	2:44	2:44
Mills	2	11:57	2:49	2:45	5:51	192	2:41
(Welling)	?2	14:53					
Samson, H	2	12:31	2:53	2:50	6:08	204	2:49
Westlund	?2	12:49	2:54	6:05	172	180	2:52
5 > 18:30							
Granger	2	12:55	3:00	6:30	2:53		
Dirnbeck	2	12:42	2:57	6:06	2:50	196	
Meier	2	12:42	2:57	6:06	2:53		
Fallon	2	12:30	2:56	6:12	2:53	192	
~~Olshik~~							
Ryan	2	12:39	3:02	6:30	3:06		
~~Banner~~							
~~Mulligan~~							
~~Kaiser~~							
~~Donagan~~							
~~Bonner~~							
~~Marincel, D~~							
Recovering							
Spieser		12:25	2:55	2:51	6:14	180	2:58
~~Weed~~							
~~Meek~~							
Cady		6:33	2:55	X	X	X	

		2m	800	800	2m	800	pls
6 < 19							
Turckan	3	13:01	3:03	1mile 6:26		3:02	188
Abts 13:10	3	12:59	2:55	6:07	208	2:52	
Odem	3	12:47	2:51	6:22	196	2:58	196
~~Ryan~~ 3:04	3						
Gonnerman	3	12:38	2:52	6:09	192	3:07	188
Moore	3	13:31	3:03	6:34	192	3:02	200
~~McDonald~~	3						
7< 19:30							
Plurad	3	13:27	2:52	6:10	184	2:48	196
~~Paar~~ 13:30							
~~Polokonis~~	3						
Foldes 3:08	3	13:28	3:03	6:20	176	2:43	188
8< 20:00							
Krings	3	13:32	3:04	6:28	192	3:04	192
~~Elliot~~ 13:50							
~~Reynolds~~ 3:13							
9<20:30							
~~Oberwald~~							
Dang 14:10	4	6:33	3:15	6:38	3:18		
Baker	4	6:52	3:19	6:56	3:07		
Faust 3:18	4	6:33	3:17	6:45	3:19		
10< 21:00							
Campbell	4	6:54	3:19	6:40	3:06		
Goeltz 4:30	4	7:04	3:22	6:45	3:13		
~~Schell~~ 3:23		6:34	3:09	6:27	3:04		
~~Brotherton~~							
~~Hagen~~							
~~Bushong, Jo~~							
11< 22:00							
Holtshouser	4	7:04	3:30	7:04	3:32		
Bushong, Ju	4	6:55	3:18	6:38	~~[illegible]~~	3:10	
~~Holman~~ 5:10							
~~Angeli~~ 3:30							
~~Grimsenauer~~							
~~Livergood~~							
~~Wingbarn~~							
~~Lucking~~							
~~Schneier~~							
12<23:00	4						
Herman 16:00		7:01	3:27	7:15	3:28		
~~Stoffat~~							
~~Meyer~~ 3:40							
~~Dhoads~~							
~~Frosstar~~							
~~Wicker~~							

11:40
2:41
11:50
2:44
12:05
2:50
2:20
2:54
2:45
2:58

* indicates those in varsity level group. # indicates those on the bubble.

Sump 13:30 3:03 6:54 180 3:17 172

Date: **1**=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

Date: 10-10-02 Conditions:
Workout: Ext jog/stretch cal/Pre-race routine/run 4 x mile sub race pace/30 min cool/cal stretch

Group 1	race goal	mile pace	mile	mile	mile	mile	rep				
Schaefer	16:20	5:15	5:15	5:01	4:54	4:50					
Crean	17:00	5:28	5:23	5:15	5:14	5:14					
Killiany	17:00	5:28	5:26	5:18	5:18	5:20					
Stewart	17:15	5:33	5:26	5:25	5:12	5:12					
Muntges	16:35	5:24	5:19	5:07	5:08	5:09					
Noblot	16:20	5:15	5:23	5:07	5:20	Y					
Gonnerman	17:00	5:28	5:22	5:20	5:20	5:27					

A=300+/8 **B**=200+/6 **C**=100+/4 **D**=min/3 **E**=new/2

10.10.02 RC SET
[illegible]
PT R-7 GRUS

SPOOKY GRUPPE
~~LIPSTICK VOODOO~~
CHELSEA
75
LESS THAN 0
15 PETALS
?
COURT OF LOVE

7 CAN'T STAND UP
HIGH FIDELITY
MAN OUT OF TIME
NEW AMSTERDAM
~~A~~ TART
DEEP DARK
YOU REALLY GOT
2 HOLD

WHEN I WAS
BIG CRY BOY
CLUB LAND

MY MOODS MG
COMPLICATED
SHADOWS
ALISON
ALIBI
KING OF BRILL
AMERICAN STAR
WALKING
DEAD
WHITE SOX
FUNK
RADIO

1=17/7/6:30 2=18/7/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 10-1-02 Conditions:

