- CAPTAINS
- PHYS
- LOGS
-

-CHECK-IN

PHYS

VARSITY COMMITMENT

NEW PEOPLE

2003 XC Initial Info

Name	Lckr	year	mo	day	sems	sem	wght	mlg	week	mile	train	p.r.	shoes	
SENIORS														
Arb, Chris								498	50		PITCH			PITCH S
~~Connor, Brennan~~														
~~Cady, Nick~~														
Foldes, Daniel								?	530					
Fallon, Brian														
Flanagan, Dan								504	50		PITCH			PITCH L
Linhares, Andrew								372	50					
Marincel, Joe														
Meek, Patrick														
Moore, Greg														
Nagel, Steven														
Nappier, Paul								712	60-70		PITCH			PITCH M
Oliver, John								350	50					
Odem, Nick								x?	20(+)					
Ryan, Rob								236	40					
Speiser, Nick								401	55					
Welling, Joe								327	35					
JUNIORS														
Abts, Greg								230	25					
Baker, Steve								/	/					
Campbell, Tom														
Carlson, Joe								531	50		PITCH			PITCH M
Corcoran, Patrick														
Dang, Luke														
~~Faber, Phil~~								95	35					
Faust, Tyler														
Dirnbeck, Matt								300+	40					
Hellman, Cole														
Herman, Peter								176	20					
Kelly, John								500	55		PITCH			PITCH L
~~Krings, Jim~~														
Mannhard, Patrick								160	25					
Meier, Danny								501	55					PITCH M
Meyers, Matt														
Muntges, Alex								6__	60					
Plurad, Alex								117	15					
Polokonis, Dan														
Samson, Charlie								277	22					PITCH L
Samson, Henry								450	50					
Sump, Dustin								410	40					PITCH M
Turkcan, Kevin								364	39					
Weed, Charlie														
GRANGER								300+	(25)					
STRETCH								150	(15)					
Shortal								/	/					
TANDLER								100	(4)					

2003 XC Initial Info

SOPHOMORES	Lckr	year	mo	day	sems	sem	wght	mlg	week	mile	train	p.r.	shoes
Bonner, Andy								428	50				
~~Brotherton, Dan~~													
Jonagan, Michael								105	(3)				
Kaiser, Drew								513	50				
Marincel, Dan								45_	50				
Mulligan, Shane								4__	35				
Meyer, Cory													
Murphy-Baum, Ben								350	55				
Nahlik, Louis													
Reynolds, Jeremy								150	(4)				
Scariot, Jim								430	50				
Schmidt, Tim								102	20 (4)				
Turco, Patrick													
Winker, Thaddeus								?	? (3)				
Krings, Jim													
Mannhard, Patrick													
Meier, Danny													
Meyers, Matt													
Muntges, Alex													
Plurad, Alex													
Polokonis, Dan													
Samson, Charlie													
Samson, Henry													
Sump, Dustin													
Turkcan, Kevin													
Weed, Charlie													
TRESSIER, PAT								X	X				
ANGELL, MATT								269	30				
LUEKING, ANDY								100	15 (3)				
~~[illegible]~~													
GRIESENHAUER, DAN								66	X (3)				
LIVERGOOD, Robbie								60	X				
CORY Meyer								X	X				
WINGBERMUHLE, NICK								X	X				
SCHNEIER, BRIAN								100	X				

M
PITCH
~~[illegible]~~
?

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: 8-11-03 1st Practice Conditions: 75-80° SUNNY, REASONABLE HUMIDITY NICE DAY

Workout:Check in/jog to new camp/push-core + dynamics/plyo/Out and back Concordia: 8-7-6-5-4-3/ 4-6 strides/push/crunch/full stretch w/ captains/jog in

SENIORS	rp	grp	dist	time	pulse	pace
ARB A	✓	31	8A	54:31	188	6:49
FOLDE'S B	✓	57	5	34:16	176	6:51
FLANAGAN A	44	35	8	53:25	180	6:41
LINHARES A*	✓	60	8A	53:36	186	6:42
NAPPIER A	44	30	8A	52:23	168	6:33
OLIVER A*	48	59	8A	53:32	166	6:42
ODEM D	48	25	4	32:28	192	8:07
RYAN B	52	32	6	43:28	132	7:15
SPIESER A	47	37	5	36:05	NA	7:13
WELLING B	50	45	6	42:22	180	7:04

(HELPED MARINCEL)

JUNIORS	rp	grp	dist	time	pulse	pace
ABTS C	52	28	4	31:01	174	7:45
BAKER D	✓	21	3	27:30	208	9:10
CARLSON A	46	25	8A	54:16	176	6:47
ODENWALD D	[illegible]	25	2	17:20	184	8:40
DIRNBECK A	✓	50	8B	58:18	180	7:17
HERMANN D	62	35	3	25:03	188	8:21
KELLY A	60	40	8A	53:36	182	6:42
MANNHARD B	✓	45	4	27:07	164	6:47
MEIER A	48	41	8A	53:35	168	6:42
MUNTGES A	35	47	8A	52:23	164	6:33
PLUAD C	✓	35	3	22:11	180	7:24
SAMSON, CA	60	61	8A	53:27	164	6:41
HENRY B	49	41	4	27:07	172	6:47
SUMP A	✓	40	8B	58:18	144	7:17
PRUHAN A	52	24	8B	1:00:09	170	7:31
SHORTAL D	✓	20	2	18:19	204	9:10
GRANGER B*	✓	51	8B	58:18	144	7:17
SPRETH C	✓	41	3	22:11	192	7:24
TANDLER	66	29	3	[illegible]	[illegible]	

SOPHOMORES	rp	grp	dist	time	pulse	pace
BONNER A	56	25	8B	1:02:22	180	7:48
JONAGAN C	✓	24	3	22:50	172	7:37
KAISER A	52	15	8B	58:05	164	7:16
MARINCEL B	52	35	5	36:05	NA	7:13
MULLIGAN B	72	60	6	40:32	182	6:45
MURPHY-B A	56	30	8A	53:31	192	6:42
REYNOLDS C	✓	25	4	29:24	180	7:21
SCARIOT B	✓	30	6+	53:49	160	—
SCHMIDT C	52	40	4	30:57	150	7:44
WINKER D	✓	15	3	25:13	172	8:24

(HEAT)

Sophs. (cont.)	r.p.	grp	dist	time	pulse	pace
LUEKING D	68	18	3	24:09	188	8:03
LIVERGOOD D	✓	20	3	27:11	192	9:04
WINGBERMUHLE D	✓	21	3	27:13	196	9:04
SCHNIER D	✓	25	3	23:50	176	7:57
GRIESENAUER D	60	31	3	23:20	184	7:47

FRESHMEN

EVALUATION: MOST PULSES TOO HIGH, TOO FAST
TOO MANY BREAKS TOO LONG

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

PRACTICALLY, A HARD DAY.

7 + 8 55

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: 8-12-03 Conditions: OVERCAST, COOL 70° PERFECT, LOW STRESS CONDITIONS

Workout: Jog to west camp, push/core B/dynamics/plyo/A,B,C on out and back 10-8-7-6-5-4/ Other groups run on 1/2 mile field loop for aero pace practice: 3-2/6-8 strides/push/stretch/jog

Group A	rp	grp	dist	time	pulse	pace
Chris Arb	52		8	55:18	176	6:55
Dan Flanagan	48		10	1:06:41	176	6:40
Andrew Linhares	52		8	55:18	160	6:55
Paul Nappier	40		10	1:06:14	168	6:38
John Oliver	52		8	54:50	160	6:51
8-10 Nick Spieser	61		8	57:24	160	7:10
Joe Carlson	60		10	1:06:35	172	6:40
Matt Dirnbeck	60		8	57:24	168	7:10
John Kelly	56		8	54:50	160	6:51
Danny Meier	52		8	54:50	156	6:51
Alex Muntges	/		8	49:10	156	6:09
Charlie Samson	56		8	54:50	160	6:51
Dustin Sump	56		8	57:24	148	7:10
Kevin Turckan	56		8	57:24	164	7:10
Andy Bonner	/		/	—	—	—
Drew Kaiser	48		8	57:24	160	7:10
Ben Murphy-B	48		8	54:50	176	6:51

Group B	rp	grp	dist	time	pulse	pace
Dan Foldes	51		6	41:00	172	6:50
Rob Ryan	54		7	50:00	172	7:09
6-7 Joe Welling	52		8	57:24	166	7:10
Pat Mannhard	50		8	57:24	166	7:10
Henry Samson	50		6	40:55	172	6:49
Mike Granger	52		7	46:27	164	6:38
Dan Marincel	60		6	46:57	192	7:49
Shane Mulligan	72		8	57:24	160	7:10
Jim Scariot	60		6	42:21	192	7:04

Group C	rp	grp	dist	time	pulse	pace
Greg Abts	56		5	36:49	164	7:22
4-5 Alex Plurad	60		5	38:32	184	7:42
Rob Stretch	60		4	29:03	180	7:17
Michael Jonagan	63		4	29:08	164	7:17
Jeremy Reynolds	60		4	29:24	—	7:21
Tim Schmidt	52		5	36:40	180	7:20

Sophs. (cont.)	r.p.	grp	dist	time	pulse	pace	
Aerobic Group							
Nick Odem	50		3	22:32	188	7:31	7:30
Steve Baker	74		3	25:59	212	8:40	8:30
Matt Odenwald	64		3	25:12	184	8:24	8:30
Peter Hermann	64		3	24:40	168	8:13	8:30
Ryan Shortal	60		3	26:12	204	8:44	8:30
Ryan Tandler	69		1.5	15:22	180	10:	9:00
Thad Winker	60		3	26:07	160	8:42	9:00
Andy Lueking	72		3	24:16	168	8:05	8:15
Robbie Livergood	60		3	25:45	180	8:35	8:30
Nick Wingber	52		3	26:09	196	8:43	9:00
Brian Schnieier	60		3	24:05	176	8:02	8:00
Doug Griesenauer	76		3	23:31	200	7:50	8:00
Greg Moore	/		3	24:40	188	8:13	8:30
Dessler	72		3	26:14	208	8:45	8:45
Meyer			3	30:46	176	10:15	8:30

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

[ ] = PITCHFORK PACK

* = HONORABLE MENTION

E = EXCUSED DATES

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: 8-13-03 Conditions:

Workout: Jog to central field camp, push/core /stretch/accelerations/Long tempo workout/steady state:

A=6 B=5 C=4 D=3 E=4/cool down: A=2 others 1/2nd cal/full str/jog in//Frosh: jog/cal/dyn/pace work 1 mi/

Group A	rp	p.u.	dist	time	pulse	pace
Chris Arb 6:30		Inc.	4	25:45	176	6:26
Dan Flanagan 6:20		+	6	37:56	188	6:19
*Andrew Linhares 6:20		+	6	37:56	184	6:19
Paul Nappier 6:20		+	6	37:56	176	6:19
*John Oliver 6:20		✓	6	38:11	188	6:22
*Nick Spieser 6:45		Inc.	5	34:06	188	6:49
Joe Carlson 6:30		+	6	38:18	176	6:23
Matt Dirnbeck 6:45		✓	6	40:58	192	6:50
John Kelly 6:30		+	6	38:18	188	6:23
Danny Meier 6:30		+	6	38:18	168	6:23
Alex Muntges 6:10		+	6	35:55	172	5:59
Charlie Samson 6:20		+	6	37:56	180	6:19
E 16 15 Dustin Sump 6:45		−	6	41:48	172	6:58
*Kevin Turckan 6:45		−	6	42:36	192	7:06
*Andy Bonner X						
Drew Kaiser 6:45		✓	6	40:58	180	6:50
*Ben Murphy-B 6:30		+	6	38:18	196	6:23
JOE MARINCEL X						

Group B	rp	p.u.	dist	time	pulse	pace
Dan Foldes 6:45		✓	4	27:15	180	6:49
Rob Ryan 6:50		−	4	28:34	188	7:09
6:15 Joe Welling 6:50		✓	4	27:37	180	6:54
Pat Mannhard 6:50		+	4	26:38	160	6:40
Henry Samson 6:30		+	4	25:40	188	6:25
Mike Granger 6:30		+	4	25:45	168	6:26
*Dan Marincel (R)		Recov	4	30:58	196	7:45
Shane Mulligan 6:50		✓	4	27:39	180	6:55
*Jim Scariot 6:50		−	4	28:06	190	7:02

Group C	rp	p.u.	dist	time	pulse	pace
Greg Abts 7:00		✓	3	21:27	180	7:09
Alex Plurad 7:15		✓	3	22:00	192	7:20
Rob Stretch 7:00		✓	3	21:27	180	7:09
Michael Jonagan 7:00		+	3	20:46	180	6:55
Jeremy Reynolds 7:25		−	3	22:04	184	7:21
Tim Schmidt 7:00		−	3	21:54	192	7:18

Sophs. (cont.)	r.p.	p.u.	dist	time	pulse	pace
Aerobic Group						
Nick Odem 7:05		✓	2	14:23	189	7:12
Steve Baker 8:00		✓	2	16:24	200	8:12
Matt Odenwald 7:50		Inc.	1	7:54	—	7:54
Peter Hermann 7:50		✓	2	15:51	180	7:56
Ryan Shortal 8:00		−	2	17:20	208	8:40
~~Ryan Tandler~~						
Thad Winker 8:00		✓	2	16:03	172	8:02
Andy Lueking 7:45		−	2	16:02	168	8:01
Robbie Livergood E 16 8:00		✓	2	16:22	196	8:11
Nick Wingber 8:00		✓	2	16:14	204	8:07
Brian Schnieier 7:45		✓	2	15:38	184	7:49
Doug Griesenauer 7:30		+	2	14:55	200	7:28
Greg Moore 7:50		−	2	16:26	184	8:13
Pat Tresslar 8:00		−	2	17:14	216	8:37
Cory Meyer 8:00		−	2	18:16	180	9:08

Freshmen	r.p.	p.u.	dist	time	pulse	pace
Matt Bruns ✓						
Matt Fischer						
Tim Jansen	27					
Mike Kelly		22		7:25	160	
Andrew Louvier ✓						
John Quigley						
Stephen Rivers						
Ben Schmidt		30		7:20	180	
Neil Salsich ✓						
Sean Scott		27		7:33	172	
Daniel Viox						
Pat Stuchlik ✓						
SEAN HUKENBECK		33		7:23	200	
MATT LAWDER	E-15	21		7:22	192	

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: 8-14-03 Conditions:

Workout: Jog to west camp, stretch/ Timed run 70-60-50-40-30

2nd cal/full str/jog in/

Group A1	rp	p.u.	dist	time	pulse	pace
Chris Arb	✓			70	✓	
Dan Flanagan				70		
Andrew Linhares	54			70		
Paul Nappier						
John Oliver	56			70		
Joe Carlson	48			70		
John Kelly	54			70		
Danny Meier	48			70		
Alex Muntges	X			70		
Charlie Samson				70		
Ben Murphy-B	52			70		
Group A2						
Nick Spieser	48	20		70	150	
Matt Dirnbeck	52			70		
Dustin Sump	56	50		70	✓	
Kevin Turckan						
Drew Kaiser						
Andy Bonner						
Group B						
Dan Foldes						
Rob Ryan	✓	36		60	✓	
Joe Welling						
Pat Mannhard	42	60		60	✓	
Henry Samson	✓	50		60	✓	
Mike Granger						
Dan Marincel						
Shane Mulligan						
Jim Scariot	68	20		50	120	
Group C						
Greg Abts						
Alex Plurad						
Rob Stretch						
Michael Jonagan						
Jeremy Reynolds						
Tim Schmidt						

Aerobic Grp 1	r.p.	p.u.	dist	time	pulse	pace
Nick Odem	50	24	50	50	177	
Peter Hermann						
Doug Griesenauer						
Thad Winker						
Andy Lueking						
Brian Schnieier						
Aerobic Grp 2						
Robbie Livergood						
Nick Wingber						
Greg Moore						
Pat Tresslar						
Cory Meyer						
Ryan Shortal						
Steve Baker						
Matt Odenwald						
Freshmen						
Matt Bruns						
Matt Fischer						
Sean Huckenbeck						
Tim Jansen						
Mike Kelly						
Matt Lawder						
Andrew Louvier						
John Quigley						
Stephen Rivers						
Neil Salsich						
Ben Schmidt						
Sean Scott						
Pat Stuchlik						
Daniel Viox						

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

LEEK 50 HOFFMAN 50 CHANEY – SIMMONS – HARVEY © HEARD

SLUH XC Attendance'03 Date: 8/14

Seniors	pulse	Mannhard 44½	pulse	Schmidt R 52	pulse
Arb 2	46	Meier 2	51	Schnier 2	68
Flanagan 2	47	Muntges 2	Here	Tresslar 2	72
Foldes 2	55	Odenwald 2	64	Wingbermuehle 2	52
Linhares 2	56	Plurad Φ	64	Winker 2	J
Marincel, J.	E	Samson, C 2	56		
Moore (2)	✓	Samson, H 2	52		
Nappier (2)	44	Shortal 2	64	Freshmen	
Odem (Φ)	50	Stretch 2	—	Odem	
Oliver 2	48	Sump Φ	56		50
Ryan 2	50	Turkcan 2	54		
Speiser 2	54			ALUM TOTAL	
Welling 2	50				
		Sophs			
		Angeli			
Juniors		Bonner			
Abts 2	56	Griesenauer 2	64		
Baker	76	Hagen	E		
Campbell	E	Jonagan 2	66		
Carlson (2)	46	Kaiser 2	52		
Dang	E	Livergood Φ	62		
Dirnbeck 2	56	Luecking R	64		
Faber	E	Marincel, D 2	✓		
Faust	E	Meyer Φ	60		
Goeltz	E	Mulligan	60		
Granger 2	56	Murphy-Baum 2	52		
Herman 2	52	Reynolds 2	64		
Holtshouser	E	Rhoads	E		
Kelly 2	✓	Scariot 2	60		

SR

FR

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

+ 8-17-03 ALUM RACE WORKOUT

8-16-03

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: ~~8-14-03~~ Conditions: WARMING, HUMID 80°

Workout: ~~Jog to west camp, stretch/ Timed run 70-60-50-40-30~~ JOG TO COURSE, QUICK STRETCH E=2 MILES

~~2nd cal/full str/jog in/~~ TALK RACE, RACES CORE RUN ON COURSE + TIME RUN A=50 B=40 C=30 D=20

THEN, DO 4-6-8 STRIDES/ FULL STRETCH

Group A1	rp	p.u.	dist	time	pulse	pace
Chris Arb						
Dan Flanagan						
Andrew Linhares						
Paul Nappier						
John Oliver						
Joe Carlson						
John Kelly						
Danny Meier						
Alex Muntges						
Charlie Samson						
Ben Murphy-B						
Group A2						
Nick Spieser						
Matt Dirnbeck						
Dustin Sump						
Kevin Turckan						
Drew Kaiser						
Andy Bonner						
Group B						
Dan Foldes						
Rob Ryan						
Joe Welling						
Pat Mannhard						
Henry Samson						
Mike Granger						
Dan Marincel						
Shane Mulligan						
Jim Scariot						
Group C						
Greg Abts						
Alex Plurad						
Rob Stretch						
Michael Jonagan						
Jeremy Reynolds						
Tim Schmidt						

Aerobic Grp 1 (D)	r.p.	p.u.	dist	time	pulse	pace
Nick Odem						
Peter Hermann						
Doug Griesenauer						
Thad Winker						
Andy Lueking						
Brian Schnieier						
Aerobic Grp 2 (D)						
Robbie Livergood						
Nick Wingber						
Greg Moore						
Pat Tresslar						
Cory Meyer						
Ryan Shortal						
Steve Baker						
Matt Odenwald						
Freshmen (E)						
Matt Bruns						
Matt Fischer						
Sean Huckenbeck						
(Tim Jansen) X CHECK						
Mike Kelly						
Matt Lawder						
Andrew Louvier						
John Quigley						
(Stephen Rivers) X						
Neil Salsich						
Ben Schmidt						
Sean Scott						
Pat Stuchlik						
(Daniel Viox) X						

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

(*) - NEED TO TAKE IT EASIER TOMORROW. DID NOT RUN EASY ENOUGH TODAY

★ - TOOK IT EASY TODAY. I'D RATHER SEE THIS THAN THE (*) GROUP.

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: 8-21-03 Conditions: HOT! HOT! HOT!

Workout: Jog to west camp/cal/plyos/Distance on new loops or out and back

new freshmen run half mile loop(s) on the aviation/Stretch/Jog Home

Group A1	rp	p.u.	dist	time	pulse	pace
★ Chris Arb			4.6	32:10	—	7:00
(*) Dan Flanagan		HARD COURSE	7.9	55:55	184	7:05
★ Andrew Linhares			4.6	32:10	—	7:10
★ Paul Nappier			4.6	32:40	184	7:06
John Oliver			7.9	57:00	172	7:13
(*) Joe Carlson		HARD COURSE	7.9	55:55	176	7:05
John Kelly			7.9	56:12	188	7:07
Danny Meier			7.9	55:57	180	7:05
Alex Muntges			7.9	53:00	170	6:43
Charlie Samson			7.9	55:57	188	7:05
Ben Murphy-B			7.9	55:57	196	7:05
Joe Marincel						
Group A2						
Nick Spieser			6.8	51:54	180	7:38
Matt Dirnbeck			6.8	51:20	180	7:33
Dustin Sump			6.8	50:42	156	7:27
Kevin Turckan			5.7	43:46	180	7:41
Drew Kaiser			6.8	51:20	164	7:33
Andy Bonner			5.7	47:12	172	8:17
Group B						
Dan Foldes			6.8	50:59	176	7:30
Rob Ryan			5.7	45:03	180	7:54
Joe Welling			3.5	25:30	190	7:17
Pat Mannhard			5.7	43:46	160	7:41
Henry Samson			5.7	43:46	172	7:41
Mike Granger			6.8	51:14	168	7:32
Dan Marincel						
Shane Mulligan			6.8	51:15	186	7:32
Jim Scariot			5.7	46:58	144	8:14
Group C						
Greg Abts		5.7	5.7	44:18	186	7:46
Alex Plurad			5.7	45:18	184	7:57
Rob Stretch				44:18	192	7:46
Michael Jonagan						
Jeremy Reynolds			3.5	27:45	160	7:56
Tim Schmidt			5.7	46.04	188	8:05
Tyler Faust			3.5	28:06	168	8:02
Aerobic Grp 1						
Nick Odem			3.5	28:31	156	8:09
Peter Hermann			3.5	31:05	192	8:53
Doug Griesenauer			3.5	28:41	180	8:12
Thad Winker			3.5	31:10	180	8:54
Andy Lueking			3.5	29:30	192	8:26
Brian Schnieier			3.5	28:30	192	8:09
Tom Campbell			3.5	27:17	180	7:48

Aerobic Grp 1	r.p.	p.u.	dist	time	pulse	pace
Dave Rhoades			3.5	28:06	208	8:02
Matt Angeli			3.5	30:43	186	8:47
Killian Hagen			3.5	29:33	184	8:27
Aerobic Grp 2						
Robbie Livergood			3.5	30:07	196	8:36
Nick Wingber			3.5	33:27	208	9:33
Greg Moore			3.5	32:38	172	9:19
Pat Tresslar			3.5	31:05	240	8:53
Cory Meyer			3.5	36:22	200	10:23
Ryan Shortal			3.5	38:41	200	11:03
Steve Baker			3.5	31:28	208	8:59
Matt Odenwald			3.5	31:04	192	8:53
Cole Hellman						
Freshmen						
Matt Bruns ✓			2	16:22	160	8:11
Matt Fischer ✓			1.5	16:50	164	11:13
Sean Huckenbeck ✓			1.5	13:51	200	9:14
Tim Jansen						
Mike Kelly ✓			2	19:25	164	9:42
Matt Lawder ✓			2.5	16:33	212	8:17
Andrew Louvier						
Neil Salsich ✓			3	23:30	160	
Ben Schmidt ✓			2	16:28	180	8:14
Sean Scott						
Nathan Banet ✓			3	22:45	152	
Sam Emery ✓			2	17:40	160	
Michael McBride ✓			1.5	13:51	180	
Sean Kickham ✓			2	17:40	184	
Daniel Menius ✓			2	16:00	180	
Peter Heagney ✓			3	22:08	160	
Pat Stuchlik						
Matt Fiedler ✓ •			2	17:42	172	
Ted Floros ✓ •			2	19:25	160	
Paul Heffernan •						
Brian Hilderbrand ✓ •			2	16:00	180	
Jerry Lakin •						
John Micich ✓ •			2	18.03	178	
John Newcomer ✓ •			2	17:34	160	
Gabe Pilla ✓ •			2	20:25	280	
Kevin Rushing ✓ •			2	16:00	170	
Bobby Simpson •						
Peter Simpson •						
Andrew Vatterott ✓ •			2	15:18	172	
Dan Zdrodowski ✓ •			1.5	15:15	188	
JAIME DELVALLE			1.5	13:00	180	

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

• LUKE DANG

FRESHMEN WERE A BIT DISORGANIZED, BUT THERE WERE SEVERAL BRIGHT SPOTS. OVERALL, IT WAS GOOD, BUT NOT GREAT

MTG: HEAT, PATIENCE, (ROSTER), ATTENDANCE, SATURDAY, LABOR DAY

PRAISE!

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-~~27~~ 22-03 Conditions: CORE/(NVERO)

Workout: Jog to west camp/cal/~~plyos~~/Distance on new ~~loops or~~ out and back (2)-(3)-(4)-(5)-(6)-(7)-(8)-(9)-(10)

~~new freshmen run half mile loop(s) on the aviation~~/Stretch/Jog Home

Group A1	rp	p.u.	dist	time	pulse	pace
Chris Arb			8	53:33	172	
Dan Flanagan			6	40:41	176	6:47
Andrew Linhares			8	53:33	180	
Paul Nappier			8	54:05	184	
John Oliver			6	40:05	180	6:41
Joe Carlson			8	55:59	172	
John Kelly			8	53:46	180	
Danny Meier			8	55:58	160	
Alex Muntges			8	51:24	152	
Charlie Samson			8	53:33	172	
Ben Murphy-B			8	55:09	188	
Joe Marincel			8	53:33	168	
Group A2						
Nick Spieser			8	58:47	164	
Matt Dirnbeck			8	59:04	164	
Dustin Sump			8	58:53	168	
Kevin Turckan			8	59:04	164	
Drew Kaiser			8	59:04	164	
Andy Bonner			6	46:01	180	7:40
Group B						
Dan Foldes			6	40:17	168	6:43
Rob Ryan			6	43:48	176	7:18
Joe Welling			6	43:42	180	7:17
Pat Mannhard			6	42:00	176	7:00
Henry Samson			6	42:00	176	7:00
Mike Granger			8	59:04	164	
Dan Marincel			6	47:06	172	7:51
Shane Mulligan			6	42:00	176	7:00
Jim Scariot	LOST/LOOKING FOR BATHROOM		7-8	56:15	150	
Group C						
Greg Abts			5	36:25	184	7:17
Alex Plurad			5	38:28	184	
Rob Stretch			5	36:25	188	7:17
Michael Jonagan			5	34:51	180	6:58
Jeremy Reynolds			5	36:36	188	7:19
Tim Schmidt			5	36:25	172	7:17
Tyler Faust			5	38:28	168	
Aerobic Grp 1						
Nick Odem			5	39:37	184	7:55
Peter Hermann			4	33:58	188	8:30
Doug Griesenauer			4	30:47	180	7:42
Thad Winker	INJ-		2	17:23	160	
Andy Lueking			4	34:11	168	
Brian Schnieier			4	30:10	184	
Tom Campbell			4	31:30	156	
LUKE DANC			4	41:03	180	

Aerobic Grp 1	r.p.	p.u.	dist	time	pulse	pace
Dave Rhoades			4	34:22	196	
Matt Angeli			4	30:45	180	
Killian Hagen			4	30:48	200	
Aerobic Grp 2						
Robbie Livergood			4	34:13	196	
Nick Wingber			4	40:19	192	
Greg Moore			5	39:55	188	
Pat Tresslar			4	34:35	224	
Cory Meyer			4	40:19	204	
Ryan Shortal			4	42:23	196	
Steve Baker			4	33:59	200	
Matt Odenwald			4	34:15	196	
Cole Hellman			4			
Freshmen						
Matt Bruns			3	24:00	172	
Matt Fischer			3	32:00	140	
Sean Huckenbeck			3	25:46	208	
Tim Jansen						
Mike Kelly			3	28:20	180	
Matt Lawder			3	23:48	164	
Andrew Louvier						
Neil Salsich			3	23:05	172	
Ben Schmidt			3	23:48	180	
Sean Scott			3	28:10	160	
Nathan Banet			3	23:05	162	
Sam Emery						
Michael McBride			3	25:46	196	
Sean Kickham			3	28:10	188	
Daniel Menius			3	23:48	180	
Peter Heagney			4	30:00	160	7:30
Pat Stuchlik						
Matt Fiedler			2	16:35	171	8:17
Ted Floros			2	19:10	160	9:35
Paul Heffernan						
Brian Hilderbrand			3	24:00	200	
Jerry Lakin						
John Micich			2	17:10	180	8:35
John Newcomer			2	16:38	170	8:15
Gabe Pilla			2	19:22	156	9:41
Kevin Rushing			3	23:48	170	
Bobby Simpson						
Peter Simpson						
Andrew Vatterott			3	23:05	156	
Dan Zdrodowski			2	20:40	180	10:20
JAMIE			2	28:09	180	
SCHMIDT, P.			2	23:48	170	

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

good off-pace

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: 8-24-03 Conditions: pleasant morning 70+

Workout: Jog to fartlek loop camp/cal/stretch/Fartlek on loop: 6-5-4-3-2 w/90 sec hrd every 3:30

new freshmen and those in aero groups run steady state/cool down 2-1-1/2/2nd cal/stretch

	Group A1	rp	p.u.	dist	time	pulse	pace
6:45	Chris Arb 2	w		6.5	35:52	178	[illegible]
6:30	Dan Flanagan 1	w		6	38:43	188	6:27
6:30	Andrew Linhares	w		6	38:43	196	6:27
6:45	Paul Nappier 2	w		3	20:58	156	6:59
6:30	John Oliver 1	w		6	40:00	190	6:40
6:30	Joe Carlson 1	w		6	38:43	184	6:27
6:45	John Kelly 2	w		6	38:53	188	6:29
6:45	Danny Meier 2	w		6	38:43	184	6:27
6:30	Alex Muntges 1	w	TR	6	40:00	178	
6:30	Charlie Samson 1	w		6	38:43	176	6:27
6:30	Ben Murphy-B 1	w		6	38:43	196	6:27
6:30	Joe Marincel 1	w		6	39:04	168	6:31
	Group A2					(87)	
7:00	Nick Spieser 3	w		6	41:07	187	6:51
6:45	Matt Dirnbeck 2	w		6	39:13	200	6:32
7:00	Dustin Sump 3	w		6	43:00	188	7:10
7:15	Kevin Turckan 4	w		6	43:19	180	7:13
6:45	Drew Kaiser 2	w		6	27:20	160	6:51
7:00	Andy Bonner 3	w	5	6	39:33	180	7:55
	Group B						
7:00	Dan Foldes 3	w		5	33:48	172	
7:15	Rob Ryan 4	w		4	29:07	188	7:17
7:15	Joe Welling 4	w		4	28:14	186	7:03
7:00	Pat Mannhard 3	w		5	33:50	184	6:47
7:00	Henry Samson 3	w		5	33:47	192	6:45
7:00	Mike Granger 3	w		5	33:47	172	6:45
7:15	Dan Marincel 4	w		5	34:15	188	6:51
7:00	Shane Mulligan 3	w		5	33:49	192	6:46
7:15	Jim Scariot 4	w		5	37:10	196	7:20
	Group C						
7:30	Greg Abts 5			4	29:15	176	7:19
7:30	Alex Plurad 5			4	29:43	188	7:26
7:30	Rob Stretch 5			4	29:15	196	7:19
7:15	Michael Jonagan 4			4	28:04	192	7:01
7:30	Jeremy Reynolds 5			4	29:22	188	7:21
7:15	Tim Schmidt 4			4	28:52	196	7:13
7:30	Tyler Faust 5			4	31:01	172	7:45
s.s.	**Aerobic Grp 1**						
	Nick Odem C			4	31:07	192	7:47
	Peter Hermann C			4	31:59	178	8:00
	Doug Griesenauer C			4	31:50	180	7:58
	Thad Winker			4.3	X	—	
	Andy Lueking			3	24:17	176	8:06
	Brian Schnieier C			4	31:26	192	7:51
	Tom Campbell			4	X	—	

Aerobic Grp 1	r.p.	p.u.	dist	time	pulse	pace
Dave Rhoades			3	24:39	192	8:13
Matt Angeli C			4	32:40	228	8:10
Killian Hagen C			4	31:50	188	7:58
Aerobic Grp 2						
Robbie Livergood			4	X	—	
Nick Wingber			4	34:29	208	8:37
Greg Moore		3	4	24:30	188	8:10
Pat Tresslar		2	4	17:32	228	8:46
Cory Meyer		3	4	30:40	180	10:13
Ryan Shortal			3	26:16	200	8:45
Steve Baker			4	34:22	196	8:36
Matt Odenwald			4	X	—	
Cole Hellman			3	X	—	
Freshmen						
Matt Bruns * 4			3	23:51	148	7:57
Matt Fischer	3		3	30:13	168	10:04
Sean Huckenbeck	3		3	23:51	200	7:57
Tim Jansen		?				
Mike Kelly * 4			3	25:14	180	8:25
Matt Lawder * 4			3	24:40	188	8:13
Andrew Louvier		?				
Neil Salsich * 4			3	24:48	156	8:16
Ben Schmidt * 4			3	24:37	180	8:12
Sean Scott	3		2	16:41	162	8:22
Nathan Banet * 4			3	22:42	158	7:34
Sam Emery	3	?	3	30:12	160	10:04
Michael McBride		(2)	3	16:40	200	8:20
Sean Kickham	3		2	16:42	168	8:21
Daniel Menius * 4			2.5	20:50	150	8:20
Peter Heagney * 4			3	21:52	164	7:17
Pat Stuchlik		?				
Matt Fiedler	3		3	30:12	192	10:04
Ted Floros	3		2	19:06	150	9:33
Paul Heffernan		?				
Brian Hilderbrand	3		2.5	21:00	192	8:24
Jerry Lakin	3	?	2	17:30	214	8:45
John Micich		(2)	2	17:18	178	8:39
John Newcomer	3		3	26:54	200	8:58
Gabe Pilla	3		2	19:13	178	9:37
Kevin Rushing * 4			3	24:16	180	8:05
Bobby Simpson		(2) ?	2	21:20	160	10:40
Peter Simpson		(2) ?	2	23:30	120	9:24
Andrew Vatterott *			3			OK
Dan Zdrodowski		(2)	2	22:20	172	11:10
JAMIE devaille			2	E		

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

Nappier 5 - 36:24

DANG 3 25:20 164

P. SCHMIDT, (3) 2 160

HOLTZHAUSER 2.2. 190

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

GOELTZ 2.2. 180

DATE: 8-26-03 Conditions: Heat warning, 105 index Castellano 2.2. 17:38 168

Workout: Jog to west camp: core/cal/dymanic str/accel drill/out and back w/ water stops: 8-7-6-5-4-3-2.2- (course loop) in two groups 8 and 9 min/stretch

Group A1	rp	p.u.	dist	time	pulse	pace
Chris Arb			7	49:31	168	
Dan Flanagan			7	49:41	172	
Andrew Linhares						✓
Paul Nappier			7	49:46	172	
John Oliver			7	49:41	176	
Joe Carlson			7	53:14	156	
John Kelly			7	49:31	164	
Danny Meier						✓
Alex Muntges			7	49:26	144	
Charlie Samson			7	49:30	168	
Ben Murphy-B			7	49:26	184	
Joe Marincel			7	49:31	168	
Group A2						
Nick Spieser			7	53:19	172	
Matt Dirnbeck			7	56:54	152	
Dustin Sump			7	56:54	148	
Kevin Turckan			7	56:54	164	
Drew Kaiser			7	56:54	160	
Andy Bonner			6	54:30	180	✓
Group B						
Dan Foldes (2)			6	45:07	160	
Rob Ryan (3)			6	48:05	176	
Joe Welling (2)			6	47:40	186	
Pat Mannhard (2)			6	45:07	172	
Henry Samson (2)			6	45:07	172	
Mike Granger (2)			7	56:54	156	
Dan Marincel (3)			6	48:05	184	
Shane Mulligan (2)			6	45:07	192	
Jim Scariot (3)			6	50:37	184	
Group C						
Greg Abts (3)			4	31:29	180	
Alex Plurad (3)			4	35:20	188	
Rob Stretch (3)			4	31:29	180	
Michael Jonagan (3)			4	34:07	184	
Jeremy Reynolds (3)			4			
Tim Schmidt (3)			4	31:29	180	
Tyler Faust (4)			4	31:55	176	
~~[illegible]~~			3	25:30	168	
C4 Nick Odem			4	32:20	196	
C4 Peter Hermann			4	40:02	132	
C4 Doug Griesenauer			4	36:17	172	
D5 Thad Winker			3	29:29	160	
D4 Andy Lueking			3	30:45	—	
C4 Brian Schnieier			4	36:15	168	
D4 Tom Campbell			4	40:02	168	

Aerobic Grp 1	r.p.	p.u.	dist	time	pulse	pace
Dave Rhoades D4			3	27:50	184	
Matt Angeli C4			4	36:14	168	
Killian Hagen C4			4	36:15		
Aerobic Grp 2						
Robbie Livergood C4			4	36:17	176	
Nick Wingber C4			~~4~~ 3	28:50	180	
Greg Moore C4			4	32:10	184	
Pat Tresslar D5			3	28:30	224	
Cory Meyer D5			3	32:50	180	
Ryan Shortal D5			3	26:18	204	
Steve Baker C4			4	40:02	196	
Matt Odenwald C4			~~4~~ 3	26:38	192	
Cole Hellman D4			3	26:38	236	
Freshmen						
Matt Bruns			3	30:48	226	
Matt Fischer			2.2	17:38	172	
Sean Huckenbeck			3	27:25	180	
~~Jim Janssen~~						
Mike Kelly			3	30:01	184	
Matt Lawder			3	208	26:30	
Andrew Louvier			3	21:21		
Neil Salsich			3	27:25	164	
Ben Schmidt			3	~~140~~	27:25	
Sean Scott						
Nathan Banet			3	152	26:38	
Sam Emery			2.2	17:28	160	
Michael McBride			2.2	17:38	200	
Sean Kickham			2.2	17:38	186	
Daniel Menius			3	29:06	168	
Peter Heagney			3	26:38	120	
Pat Stuchlik						
Matt Fiedler			2.2	17:38	172	
Ted Floros			2.2	21:20	180	
Paul Heffernan						
Brian Hilderbrand			2.2	17:38	186	
Jerry Lakin			2.2	17:38	184	
John Micich			2.2.	17:38	180	
John Newcomer			2.2	17:38	150	
Gabe Pilla						
Kevin Rushing			3	26:34	180	
Bobby Simpson			2.2	21:21	164	
Peter Simpson			2.2.	"	172	
Andrew Vatterott			3	26:38	136	
Dan Zdrodowski			2.2.	21:25	144	
ANDREW LAVIER			2.2	21:20	162	

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

PAT SCHMIDT 2.2 ~~3~~ 184 17:38 164

ANDREW 2.2 3 24:50 ~~180~~

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: 8-28-03 Conditions:

Workout: Jog to west camp: cal/dymanic str/~~nuero~~ plyo/A, B on Concordia loop 10-8/C-E on new grass

loops: 6-5-4-3-2/strides/stretch/jog

Group A1		p.u.	dist	time	pulse	pace
Arb, Chris	33		8	54:17	188	6:47
Carlson, Joe	39		8	57:15	168	7:09
Flanagan, Dan	36		8	55:44	172	6:58
Kelly, John	45		8	54:25	184	6:48
Linhares, Andrew	72		8	54:17	160	6:47
Marincel, Joe	35		8	54:17	176	6:47
Meier, Danny	53		8	54:17	164	6:47
Muntges, Alex	42		8	54:17	144	6:47
Murphy-Baum	51		8	54:17	192	6:47
Nappier, Paul	30		8	47:52	140	6:59
Oliver, John	63		8	54:17	166	6:47
Samson, Charlie	84		8	54:17	176	6:47
Group A2						
Bonner, Andy	60		8	1:01:51	180	7:44
Dirnbeck, Matt	50		8	1:00:50	164	7:36
Kaiser, Drew	30		8	1:00:50	160	7:36
Speiser, Nick	41		8	1:01:51	168	7:44
Sump, Dustin	65		8	1:00	152	7:30
Group B2						
Foldes, Dan	62		8	1:01:51	152	7:44
Granger, Mike	65		8	1:01:51	164	7:44
Mannhard, Pat	66		8	1:01:20	132	7:40
Marincel, Dan	40		8	1:01:51	168	7:44
Mulligan, Shane	80		8	1:01:08	160	7:39
Samson, Henry	62		8	1:01:08	140	7:39
Welling, Joe	52		8	1:00:00	156	7:30
Group B3						
Abts, Greg	38		6.6	55:17	176	8:23
Jonagan, Mike	35		4.6	37:06	164	8:04
Ryan, Rob	41	B2	8	1:01:51	176	7:44
Scariot, Jim	35		6.6	55:17	176	8:23
Stretch, Rob	50		6.6	55:17	176	8:23
Turkcan, Kevin	39	B2	8	1:01:51	160	7:44
Group C3						
Campbell, Tom	27		4.6	37:45	162	8:12
Heagney, Pete	30		4.6	37:04	148	8:04
Herman, Peter	40		4.6	37:45	176	8:12
Odem, Nick	35		4.6	38:43	192	8:25
Schmidt, Tim	47		6.6	55:17	176	8:23
Group C4						
Faust, Tyler	30		4.6	37:16	172	8:06
Griesenauer, Doug	35		4.6	36:26	196	7:55
Luecking, Andy	20		—	DNF	—	
Plurad, Alex	35		4.6	37:39	188	8:11
Reynolds, Jeremy	40		4.6	37:28	180	8:09
Schneier, Brian	35		4.6	37:39	180	8:11
Group D3						
Nathan Banet	40		4.5	36:42	160	8:09

Group D4	r.p.	p.u.	dist	time	pulse	pace	
Ayala, Tony	25		3.3	36 ?		10:55	3
Bruns, Matt	41		4.5	45:09	142	10:02	3
Dang, Luke	47		4.5	42:18	168	9:24	4
Faber, Phil	22		4.5	42:18	196	9:24	4
Goeltz, Willie	24	✓	4.5	38:10	208	8:29	4
Hagen, Killian	32	✓	4.5	38:02	180	8:27	4
Hukenbeck, Sean	40		4.5	43:28	200	9:40	4
Kelly, Mike	30		4.5	45:09	208	10:02	4
Lawder, Matt	20		3.3	30:21	220	9:13	3
Menius, Dan	30		3.3	31:28	160	9:32	3
Rhoeds, David	36		4.5	DNF	—		4
Rushing, Kevin	30		4.5	43:28	180	9:40	4
Salsich, Neil	40		4.5	40:03	176	8:54	4
Schmidt, Ben	46		4.5	43:28	180	9:40	4
Vatterott, Andrew	47	D3	3.3	25:15	172	7:39	4
Group D5							
Angeli, Matt	18		3.3	28:56	160	8:46	4
Baker, Steve	27		3.3	27:55	196	8:28	4
Castellano, Paul	50		3.3	30:36	184	9:16	3
delValle, Jamie	25		3.3	32:09	180	9:45	3
Fisher, Matt	23		3.3	42:59	168	13:02	3
Floros, Ted	15		3.3	31:21	180	9:30	3
Hellman, Cole	25		3.3	28:56	200	8:46	4
Hilderbrand, Brian	34		3.3	27:55	160	8:28	4
Kickham, Sean	30		3.3	31:19	188	9:29	3
Koller, A J	30		3.3	30:14	184	9:10	3
Livergood, Robbie	25		3.3	28:02	192	8:30	4
Louvier, Andrew	Ø		3.3	37:32	168	11:22	3
McBride, Michael	30		3.3	30:14	200	9:10	3
Meyer, Cory	30		3.3	37:20	176	11:19	3
Moore, Greg	32		4.5	37:28	180	8:20	4
Newcomer, John	34		3.3	26:47	160	8:	3
Odenwald, Matt	31		3.3	28:56	200	8:46	4
Schmidt, Pat	30		3.3	29:04	192	8:48	3 ?
Scott, Sean	40		3.3	33:57	154	10:17	3
Shortal, Ryan	20		3.3	32:30	188	9:51	4
Tresslar, Pat	25		3.3	29:45	220	9:01	4
Wingbermuehle	29		3.3	29:25	200	8:55	4
Group E6							
Emery, Sam	25		3.3	35:13	164	10:40	3
Fiedler, Matt	30		3.3	35:13	156	10:40	3
Holtshouser, Mike	30		3.3	29:25	200	8:55	4
Lakin, Jerry	25		3.3	34:16	176	10:23	3
Micich, John	27		3.3	32:01	189	9:42	3
Pill, Gabe	51		3.3	42:13	160	12:48	3
Simpson, Bobby	15		3.3	40:51	164	12:23	3
Simpson, Peter	15		3.3	39:36	196	12:00	3
Winker, Thad	CE			—			
Zdrodowski, Dan	25		3.3	43:14	164	13:06	3
Zylka, Peter	10		3.3	40:23	172	12:14	3

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

4: 20:00 22 5 6 9:00

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

1= 16:45 2 = 17:30 3= 18:30-19:00

DATE: 8-28-03 Conditions:

Workout: Jog to west camp: core/cal/dymanic str/nuero/split practice: C-E out and back 6-5-4-3-2 at aero or steady state/A & B 5 x 1K at easy race pace 3 min rest 3 m cool/strides/stretch jog