Workout: jog/push/stretch/accel drill/negative tempo run: 1st high range, 2nd (3rd) low range, last under t

	1st	2nd	3rd	4th	final	pulse		1st	2nd	3rd	4th	final	pulse
1 < 16:45	6:10	5:50	5:50	5:30			**6 < 19**	7:00	6:35	[illegible]			
(J) Noblot	5:59	5:50	5:51	5:28	22:09	168	Turckan (T)						
(J) Schaefer	5:59	5:52	5:50	5:15	22:35	160	Abts (P)					19:29	184
(J) Linhares	5:59	5:53	5:57	5:56	23:47	196	Odem (P)					19:52	196
(J) Muntges	5:59	5:52	5:51	5:37	23:08	172	Ryan (T)						
2 < 17:00	6:15	5:55	5:55	5:35			Gonnerman (T)					20:25	184
(J) Crean	5:59	5:53	5:57	6:00	23:50	178	Moore (T)					21:07	184
(J) Killiany	6:00	5:53	5:59	6:09	24:03	190	McDonald (T)					19:25	192
(J) Connor	5:59	5:53	6:00	5:58	23:50	172	**7< 19:30**	7:10	6:45	6:25			
(J) Gonnerman,K	5:59	5:55	5:55	5:57	23:47	192	Plurad (T)					20:28	196
(J) Stewart							Faber (T)					21:30	192
3 <17:30	6:25	6:05	6:05	5:45			Polokonis (T)						
(J) Flanagan					24:10	192	Foldes (T)					20:26	188
(J) Carlson	E						**8< 20:00**	7:20	7:00	6:30			
(J) Samson, C					24:14	188	Krings (T)						
(J) Marincel, J	6:20	5:57	6:03	6:20	24:41	192	Scariot (T)					21:23	172
(J) Oliver					25:07	180	Reynolds (T)					21:18	200
4 <18:00	6:35	6:15	6:15	5:55			**9<20:30**	7:35	7:10	6:40			
(P) Nappier *					[illegible]		Odenwald (T)					21:37	204
(P) Kelly	6:31	6:20	6:22	6:01	25:15	190	Dang (T)					21:36	194
(P) 3 Murphy-Bm					25:24	210	Baker (T)					21:47	200
(P) 3 Mulligan					25:39	220	Faust (T)					21:41	168
(P) Zychinski	6:30	6:22	6:22	6:44	25:58	184	**10< 21:00**	7:45	7:20	6:50			
(P) Mannhard	6:30				25:24	190	Campbell (C)					22:28	172
(P) Mills	6:31	6:20	6:22	5:58	25:12	204	Goeltz (C)					22:28	192
(P) Welling					13:04		Stretch (C)					21:28	196
(P) Samson, H	6:31	6:20	6:51	6:12	25:59	196	Brotherton (C)					22:20	192
(P) Westlund	6:28				25:35	174	Hagen (C)					22:20	184
3 **5 > 18:30**	6:50		6:25	6:05			Bushong, J (C)					22:27	168
(P) Granger					19:31	180	**11< 22:00**	8:05	7:40	7:10			
(P) Dirnbeck					19:18	172	Holtshouser (C)					23:22	200
(P) Meier					19:25	184	Bushong, J (C)					~~22:21~~	~~168~~
(P) Fallon					19:18	196	Hellman (C)					23:23	200
(P) Nahlik					19:43	168	Angeli (C)					23:13	184
(P) Ryan					19:25	192	Griesenauer (C)					22:41	188
(P) Bonner					20:26	202	Livergood (C)					23:07	180
(P) ~~Mulligan~~							Wingberm (C)					23:02	208
(P) Kaiser					19:46	180	Lueking (C)					22:48	196
(P) Jonagan					20:08	168	Schneier					23:47	192
(P) ~~Bonner~~							**12<23:00**	8:30	8:00	7:30			
(P) Marincel, D					19:25	200	Herman (C)					24:56	192
Recovering							Shortal (C)					24:35	204
AGB (P) ~~[illegible]~~ DANG							Meyer (C)					25:07	196
Weed							Rhoads (C)					24:20	201
Meek							Tresslar (C)						
Cady							Winker (C)					24:14	180

* indicates those in varsity level group. # indicates those on the bubble.

Sump 19:27 P 182