	Group A1		p.u.	dist	time	pulse	pace
17:15	Chris Arb A1	3:26	3:25	3:26	3:25	3:25	:21
17:00	Dan Flanagan A1	3:28	3:27	3:24	3:26	3:26	x
16:45	Andrew Linhares A1	:23	3:20	3:23	3:22	3:20	:20
17:15	Paul Nappier A1	3:27	3:26	3:37	x	3:23	:24
17:15	John Oliver A1	3:27	3:26	3:26	3:30	3:29	:37
17:00	Joe Carlson A1	3:28	3:25	3:27	3:30	3:29	x
17:30	John Kelly A1	3:29	3:29	3:30	3:28	3:28	:32
17:15	Danny Meier A1	3:28	3:28	3:28	3:26	:28	:43
16:30	Alex Muntges A1	3:19	3:19	3:19	3:19	x	x
17	Charlie Samson A1	3:25	3:23	3:25	3:23	:24	:22
17:30	Ben Murphy-B A1	3:31	3:30	3:30	3:27	:30	x
17	Joe Marincel A1	3:26	3:25	3:22	3:28	3:28	188
	Group A2						
18:15	Nick Spieser A2	3:45	3:42	3:39	3:38	3:35	192
18:15	Matt Dirnbeck A2	3:44	3:41	3:39	3:39	3:33	204
16:30	Dustin Sump A2	3:50	3:48	3:48	3:51	3:49	188
16:30	Kevin Turckan	3:51	3:48	3:49	3:56	3:56	188
3:39	Drew Kaiser A2	3:44	3:40	3:38	3:39	3:39	180
18:15	Andy Bonner A2	3:45	3:45	3:47	3:53	3:41	180
	Group B						
16:15	Dan Foldes B2	3:38	3:39	3:38	3:44	3:31	192
18:30	Rob Ryan	3:51	3:45	3:46	3:54	3:54	180
16:30	Joe Welling B2	3:50	3:46	3:45	3:45	3:40	188
18:15	Pat Mannhard B2	3:45	3:41	3:39	3:37	3:30	192
18:15	Henry Samson B2	3:40	3:39	3:36	3:36	3:29	192
18:15	Mike Granger B2	3:38	3:36	3:34	3:36	3:30	176
16:30	Dan Marincel B2	3:51	3:47	3:45	3:44	3:39	192
18:15	Shane Mulligan B2	3:46	3:42	3:42	3:40	3:36	200
	Jim Scariot B3						
	Group C						
	Greg Abts B3						
	Alex Plurad C4						
	Rob Stretch B3						
	Michael Jonagan B3						
	Jeremy Reynolds C4						
	Tim Schmidt C3						
	Tyler Faust C4						
	Aerobic Grp 1						
	Nick Odem C3						
	Peter Hermann C3						
	Doug Griesenauer C4						
	Thad Winker E5						
	Andy Lueking C4						
	Brian Schnieier C4						
	Tom Campbell C3						

	Aerobic Grp 1	r.p.	p.u.	dist	time	pulse	pace
	Dave Rhoades D4						
	Matt Angeli D5						
	Killian Hagen D4						
	Aerobic Grp 2						
	Robbie Livergood D5						
	Nick Wingber D5						
	Greg Moore D5						
	Pat Tresslar D5						
	Cory Meyer D5						
	Ryan Shortal D5						
	Steve Baker D5						
	Matt Odenwald D5						
	Cole Hellman D5						
	Freshmen						
	Matt Bruns D4						
	Matt Fischer D5						
	Sean Huckenbeck D4						
	~~Tim Jansen~~						
	Mike Kelly D4						
	Matt Lawder D4						
	Andrew Louvier D5						
	Neil Salsich D4						
	Ben Schmidt D4						
	Sean Scott D5						
	Nathan Banet D3						
	Sam Emery D6						
	Michael McBride D5						
	Sean Kickham D5						
	Daniel Menius D4						
	Peter Heagney C3						
	~~Pat Stuchlik~~ PAT SCARIOT D5						
	Matt Fiedler D6						
	Ted Floros D5						
	~~Paul Heffernan~~						
	Brian Hilderbrand D5						E6
	Jerry Lakin E6						
	John Micich D6				AMALA		D4
	John Newcomer D5						
	Gabe Pilla E6				Koller		D5
	Kevin Rushing D4						
	Bobby Simpson E6				Caskland		D5
	Peter Simpson E6						
	Andrew Vatterott D4						
	Dan Zdrodowski E4				Ae Velle		D5
	add new names on back						

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

GOETZ D4 FABER D4

WOLTZHAUER D6 DANG D4

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: 8-28-03 Conditions:

Workout: Jog to west camp: core/cal/dymanic str/nuero/split practice: C-E out and back 6-5-4-3-2 at aero or steady state/A & B 5 x 1K at easy race pace 3 min rest 3 m cool/strides/stretch jog

Group A1		p.u.	dist	time	pulse	pace
Chris Arb						
Dan Flanagan						
Andrew Linhares						
Paul Nappier						
John Oliver						
Joe Carlson						
John Kelly						
Danny Meier						
Alex Muntges						
Charlie Samson						
Ben Murphy-B						
Joe Marincel						
Group A2						
Nick Spieser						
Matt Dirnbeck						
Dustin Sump						
Kevin Turckan						
Drew Kaiser						
Andy Bonner						
Group B						
Dan Foldes	2					
Rob Ryan	3					
Joe Welling	2					
Pat Mannhard	2					
Henry Samson	3					
Mike Granger	3					
Dan Marincel	3					
Shane Mulligan	3					
Jim Scariot	3	5		5	34:54	176
Group C						
Greg Abts	3	5		5	34:25	192
Alex Plurad	3			4	29:22	200
Rob Stretch	3	5		5	34:25	188
Michael Jonagan	3	5		5	33:54	192
Jeremy Reynolds	3			4	28:15	168
Tim Schmidt	2	5		5	34:46	196
Tyler Faust	4			4	29:53	168
Aerobic Grp 1						
Nick Odem	3			4	28:20	196
Peter Hermann	4			4	28:42	196
Doug Griesenauer	4			4	29:30	188
Thad Winker	5			—		
Andy Lueking	4			4	33:00	172
Brian Schnieier	4			4	29:50	188
Tom Campbell	4			4	28:42	180

Aerobic Grp 1	r.p.	p.u.	dist	time	pulse	pace
Dave Rhoades	4		4	29:40	208	
Matt Angeli	4		4	31:03	154	
Killian Hagen	4		4	29:30	192	
Aerobic Grp 2						
Robbie Livergood	4		4	31:08	192	
Nick Wingber	5		3	24:29	188	
Greg Moore	3		4	31:20	200	
Pat Tresslar	5		—			
Cory Meyer	5		3	26:30	188	
Ryan Shortal	5		3	25:11	204	
Steve Baker	4		4	31:49	200	
Matt Odenwald	4		3	23:48	204	
Cole Hellman	4		3	24:01	200	
Freshmen						
Matt Bruns	4		3	22:28	180	
Matt Fischer	5		3	27:48	178	
Sean Huckenbeck	4		3	21:43	180	
~~Tim Jansen~~						
Mike Kelly	5		3	22:33	184	
Matt Lawder	4		3	22:19	200	
Andrew Louvier	5		2	16:18	168	
Neil Salsich	4		3	22:35	172	
Ben Schmidt	4		3	22:28	176	
Sean Scott	5		2	16:35	164	
Nathan Banet	4		3	20:08	160	
Sam Emery	5		3	27:20	156	
Michael McBride	5		3	24:31	208	
Sean Kickham	5		3	25:20	208	
Daniel Menius	4		3	~~[illegible]~~ 22:[illegible]	164	
Peter Heagney	4		4	28:24	156	
~~Pat Schmidt~~			3	24:31	208	
Matt Fiedler	5		3	27:48	186	
Ted Floros	5		2	16:20	172	
~~Paul Heffernan~~						
Brian Hilderbrand	5		3	24:10	180	
Jerry Lakin	5		3	20:05	174	
John Micich	5		3	28:04	191	
John Newcomer	5		3	23:15	175	
Gabe Pilla	5		2	18:23	180	
Kevin Rushing	4		3	21:40	196	
Bobby Simpson	5		2	20:51	176	
Peter Simpson	5		2	20:39	196	
Andrew Vatterott	4		3	21:52	186	
Dan Zdrodowski	5		2	20:25	180	
add new names on back			2	16:09	172	

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

Castellano 2

Petr Zylka 2 15:50 200

Koller 15:45 204

Luke Dang D4 3 23:48 170

FABER 3 23:48 200

AVALA 2 15:15 200

~~Dan~~ ZYLKA 3 22:48 208

GOELTZ

HOLTSHOUSER 3 25:11 216

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

A & B = 50 MIN TIMED RUN (RAIN) = C-E Cancel except Jog

DATE: 8-29-03 Conditions:

Workout: Jog to west camp: cal/core/dymanic str/nuero/A, B recovery timed run 50 min on grass/2nd cal/4

C-D-E on O & B loops: 6-5-4-3-2/strides/stretch/jog

Group A1		p.u.	dist	time	pulse	pace
Arb, Chris	✓					
Carlson, Joe	✓					
Flanagan, Dan	✓					
Kelly, John	✓					
Linhares, Andrew	✓					
Marincel, Joe	✓					
Meier, Danny	✓					
Muntges, Alex	✓					
Murphy-Baum	✓					
Nappier, Paul	✓					
Oliver, John	✓					
Samson, Charlie	✓					
Group A2						
Bonner, Andy	✓					
Dirnbeck, Matt	✓					
Kaiser, Drew	✓					
Speiser, Nick	✓					
Sump, Dustin	✓					
Group B2						
Foldes, Dan	✓					
Granger, Mike	116					
Mannhard, Pat	✓					
Marincel, Dan	✓ 128					
Mulligan, Shane	✓					
Ryan, Rob	✓					
Samson, Henry	✓					
Turckan, Kevin	120					
Welling, Joe	✓					
Group B3						
Abts, Greg	128					
Jonagan, Mike	✓					
Scariot, Jim	✓					
Stretch, Rob	✓					
Group C3						
Campbell, Tom			4			
Heagney, Pete			4			
Herman, Peter			4			
Odem, Nick			4			
Reynolds, Jeremy			4			
Schmidt, Tim	126		4			
Group C4						
Faust, Tyler			4			
Griesenauer, Doug			4			
Luecking, Andy			4			
Plurad, Alex			4			
Schneier, Brian			4			
Group D3						
Nathan Banet			4			
Andrew Vatterott			4			

Group D4	r.p.	p.u.	dist	time	pulse	pace
Ayala, Tony			3			
Bruns, Matt			3			
Dang, Luke			4			
Faber, Phil			4			
Goeltz, Willie			4			
Hagen, Killian			4			
Hukenbeck, Sean			4			
Kelly, Mike			4			
Lawder, Matt			3			
Menius, Dan			3			
Rhoeds, David			4			
Rushing, Kevin			4			
Salsich, Neil			4			
Schmidt, Ben			4			
Group D5						
Angeli, Matt			4			
Baker, Steve			4			
Castellano, Paul			3			
delValle, Jamie			3			
Fisher, Matt			3			
Floros, Ted			3			
Hellman, Cole			4			
Hilderbrand, Brian			4			
Kickha, Sean			3			
Koller, A J			3			
Livergood, Robbie			4			
Louvier, Andrew			3			
McBride, Michael			3			
Meyer, Cory			3			
Moore, Greg			4			
Newcomer, John			3			
Odenwald, Matt			4			
Schmidt, Pat			3			
Scott, Sean			3			
Shortal, Ryan			4			
Tresslar, Pat			4			
Wingbermuehle			4			
Group E6						
Emery, Sam			3			
Fiedler, Matt			3			
Holtshouser, Mike			4			
Lakin, Jerry			3			
Micich, John			3			
Pill, Gabe			3			
Simpson, Bobby			3			
Simpson, Peter			3			
Winker, Thad			4			
Zdrodowski, Dan			3			
Zylka, Peter			3			

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

C3 & C4 not here on SAT. should go 5 or 6 miles today

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

= MRZOU?

DATE: 8-30-03 Conditions:

Workout: Jog to COURSE camp: cal/str/Drill pre-race/run tempo 5-4-3 and time trial 3.1-2/ extended cool: 2 (1 frosh) then home/stretch

Group A1		p.u.	dist	time	pulse	pace
Arb, Chris	X 8	+	5	30:59	186	6:12
Carlson, Joe	X 16	+	5	31:11	196	6:14
Flanagan, Dan	X 5	+	5	30:39	188	6:08
Kelly, John	X 6	✓	5	31:59	200	6:24
Linhares, Andrew	X 2	++	5	30:25	184	6:05
Marincel, Joe	5K	++	5	30:48	184	6:08
Meier, Danny	X 4	++	5	30:30	176	6:06
Muntges, Alex	X 1	++	5	29:37	164	5:54
Murphy-Baum	X 7	++	5	30:46	196	6:09
Nappier, Paul	X	✓	4	25:46	184	6:27
Oliver, John	X 9	+	5	31:06	172	6:13
Samson, Charlie	X 2	++	5	30:25	192	6:05
Group A2						
Bonner, Andy	5K	X		—		
Dirnbeck, Matt	X	✓	5	32:50	188	6:34
Kaiser, Drew	5K			—		
Speiser, Nick	5K 4	—	4	27:23	188	6:51
Sump, Dustin	5K 4	—	4	27:50	184	6:58
Group B2						
Foldes, Dan	5K	✓	4	25:57	184	6:29
Granger, Mike	5K 4	✓	4	25:50	176	6:27
Mannhard, Pat	5K	✓	4	25:57		6:29
Marincel, Dan	5K	+		19:45	196	6:22
Mulligan, Shane	5K 4	✓	4	26:33	192	6:38
Ryan, Rob	5K	✓		20:10		6:30
Samson, Henry	5K	✓		20:03		6:28
Turckan, Kevin	5K	✓		20:06		6:29
Welling, Joe	5K	++		18:59	✓	6:07
Group B3						
Abts, Greg	5K	+		19:50		6:24
Jonagan, Mike	5K	X		—		
Scariot, Jim	5K	+		19:48	180	6:23
Stretch, Rob	5K	X		—		
Group C3						
Campbell, Tom		✓		21:45		7:01
Heagney, Pete		X		—		
Herman, Peter		X		—		
Odem, Nick	5K	—		22:24	196	7:14
Reynolds, Jeremy		X		—		
Schmidt, Tim		+		19:44	208	6:22
Group C4						
Faust, Tyler		✓		21:56		7:05
Griesenauer, Doug				—		
Luecking, Andy		✓		23:54	X	7:43
Plurad, Alex		✓	5K	21:28	182	6:55
Schneier, Brian		✓		22:37		7:18
Group D3						
Nathan Banet		X		—		
Andrew Vatterott		X		—		

Group D4	r.p.	p.u.	dist	time	pulse	pace
Ayala, Tony		X		—		
Bruns, Matt				14:39		7:20
Dang, Luke		✓	5K	23:07	176	7:27
Faber, Phil		✓		23:26		7:34
Goeltz, Willie				—		
Hagen, Killian		✓		22:57		7:24
Hukenbeck, Sean		✓		15:37	168	7:49
Kelly, Mike		✓		15:00	194	7:34
Lawder, Matt				—		
Menius, Dan		+		14:47		7:24
Rhoeds, David				—		
Rushing, Kevin				—		
Salsich, Neil				—		
Schmidt, Ben		+		14:33		7:17
Group D5						
Angeli, Matt				—		
Baker, Steve				—		
Castellano, Paul		+		14:47		7:24
delValle, Jamie				—		
Fisher, Matt		✓		16:44	186	8:22
Floros, Ted		✓		17:13	172	8:37
Hellman, Cole		✓	5K	26:04	X	8:05
Hilderbrand, Brian		+		14:29		7:28
Kickham, Sean		✓		15:37	168	7:49
Koller, A J		✓		15:00		7:30
Livergood, Robbie				—		
Louvier, Andrew				—		
McBride, Michael		+		14:27		7:28
Meyer, Cory				—		
Moore, Greg				—		
Newcomer, John				—		
Odenwald, Matt		✓	5K	23:07		7:27
Schmidt, Pat		+		14:2		7:11
Scott, Sean		✓		15:43	184	7:52
Shortal, Ryan				—		
Tresslar, Pat				—		
Wingbermuehle		✓	3.1	23:57	X	7:44
Group E6						
Emery, Sam				—		
Fiedler, Matt		✓		16:59	159	8:30
Holtshouser, Mike				—		
Lakin, Jerry				—		
Micich, John		✓		16:43	141	8:22
Pill, Gabe				—		
Simpson, Bobby				—		
Simpson, Peter				—		
Winker, Thad	5K	✓		24:52		8:01
Zdrodowski, Dan	2	—		19:27	164	9:44
Zylka, Peter	2	—		17:56	160	8:58

Reckless Jake

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

-5 SECS? 5280 5350 70 x 2 = 140 extra feet 2.025

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: 9-2-03 Conditions:

Workout: Rain= timed groups or/cal/core/dynamic/jog to field: nuero/A-B:2m/8/8/2m/8/C:2m/8/1/8

D: 1/8/1/8 E: 1/8/8 (run mid tempo/race/hard tempo/negative) ext cool/push/stretch

Group A1		p.u.	dist	time	pulse	pace
Arb, Chris			6	40:52	168	
Carlson, Joe			6	41:17	152	
Flanagan, Dan			6	40:53	164	
Linhares, Andrew			6	40:53	152	
Marincel, Joe			6	40:49	160	
Meier, Danny			6	41:11	148	
Muntges, Alex			6	40:49	148	
Murphy-Baum			6	40:57	172	
Oliver, John			6	41:37	150	
Samson, Charlie			6	41:45	148	
Kelly, John			6	41:14	160	
Nappier, Paul			6	40:52	176	
Group A2						
Dirnbeck, Matt			6	43:37	164	
Kaiser, Drew			6	42:25	164	
Bonner, Andy			6	47:35	172	
Speiser, Nick			6	43:47	172	
Sump, Dustin			6	43:48	156	
Group B2						
Foldes, Dan			6	40:55	152	
Granger, Mike			6	46:38	X	
Mannhard, Pat			6	45:00	148	
Mulligan, Shane			6	43:48	160	
Welling, Joe			6	45:00	160	
Marincel, Dan			6	46:30	160	
Ryan, Rob			6	49:14	X	Bathroom
Samson, Henry			6	45:00	160	
Turckan, Kevin			6	46:30	168	
Group B3						
Abts, Greg			6	46:38	160	
Scariot, Jim			6	49:14	X	Bathroom
Jonagan, Mike			5	39:16	164	
Stretch, Rob			6	46:30	176	
Group C3						
Heagney, Pete			5	34:56	144	
Schmidt, Tim			5	34:56	168	
Campbell, Tom			5	38:04	164	
Plurad, Alex			5	36:46	180	
Herman, Peter			5	36:46	180	
Reynolds, Jeremy			5	33:57	168	
Group C4						
Faust, Tyler			5	36:46	164	
Griesenauer, Doug			5	38:43	180	
Luecking, Andy			5	39:10	188	
Odem, Nick			5	36:26	188	
Schneier, Brian			5	39:36	172	
Group D3						
Nathan Banet			4	27:25	160	
Andrew Vatterott			4	28:37	156	

Group D4	r.p.	p.u.	dist	time	pulse	pace
Bruns, Matt			4	34:56	160	
Castellano, Paul			4	28:35	180	
Dang, Luke			4	27:25	172	
Faber, Phil			4	29:35	175	
Goeltz, Willie			4	31:48	176	
Hagen, Killian			4	27:25	200	
Hilderbrand, Bn			4	29:37	180	
Kelly, Mike			4	30:08	176	
Koller, A J			4	31:39	200	
Lawder, Matt			4	28:36	208	
McBride, Michael			4	31:39	192	
Menius, Dan			4	30:35	160	
Odenwald, Matt			4	32:22	184	
Rhoads, David			4	27:25	208	
Rushing, Kevin			4	29:37	176	
Salsich, Neil			4	29:37	180	
Schmidt, Ben			4	30:08	176	
Schmidt, Pat			4	30:08	178	
Group D5						
Angeli, Matt			4	28:20	160	
Ayala, Tony			4	30:08	200	
Baker, Steve			4	29:53	196	
delValle, Jamie			4	32:12	180	
Fiedler, Matt			4	34:56	165	
Fisher, Matt			4	36:40	164	
Floros, Ted			4	33:00	200	
Hellman, Cole			4	29:45	196	
Holtshouser, Mike			4	29:45	200	
Hukenbeck, Sean			4	30:08	172	
Kickham, Sean			4	32:43	168	
Livergood, Robbie			4	31:29	184	
Louvier, Andrew			4	32:48	164	
Meyer, Cory			3	27:28	172	
Micich, John			4	36:36	168	
Moore, Greg			4	29:35	172	
Newcomer, John			4	30:08	168	
Scott, Sean			4	36:18	184	
Shortal, Ryan			4	28:30	208	
Tresslar, Pat			4	30:57	196	
Wingbermuehle			4	32:12	160	
Winker, Thad			4	33:00	160	
Group E6						
Emery, Sam			3	18:06	152	
Lakin, Jerry			E			
Pilla, Gabe			3	20:26	168	
Simpson, Bobby			3	28:24	156	
Simpson, Peter			3	32:22	172	
Zdrodowski, Dan			3	28:24	184	
Zylka, Peter			3+	34:35	172	

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

4 = 2 part (3) start

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: 9-3-03 Conditions:

Workout: Rain= timed groups or/cal/core/dynamic/jog to field: nuero/A-B:2m/8/8/2m/8/C:2m/8/1/8

D: 4 x 8 E: 3 x8 (A-B run mid tempo/race/hard tempo/negative) D-E at race (water jog /ext cool)cal str

Group A1	rep	rep	rep	rep	rep	note
Arb, Chris						
Carlson, Joe						
Flanagan, Dan						
Linhares, Andrew						
Marincel, Joe						
Meier, Danny						
Muntges, Alex						
Murphy-Baum						
Oliver, John						
Samson, Charlie						
Kelly, John						
Nappier, Paul						
Group A2						
Dirnbeck, Matt						
Kaiser, Drew						
Bonner, Andy						
Speiser, Nick						
Sump, Dustin						
Group B2						
Foldes, Dan						
Granger, Mike						
Mannhard, Pat						
Mulligan, Shane						
Welling, Joe						
Marincel, Dan						
Ryan, Rob						
Samson, Henry						
Turckan, Kevin						
Group B3						
Abts, Greg						
Scariot, Jim						
Jonagan, Mike						
Stretch, Rob						
Group C3						
Heagney, Pete	3'04	2:02	2:57	2:57		145
Schmidt, Tim						
Campbell, Tom						
Plurad, Alex						
Herman, Peter						
Reynolds, Jeremy						
Group C4						
Faust, Tyler						
Griesenauer, Doug						
Luecking, Andy						
Odem, Nick						
Schneier, Brian						
Group D3 4 x 800						
Nathan Banet	3:10	3:05	3:04	3:04		160
Andrew Vatterott	3:06	3:05	3:09	3:04		172

Group D4 4x800	rep	rep	rep	rep	rep	note
Bruns, Matt	3:21	3:16	3:21	3:18		160
Castellano, Paul	3:13	3:15	3:20	3:06		192
Dang, Luke	3:14	3:12	3:11	3:04		152
Faber, Phil	3:16	3:18	3:14	3:09		196
Goeltz, Willie	3:21	3:20	3:16	3:21		204
Hagen, Killian	3:17	3:13	3:09	3:13		182
Hilderbrand, Bn	3:14	3:13	3:13	3:16		200
Kelly, Mike						
Koller, A J						
Lawder, Matt	3:19	3:11	3:10	3:06		232
McBride, Michael	3:17	3:16	3:12	3:17		200
Menius, Dan	3:17	3:17	3:20	3:18		164
Odenwald, Matt	3:26	3:23	3:21	3:22		208
Rhoads, David	3:19	3:19	3:16	3:16		216
Rushing, Kevin	3:08	3:13	3:11	3:21		184
Salsich, Neil	3:18	3:15	3:19	3:22		172
Schmidt, Ben	3:10	3:13	3:20	3:19		196
Schmidt, Pat	3:17	3:15	3:14	3:23		200
Group D5 3x800						
Angeli, Matt	3:32	3:16	3:06			164
Ayala, Tony	3:10	3:30	3:45			188
Baker, Steve	3:27	3:37	3:24			196
delValle, Jamie	3:48	3:58	3:52			190
Fiedler, Matt	3:28	3:32	3:35			165
Fisher, Matt	3:33	3:46	3:51			168
Floros, Ted	3:49	3:51	3:46			180
Hellman, Cole	3:29	3:26	3:41			196
Holtshouser, Mike	3:40	3:25	3:55	3:0		200
Hukenbeck, Sean	3:08	3:03	3:01	3:04		200
Kickham, Sean	3:21	3:19	3:48			180
Livergood, Robbie	3:31	3:22	3:23			188
Louvier, Andrew						
Meyer, Cory	3:51	3:58	4:05			180
Micich, John	3:41	3:50	4:14			176
Moore, Greg	3:10	3:13	3:08			202
Newcomer, John	3:27	3:26	3:24			160
Scott, Sean	3:37	3:34	3:58			196
Shortal, Ryan	3:29	3:21	3:17			208
Tresslar, Pat	3:27	3:24	3:25			204
Wingbermuehle	3:33	3:25	3:24			192
Winker, Thad	3:32	3:25	3:10			164
Group E6 3x800						
Emery, Sam	3:00	3:00	3:05			168
Lakin, Jerry						
Pilla, Gabe	3:35	3:48	3:43			210
Simpson, Bobby	4:20	4:25	4:50			140
Simpson, Peter	4:10	4:26	3:02			160
Zdrodowski, Dan	4:20	4:30	4:55			190
Zylka, Peter	3:57	3:52	4:06			164

(17) (22) (23) (27)

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: 9-3-03 Conditions:

Workout: Rain= timed groups or/cal/core/dynamic/jog to field: nuero/A-B:2m/8/8/2m/8/C:2m/8/1/8

D: 4 x 8 E: 3 x8 (A-B run mid tempo/race/hard tempo/negative) D-E at race (water jog /ext cool)cal str

Group A1	rep	rep	rep	rep	rep	note
Arb, Chris L	11:50	2:51	:45	12:06	2:44	192
Carlson, Joe L	11:50	2:49	:44	11:42	:43	192
Flanagan, Dan L	11:50	:49	:44	12:05	:49	188
Linhares, Andrew L	11:50	:45	:37	11:49	2:39	212
Marincel, Joe L	11:51	:52	:44	12:04	:59	180
Meier, Danny L	11:51	:52	:45	11:42	:42	188
Muntges, Alex L	11:20	:45	:47	10:56	2:32	176
Murphy-Baum L	11:52	:51	:50	12:04	:51	200
Oliver, John L	11:50	:47	:44	11:49	:40	200
Samson, Charlie L	11:51	:47	:41	11:42	:38	196
Kelly, John L	11:52	:54	:45	11:49	:43	200
Nappier, Paul L	11:51	:56	3:03	6:07	—	
Group A2						
Dirnbeck, Matt L	12:11	:57	:51	12:06	2:46	200
Kaiser, Drew L	12:25	3:04	:59	13:12	3:14	196
Bonner, Andy B	12:33	3:02	3:04	12:[illegible]	3:04	180
Speiser, Nick L	12:23	3:00	:55	12:26	:55	196
Sump, Dustin L	13:00	3:08	3:19	13:57	3:4	—
Group B2						
Foldes, Dan L	12:20	:56	:49	12:16	:46	184
Granger, Mike L	12:11	:57	:51	13:20	3:14	176
Mannhard, Pat L	12:38	3:04	:50	12:28	:54	188
Mulligan, Shane L	12:38	3:04	:55	12:26	:56	204
Welling, Joe L	12:38	3:04	:59	12:32	:55	208
Marincel, Dan	12:57	3:05	3:05	[illegible]	2:59	216
Ryan, Rob	13:03	3:11	3:14	12:53	2:58	196
Samson, Henry	—	—		13:53		
Turckan, Kevin	12:57	3:05	3:11	13:26	3:15	192
Group B3						
Abts, Greg	13:03	3:08	3:07	13:14	2:57	196
Scariot, Jim	13:02	3:14	3:14	14:48	3:23	—
Jonagan, Mike	12:12	3:05	3:02	12:29	3:03	184
Stretch, Rob	13:03	3:12	3:15	14:16	3:05	200
Group C3						
Heagney, Pete ✓				—		
Schmidt, Tim	13:00	3:06	7:04	2:57		192
Campbell, Tom	13:37	3:27	7:23	3:22		184
Plurad, Alex	13:24	3:10	7:15	2:58		192
Herman, Peter	13:38	3:24	7:21	3:16		192
Reynolds, Jeremy	13:00	3:09	7:11	3:14		—
Group C4						
Faust, Tyler	13:23	3:24	7:46	3:18		176
Griesenauer, Doug	13:36	3:34	7:46	3:16		200
Luecking, Andy	13:54	3:43	8:49	3:41		188
Odem, Nick	13:35	3:26	7:34	3:09		192
Schneier, Brian	13:52	3:35	8:14	3:40		208
Group D3 4x800						
Nathan Banet						
Andrew Vatterott						

Group D4	rep	rep	rep	rep	rep	note
Bruns, Matt						
Castellano, Paul						
Dang, Luke						
Faber, Phil						
Goeltz, Willie						
Hagen, Killian						
Hilderbrand, Bn						
Kelly, Mike						
Koller, A J						
Lawder, Matt						
McBride, Michael						
Menius, Dan						
Odenwald, Matt						
Rhoads, David						
Rushing, Kevin						
Salsich, Neil						
Schmidt, Ben						
Schmidt, Pat						
Group D5 3x						
Angeli, Matt						
Ayala, Tony						
Baker, Steve						
delValle, Jamie						
Fiedler, Matt						
Fisher, Matt						
Floros, Ted						
Hellman, Cole						
Holtshouser, Mike						
Hukenbeck, Sean						
Kickham, Sean						
Livergood, Robbie						
Louvier, Andrew						
Meyer, Cory						
Micich, John						
Moore, Greg						
Newcomer, John						
Scott, Sean						
Shortal, Ryan						
Tresslar, Pat						
Wingbermuehle						
Winker, Thad						
Group E6 3+8						
Emery, Sam						
Lakin, Jerry						
Pilla, Gabe						
Simpson, Bobby						
Simpson, Peter						
Zdrodowski, Dan						
Zylka, Peter						

REST INT 3M-

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: 9-4-03 Conditions:

Workout: jog west/cal/core/dynamic/recovery: 6-5-4-3-2/strides accels/jog home/ stretch/WEIGHTS

Group A1	dist	time	pulse	com
Arb, Chris				
Carlson, Joe		40	132	
Flanagan, Dan				
Linhares, Andrew		40	144	
Marincel, Joe		40	120	
Meier, Danny		40	140	
Muntges, Alex		40	120	
Murphy-Baum		40	—	
Oliver, John		40	144	
Samson, Charlie		40	140	
Kelly, John		40	136	
Nappier, Paul				
Group A2				
Dirnbeck, Matt		40	132	
Kaiser, Drew		40	148	
Bonner, Andy		40	152	
Speiser, Nick		40	144	
Sump, Dustin		40	148	
Group B2				
Foldes, Dan		40	112	
Granger, Mike		40	124	
Mannhard, Pat				
Mulligan, Shane		40	152	
Welling, Joe		40	128	
Marincel, Dan		40	140	
Ryan, Rob		40	156	
Samson, Henry		40	124	
Turckan, Kevin		40	128	
Group B3				
Abts, Greg		40	136	
Scariot, Jim		40	140	
Jonagan, Mike				
Stretch, Rob		40	156	
Group C3				
Heagney, Pete		30:00	140	
Schmidt, Tim		30:00	152	
Campbell, Tom		30	156	
Plurad, Alex		30	152	
Herman, Peter		30	172	
Reynolds, Jeremy				
Group C4				
Faust, Tyler				
Griesenauer, Doug		30	174	
Luecking, Andy		30	160	
Odem, Nick		30	192	
Schneier, Brian		30	160	
Group D3				
Nathan Banet	3	21:15	160	
Vatterott, Andrew	3	21:15	158	
Hukenbeck, Sean	3	21:15	146	
Lawder, Matt	3	23:59	180	
Emery, Sam	3	21:15	160	

Group D4	dist	time	pulse	com
Bruns, Matt	3	24:22	182	
Castellano, Paul	3	24:40	176	
Dang, Luke		30	148	
Faber, Phil		30	172	
Goeltz, Willie	3	24:48	196	
Hagen, Killian				
Hilderbrand, Brian	3	22:29	184	
Kelly, Mike	3	24:45	168	
Koller, A J	3	24:34	212	
McBride, Michael	3	24:22	204	
Menius, Dan	3	24:14	160	
Moore, Greg		30	164	
Newcomer, John	3	23:59	168	
Odenwald, Matt	3	24:48	176	
Rhoads, David	3	22:40	184	
Rushing, Kevin	3	22:46	140	
Salsich, Neil	3	24:03	168	
Schmidt, Ben	3	23:49	180	
Schmidt, Pat	3	24:46	196	
Group D5				
Angeli, Matt	3	24:21	160	
Ayala, Tony	3	24:50	172	
Baker, Steve	3	24:51	160	
delValle, Jamie	3	24:58	180	
Fiedler, Matt	3	24:16	170	
Fisher, Matt	3	26:41	172	
Floros, Ted	3	25:49	165	
Hellman, Cole	3	22:52	200	
Holtshouser, Mike	3	23:30	180	
Kickham, Sean	3	24:10	192	
Livergood, Robbie	3	22:40	184	
Louvier, Andrew	CT			
Meyer, Cory	3	28:35	164	
Micich, John	3	26:20	164	
Scott, Sean	3	25:53	164	
Shortal, Ryan	3	22:52	196	
Tresslar, Pat	3	23:21	224	
Wingbermuehle	3	25:49	176	
Winker, Thad	3	23:22	180	
Group E6				
Lakin, Jerry	CT			
Pilla, Gabe	2	15:00	140	
Simpson, Bobby	2	22:42	180	
Simpson, Peter	2	22:42	154	
Zdrodowski, Dan	2	18:06	184	
Zylka, Peter	2	16:50	172	

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: 9-5-03 Conditions: 75 and beautiful!

Workout: team push up-stretch and mtg on upper field/Racers: jog west camp for smooth 5-6 on O & B/4 str

all others add a mile for long run: C=6 D=5 E=4 at training pace/4 strides/2nd cal/stretch/jog

Group A1	dist	time	pulse	pace	com
Arb, Chris	5	37:52	136		
Carlson, Joe	5				
Flanagan, Dan	5				
Linhares, Andrew	5				
Marincel, Joe	6	43:05	160		
Meier, Danny	6	43:05	148		
Muntges, Alex	5				
Murphy-Baum	5				
Oliver, John	5				
Samson, Charlie	5				
Kelly, John	6	43:05	160		
Nappier, Paul	5	37:52	140		
Group A2					
Dirnbeck, Matt	6	44:57	164		
Kaiser, Drew	6	44:57	160		
Bonner, Andy	5	38:41	168		
Speiser, Nick	5	38:22	168		
Sump, Dustin	5	38:00	164		
Group B2					
Foldes, Dan	5	37:52	132		
Granger, Mike	5	38:10	152		
Mannhard, Pat					
Mulligan, Shane	5	38:00	142		
Welling, Joe	5	38:00	160		
Marincel, Dan	5	39:46	146		
Ryan, Rob	5	38:44	160		
Samson, Henry	5	38:00	140		
Turckan, Kevin	5	39:46	142		
Group B3					
Abts, Greg	5	39:46	148		
Scariot, Jim	5	38:12	168		
Jonagan, Mike	5	39:46	152		
Stretch, Rob	5	38:00	172		
Group C3					
Heagney, Pete	6	42:16	160		
Schmidt, Tim	5	38:00	160		
Campbell, Tom	6	44:58	164		
Plurad, Alex	5	39:47	160		
Herman, Peter	6	44:58	196		
Reynolds, Jeremy	NS				
Group C4					
Faust, Tyler	6	44:26	172		
Griesenauer, Doug	6	44:53	200		
Luecking, Andy	6	47:48	188		
Odem, Nick	6	43:02	196		
Schneier, Brian	6	44:53	192		
Group D3					
Nathan Banet	5	36:44	160		
Vatterott, Andrew	5	36:44	160		
Hukenbeck, Sean	5	36:44	180		
Lawder, Matt	5	39:39	172		
Emery, Sam	5	42:38	152		

Group D4	dist	time	pulse	pace	com
Bruns, Matt	5	36:53	184		
Castellano, Paul	5	42:27	184		
Dang, Luke	5	37:05	160		
Faber, Phil	5	38:24	180		
Goeltz, Willie	5	38:40	188		
Hagen, Killian	5	39:05	160		
Hilderbrand, Brian	5	37:54	184		
Kelly, Mike	5	39:39	182		
Koller, A J	5	42:32	212		
McBride, Michael	5	36:49	212		
Menius, Dan	5	42:12	180		
Moore, Greg	5	38:42	184		
Newcomer, John	5	39:36	172		
Odenwald, Matt	5	40:38	184		
* Rhoads, David	5	35:21	216		
Rushing, Kevin	5	38:52	176		
Salsich, Neil	5	37:40	160		
Schmidt, Ben	5	37:48	172		
Schmidt, Pat	5	42:20	180		
Group D5					
Angeli, Matt	5	36:41	168		
Ayala, Tony	5	42:27	188		
Baker, Steve					
delValle, Jamie	5	42:56	172		
Fiedler, Matt	5	42:30	171		
Fisher, Matt	5	48:21	172		
Floros, Ted	5	44:50	175		
Hellman, Cole	5	40:54	188		
Holtshouser, Mike	5	40:40	200		
Kickham, Sean	5	42:27	192		
Livergood, Robbie	5	38:49	188		
Louvier, Andrew	NS				
Meyer, Cory	E				
Micich, John	5	47:37	172		
* Scott, Sean	5.2	46:46	170		
Shortal, Ryan	5	39:18	196		
Tresslar, Pat	5	41:48	188		
Wingbermuehle	5	42:16	188		
Winker, Thad	5	42:53	176		
Group E6					
Lakin, Jerry	CT				
Pilla, Gabe	4	30:46	160		
Simpson, Bobby	4			?	
Simpson, Peter	4			?	
* Zdrodowski, Dan	4.8	45:05	180		
Zylka, Peter	4.8	44:32	172		

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: 9-8-03 Conditions:

Workout: team mtg/express(jog/dynamics/long run:10-8-7-6-5-4-3) strides 8-6-4/push-crunch/jog/stretch

Group A1	dist	time	pulse	pace	com
Arb, Chris					
Carlson, Joe					
Flanagan, Dan					
Linhares, Andrew					
Marincel, Joe					
Meier, Danny					
Muntges, Alex					
Murphy-Baum					
Oliver, John					
Samson, Charlie					
Kelly, John					
Nappier, Paul					
Group A2					
Dirnbeck, Matt					
Kaiser, Drew	8	55:45	164	6:58	+
Bonner, Andy	8	59:29	176	7:26	
Speiser, Nick					
Sump, Dustin	8	56:17	168	7:02	+
Group B2					
Foldes, Dan	8	55:42	160	6:58	+
Granger, Mike	8	56:00	164	7:00	+
Mannhard, Pat	8	55:45	180	6:58	+
Mulligan, Shane	8	56:00	164	7:00	+
Welling, Joe	7	48:32	168	6:56	+
Marincel, Dan	8	61:07	172	7:38	
Ryan, Rob	8	61:07	172	7:38	
Samson, Henry	7	48:44	188	6:58	+
Turckan, Kevin	8	61:07	164	7:38	
Group B3					
Abts, Greg	8	61:07	164	7:38	
Scariot, Jim	8	60:50	176	7:36	
Jonagan, Mike	7	49:20	180	7:05	+
Stretch, Rob	8	61:07	184	7:38	
Group C3					
Heagney, Pete	6	43:37	164	7:16	+
Schmidt, Tim	7	49:20	188	7:03	+
Campbell, Tom	5	37:00	172	7:24	
Plurad, Alex	5	37:29	156	7:30	
Herman, Peter	5	37:15	172	7:27	
Reynolds, Jeremy	7	51:06	180	7:18	
Group C4					
Faust, Tyler	5	36:52	176	7:22	
Griesenauer, Doug	6	45:03	196	7:30	
Luecking, Andy	4	37:52	196	9:28	
Odem, Nick	5	40:18	184	8:04	
Schneier, Brian	6	45:05	200	7:31	
Group D3					
Nathan Banet	4	29:20	160	7:20	+
Vatterott, Andrew	4	29:20	156	7:20	+
Hukenbeck, Sean					
Lawder, Matt	4	29:54	188	7:29	
Emery, Sam	4	34:30	—	8:38	

Group D4	dist	time	pulse	pace	com
Bruns, Matt	4	30:46	240	7:42	
Castellano, Paul	4	31:06	172	7:47	
Dang, Luke	4	31:34	164	7:53	
Faber, Phil	4	31:34	200	7:53	
Goeltz, Willie	4	29:54	180	7:29	
Hagen, Killian	5	39:44	200	7:39	
Hilderbrand, Brian	4	30:29	184	7:37	
Kelly, Mike	4	32:22	208	8:06	
Koller, A J	4	35:06	196	8:47	
McBride, Michael	4	30:46	200	7:11	
Menius, Dan	4	30:22	180	7:36	
Moore, Greg	4	32:38	172	8:10	
Newcomer, John	4	29:48	164	7:27	
Odenwald, Matt	—				~~Ankle sprain~~
Rhoads, David	6	45:03	196	7:30	
Rushing, Kevin	4	30:41	176	7:40	
Salsich, Neil	4	29:48	180	7:27	
Schmidt, Ben	4	31:44	180	7:56	
Schmidt, Pat	4	31:06	176	7:47	
Group D5					
Angeli, Matt	5	38:15	160	7:45	
Ayala, Tony	4	34:30	176	8:38	
Baker, Steve	4	31:15	204	7:49	
delValle, Jamie	4	35:20	168	8:50	
Fiedler, Matt	4	36:59	172	9:15	Sick
Fisher, Matt	4	36:59	172	9:15	
Floros, Ted	4	34:30	153	8:38	
Hellman, Cole	4	29:53	204	7:28	
Holtshouser, Mike	4	32:50	200	8:12	
Kickham, Sean	4	33:48	190	8:27	
Livergood, Robbie	5	38:31	192	7:42	
Louvier, Andrew	—	—	—	—	
Meyer, Cory	4	37:37	184	9:24	
Micich, John	4	34:59	180	8:45	
Scott, Sean	4	34:25	180	8:36	
Shortal, Ryan	4	31:42	196	7:56	
Tresslar, Pat	3	26:54	212	8:58	
Wingbermuehle	4	32:15	204	8:04	
Winker, Thad	4	31:29	168	7:52	
Group E6					
Lakin, Jerry	—	—	—	—	
Pilla, Gabe	3	24:19	182	8:04	
Simpson, Bobby	3	32:40	176	10:53	
Simpson, Peter	3	31:17	172	10:26	
Zdrodowski, Dan	3	32:03	192	10:41	
Zylka, Peter	3	30:05	176	10:02	

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

Groups 1 - 2 - 3

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: 9-9-03 Conditions:

Workout:Jog west/core/split practice: A-B: plyo/long run: 12-10-8/6 strides/cal/stretch

C-E: Mile reps: 3-2: 1st at tempo 2 min rest, next m's at race going neg C - D=2, E=1 w/ 5 min active jog/ cal jog/ str

Group1 17	1 m	1 m	1 m	1 m	com
Arb, Chris —	—	—	—		
Carlson, Joe 41	10	1:11:42	176		
Flanagan, Dan 41	10	1:09:13	176		
Linhares, Andrew 74	8	55:00	164		
Marincel, Joe (30)	10	1:09:22	180		
Meier, Danny 57	10	1:09:13	160		
Muntges, Alex 66	6	40:04	172		
Murphy-Baum 55	10	1:09:13	184		
Oliver, John 65	10	1:13:42	192		
Samson, Charlie 71	10	1:09:13	172		
Group 2 (18)					
Kelly, John —	—	—	—		
Nappier, Paul 42	10	1:05:31	168		
Dirnbeck, Matt 53	10	1:11:50	168		
Kaiser, Drew (30)	8	57:01	172		
Speiser, Nick (37)	10	1:11:31	178		
Mike Jonagan (35)	8	60:00	180		
Foldes, Dan 58	8	55:58	160		
Granger, Mike 60	8	57:00	172		
Mannhard, Pat 61	DNF	—	—		
Mulligan, Shane 72	6	44:15	182		
Welling, Joe 50	10	1:12:50	172		
Group 3 (19)					
Andy Bonner 61	10	1:14:13	172		
Marincel, Dan 60	8	59:58	168		
Samson, Henry 62	8	56:45	176		
Turckan, Kevin 40	8	59:58	168		
Abts, Greg (38)	8	59:58	164		
Scariot, Jim (30)	8	60:00	160		
Rob Ryan 42	8	59:58	180		
Alex Plurad (35)	8	60:00	188		
Tim Schmidt (33)	8	59:58	180		
Dustin Sump 56	8	1:01:00	160		
Rob Stretch 61	8	59:58	184		
Group 4 (20)					
Heagney, Pete 60					
Campbell, Tom 30					
Herman, Peter 40					
Reynolds, Jeremy 50					
Faust, Tyler 35					
Griesenauer, Doug 56					
Luecking, Andy 21					
Odem, Nick 33					
Schneier, Brian 35					
Nathan Banet 35					
Vatterott, Andrew 52					
Hukenbeck, Sean 45					
Lawder, Matt 25					
Emery, Sam 30					

Group 5 (21)	1 m	1 m	1 m	com
Bruns, Matt 31				
Castellano, Paul 50				
Dang, Luke 20				
Faber, Phil 20				
Goeltz, Willie 31				
Hagen, Killian 32				
Hilderbrand, Brian 35				
Kelly, Mike 25				
Koller, A J 40				
McBride, Michael 20				
Menius, Dan 32				
Moore, Greg 30				
Newcomer, John 41				
Odenwald, Matt 50				
Rhoads, David 46				
Rushing, Kevin 39				
Salsich, Neil 50				
Schmidt, Ben 25				
Schmidt, Pat 31				
Group 6 (22)				
Angeli, Matt 18				
Ayala, Tony 35				
Baker, Steve 30				
delValle, Jamie 20				
Fiedler, Matt —				
Fisher, Matt 25				
Floros, Ted 15				
Hellman, Cole 25				
Holtshouser, Mike 30				
Kickham, Sean 30				
Livergood, Robbie 30				
Louvier, Andrew —				
Meyer, Cory 27				
Micich, John 38				
Scott, Sean 23				
Shortal, Ryan 20				
Tresslar, Pat 23				
Wingbermuehle 30				
Winker, Thad 27				
Group 7 23+				
Lakin, Jerry —				
Pilla, Gabe 52				
Simpson, Bobby 25				
Simpson, Peter 20				
Zdrodowski, Dan 20				
Zylka, Peter 10				

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

Cell 314.223 4668

Groups 4 - 5 - 6

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

Group 4 = 2 mi tempo 2 repeats

Group 5 2 mi tempo 2 repeats

DATE: 9-9-03 Conditions:

Workout:Jog west/core/split practice: A-B: plyo/long run: 12-10-8/6 strides/cal/stretch

C-E: Mile reps: 3-2: 1st at tempo 2 min rest, next m's at race going neg C - D=2, E=1 w/ 5 min active jog

Group1 17	1 m	1 m	1 m	1 m	com
Arb, Chris					
Carlson, Joe					
Flanagan, Dan					
Linhares, Andrew					
Marincel, Joe					
Meier, Danny					
Muntges, Alex					
Murphy-Baum					
Oliver, John					
Samson, Charlie					
Group 2 (18)					
Kelly, John					
Nappier, Paul					
Dirnbeck, Matt					
Kaiser, Drew					
Speiser, Nick					
Mike Jonagan					
Foldes, Dan					
Granger, Mike					
Mannhard, Pat					
Mulligan, Shane					
Welling, Joe					
Group 3 (19)					
Andy Bonner					
Marincel, Dan					
Samson, Henry					
Turckan, Kevin					
Abts, Greg					
Scariot, Jim					
Rob Ryan					
Alex Plurad					
Tim Schmidt					
Dustin Sump					
Rob Stretch					
Group 4 (20) 6:50					
Heagney, Pete	13:32	6:05	6:08		
Campbell, Tom	13:58	6:31	6:26		
Herman, Peter	13:59	6:36	6:42		
Reynolds, Jeremy	13:57	6:20	6:55		
Faust, Tyler	13:58	6:35	6:46		
Griesenauer, Doug	14:00	6:42	6:48		
Luecking, Andy	14:13	7:40	7:47		
Odem, Nick	14:01	6:35	7:15		
Schneier, Brian	14:03	6:44	6:50		
Nathan Banet	13:43	6:23	6:17		
Vatterott, Andrew	13:43	6:23	7:02		
Hukenbeck, Sean	13:43	7:28	—		
Lawder, Matt	13:54	6:36	6:35		
Emery, Sam	14:25	7:25	7:25		
RHOADS	14:01	6:49	6:47		

Group 5 (21) 7:07	1 m	1 m	1 m	com
Bruns, Matt 6:36	14:32	7:13	7:01	
Castellano, Paul	13:59	7:22	8:07	
Dang, Luke	14:54	6:58	6:26	
Faber, Phil	13:48	7:57	7:25	
Goeltz, Willie	14:36	7:13	7:28	
Hagen, Killian	14:53	6:55	7:04	
Hilderbrand, Brian		3 EAST		
Kelly, Mike	14:27	7:17	7:30	
Koller, A J	15:00	7:21	8:07	
McBride, Michael	13:54	7:12	8:07	
Menius, Dan	14:59	7:12	7:38	
Moore, Greg	14:30	7:09	6:46	
Newcomer, John	14:29	7:17	7:09	
Odenwald, Matt	14:29	6:53	6:57	
~~Rhoads, David~~				
Rushing, Kevin	14:01	6:23	6:38	
Salsich, Neil	14:03	6:53	7:04	
Schmidt, Ben	13:54	6:42	6:55	
Schmidt, Pat	14:23	6:34	7:13	
Group 6 (22) 7:05				
Angeli, Matt	5:44	6:28	6:24	
Ayala, Tony	7:31	7:31	7:46	
Baker, Steve				
delValle, Jamie	7:38	7:51	7:59	
Fiedler, Matt				
Fisher, Matt	7:46	8:16	8:15	
Floros, Ted	8:09	8:10	8:04	
Hellman, Cole	7:14	7:13	7:04	
Holtshouser, Mike	7:24	7:50	7:34	
Kickham, Sean	7:21	7:15	7:46	
Livergood, Robbie	7:20	7:11	7:01	
Louvier, Andrew				
Meyer, Cory	8:12	8:42	8:34	
Micich, John	7:41	8:00	7:42	
Scott, Sean	7:31	7:36	7:46	
Shortal, Ryan	7:19	6:49	6:45	
Tresslar, Pat	7:12	7:25	7:46	
Wingbermuehle	8:04	7:54	7:44	
Winker, Thad	7:00	6:51	7:01	
Group 7 23+				
Lakin, Jerry 7:30				
Pilla, Gabe	7:00	7:21		
Simpson, Bobby	10:03	10:30		
Simpson, Peter	10:31	9:04		
Zdrodowski, Dan	8:58	9:10		
Zylka, Peter	8:33	8:56		

Group 6 1 mi tempo 2 repeats

Group 7 2 repeats

7:38

8:04

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: 9-10-03 Conditions:

Jog west/push/dynamic/run recovcery workout/stretch/jog home

Group1 17	dist	time	pulse	pace	com
Arb, Chris	5	37:07	162		
Carlson, Joe	5	37:00	148		
Flanagan, Dan	5	37:07	152		
Linhares, Andrew	10 MIN		—		
Marincel, Joe	5	34:40	180		
Meier, Danny	5	34:40	152		
Muntges, Alex	5	34:00	156	6:45	
Murphy-Baum	5	34:40	184		
Oliver, John	10 MIN				
Samson, Charlie	5	36:56	148		
Group 2 (18)					
Kelly, John	EX	—	—		
Nappier, Paul	5	36:56	168		
Dirnbeck, Matt	5	36:48	172		
Kaiser, Drew	5	35:42	160		
Speiser, Nick	5	36:16	164		
Mike Jonagan	5	35:42	168		
Foldes, Dan	5		152		
Granger, Mike	5	38:23	160		
Mannhard, Pat	5	37:55	160		
Mulligan, Shane	—	—	—		
Welling, Joe	5	38:23	160		
Group 3 (19)					
Andy Bonner	5	39:07	168		
Marincel, Dan	5	38:23	156		
Samson, Henry	5	37:58	168		
Turckan, Kevin	5	38:23	144		
Abts, Greg	5	38:47	168		
Scariot, Jim	5	37:04	176		
Rob Ryan	5	38:47	176		
Alex Plurad	5	38:47	176		
Tim Schmidt	5	35:42	172		
Dustin Sump	5	37:24	140		
Rob Stretch	5	38:23	172		
Group 4 (20)					
Heagney, Pete	4	29:24	152		
Campbell, Tom	4	31:16	152		
Herman, Peter ?					
Reynolds, Jeremy	4	28:50	172		
Faust, Tyler	4	29:24	172		
Griesenauer, Doug	4	31:29	168		
Luecking, Andy	4	35:11	160		
Odem, Nick	4	31:27	176		
Schneier, Brian	4	31:29	164		
Nathan Banet	3	23:16	156		
Vatterott, Andrew	3	23:16	136		
Hukenbeck, Sean	3	24:22	128		
Lawder, Matt	3	25:50	168		
Emery, Sam	3.5	31:30	164		

Group 5 (21)	dist	time	pulse	pace
Bruns, Matt	EX			
Castellano, Paul	3	25:28	168	
Dang, Luke	3	27:37	150	
Faber, Phil	4	31:49	180	
Goeltz, Willie	3	24:44	186	
Hagen, Killian	4	31:49	184	
Hilderbrand, Brian	3	23:14	192	
Kelly, Mike	EX			
Koller, A J	3	27:38	180	
McBride, Michael	3	27:38	168	
Menius, Dan	3	25:25	160	
Moore, Greg	3	27:37	156	
Newcomer, John	3	24:44	140	
Odenwald, Matt	3	24:44	184	
Rhoads, David	4	31:29	172	
Rushing, Kevin	3	23:14	160	
Salsich, Neil	3	24:22	152	
Schmidt, Ben	3	24:55	120	
Schmidt, Pat	3	24:22	162	
Group 6 (22)				
Angeli, Matt	4	31:49	160	
Ayala, Tony	3	25:28	168	
Baker, Steve	GT	—	—	
delValle, Jamie	3	25:20	180	
Fiedler, Matt	3	23:56	176	
Fisher, Matt	EX			
Floros, Ted	3	28:23	172	
Hellman, Cole	3	22:48	196	
Holtshouser, Mike	3	23:04	200	
Kickham, Sean	3	24:08	180	
Livergood, Robbie	3	23:36	176	
Louvier, Andrew	—	—	—	
Meyer, Cory	3	29:05	200	
Micich, John	3.5	31:49	164	
Scott, Sean	3	25:22	186	
Shortal, Ryan	3	24:38	188	
Tresslar, Pat	3	23:28	216	
Wingbermuehle	3	29:17	158	
Winker, Thad	3	25:37	176	
Group 7 23+				
Lakin, Jerry ?				
Pilla, Gabe	3	25:27	176	
Simpson, Bobby	3	31:14	180	
Simpson, Peter	3	33:00	116	
Zdrodowski, Dan	—	—	—	
Zylka, Peter	3	30:17	172	

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: 9-11-03 Conditions:

Jog west/core/push/full stretch/nuero/split prac: 1-2=jog to 400 ven, do 6 x 400 race drills w/ long recovery/4 mile-30 min aero run/4 strides/2nd push crunch/stretch/jog 3-7 run loops/strides/cal/str

Group1 17	dist	time	pulse	pace			
Arb, Chris	1	82	82	79	79	75	
Carlson, Joe		82	82	79	79	75	
Flanagan, Dan	93	82	82	79	79	75	
Linhares, Andrew	93	82	82	79	79	75	
Marincel, Joe	1	82	82	79	79	75	
Meier, Danny		82	82	79	79	75	
Muntges, Alex	89	77	76	74	77	70	
Murphy-Baum	1	82	82	79	79	75	
Oliver, John	1	82	82	79	79	76	
Samson, Charlie	91		82	80	79	75	
Group 2 (18)							
Kelly, John	1:24	1:23	1:25	1:22	1:28	:18	
Nappier, Paul	1:24	1:22	1:23	1:21	1:21	:18	
Dirnbeck, Matt	1:34	1:37	1:29	1:27	1:27	:22	
Kaiser, Drew	1:35	1:28	1:28	1:26	1:27	:22	
Speiser, Nick	1:32	1:29	1:29	1:27	1:29	:22	
Mike Jonagan	1:35	1:28	1:28	1:26	1:27	:22	
Foldes, Dan	1:37	1:27	1:27	1:25	1:26	:21	
Granger, Mike	1:32	1:27	1:28	1:26	1:27	:19	
Mannhard, Pat	1:34	1:27	1:28	1:25	1:27	:25	
Mulligan, Shane	1:34	1:28	1:28	1:25	1:28	:22	
Welling, Joe	1:37	1:29	1:29	1:27	1:27	:23	
Group 3 (19)							
Andy Bonner	1:37	1:29	1:29	1:29	1:29	:23	
Marincel, Dan	1:37	1:29	1:29	1:29	1:29	:24	
Samson, Henry	1:33	1:28	1:28	1:27	1:27	:22	
Turckan, Kevin	1:37	1:29	1:29	1:28	1:29	:24	
Abts, Greg	1:37	1:30	1:29	1:28	1:29	:24	
Scariot, Jim	1:36	1:31	1:31	1:31	1:31	:28	
Rob Ryan	1:38	1:30	1:30	1:29	1:29	:25	
Alex Plurad	1:39	1:30	1:30	1:29	1:28	:24	
Tim Schmidt	1:38	1:30	1:30	1:29	1:29	:24	
Dustin Sump	1:35	1:30	1:30	1:28	1:28	:25	
Rob Stretch	1:39	1:30	1:30	1:29	1:29	:24	
Group 4 (20)							
Heagney, Pete							
Campbell, Tom							
Herman, Peter							
Reynolds, Jeremy							
Faust, Tyler							
Griesenauer, Doug							
Luecking, Andy							
Odem, Nick							
Schneier, Brian							
Nathan Banet							
Vatterott, Andrew							
Hukenbeck, Sean							
Lawder, Matt							
Emery, Sam							

Group 5 (21)	dist	time	pulse	pace
Bruns, Matt				
Castellano, Paul				
Dang, Luke				
Faber, Phil				
Goeltz, Willie				
Hagen, Killian				
Hilderbrand, Brian				
Kelly, Mike				
Koller, A J				
McBride, Michael				
Menius, Dan				
Moore, Greg				
Newcomer, John				
Odenwald, Matt				
Rhoads, David				
Rushing, Kevin				
Salsich, Neil				
Schmidt, Ben				
Schmidt, Pat				
Group 6 (22)				
Angeli, Matt				
Ayala, Tony				
Baker, Steve				
delValle, Jamie				
Fiedler, Matt				
Fisher, Matt				
Floros, Ted				
Hellman, Cole				
Holtshouser, Mike				
Kickham, Sean				
Livergood, Robbie				
Louvier, Andrew				
Meyer, Cory				
Micich, John				
Scott, Sean				
Shortal, Ryan				
Tresslar, Pat				
Wingbermuehle				
Winker, Thad				
Group 7 23+				
Lakin, Jerry				
Pilla, Gabe				
Simpson, Bobby				
Simpson, Peter				
Zdrodowski, Dan				
Zylka, Peter				

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: 9-11-03 Conditions:

Jog west/core/push/full stretch/nuero/split prac: 1-2=jog to 400 ven, do 6 x 400 race drills w/ long recovery/4 mile-30 min aero run/4 strides/2nd push crunch/stretch/jog 3-7 run loops/strides/cal/str

Group1 17	dist	time	pulse	pace				**Group 5 (21)**	dist	time	pulse	pace
Arb, Chris								Bruns, Matt	3.5	29:44	184	
Carlson, Joe								Castellano, Paul	3.5	28:50	180	
Flanagan, Dan								Dang, Luke	3.5	27:05	176	
Linhares, Andrew								Faber, Phil	4.7	36:13	184	
Marincel, Joe								Goeltz, Willie	3.5	28:25	140	
Meier, Danny								Hagen, Killian	3.5	27:55	184	
Muntges, Alex								Hilderbrand, Brian	—	—	—	
Murphy-Baum								Kelly, Mike	2.4	20:18	180	
Oliver, John								Koller, A J	3.5	30:05	192	
Samson, Charlie								McBride, Michael	3.5	29:30	180	
Group 2 (18)								Menius, Dan	3.5	29:34	180	
Kelly, John								Moore, Greg	3.5	27:12	184	
Nappier, Paul								Newcomer, John	3.5	28:52	158	
Dirnbeck, Matt								Odenwald, Matt	3.5	28:25	188	
Kaiser, Drew								Rhoads, David	4.7	35:58	196	
Speiser, Nick								Rushing, Kevin	3.5	26:39	176	
Mike Jonagan								Salsich, Neil	3.5	26:53	176	
Foldes, Dan								Schmidt, Ben	3.5	27:12	168	
Granger, Mike								Schmidt, Pat	3.5	28:52	172	
Mannhard, Pat								**Group 6 (22)**				
Mulligan, Shane								Angeli, Matt	3.5	27:45	168	
Welling, Joe								Ayala, Tony	3.5	28:50	184	
Group 3 (19)								Baker, Steve				
Andy Bonner								delValle, Jamie	3.5	30:20	188	
Marincel, Dan								Fiedler, Matt	3.5	36:30	—	
Samson, Henry								Fisher, Matt	3.5	36:30	156	
Turckan, Kevin								Floros, Ted	3.5	31:00	176	
Abts, Greg								Hellman, Cole	3.5	28:06	196	
Scariot, Jim								Holtshouser, Mike	3.5	28:30	200	
Rob Ryan								Kickham, Sean	3.5	29:30	184	
Alex Plurad								Livergood, Robbie	3.5	27:52	180	
Tim Schmidt								Louvier, Andrew				
Dustin Sump								Meyer, Cory	3.5	35:22	204	
Rob Stretch								Micich, John	3.5	29:10	180	
Group 4 (20)								Scott, Sean	2.4	20:06	160	
Heagney, Pete	4.7	38:05	160					Shortal, Ryan	3.5	28:02	196	
Campbell, Tom	4.7	35:42	160					Tresslar, Pat	3.5	27:08	228	
Herman, Peter	4.7	36:46	172					Wingbermuehle	3.5	35:25	188	
Reynolds, Jeremy	4.7	38:03	172					Winker, Thad	3.5	29:22	164	
Faust, Tyler	4.7	35:33	168					**Group 7 23+**				
Griesenauer, Doug	4.7	35:43	188					Lakin, Jerry	2.4	20:50	188	
Luecking, Andy	3.5	27:00	180					Pilla, Gabe	3.5	37:02	176	
Odem, Nick	4.7	36:43	172					Simpson, Bobby	2.4	21:31	188	
Schneier, Brian	4.7	35:43	176					Simpson, Peter	2.4	21:45	208	
Nathan Banet	3.5	25:50	152					Zdrodowski, Dan	—	—	—	
Vatterott, Andrew	3.5	25:50	168					Zylka, Peter	2.4	21:10	176	
Hukenbeck, Sean	3.5	29:44	120									
Lawder, Matt	3.5	27:12	172									
Emery, Sam	3.5	29:27	160									

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: 9-15-03 Conditions: 75-80°, Cool Brisk SW wind "A Great Day to run"

Jog west/core/push/meeting/dynamics/run O&B loops 10,8,6,5,4/a-c 6 strides/ d-e 4 strides/2nd cal/ stretch/jog

Group1 17	vol	dist	time	pulse	pace	com
Arb, Chris	A	10	68.02	184		
Carlson, Joe	A	10	66.10	160		
Flanagan, Dan	A	10	67.10	172		
Linhares, Andrew	A					
Marincel, Joe	A	10	66.10	168		
Meier, Danny	A	10	66.10	164		
Muntges, Alex	A	10	5415	164		
Murphy-Baum	A	10	66.10	168		
Oliver, John	A	10	66.18	168		
Samson, Charlie	A	8	5340	178		
Group 2 (18)						
Kelly, John	A	10	66.28	184		
Nappier, Paul	A	10	66.18	174		
Dirnbeck, Matt	A	10	68.25	188		
Kaiser, Drew	A	10	68.25	180		
Speiser, Nick	A	10	68.15	172		
Mike Jonagan	C	8	60.26	168		
Foldes, Dan	C	8	5540	160		
Granger, Mike	B	8	5346	180		
Mannhard, Pat	B	9	5510	165		
Mulligan, Shane	C	8	5510	184		
Welling, Joe	A	8	5410	168		
Group 3 (19)						
Andy Bonner	B	10	1:15.09	172		
Marincel, Dan	A	8	60.26	164		
Samson, Henry	B	8	5510	176		
Turckan, Kevin	B	8	60.26	168		
Abts, Greg	B	6	4340	—		
Scariot, Jim	B	7	50:+	160		
Rob Ryan	B	8	6041	176		
Alex Plurad	C	6	4630	172		
Tim Schmidt	C	6	4346	176		
Dustin Sump	B	8	1 hour	164		
Rob Stretch	C	9	60.26	184		
Group 4 (20)						
Greg Moore	C	5	3433	148		
Heagney, Pete	C	6	45	164		
Campbell, Tom	C	6	4414	164		
Herman, Peter	C	6	4633	146		
Reynolds, Jeremy	C	6	4415	172		
Faust, Tyler	C	6	4600	172		
Griesenauer, Doug	C					
Odem, Nick	B	6	4402	186		
Schneier, Brian	C	6	4344	192		
Nathan Banet	C	5	37.00	196		
Vatterott, Andrew	C	3	2232	128		
Hukenbeck, Sean	D	5	37.00	180		
Lawder, Matt	D	5	4047	148		
Emery, Sam	D	5	4416	167		
McBride, Mike	D	5	4244	176		
Bruns, Matt	D	5	4307	142		
Schmidt, Pat	D	5	4304	172		
David Rhoads	C	6	4344	192		
Odenwald, Matt	D	5	4243	184		

Group 4 (cont.)	vol	dist	time	pulse	pace	com
Hagen, Killian	D	5	3410	184		
Angeli, Matt	D	6	4628	174		
Faber, Phil	D	3	25.14	160		
Dang, Luke	D					
Group 5 (21)	D					
Castellano, Paul	D	5	4408	164		
~~Dang, Luke~~	~~D~~					
Goeltz, Willie	D	5	3848	188		
Hilderbrand, Br	D					?
Kelly, Mike	D	5	4425	142		
Koller, A J	D	5	4300	176		
Menius, Dan	C	5	4159	180		
Newcomer, John	D	5	3931	175		
Lueking, Andy	D					
Rushing, Kevin	D	5	37.00	188		
Salsich, Neil	D	5	3931	160		
Schmidt, Ben	D	5	3931	176		
Group 6 (22)	D					
Ayala, Tony	D	5	42.30	168		
Baker, Steve	D	3	25:14	188		
delValle, Jamie	D	5	4420	190		
Fiedler, Matt	D	5	4444	190		
Fisher, Matt	D	5	4411	168		
Floros, Ted	D	5	4230	160		
Hellman, Cole	D	5	[illegible]	200		(3945)
Holtshouser, Mike	D	5	4242	180		
Kickham, Sean	D	5	4234	172		
Livergood, Robbi	D	5	3445	180		
Louvier, Andrew	CT					
Meyer, Cory	D	4	41.04	142		
Micich, John	D	5	4400	172		
Scott, Sean	D	5	4448	167		
Shortal, Ryan	D	5	3444	196		
Tresslar, Pat	D	3	27:42	188		
Wingbermuehle	D	5	4304	187		
Winker, Thad	D	5	4320	176		
Group 7 23+						
Lakin, Jerry	E	—	—	—		
Pilla, Gabe	E	5	5324	—		
Simpson, Bobby	E	4	4320	140		
Simpson, Peter	E	4	3676	198		
Zylka, Peter	E	5	52:28	180		

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

10-3-03

DATE: 9-17-03 Conditions:

FROSH RACE DAY v-JV jog to course/push up/dynamics/timed runs: a=60 b=50 c=40 d,e=30/

2nd set push up/ 6 x strides/stretch/jog

Group1 17	vol	dist	time	puls	com	com
Arb, Chris	A	·				
Carlson, Joe	A					
Flanagan, Dan	A	✓				
Linhares, Andrew	A	✓	40:24	184		
Marincel, Joe	A	✓				
Meier, Danny	A					
Muntges, Alex	A	✓	40:24	148		
Murphy-Baum	A					
Oliver, John	A					
Samson, Charlie	A	✓				
Group 2 (18)						
Kelly, John	A	✓				
Nappier, Paul	A	✓				
Dirnbeck, Matt	A					
Kaiser, Drew	A	✓				
Speiser, Nick	A	✓				
Mike Jonagan	C					
Foldes, Dan	C	✓				
Granger, Mike	B	✓				
Mannhard, Pat	B	✓				
Mulligan, Shane	C	✓				
Welling, Joe	A	✓				
Group 3 (19)						
Andy Bonner	B	·				
Marincel, Dan	A	✓				
Samson, Henry	B	✓				
Turckan, Kevin	B	✓				
Abts, Greg	B	✓				
Scariot, Jim	B	✓				
Rob Ryan	B	✓				
Alex Plurad	C	·				
Tim Schmidt	C	✓				
Dustin Sump	B	✓				
Rob Stretch	C	✓				
Group 4 (20)						
Greg Moore	C	✓				
Heagney, Pete	C	·				
Campbell, Tom	C	✓				
Herman, Peter	C	✓				
Reynolds, Jeremy	C	✓				
Faust, Tyler	C	✓				
Griesenauer, Doug	C	✓				
Odem, Nick	B	·				
Schneier, Brian	C	✓				
Nathan Banet	C	·				
Vatterott, Andrew	C	✓				
Hukenbeck, Sean	D	·				
Lawder, Matt	D					
Emery, Sam	D	✓				
McBride, Mike	D	✓				
Bruns, Matt	D	✓				
Schmidt, Pat	D	✓				
David Rhoads	C	✓				
Odenwald, Matt	D	✓				

Group 4 (cont.)	vol	dist	time	puls	com	com
Hagen, Killian	D	✓				
Angeli, Matt	D					
Faber, Phil	D	✓				
Dand, Luke	D	✓				
Group 5 (21)	D					
Castellano, Paul	D	✓				
Dang, Luke	D	✓				
Goeltz, Willie	D	✓				
Hilderbrand, Br	D	✓				
Kelly, Mike	D	✓				
Koller, A J	D	✓				
Menius, Dan	C					
Newcomer, John	D	✓				
Lueking, Andy	D					
Rushing, Kevin	D	✓				
Salsich, Neil	D	✓				
Schmidt, Ben	D	✓				
Group 6 (22)	D					
Ayala, Tony	D	✓				
Baker, Steve	D	✓				
delValle, Jamie	D	✓				
Fiedler, Matt	D	✓				
Fisher, Matt	D	✓				
Floros, Ted	D	✓				
Hellman, Cole	D	✓				
Holtshouser, Mike	D	✓				
Kickham, Sean	D					
Livergood, Robbi	D	✓				
Louvier, Andrew	CT	✓				
Meyer, Cory	D	✓				
Micich, John	D	✓				
Scott, Sean	D	✓				
Shortal, Ryan	D	✓				
Tresslar, Pat	D	✓				
Wingbermuehle	D	✓				
Winker, Thad	D					
Group 7 23+						
Lakin, Jerry	E	✓				
Pilla, Gabe	E	✓				
Simpson, Bobby	E	✓				
Simpson, Peter	E	✓				
Zylka, Peter	E	✓				

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: 9-18-03 Conditions:

Jog west camp/push-core/FROSH: O&B 5,4/6 easy strides/push/stretch/jog V-JV RACERS: jog to 1K run 5,4 x 400 at Race/2 x hill muny hill rep/jog SLUH stretch (WEIGHTS)/(T7= 16x400/6 hills)

	vol	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
SAMSON, C	A	79	80	82	80	81	172										
WELLING	A	89	89	88	88	88	180										
NAPPIER	A	80	82	80	83	80	160										
FLANAGAN	A	80	81	82	81	82	172										
KELLY	A	82	83	82	84	83	180										
JONAGAN	A	88	89	88	88	88	160										
ARB	A	79	79	83	81	82	172										
MANNHARD	A	88	89	88	89	89	168										
BONNER	A	88	89	89	89	89	176										
SCHMIDT	A	88	90	89	89	90	172										
SPEISER		84	87	87	86	86	148										
ABTS	A	89	90	89	89	90	172										
MARINCELJ	A	79	81	82	81	82	[illegible]										
MARINCEL, D	A	89	90	89	89	90	172										
KAISER	A	85	88	87	87	87	164										
TURKCAN	A	89	90	89	89	80	168										
DIRNBECK	C	83	84	84	84	84	180										
FOLDES	C	83	87	86	85	85	164										
GRANGER	B	83	87	85	84	85	168										
SAMSON, H	B	88	90	89	89	89	168										
MULLIGAN	C	88	90	88	88	88	184										
OLIVER	A	79	79	82	80	81	168										
CARLSON		79	81	82	80	82	168										
	B																
	A	1:00	1:00	1:00	1:00												
RYAN	B	1:29	30	30	30		168										
FABER	B	1:31	31	34	35		180										
PLURAD	B	29	30	29	29		172										
FAUST	B	33	34	38	35		160										
DANG	B	33	31	31	33		160										
STRETCH	C	29	30	30	30		160										
RHOADS	C	33	32	33	33		172										
SCHNEIER	B	32	31	33	33		164										
HERMAN	C	31	31	35	35		168										
CAMPBELL		32	31	33	34		156										
HAGEN	C	34	32	38	37		160										
REYNOLDS	C	29	30	29	29		156										
SUMP	C	33	31	32	33		160										
ODENWALD	C	35	36	37	37		200										
HELLMAN	C	40	39	39	32		176										
SHORTAL	C	42	40	44	45		192										
GOELTZ	C	36	36	37	36		168										
HOLTSHOUSER	B	37	37	38	37		164										
MOORE	C	33	34	39	37		164										
WINGBERMUEHLE	C	41	40	42	43		196										
MEYER	C	35	34	40	40		172										
LIVERGOOD	D	36	36	40	38		160										
ODEM	D	31	31	32	31		192										
WINIKER	D	38	39	40	39		160										
ANGELI	D	30	30	36	35		180										
TRESSLAR	D	38	36	40	40		200										
	D																
	C																
	D																

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: 9-18-03 Conditions:

Jog west camp/push-core/FROSH: O&B 5,4/6 easy strides/push/stretch/jog V-JV RACERS: jog to 1K run 5,4 x 400 at Race/2 x hill muny hill rep/jog SLUH stretch (WEIGHTS)/(T7= 16x400/6 hills)

	vol	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	A																
	A																
	A																
	A	79															
	A																
	A																
	A																
ALEX	A	79	77	76	80	77	75	77	75	76	77	73					
ANDREW	A	80	79	78	82	79	78	80	77	X	X	X	X				
MBAUM	A	82	80	80	83	80	80	81	79	79	80	84	79	79	79	78	78
MKIER		82	80	80	83	80	80	81	80	80	81	82	79	79	79	78	78
	A																
	A																
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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: 9-18-03 Conditions:

Jog west camp/push-core/FROSH: O&B 5,4/6 easy strides/push/stretch/jog V-JV RACERS: jog to 1K run 5,4 x 400 at Race/2 x hill muny hill rep/jog SLUH stretch (WEIGHTS)/(T7= 16x400/6 hills)

Group1 17	vol	dist	time	puls	com	com
Arb, Chris	A					
Carlson, Joe	A					
Flanagan, Dan	A					
Linhares, Andrew	A					
Marincel, Joe	A					
Meier, Danny	A					
Muntges, Alex	A					
Murphy-Baum	A					
Oliver, John	A					
Samson, Charlie	A					
Group 2 (18)						
Kelly, John	A					
Nappier, Paul	A					
Dirnbeck, Matt	A					
Kaiser, Drew	A					
Speiser, Nick	A					
Mike Jonagan	C					
Foldes, Dan	C					
Granger, Mike	B					
Mannhard, Pat	B					
Mulligan, Shane	C					
Welling, Joe	A					
Group 3 (19)						
Andy Bonner	B					
Marincel, Dan	A					
Samson, Henry	B					
Turckan, Kevin	B					
Abts, Greg	B					
Scariot, Jim	B					
Rob Ryan	B					
Alex Plurad	C					
Tim Schmidt	C					
Dustin Sump	B					
Rob Stretch	C					
Group 4 (20)						
Greg Moore	C					
Heagney, Pete	C	5	36:35	168		
Campbell, Tom	C					
Herman, Peter	C					
Reynolds, Jeremy	C					
Faust, Tyler	C					
Griesenauer, Doug	C					
Odem, Nick	B					
Schneier, Brian	C					
Nathan Banet	C	5	36:35	164		
Vatterott, Andrew	C	5	41:07	172		
Hukenbeck, Sean	D	5	42:20	136		
Lawder, Matt	D	5	44:43	160		
Emery, Sam	D	5	47:10	150		
McBride, Mike	D	5	[illegible]	[illegible]		
Bruns, Matt	D	5	49:23	200		
Schmidt, Pat	D	5	42:20	180		
David Rhoads	C					
Odenwald, Matt	D					

Group 4 (cont.)	vol	dist	time	puls	com	com
Hagen, Killian	D					
Angeli, Matt	D					
Faber, Phil	D					
Dand, Luke	D					
Group 5 (21)	D					
Castellano, Paul	D	5	41:07	164		
Dang, Luke	D					
Goeltz, Willie	D					
Hilderbrand, Br	D	5	44:45	156		
Kelly, Mike	D	—				
Koller, A J	D	5	49:11	172		
Menius, Dan	C	5	46:46	160		
Newcomer, John	D	5	41:07	175		
Lueking, Andy	D					
Rushing, Kevin	D	—				
Salsich, Neil	D	5	46:22	160		
Schmidt, Ben	D	5	44:43	116		
Group 6 (22)	D					
Ayala, Tony	D	5	44:57	180		
Baker, Steve	D					
delValle, Jamie	D	5	45:14	171		
Fiedler, Matt	D	5	50:06	172		
Fisher, Matt	D	5	48:30	156		
Floros, Ted	D	5	46:00	160		
Hellman, Cole	D					
Holtshouser, Mike	D					
Kickham, Sean	D	5	49:26	164		
Livergood, Robbi	D					
Louvier, Andrew	CT	—				
Meyer, Cory	D					
Micich, John	D	5	48:02	164		
Scott, Sean	D	5	42:30	164		
Shortal, Ryan	D					
Tresslar, Pat	D					
Wingbermuehle	D					
Winker, Thad	D					
Group 7 23+						
Lakin, Jerry	E	4	40:15	180		
Pilla, Gabe	E	4	37:02	168		
Simpson, Bobby	E	4	40:40	200		
Simpson, Peter	E	4	36:08	150		
Zylka, Peter	E	4	44:52	168		

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: 9-~~29~~ 30-03 Conditions: Rainy, cool (ALT: 1-2 on track, rest rainy day OD

Cal/dynamics lobby/Jog cent field: addl stretch/run intervals:400 at race/60 secs/grps 1-3: 4xmile at r

4-7: 3xmile/rest int 4-5 min/(1-2: jog to hill/6 x hill)/ext cool 20-15-in/cal/stretch/shower

Group1 17	vol																
Arb, Chris	A	86	82	82	81	81	81	79	80	79	80						
Carlson, Joe	A	85	82	82	81	82	80				79						
Flanagan, Dan	A	85	81	82	81	82	81	79	80	80	79						
Linhares, Andrew	A	/	/	/	/	/	/	/	/	/	/						
Marincel, Joe	A	86	82	82	80	82	81	80	80	80	80						
Meier, Danny	A	84	82	82	80	82	80	80	81	80	80						
Muntges, Alex	A	/	/	/	/	/	/	/	/	/	/						
Murphy-Baum	A	86	81	82	80	82	81	80	80	80	80						
Oliver, John	A	84	81	81	80	81	81	79	80	80	80						
Samson, Charlie	A	85	81	82	81	81	81	79	79	79	79						
Dirnbeck, Matt	B	87	84	84	84	84	83	82	82	81	81						
Kaiser, Drew	A	87	83	84	84	84	82	82	82	81	81						
Jonagan, Mike	A	86	84	84	84	84	84	83	83	80	78						
Group 2 (18)																	
Welling, Joe	A	91	87	88	88	86	87	87	87	86	85						
Kelly, John	A	88	85	83	84	81	82	80	81	82	82						
Nappier, Paul	A	88	84	83	84	81	82	82	80	80	81						
Speiser, Nick	A	90	86	87	87	85	86	84	86	86	85						
Foldes, Dan	B	91	87	86	86	84	84	81	86	86	85						
Granger, Mike	B	90	86	87	87	85	85	83	84	84	83						
Mannhard, Pat	B	92	88	88	89	89	88	84	88	88	86						
Mulligan, Shane	B	91	87	88	88	87	84	85	88	89	86						
Bonner, Andy	B	90	87	87	88	87	87	87	87	88	86						
Marincel, Dan	B	92	88	89	88	87	87	87	88	89	87						
Samson, Henry	A	91	87	88	88	87	88	88	88	89	86						
Turckan, Kevin	B	91	88	89	89	87	87	88	88	89	87						
Abts, Greg	B	91	88	89	89	87	88	88	88	89	87						
Group 3 (19)																	
Scariot, Jim	B																
Rob Ryan	B																
Alex Plurad	B																
Tim Schmidt	C																
Dustin Sump	C																
Rob Stretch	B																
Group 4 (20)	C																
Greg Moore																	
Heagney, Pete	C																
Campbell, Tom	C																
Herman, Peter	C																
Reynolds, Jeremy	C																
Faust, Tyler	C																
Griesenauer, Doug	C																
Odem, Nick	C																
Schneier, Brian	B																
Nathan Banet	C																
Vatterott, Andrew	C																
Hukenbeck, Sean	C																
Lawder, Matt	D																
Emery, Sam	D																
McBride, Mike	D																
Bruns, Matt	D																
Schmidt, Pat	D																
David Rhoads	D																
Odenwald, Matt	C																

Group 4 (cont.)	vol						
Hagen, Killian	D	79	79	73	75	71	68
Angeli, Matt	D	79	79	78	80	75	75 71
Faber, Phil	D	79	79	73	75	71	73 67
Dang, Luke	D	/	/	/	/	/	/
Group 5 (21)	D	79	80	74	76	71	69
Castellano, Paul	D	79	80	74	76	71	69
Goeltz, Willie	D	/	/	/	/	/	/
Hilderbrand, Br	D	78	88	74	76	72	69
Kelly, Mike	D	79	79	73	76	70	66
Koller, A J	D	79	76	73	75	70	66
Menius, Dan	C	80	81	77	78	75	73
Newcomer, John	D	80	81	77	78	71	76
Lueking, Andy	D	X	X				
Rushing, Kevin	D						
Salsich, Neil	D	86	86	84	78	77	63
Schmidt, Ben	D	82	82	77	75	69	67
Group 6 (22)	D	81	81	76	77	69	66
Ayala, Tony	D	86	85	84	82	78	79
Baker, Steve	D	83	83	80	76	77	63
delValle, Jamie	D	84	82	83	76	77	66
Fiedler, Matt	D	88	88	88	81	81	80
Fisher, Matt	D	88	88	86	84	82	75
Floros, Ted	D	86	87	84	83	80	71
Hellman, Cole	D	88	87	80	83	80	74
Holtshouser, Mike	D	87	87	86	84	78	78
Kickham, Sean	D	87	87	85	81	78	76
Livergood, Robbi	D	87	87	85	84	80	76
Louvier, Andrew	CT						
Meyer, Cory	D						
Micich, John	D						
Scott, Sean	D						
Shortal, Ryan	D						
Tresslar, Pat	D						
Wingbermuehle	D						
Winker, Thad	D						
Group 7 23+							
Lakin, Jerry	E						
Pilla, Gabe	E						
Simpson, Bobby	E						
Simpson, Peter	E						
Zylka, Peter	E						

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: 9-20-03 Conditions: Rainy, cool (ALT: 1-2 on track, rest rainy day OD

Cal/dynamics lobby/Jog cent field: addl stretch/run intervals:400 at race/60 secs/grps 1-3: 4xmile at r

4-7: 3xmile/rest int 4-5 min/(1-2: jog to hill/6 x hill)/ext cool 20-15-in/cal/stretch/shower

Group1 17	vol						**Group 4 (cont.)**	vol					
Arb, Chris	A						Hagen, Killian	D	4	28:30	200		
Carlson, Joe	A						Angeli, Matt	D	4	31:05	117		
Flanagan, Dan	A						Faber, Phil	D	4	30:10	200		
Linhares, Andrew	A						Dang, Luke	D	4	30:54	156		
Marincel, Joe	A						**Group 5 (21)**	D					
Meier, Danny	A						Castellano, Paul	D	3.5	26:08	180		
Muntges, Alex	A						Goeltz, Willie	D	4	28:05	186		
Murphy-Baum	A						Hilderbrand, Br	D	4	31:40	172		
Oliver, John	A						Kelly, Mike	D	4	29:13	188		
Samson, Charlie	A						Koller, A J	D	4	29:13	164		
Dirnbeck, Matt	B						Menius, Dan	C	4	29:13	160		
Kaiser, Drew	A						Newcomer, John	D	4	28:35	180		
Jonagan, Mike	A						Lueking, Andy	D					
Group 2 (18)							Rushing, Kevin	D	4	28:25	164		
Welling, Joe	A						Salsich, Neil	D	3.5	26:08	164		
Kelly, John	A						Schmidt, Ben	D	4	28:25	172		
Nappier, Paul	A						**Group 6 (22)**	D					
Speiser, Nick	A						Ayala, Tony	D	4	27:43	172		
Foldes, Dan	B						Baker, Steve	D	4	29:54	180		
Granger, Mike	B						delValle, Jamie	D	4	31:12	190		
Mannhard, Pat	B						Fiedler, Matt	D	4	27:43	190		
Mulligan, Shane	B						Fisher, Matt	D	4	35:33	156		
Bonner, Andy	B						Floros, Ted	D	4	30:00	160		
Marincel, Dan	B						Hellman, Cole	D	4	28:17	192		
Samson, Henry	A						Holtshouser, Mike	D	4	32:05	176		
Turckan, Kevin	B						Kickham, Sean	D	4	26:48	176		
Abts, Greg	B						Livergood, Robbi	D	4	29:34	168		
Group 3 (19)							Louvier, Andrew	CT	4	29:42	158		
Scariot, Jim	B	4	27:33	172			Meyer, Cory	D	3	22:48	176		
Rob Ryan	B	5	32:47	176			Micich, John	D	4	31:29	164		
Alex Plurad	B	5	34:56	172			Scott, Sean	D	?	29:08	180		
Tim Schmidt	C	5	33:12	184			Shortal, Ryan	D	N/A	—	—		
Dustin Sump	C	5	34:56	—			Tresslar, Pat	D					
Rob Stretch	B	5	33:12	176			Wingbermuehle	D	4	29:15	172		
Group 4 (20)	C						Winker, Thad	D	?	27:20	176		
Greg Moore		4	29:43	164			**Group 7 23+**						
Heagney, Pete	C	5	32:48	164			Lakin, Jerry	E	3	25:30	124		
Campbell, Tom	C	4	28:36	156			Pilla, Gabe	E	4	28:30	172		
Herman, Peter	C	4	28:32	184			Simpson, Bobby	E	3	22:47	158		
Reynolds, Jeremy	C	4	26:22	176			Simpson, Peter	E	3	21:47	180		
Faust, Tyler	C	4	28:37	164			Zylka, Peter	E	4	31:59	160		
Griesenauer, Doug	C												
Odem, Nick	C	5	33:35	184									
Schneier, Brian	B	4	32:04	168									
Nathan Banet	C	4	26:35	160									
Vatterott, Andrew	C	4	26:35	168									
Hukenbeck, Sean	C	4	29:13	160									
Lawder, Matt	D	4	30:11	200									
Emery, Sam	D	4	31:29	156									
McBride, Mike	D	4	30:08	128									
Bruns, Matt	D	4.5	40:21	—									
Schmidt, Pat	D	4	30:11	128									
David Rhoads	D	4	28:10	176									
Odenwald, Matt	C	4	32:00	180									

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: 9-22-03 Conditions:

Jog west/core/dynamics/so-sr: run O&B loops 8,6,5,4/6xstrides/2nd cal-weights/jog

Frosh: jog to 1 k area: 5 x 400 at 2m race pace

Group1 17	vol		
Arb, Chris	A	—	
Carlson, Joe	A5	35:37	156
Flanagan, Dan	A6	43:43	156
Linhares, Andrew	A7	48:30	189
Marincel, Joe	A8	54:27	176
Meier, Danny	A8	54:00	164
Muntges, Alex	A		
short Murphy-Baum	A8	51:06	172
Oliver, John	A8	54:47	168
Samson, Charlie	A8	54:27	172
Dirnbeck, Matt	B	57:00	152
Kaiser, Drew	A	57:00	160
Jonagan, Mike	A6	42:42	152
Group 2 (18)	A		
Welling, Joe	A8	57:00	160
Kelly, John	A8	54:27	172
Nappier, Paul	A8	54:47	162
Speiser, Nick	A	57:00	172
Foldes, Dan	B6	40:44	172
Granger, Mike	B6	42:15	176
Mannhard, Pat	B6	45:00	142
Mulligan, Shane	B6	42:20	154
Bonner, Andy	B6	44:00	180
Marincel, Dan	B6	45:00	168
Samson, Henry	A3	23:05	152
Turckan, Kevin	B6	45:00	160
Abts, Greg	B6	45:00	164
Group 3 (19)			
Scariot, Jim	B	—	
Rob Ryan	B6	45:00	176
Alex Plurad	B6	44:17	189
Tim Schmidt	C6	45:00	168
Dustin Sump	C	—	
Rob Stretch	B6	45:00	168
Group 4 (20)	C		
Greg Moore	5	38:39	176
Heagney, Pete	C	—	
Campbell, Tom	C5	37:01	164
Herman, Peter	C5	38:07	188
Reynolds, Jeremy	C5	36:41	172
Faust, Tyler	C5	37:57	172
Griesenauer, Doug	C	XT	
Odem, Nick	C5	37:26	188
Schneier, Brian	B5	38:07	180
Nathan Banet	C	—	
Vatterott, Andrew	C	—	
Hukenbeck, Sean	C	—	
Lawder, Matt	D	—	
Emery, Sam	D	—	
McBride, Mike	D	—	
Bruns, Matt	D	—	
Schmidt, Pat	D	—	
David Rhoads	D5	36:58	142
Odenwald, Matt	C	—	

Group 4 (cont.)	vol		
Hagen, Killian	D5	38:02	200
Angeli, Matt	D5	38:52	180
Faber, Phil	D5	37:10	188
Dand, Luke	D5	38:02	174
Group 5 (21)	D		
Castellano, Paul	D	—	
~~Dang, Luke~~	D		
Goeltz, Willie	D4	29:38	184
Hilderbrand, Br	D	—	
Kelly, Mike	D	—	
Koller, A J	D	—	
Menius, Dan	C	—	
Newcomer, John	D	—	
Lueking, Andy	D	XT	
Rushing, Kevin	D	—	
Salsich, Neil	D	—	
Schmidt, Ben	D	—	
Group 6 (22)	D		
Ayala, Tony	D	—	
Baker, Steve	D3	24:52	188
delValle, Jamie	D	—	
Fiedler, Matt	D	—	
Fisher, Matt	D	—	
Floros, Ted	D	—	
Hellman, Cole	D4	29:52	208
Holtshouser, Mike	D4	33:20	184
Kickham, Sean	D	—	
Livergood, Robbi	D4	31:10	176
Louvier, Andrew	CT	—	
Meyer, Cory	D3	26:09	172
Micich, John	D	—	
Scott, Sean	D	—	
Shortal, Ryan	D4	29:26	192
Tresslar, Pat	D3	21:48	212
Wingbermuehle	D5	36:58	212
Winker, Thad	D4	31:59	172
Group 7 23+			
Lakin, Jerry	E	—	
Pilla, Gabe	E	—	
Simpson, Bobby	E	—	
Simpson, Peter	E	—	
Zylka, Peter	E	—	

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

2 MILE TEMPO / 1st MILE RACE P / 2ND MILE RACE P / FINAL 1K FAST

15 MIN COOL

STRETCH

DATE: 9-23-03 Conditions:

(Top 14 at J.B.) Rest: Frosh: Jog west/run course 1 full loop/4 strides/stretch/jog home

S0, JR, SR: 5x800 on lake loop at race w/ fnl rep sub race/ int 3 min/15 min cool/cal/stretch

	vol					
Group1 17	vol					
Arb, Chris	A	12:02	5:43	5:43	3:21	
Off Carlson, Joe	A	12:16	5:54	5:49	3:26	
Flanagan, Dan	A					
Linhares, Andrew	A	12:01	5:53	5:43	3:21	(188)
Marincel, Joe	A	12:08	5:53	5:47	3:27	(188)
Meier, Danny	A	12:04	5:44	5:45	3:31	(168)
Muntges, Alex	A					
Murphy-Baum	A	12:09	5:43	5:44	3:27	
Off Oliver, John	A	12:02	5:36	6:05	3:32	
Off Samson, Charlie	A	12:04	5:37	5:44	3:24	
Dirnbeck, Matt	B	12:31	5:57	5:52	3:38	
Kaiser, Drew	A	12:33	6:02	6:01	3:39	
Jonagan, Mike	A	12:33	5:56	5:52	3:36	
Group 2 (18)	A					
Welling, Joe	A	12:32	6:02	5:55	3:35	
Kelly, John	A					
Nappier, Paul	A	12:15	6:12	6:18	3:36	
Speiser, Nick	A	12:31	6:02	5:55	3:38	
Foldes, Dan	B	12:34	5:57	5:49	3:27	
Granger, Mike	B					
Mannhard, Pat	B					
Mulligan, Shane	B	12:43	6:19	6:10	—	
Bonner, Andy	B					
Marincel, Dan	B					
Samson, Henry	A					
Turckan, Kevin	B					
Abts, Greg	B					
Group 3 (19)						
Scariot, Jim	B					
Rob Ryan	B					
Alex Plurad	B					
Tim Schmidt	C					
Dustin Sump	C					
Rob Stretch	B					
Group 4 (20)	C					
Greg Moore						
Heagney, Pete	C					
Campbell, Tom	C					
Herman, Peter	C					
Reynolds, Jeremy	C					
Faust, Tyler	C					
Griesenauer, Doug	C					
Odem, Nick	C					
Schneier, Brian	B					
Nathan Banet	C					
Vatterott, Andrew	C					
Hukenbeck, Sean	C					
Lawder, Matt	D					
Emery, Sam	D					
McBride, Mike	D					
Bruns, Matt	D					
Schmidt, Pat	D					
David Rhoads	D					
Odenwald, Matt	C					

	vol					
Group 4 (cont.)	vol					
Hagen, Killian	D					
Angeli, Matt	D					
Faber, Phil	D					
Dang, Luke	D					
Group 5 (21)	D					
Castellano, Paul	D					
Dang, Luke	D					
Goeltz, Willie	D					
Hilderbrand, Br	D					
Kelly, Mike	D					
Koller, A J	D					
Menius, Dan	C					
Newcomer, John	D					
Lueking, Andy	D					
Rushing, Kevin	D					
Salsich, Neil	D					
Schmidt, Ben	D					
Group 6 (22)	D					
Ayala, Tony	D					
Baker, Steve	D					
delValle, Jamie	D					
Fiedler, Matt	D					
Fisher, Matt	D					
Floros, Ted	D					
Hellman, Cole	D					
Holtshouser, Mike	D					
Kickham, Sean	D					
Livergood, Robbi	D					
Louvier, Andrew	CT					
Meyer, Cory	D					
Micich, John	D					
Scott, Sean	D					
Shortal, Ryan	D					
Tresslar, Pat	D					
Wingbermuehle	D					
Winker, Thad	D					
Group 7 23+						
Lakin, Jerry	E					
Pilla, Gabe	E					
Simpson, Bobby	E					
Simpson, Peter	E					
Zylka, Peter	E					

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: 9-23-03 Conditions:

(Top 14 at J.B.) Rest: Frosh: Jog west/run course 1 full loop/4 strides/stretch/jog home

S0, JR, SR: 5x800 on lake loop at race w/ fnl rep sub race/ int 3 min/15 min cool/cal/stretch

Group1 17	vol					
Arb, Chris	A	—				
Carlson, Joe	A	—				
Flanagan, Dan	A	—				
Linhares, Andrew	A	—				
Marincel, Joe	A	—				
Meier, Danny	A	—				
Muntges, Alex	A	—				
Murphy-Baum	A	—				
Oliver, John	A	—				
Samson, Charlie	A	—				
Dirnbeck, Matt	B	—				
Kaiser, Drew	A	—				
Jonagan, Mike	A	—				
Group 2 (18)	A					
Welling, Joe	A	—				
Kelly, John	A	2:59	2:53	2:52	2:49	2:44
Nappier, Paul	A	—				
Speiser, Nick	A	—				
Foldes, Dan	B	—				
Granger, Mike	B	2:59	2:53	2:52	2:49	2:44
Mannhard, Pat	B	3:04	2:56	2:53	2:50	2:45
Mulligan, Shane	B	—				
Bonner, Andy	B	3:05	2:59	2:58	2:53	2:53
Marincel, Dan	B	3:04	2:54	2:54	2:49	2:46
Samson, Henry	A	3:06	2:55	2:55	2:49	2:44
Turckan, Kevin	B	3:06	2:58	2:57	2:54	2:53
Abts, Greg	B	3:06	2:56	2:57	2:54	2:49
Group 3 (19)						
Scariot, Jim	B					
Rob Ryan	B	3:14	3:04	3:02	3:01	2:59
Alex Plurad	B	3:13	3:06	3:08	2:57	2:49
Tim Schmidt	C	3:07	2:59		2:56	2:54
Dustin Sump	C	3:08	3:07	3:06	3:08	3:14
Rob Stretch	B	3:13	3:05	3:02	3:31	2:54
Group 4 (20)	C					
Greg Moore		3:24	3:14	3:14	3:21	3:12
Heagney, Pete	C	—				
Campbell, Tom	C	3:17	3:08	3:06	3:03	2:59
Herman, Peter	C	3:22	3:12	3:09	3:07	3:07
Reynolds, Jeremy	C	3:09	3:00	3:57	2:54	2:52
Faust, Tyler	C	3:19	3:12	3:09	3:06	3:02
Griesenauer, Doug	C					
Odem, Nick	C	3:17	3:08	3:08	3:05	2:59
Schneier, Brian	B	3:24	3:14	3:13	3:14	3:09
Nathan Banet	C	—				
Vatterott, Andrew	C	—				
Hukenbeck, Sean	C	—				
Lawder, Matt	D	—				
Emery, Sam	D	—				
McBride, Mike	D	—				
Bruns, Matt	D	—				
Schmidt, Pat	D	—				
David Rhoads	D	3:21	3:12	3:09	3:08	3:06
Odenwald, Matt	C	3:1				

Group 4 (cont.)	vol						
Hagen, Killian	D	3:12	3:3	3:13	3:06	3:00	184
Angeli, Matt	D	3:3	3:26	3:16	3:06	3:00	184
Faber, Phil	D	3:18	3:17	3:10	3:06	3:06	204
Dand, Luke	D	3:19	3:09	3:06	2:59	3:07	
Group 5 (21)	D						
Castellano, Paul	D	—					
Dang, Luke	D	—					
Goeltz, Willie	D	3:27	3:23	3:12	3:06	2:59	188
Hilderbrand, Br	D	—					
Kelly, Mike	D	—					
Koller, A J	D	—					
Menius, Dan	C	—					
Newcomer, John	D	—					
Lueking, Andy	D	3:					
Rushing, Kevin	D	—					
Salsich, Neil	D	—					
Schmidt, Ben	D	—					
Group 6 (22)	D						
Ayala, Tony	D	—					
Baker, Steve	D	—					
delValle, Jamie	D	—					
Fiedler, Matt	D	—					
Fisher, Matt	D	—					
Floros, Ted	D	—					
Hellman, Cole	D	3:33	3:36	3:20	3:20	3:17	200
Holtshouser, Mike	D	3:40	3:44	3:26	3:29	3:22	200
Kickham, Sean	D	—					
Livergood, Robbi	D	3:	—				
Louvier, Andrew	CT	—					
Meyer, Cory	D	3:44	3:58	3:48	3:37	3:45	188
Micich, John	D	—					
Scott, Sean	D	—					
Shortal, Ryan	D	3:34	3:37	3:21	3:14	3:06	206
Tresslar, Pat	D	—	—	—	—	—	
Wingbermuehle	D	3:2	3:20	3:17	3:13	3:10	216
Winker, Thad	D	3:25	3:35	3:24	3:16	3:14	180
Group 7 23+							
Lakin, Jerry	E	—					
Pilla, Gabe	E	—					
Simpson, Bobby	E	—					
Simpson, Peter	E	—					
Zylka, Peter	E	—					

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: 9-24-03 Conditions: (FROSH at HAZ East)

RECOVERY DAY! Jog west camp/no cal/Dynamics/O&B loops easy pace: A=6 B=6 C=5 D/E=4/

Full stretch/HOME EARLY! WEIGHTS - ONE GOOD SET & OUT

Group1 17	vol						**Group 4 (cont.)**	vol					
Arb, Chris	A	42:55	176				Hagen, Killian	D	32:07	184			
Carlson, Joe	A	43:57	164				Angeli, Matt	D	32:57	152			
Flanagan, Dan	A	42:48	168				Faber, Phil	D	32:10	172			
Linhares, Andrew	A	42:40	(188)				Dand, Luke	D	—	—			
Marincel, Joe	A	42:46	168				**Group 5 (21)**	D					
Meier, Danny	A	43:57	148				Castellano, Paul	D	—				
Muntges, Alex	A	—					Dang, Luke	D	32:07	160			
Murphy-Baum	A	42:49	172				Goeltz, Willie	D	32:41	180			
Oliver, John	A	42:49	152				Hilderbrand, Br	D	—				
Samson, Charlie	A	42:55	172				Kelly, Mike	D	—				
Dirnbeck, Matt	B	47:00	144				Koller, A J	D	—				
Kaiser, Drew	A	46:15	152				Menius, Dan	C	—				
Jonagan, Mike	A	47:00	152				Newcomer, John	D	—				
Group 2 (18)	A						Lueking, Andy	D	Injury				
Welling, Joe	A	46:15	160				Rushing, Kevin	D	—				
Kelly, John	A	43:38	176				Salsich, Neil	D	—				
Nappier, Paul	A	22:25	160				Schmidt, Ben	D	—				
Speiser, Nick	A	46:00	164				**Group 6 (22)**	D	/				
Foldes, Dan	B	43:28	156				Ayala, Tony	D	—				
Granger, Mike	B	47:00	160				Baker, Steve	D	23:58	200			
Mannhard, Pat	B	46:15	156				delValle, Jamie	D	—				
Mulligan, Shane	B	46:15	164				Fiedler, Matt	D	—				
Bonner, Andy	B	47:00	168				Fisher, Matt	D	—				
Marincel, Dan	B	47:00	164				Floros, Ted	D	—				
Samson, Henry	A	46:15	164				Hellman, Cole	D	32:13	200			
Turckan, Kevin	B	47:00	160				Holtshouser, Mike	D	Ex				
Abts, Greg	B	47:00	160				Kickham, Sean	D	—				
Group 3 (19)							Livergood, Robbi	D	19:34	172			
Scariot, Jim	B	23:55	160				Louvier, Andrew	CT	—				
Rob Ryan	B	—					Meyer, Cory	D	19:48	168			
Alex Plurad	B	39:51	172				Micich, John	D	—				
Tim Schmidt	C	39:38	160				Scott, Sean	D	—				
Dustin Sump	C	44:26	156				Shortal, Ryan	D	33:30	200			
Rob Stretch	B	47:00	144				Tresslar, Pat	D	Injured				
Group 4 (20)	C						Wingbermuehle	D	33:35	192			
Greg Moore		40:06	172				Winker, Thad	D	34:21	164			
Heagney, Pete	C	—					**Group 7 23+**						
Campbell, Tom	C	40:13	152				Lakin, Jerry	E	—				
Herman, Peter	C	40:09	168				Pilla, Gabe	E	—				
Reynolds, Jeremy	C	40:00	164				Simpson, Bobby	E	—				
Faust, Tyler	C	39:57	172				Simpson, Peter	E	—				
Griesenauer, Doug	C	Cross					Zylka, Peter	E	—				
Odem, Nick	C	39:50	180										
Schneier, Brian	B	40:10	172				Coach Flanagan		22:55	172			
Nathan Banet	C	—											
Vatterott, Andrew	C	—											
Hukenbeck, Sean	C	—											
Lawder, Matt	D	—											
Emery, Sam	D	—											
McBride, Mike	D	—											
Bruns, Matt	D	—											
Schmidt, Pat	D	—											
David Rhoads	D	40:13	176										
Odenwald, Matt	C	EX											

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: 9-25-03 Conditions:

ANOTHER RECOVERY DAY! reg cal/Dynamics/O&B loop all groups 4/6 race pace strides/2nd cal/stretch

Group1 17	vol						**Group 4 (cont.)**	vol					
Arb, Chris	A	4	27:24	164			Hagen, Killian	D	4	30:23	176		
Carlson, Joe	A	4	26:53	160			Angeli, Matt	D	4	30:24	152		
Flanagan, Dan	A	4	26:50	168			Faber, Phil	D	4	30:20	168		
Linhares, Andrew	A	—	—	—			Dand, Luke	D	4	30:23	156		
Marincel, Joe	A	4	27:47	140			**Group 5 (21)**	D					
Meier, Danny	A	4	27:59	140			Castellano, Paul	D	4	32:09	140		
Muntges, Alex	A	—	—	—			~~Dang, Luke~~	D	—	—	—		
Murphy-Baum	A	4	26:58	164			Goeltz, Willie	D	4	32:05	168		
Oliver, John	A	4	26:57	150			Hilderbrand, Br	D	4	31:29	168		
Samson, Charlie	A	4	27:34	152			Kelly, Mike	D	4	34:29	152		
Dirnbeck, Matt	B	4	27:33	164			Koller, A J	D	4	31:51	160		
Kaiser, Drew	A	4	28:00	152			Menius, Dan	C	4	31:38	160		
Jonagan, Mike	A	4	30:46	132			Newcomer, John	D	4	30:26	168		
Group 2 (18)							Lueking, Andy	D	—	—	—		
Welling, Joe	A	4	29:40	132			Rushing, Kevin	D	4	26:58	180		
Kelly, John	A	4	27:34	168			Salsich, Neil	D	4	30:26	164		
Nappier, Paul	A	4	27:59	154			Schmidt, Ben	D	4	31:29	160		
Speiser, Nick	A	4	28:09	152			**Group 6 (22)**	D					
Foldes, Dan	B	4	27:32	142			Ayala, Tony	D	4	31:38	172		
Granger, Mike	B	4	29:40	142			Baker, Steve	D	3	21:33	196		
Mannhard, Pat	B	4	29:42	120			delValle, Jamie	D	4	31:49	180		
Mulligan, Shane	B	4	29:42	136			Fiedler, Matt	D	4	32:11	180		
Bonner, Andy	B	4	28:00	160			Fisher, Matt	D	4	34:57	180		
Marincel, Dan	B	4	30:22	140			Floros, Ted	D	4	30:30	200		
Samson, Henry	A	4	29:42	136			Hellman, Cole	D	4	32:05	160		
Turckan, Kevin	B	4	30:22	136			Holtshouser, Mike	D	4	32:05	176		
Abts, Greg	B	4	30:20	156			Kickham, Sean	D	4	31:49	160		
Group 3 (19)							Livergood, Robbi	D	—	—	—		
Scariot, Jim	B	3	21:28	160			Louvier, Andrew	~~C~~	~~3~~	2 MILE BRISK WALK			
Rob Ryan	B	4	30:23	156			Meyer, Cory	D	—	—	—		
Alex Plurad	B	4	30:14	152			Micich, John	D	4	32:06	164		
Tim Schmidt	C	4	30:20	160			Scott, Sean	D	4	31:44	150		
Dustin Sump	C	4	29:20	152			Shortal, Ryan	D	4	30:51	184		
Rob Stretch	B	4	30:20	148			Tresslar, Pat	D	—	—	—		
Group 4 (20)	C						Wingbermuehle	D	4	32:39	180		
Greg Moore		4	30:27	160			Winker, Thad	D	4	32:18	168		
Heagney, Pete	C	4	30:26	132			**Group 7 23+**						
Campbell, Tom	C	4	29:49	148			Lakin, Jerry	E	—	—	—		
Herman, Peter	C	4	29:49	164			Pilla, Gabe	E	4	32:13	162		
Reynolds, Jeremy	C	4	30:14	136			Simpson, Bobby	E	4	40:00	180		
Faust, Tyler	C	4	30:24	160			Simpson, Peter	E	4	33:12	176		
Griesenauer, Doug	C	—	—	—			Zylka, Peter	E	4	38:26	96		
Odem, Nick	C	4	28:35	172									
Schneier, Brian	B	4	30:57	164									
Nathan Banet	C	4	26:58	160									
Vatterott, Andrew	C	4	30:26	128									
Hukenbeck, Sean	C	4	30:26	136									
Lawder, Matt	D	4	34:33	172									
Emery, Sam	D	4	32:06	152									
McBride, Mike	D	4	31:25	192									
Bruns, Matt	D												
Schmidt, Pat	D	4	31:51	641									
David Rhoads	D	4	30:58	172									
Odenwald, Matt	C	4	32:05	184									

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: 9-26-03 Conditions:

Pre-meet: D. Lobby mtg/jog course run 1 loop/strides 6-4 at race +/run 1,2,3 loops/jog/stretch

Group1 17	vol						
Arb, Chris	A						
Carlson, Joe	A						
Flanagan, Dan	A						
Linhares, Andrew	A						
Marincel, Joe	A						
Meier, Danny	A						
Muntges, Alex	A						
Murphy-Baum	A						
Oliver, John	A						
Samson, Charlie	A	3:28	1:56	74	69	1:51 / 3:17	
Dirnbeck, Matt	B	3:38	2:04	80	77	2:01 / 3:26	
Kaiser, Drew (sick)	A	3:40	2:05	80	78	2:06	
Jonagan, Mike	A						
Group 2 (18)							
Welling, Joe	A	3:35	2:05	80	76	2:01 / 3:34	
Kelly, John	A	3:32	1:59	77	73	1:56 / 3:24	
Nappier, Paul	A	—					
Speiser, Nick	A	3:37	2:05	80	74	2:00 / 3:30	
Foldes, Dan	B	3:34	2:02	77	77	1:53	
Granger, Mike	B	3:37	2:03	78	76	1:58 / 3:31	
Mannhard, Pat	B	3:41	2:06	80	75	1:57 / 3:28	
Mulligan, Shane	B	3:42	2:07	81	78	2:03 / 3:31	
Bonner, Andy	B	3:38	2:05	80	78	2:05 / 3:29	
Marincel, Dan	B	3:41	2:05	81	78	2:02 / 3:31	
Samson, Henry	A	43					
Turckan, Kevin	B	3:43	2:07	82	78	2:04 / 3:39	
Abts, Greg	B	3:43	2:07	82	78	2:03 / 3:34	
Group 3 (19)							
Scariot, Jim	B	3:49	2:08	82	83	2:12 / 4:06	
Rob Ryan	B	—					
Alex Plurad	B	—					
Tim Schmidt	C	3:47	2:07	82	78	2:03 / 3:36	
Dustin Sump	C	3:59	85	85	83	82 / 3:53	
Rob Stretch	B	—					
Group 4 (20)	C						
Greg Moore	C	4:00	89	88	86	80 / 3:55	
Heagney, Pete	C	—					
Campbell, Tom	C	3:45	79	78	75	73 / 3:43	
Herman, Peter	C	4:00	87	89	83	84 / 3:53	
Reynolds, Jeremy	C	3:39	75	75	74	73 / 3:53	
Faust, Tyler	C	3:56	85	84	81	77 / 3:40	
Griesenauer, Doug	C	4:15	90	89	86	83 / 4:30	
Odem, Nick	C	3:48	80	82	80	80 / 3:49	
Schneier, Brian	B	—					
Nathan Banet	C	—					
Vatterott, Andrew	C	—					
Hukenbeck, Sean	C	—					
Lawder, Matt	D	—					
Emery, Sam	D	—					
McBride, Mike	D	—					
Bruns, Matt	D	—					
Schmidt, Pat	D	—					
David Rhoads	D	3:45	80	79	78	80 / 3:51	
Odenwald, Matt	C	4:03	88	88	85	83 / 3:54	

Group 4 (cont.)	vol				86		
Hagen, Killian	D	4:06	91	88	[illegible]	84	3:49
Angeli, Matt	D						
Faber, Phil	D	3:53	86	85	81	79	3:46
Dang, Luke	D	3:56	83	84	79	82	4:12
Group 5 (21)	D						
Castellano, Paul	D						
Goeltz, Willie	D	4:04	92	91	87	83	3:53
Hilderbrand, Br	D						
Kelly, Mike	D						
Koller, A J	D						
Menius, Dan	C						
Newcomer, John	D						
Lueking, Andy	D						
Rushing, Kevin	D						
Salsich, Neil	D						
Schmidt, Ben	D						
Group 6 (22)	D						
Ayala, Tony	D						
Baker, Steve	D	3:59	87	88	84	83	4:13
delValle, Jamie	D						
Fiedler, Matt	D						
Fisher, Matt	D						
Floros, Ted	D						
Hellman, Cole	D	4:03	88	88	85	83	3:48
Holtshouser, Mike	D	4:16	94	93	90	83	4:09
Kickham, Sean	D						
Livergood, Robbi	D						
Louvier, Andrew	CT						
Meyer, Cory	D	4:22	95	95	91	87	5:04
Micich, John	D						
Scott, Sean	D						
Shortal, Ryan	D	4:18	88	86	82	84	4:08
Tresslar, Pat	D						
Wingbermuehle	D	4:16	92	90	90	87	3:59
Winker, Thad	D						
Group 7 23+							
Lakin, Jerry	E						
Pilla, Gabe	E						
Simpson, Bobby	E						
Simpson, Peter	E						
Zylka, Peter	E						

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: 9-29-03 Conditions:

Jog west/cal/dynamics/mtg/run OB loops: A10, B8, C7, D5, E4/8-6 strides 1st two at race, remainder sub race/2nd cal/stretch/jog home

WEIGHTS

Group1 17	vol		105:23	168
Arb, Chris	A	10		
Carlson, Joe	A	10	47:47	168
Flanagan, Dan	A	10	1:04:34	172
Linhares, Andrew	A	—		
Marincel, Joe	A	10	1:05:00	160
Meier, Danny	A	10	1:05:35	160
Muntges, Alex	A	5	39:36	116
Murphy-Baum	A	10	67:26	176
Oliver, John	A	10	1:05:23	156
Samson, Charlie	A	10	1:05:34	168
Dirnbeck, Matt	B	10	1:05:37	176
Kaiser, Drew	A	8	53:52	168
Jonagan, Mike	A	8	56:15	172
Group 2 (18)				
Welling, Joe	A	10	69:54	172
Kelly, John	A	—		
Nappier, Paul FAST!	A*	8	52:08	172
Speiser, Nick	A	10	69:45	168
Foldes, Dan	B	8	55:25	136
Granger, Mike FAST!	B*	8	52:08	164
Mannhard, Pat	B	8	56:15	168
Mulligan, Shane	B	8	56:14	196
Bonner, Andy	B	8	54:25	168
Marincel, Dan	B	8	57:50	168
Samson, Henry	A	8	56:14	172
Turckan, Kevin	B	8	57:50	160
Abts, Greg	B	8	57:50	164
Group 3 (19)				
Scariot, Jim	B	5	39:36	160
Rob Ryan	B	8	57:50	176
Alex Plurad	B	7	51:30	184
Tim Schmidt	C	8	57:50	176
Dustin Sump	C	8	57:50	168
Rob Stretch	B	8	57:50	160
Group 4 (20)	C			
Greg Moore		6	47:19	164
Heagney, Pete	C	7	49:22	160
Campbell, Tom	C	7	51:52	156
Herman, Peter	C	7	52:01	196
Reynolds, Jeremy	C	7	49:20	160
Faust, Tyler	C	7	52:02	168
Griesenauer, Doug	C	CT		
Odem, Nick	C	8	57:33	188
Schneier, Brian	B	7	59:17	188
Nathan Banet	C	7	49:22	164
Vatterott, Andrew	C	6	44:59	164
Hukenbeck, Sean	C	6	44:59	180
Lawder, Matt	D	6	47:53	208
Emery, Sam	D	6	48:02	160
McBride, Mike	D	6	44:59	156
Bruns, Matt	D	DNF		
Schmidt, Pat	D	6	47:05	172
David Rhoads	D	7	49:20	204
Odenwald, Matt	C	6	48:22	188

Group 4 (cont.)	vol			
Hagen, Killian	D	6	47:50	184
Angeli, Matt	D	6	47:50	158
Faber, Phil	D	6	45:39	169
Dang, Luke	D	6	47:19	164
Group 5 (21)	D			
Castellano, Paul	D	6	46:39	160
Goeltz, Willie	D	6	44:40	184
Hilderbrand, Br	D	—		
Kelly, Mike	D	6	47:48	196
Koller, A J	D	—		
Menius, Dan	C	6	47:53	180
Newcomer, John	D	6	47:05	175
Lueking, Andy	D	CT		
Rushing, Kevin	D			
Salsich, Neil	D	6	46:37	160
Schmidt, Ben	D	6	47:53	172
Group 6 (22)	D			
Ayala, Tony	D	6	47:53	176
Baker, Steve	D	4	30:47	188
delValle, Jamie	D	6	51:03	189
Fiedler, Matt	D	6	48:56	168
Fisher, Matt	D	6	51:36	168
Floros, Ted	D	6	50:10	157
Hellman, Cole	D	6	45:58	208
Holtshouser, Mike	D	6	48:22	184
Kickham, Sean	D	6	51:29	180
Livergood, Robbi	D	3	26:03	168
Louvier, Andrew	CT	2	15:10	132
Meyer, Cory	D	3	27:54	168
Micich, John	D	6	49:50	168
Scott, Sean	D	IN		
Shortal, Ryan	D	6	50:26	180
Tresslar, Pat	D	CT		
Wingbermuehle	D	3	26:05	160
Winker, Thad	D	6	50:41	176
Group 7 23+				
Lakin, Jerry	E	3	22:08	146
Pilla, Gabe	E	3	26:10	170
Simpson, Bobby	E	5	52:32	176
Simpson, Peter	E	5	43:55	176
Zylka, Peter	E	6	57:57	160

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

10-1-03 : JOG WEST CAMP/ DYNAMICS/ RUN HILLY LOOPS W/ NUERO DRILL FOR ALL A'S + B'S/

DATE: ~~8-30-03~~ Conditions:

~~Jog cent fields a-b ext loop/push up/full stretch/run repeat miles, etc.~~

Group1 17	vol						Group 4 (cont.)	vol					
Arb, Chris	A	7.9	55:43	164			Hagen, Killian	D	4.6	36:04	180		
Carlson, Joe	A	7.9	55:18	152			Angeli, Matt	D	4.6	36:02	180		
Flanagan, Dan	A	7.9	55:43	148			Faber, Phil	D	4.6	35:45	180		
Linhares, Andrew	A	—	—	—			Dang, Luke	D	4.6	34:57	164		
Marincel, Joe	A	7.9	54:20	160			**Group 5 (21)**	D					
Meier, Danny	A	7.9	55:43	152			Castellano, Paul	D	4.6+	39:50	196		
Muntges, Alex	A	3.3	N.T.	N.P.			Goeltz, Willie	D	4.6	34:22	174		
Murphy-Baum	A	7.9	54:20	180			Hilderbrand, Br	D	4.6	33:51	184		
Oliver, John	A	7.9	54:20	152			Kelly, Mike	D	4.6	35:11	196		
Samson, Charlie	A	7.9	54:20	164			Koller, A J	D	4.6+	40:27	152		
Dirnbeck, Matt	B	7.9	54:20	168			Menius, Dan	C	4.6+	40:27	160		
Kaiser, Drew	A	7.9	57:13	156			Newcomer, John	D	4.6	33:59	170		
Jonagan, Mike	A	7.9	1:00:48	152			Lueking, Andy	D	—	—	—		
Group 2 (18)							Rushing, Kevin	D	4.6	34:22	176		
Welling, Joe	A	7.9	57:29	168			Salsich, Neil	D	4.6	34:39	160		
Kelly, John	A	5	38:20	144			Schmidt, Ben	D	4.6	34:53	172		
Nappier, Paul	A	7.9	54:53	152			**Group 6 (22)**	D					
Speiser, Nick	A	7.9	57:29	168			Ayala, Tony	D	4.6	36:07	176		
Foldes, Dan	B	7.9	54:22	136			Baker, Steve	D	4.6	35:22	188		
Granger, Mike	B	7.9	1:00:48	148			delValle, Jamie	D	4.6+	40:27	170		
Mannhard, Pat	B	7.9	58:30	152			Fiedler, Matt	D	4.6	36:07	160		
Mulligan, Shane	B	7.9	58:33	152			Fisher, Matt	D	4.6+	44:59	164		
Bonner, Andy	B	7.9	1:00:48	150			Floros, Ted	D	4.6	37:54	164		
Marincel, Dan	B	7.9	59:22	164			Hellman, Cole	D	5.5	40:10	188		
Samson, Henry	A	7.9	58:33	164			Holtshouser, Mike	D	4.6	37:06	200		
Turckan, Kevin	B	7.9	59:22	168			Kickham, Sean	D	4.6	37:09	184		
Abts, Greg	B	7.9	59:22	156			Livergood, Robbi	D	4.6+	39:50	—		
Group 3 (19)							Louvier, Andrew	CT	—	39:46	132		
Scariot, Jim	B	6.8	51:05	164			Meyer, Cory	D	—	39:46	—		
Rob Ryan	B	7.9	59:22	156			Micich, John	D	4.6	36:07	168		
Alex Plurad	B	6.8	50:25	168			Scott, Sean	D	4.6	37:23	180		
Tim Schmidt	C	6.8	51:05	164			Shortal, Ryan	D	3	25:16	168		
Dustin Sump	C	7.9	58:33	176			Tresslar, Pat	D	XT				
Rob Stretch	B	7.9	1:00:48	164			Wingbermuehle	D	4.6+	39:53	168		
Group 4 (20)	C						Winker, Thad	D	4.6+	40:05	160		
Greg Moore		6.8	51:50	156			**Group 7 23+**						
Heagney, Pete	C	7.9	58:45	156			Lakin, Jerry	E	3	2—	188		
Campbell, Tom	C	6.8	50:17	156			Pilla, Gabe	E	4.6	41:13	156		
Herman, Peter	C	6.8	51:37	180			Simpson, Bobby	E	—	39:46	180		
Reynolds, Jeremy	C	6.8	48:10	—			Simpson, Peter	E	4.6+	42:59	180		
Faust, Tyler	C	6.8	51:50	160			Zylka, Peter	E	4.6+	44:53	160		
Griesenauer, Doug	C	3	25:00	176									
Odem, Nick	C	6.8	52:39	164									
Schneier, Brian	B	4.6	36:04	180									
Nathan Banet	C	7.9	58:45	160									
Vatterott, Andrew	C	HIP		—									
Hukenbeck, Sean	C	4.6+	40:27	160									
Lawder, Matt	D	4.6	34:53	192									
Emery, Sam	D	4.6	30:35	184									
McBride, Mike	D	—	28:35	—									
Bruns, Matt	D	—	28:35	168									
Schmidt, Pat	D	—	28:35	—									
David Rhoads	D	6.8	50:45	184									
Odenwald, Matt	C	4.6	35:06	188									

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

A = ART MUSEUM + STEINBERG

B = ART MUSEUM + RIVER

C = ART MUSEUM

D = SAINT PAVILION

E = MUNY

RUN 4-6 STROLLES IF NO RAIN

JOG MAIN OR STROLLS

FULL STRETCH LOBBY

SPONER

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: 10-2-03 Conditions:

jog central field plus mile loop/push up stretch/2 strides/run tempo 5,4,3/jog SLUH/stretch w/ leader

Group1 17	vol	dist	time	pulse	pace	com
Arb, Chris	A	5	30:26	192		
Carlson, Joe	A	5	31:23	176		
Flanagan, Dan	A	5	30:09	188		
Linhares, Andrew	A	5E	20:53	–		
Marincel, Joe	A	5	31:15	176		
Meier, Danny	A	5	30:02	180		
Muntges, Alex	A	5E	3 20:33	156		
Murphy-Baum	A	5	30:47	200		
Oliver, John	A	5	30:41	196		
Samson, Charlie	A	3	19:26	168		
Dirnbeck, Matt	B	5	32:48	196		
Kaiser, Drew	A	5				
Jonagan, Mike	A	4	25:53	180		
Group 2 (18)						
Welling, Joe	A	5	32:45	180		
Kelly, John	A	?				
Nappier, Paul	A	4	25:34	192		
Speiser, Nick	A	5	32:45	176		
Foldes, Dan	B	5	32:22	172		
Granger, Mike	B	5	32:58	180		
Mannhard, Pat	B	5	33:47	180		
Mulligan, Shane	B	5	33.47	184		
Bonner, Andy	B	5	32:05	184		
Marincel, Dan	B	5	34:17	180		
Samson, Henry	A	X				
Turckan, Kevin	B	5	34:26	184		
Abts, Greg	B	5	34:26	180		
Group 3 (19)						
Scariot, Jim	B	4	27:41	196		
Rob Ryan	B	4	27:37	188		
Alex Plurad	B	4	28:15	176		
Tim Schmidt	C	4	27:37	172		
Dustin Sump	C	4	29:40	188		
Rob Stretch	B	4	easy	run		
Group 4 (20)	C	4				
Greg Moore			28:41	200		
Heagney, Pete	C	4	26:25	164		
Campbell, Tom	C		29:21	168		
Herman, Peter	C		29:16	180		
Reynolds, Jeremy	C		27:28	172		
Faust, Tyler	C		29:16	168		
Griesenauer, Doug	C	R3	24:44	176		
Odem, Nick	C		27:57	192		
Schneier, Brian	B		29:13	192		
Nathan Banet	C		26:30	164		
Vatterott, Andrew	C	? 2	18:04	108		
Hukenbeck, Sean	C					
Lawder, Matt	D		29:10	200		
Emery, Sam	D	4	29:10	172		
McBride, Mike	D		29:51	160		
Bruns, Matt	D		31:27	164		
Schmidt, Pat	D		28:51	172		
David Rhoads	D		28:47	188		
Odenwald, Matt	C		30:22	200		

Group 4 (cont.)	vol	dist	time	pulse	pace	com
Hagen, Killian	D		29:44	184		
Angeli, Matt	D		29:35	180		
Faber, Phil	D		29:58	184		
Dang, Luke	D		28:29	172		
Group 5 (21)	D	3				
Castellano, Paul	D		22:55	160		
Goeltz, Willie	D					
Hilderbrand, Br	D	2	14:22	172		
Kelly, Mike	D		23:33	180		
Koller, A J	D					
Menius, Dan	C		23:13	168		
Newcomer, John	D		21:37	182		
Lueking, Andy	D	RCT				
Rushing, Kevin	D		21:23	176		
Salsich, Neil	D		21:30	180		
Schmidt, Ben	D		21:37	168		
Group 6 (22)	D					
Ayala, Tony	D		22:37	168		
Baker, Steve	D		22:49	200		
delValle, Jamie	D		24:00	188		
Fiedler, Matt	D		23:13	180		
Fisher, Matt	D	R2	16:39	160		
Floros, Ted	D					
Hellman, Cole	D		21:40	200		
Holtshouser, Mike	D		22:34	200		
Kickham, Sean	D		22:59	188		
Livergood, Robbi	D		23:05	188		
Louvier, Andrew	CT					
Meyer, Cory	D		25:59	172		
Micich, John	D		23:13	176		
Scott, Sean	D		16:48	160		
Shortal, Ryan	D		22:38	196		
Tresslar, Pat	D	RCT	24:45	220		
Wingbermuehle	D		23:33	200		
Winker, Thad	D		22:40	172		
Group 7 23+						
Lakin, Jerry	E	2	18:20	172		
Pilla, Gabe	E					
Simpson, Bobby	E	3	27:57	176		
Simpson, Peter	E	3	24:52	176		
Zylka, Peter	E					

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: 10-6-03 Conditions:

jog west/core/push-up/meeting/dynamics/A10, B8, C7, D6, E5/do nureo accel drill/WEIGHTS jog in/

Rest of team/ 2nd cal/stretch/home

Group1 17	vol	dist	time	pulse	pace	com
Arb, Chris	A	8	53:40	182		
Carlson, Joe	A	10	67:27	164		
Flanagan, Dan	A	10	65:49	168		
Linhares, Andrew	A	8	53:40	188		
Marincel, Joe	A	10	66:46	164	>	+4:30
Meier, Danny	A	10	66:46	160		
Muntges, Alex	A	10	65:32	142	+5:30	
Murphy-Baum	A	10	65:32	184	+5:30	
Oliver, John	A	10	65:51	168	+5	
Samson, Charlie	A					
Dirnbeck, Matt	B	10	67:27	180		
Kaiser, Drew	A	8	53:52	172		
Jonagan, Mike	A	8	53:52	180		
Group 2 (18)						
Welling, Joe	A	10	71:00	188		
Kelly, John	A	10	67:14	160		
Nappier, Paul	A	6	44:25	164		
Speiser, Nick	A	10	71:00	176		
Foldes, Dan	B	8	59:45	140		
Granger, Mike	B	8	53:56	176		
Mannhard, Pat	B	8	54:06	X		
Mulligan, Shane	B	8	54:06	182		
Bonner, Andy	B	8	58:52	168		
Marincel, Dan	B	8	53:56	180		
Samson, Henry	A					
Turckan, Kevin	B					
Abts, Greg	B	8	57:38		traffic +6	
Group 3 (19)						
Scariot, Jim	B	8	57:38	162	traffic +6	
Rob Ryan	B	8	57:55	172	traffic +6	
Alex Plurad	B	7	53:25	192		
Tim Schmidt	C	8	57:38	168	traffic +6	
Dustin Sump	C	8	58:30	156		
Rob Stretch	B	8	57:38	172	traffic +6	
Group 4 (20)	C					
Greg Moore		7	52:48	176		
Heagney, Pete	C	7	48:56	164		
Campbell, Tom	C	7	52:14	164		
Herman, Peter	C					
Reynolds, Jeremy	C	7	47:47	184		
Faust, Tyler	C	7	53:20	160		
Griesenauer, Doug	C	3	24:30	184		
Odem, Nick	C	7	54:39	188		
Schneier, Brian	B	7	58:17	172		
Nathan Banet	C	7	48:56	168		
Vatterott, Andrew	C	6	44:30	160		
Hukenbeck, Sean	C	6	52:18	160		
Lawder, Matt	D	6	45:40	184		
Emery, Sam	D	6	44:30	172		
McBride, Mike	D	4	36:31	180		
Bruns, Matt	D	3	27:33			
Schmidt, Pat	D	6	45:58	176		
David Rhoads	D	7	58:20	176		
Odenwald, Matt	C	6	47:10	184		

Group 4 (cont.)	vol	dist	time	pulse	pace	com
Hagen, Killian	D	6	45:33	168		
Angeli, Matt	D	5	40:45	172		
Faber, Phil	D	8	57:38	172	traffic	+6
Dang, Luke	D	5	38:21	164		
Group 5 (21)	D					
Castellano, Paul	D	6	49:38	164		
Goeltz, Willie	D	6	45:24	204		
Hilderbrand, Br	D	—				
Kelly, Mike	D	6	52:51	160		
Koller, A J	D	6	52:18	160		
Menius, Dan	C	6	52:18	160		
Newcomer, John	D	6	45:33	185		
Lueking, Andy	D					
Rushing, Kevin	D	6	45:40	184		
Salsich, Neil	D	6	45:53	160		
Schmidt, Ben	D	6	48:43	168		
Group 6 (22)	D					
Ayala, Tony	D					
Baker, Steve	D	6	47:53	208		
delValle, Jamie	D	6	51:00	186		
Fiedler, Matt	D	—				
Fisher, Matt	D	6	51:18	184		
Floros, Ted	D	6	49:40	180		
Hellman, Cole	D	6	45:24	192		
Holtshouser, Mike	D	6	50:04	184		
Kickham, Sean	D	6	51:02	188		
Livergood, Robbi	D	6	47:06	192		
Louvier, Andrew	CT	4	36:31	176		
Meyer, Cory	D	6	57:11	172		
Micich, John	D	6	51:15	176		
Scott, Sean	D					
Shortal, Ryan	D	6	46:50	196		
Tresslar, Pat	D	5	38:32	232	*	42:16
Wingbermuehle	D	6	48:17	188		
Winker, Thad	D	5	39:41	168		
Group 7 23+						
Lakin, Jerry	E	—				
Pilla, Gabe	E	3	27:33			
Simpson, Bobby	E					
Simpson, Peter	E	5	44:28	176		
Zylka, Peter	E	5	46:36	160		

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

Coach Chik: 53:50 188 8 miles

• = Group 1

1 = 11 2 = 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

3 = 31 4 = 22

DATE: 10-7-03 Conditions:

Jog cent fields/push-up/full stretch/2 strides/run mile repeats at race>below/ 4 - 3

w/ 4 - 5 min active recovery/non-metro 7: hill repeats/extended jog 1 or 2 loops and in/stretch

	Group1 17	vol	dist	time	pulse	pace	com	Group 4 (cont.)	vol	dist	time	pulse	pace	com
	Arb, Chris • 1	A	4	5:18	5:21	5:32	5:32	Hagen, Killian 3	D	3				
	Carlson, Joe • 1	A	4	5:19	5:27	5:36	5:33	Angeli, Matt 3	D					
	Flanagan, Dan • 1	A	4	5:17	5:18	5:17	5:26	Faber, Phil 3	D					
	Linhares, Andrew •	A	4	5:18	5:18	5:27	FELL	Dang, Luke 3	D					
	Marincel, Joe • 1	A	4	5:34	5:38	X	X	**Group 5 (21)**	D					
	Meier, Danny • 1	A	4	5:16	5:18	5:34	5:55	Castellano, Paul 3	D					
	Muntges, Alex • 1	A	4	5:07	X	X	X	Goeltz, Willie 3	D					
	Murphy-Baum • 1	A	4	5:20	5:29	5:32	5:33	Hilderbrand, Br 3	D					
	Oliver, John • 1	A	4	5:19	5:42	5:54	5:44	Kelly, Mike 3	D					
	Samson, Charlie X	A						Koller, A J 3	D					
	Dirnbeck, Matt •	B	4	5:42	5:45	5:50	5:45	Menius, Dan	C					
184	Kaiser, Drew 2	A	4	5:46	5:51	5:58	6:27	Newcomer, John 3	D					
	Jonagan, Mike 1 •	A	4	5:21	5:38	5:34	5:33	Lueking, Andy X	D					
	Group 2 (18)							Rushing, Kevin 3	D					
	Welling, Joe 2	A	4					Salsich, Neil 3	D					
208	Kelly, John 2	A	4	5:43	5:50	5:58	6:02	Schmidt, Ben 3	D					
	Nappier, Paul 2	A	4	5:40	6:00	5:55	X	**Group 6 (22)**	D					
188	Speiser, Nick 2	A	4	5:44	5:51	5:54	5:58	Ayala, Tony X	D					
	Foldes, Dan 2	B	4					Baker, Steve 3	D					
188	Granger, Mike 2	B	4	5:46	5:53	5:55	5:52	delValle, Jamie 4	D		7:12	7:32	7:39	187
192	Mannhard, Pat 2	B	4	5:56	6:03	6:02	6:02	Fiedler, Matt 4	D		6:45	6:58	7:18	172
208	Mulligan, Shane 2	B	4	5:50	5:54	5:58	6:02	Fisher, Matt 4	D		6:58	7:04	7:28	172
184	Bonner, Andy 2	B	4	5:48	5:55	5:55	5:44	Floros, Ted 4	D		7:19	7:30	7:32	156
188	Marincel, Dan 2	B	4	5:47	5:58	6:19	6:14	Hellman, Cole 4	D		6:31	6:23	6:25	216
	Samson, Henry X	A						Holtshouser, Mike 4	D		6:41	7:22	7:35	200
208	Turckan, Kevin 2	B	4	5:55	6:10	6:30	6:39	Kickham, Sean 4	D		6:45	6:52	7:06	192
184	Abts, Greg 2	B	4	5:51	5:59	6:01	5:58	Livergood, Robbie 4	D					
	Group 3 (19)							Louvier, Andrew 4	CT					
200	Scariot, Jim 2	B	4	6:04	6:29	6:23	6:19	Meyer, Cory 4	D					
188	Rob Ryan 2	B	4	6:00	6:11	6:32	6:43	Micich, John 4	D		6:54	7:08	7:15	172
196	Alex Plurad 2	B	4	6:04	6:18	6:11	6:12	Scott, Sean 4	D					
188	Tim Schmidt 2	C	4	5:58	6:04	6:08	6:12	Shortal, Ryan 4	D		6:37	6:25	6:36	196
198	Dustin Sump 2	C	4	6:30	6:48	6:49	6:48	Tresslar, Pat 4	D		7:15	7:09	8:21	224
200	Rob Stretch 2	B	4	6:01	6:05	6:04	6:05	Wingbermuehle 4	D		6:56	6:47	6:30	216
	Group 4 (20)	C						Winker, Thad 4	D		6:37	6:30	6:47	194
	Greg Moore 3		3					**Group 7 23+**						
	Heagney, Pete 2	C	3	5:44	X	X	X	Lakin, Jerry 4	E					
	Campbell, Tom 3	C						Pilla, Gabe 4	E					
	Herman, Peter 3	C						Simpson, Bobby 4	E		7:52	8:00	7:55	200
	Reynolds, Jeremy 3	C						Simpson, Peter 4	E		7:20	7:40	7:42	188
	Faust, Tyler 3	C						Zylka, Peter 4	E		7:10	7:09	7:32	180
	Griesenauer, Doug	C												
	Odem, Nick 3	C												
	Schneier, Brian 3	B												
180	Nathan Banet 2	C		5:50	5:57	5:58	5:59							
	Vatterott, Andrew 3	C												
	Hukenbeck, Sean 3	C												
	Lawder, Matt 3	D												
	Emery, Sam 3	D												
	McBride, Mike 3	D												
	Bruns, Matt 3	D												
	Schmidt, Pat 3	D												
	David Rhoads 3	D												
	Odenwald, Matt 3	C												

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: 10-7-03 Conditions:

Jog cent fields/push-up/full stretch/2 strides/run mile repeats at race>below/ 4 - 3 w/ 4 - 5 min active recovery/non-metro 7: hill repeats/extended jog 1 or 2 loops and in/stretch

Group1 17	vol	dist	time	pulse	pace	com
Arb, Chris	A					
Carlson, Joe	A					
Flanagan, Dan	A					
Linhares, Andrew	A					
Marincel, Joe	A					
Meier, Danny	A					
Muntges, Alex	A					
Murphy-Baum	A					
Oliver, John	A					
Samson, Charlie	A					
Dirnbeck, Matt	B					
Kaiser, Drew	A					
Jonagan, Mike	A					
Group 2 (18)						
Welling, Joe	A					
Kelly, John	A					
Nappier, Paul	A					
Speiser, Nick	A					
Foldes, Dan	B					
Granger, Mike	B					
Mannhard, Pat	B					
Mulligan, Shane	B					
Bonner, Andy	B					
Marincel, Dan	B					
Samson, Henry	A					
Turckan, Kevin	B					
Abts, Greg	B					
Group 3 (19)						
Scariot, Jim	B					
Rob Ryan	B					
Alex Plurad	B					
Tim Schmidt	C					
Dustin Sump	C					
Rob Stretch	B					
Group 4 (20)	C					
Greg Moore 6:07		6:11	7:08	6:56		
Heagney, Pete	C					
Campbell, Tom 6:10	C	6:01	6:07	6:13		
Herman, Peter 6:18	C	6:12	6:31	6:32		
Reynolds, Jeremy	C	5:55	6:02	X		
Faust, Tyler 6:17	C	6:11	6:31	6:38		
Griesenauer, Doug	C					
Odem, Nick	C					
Schneier, Brian	B					
Nathan Banet 2	C					
Vatterott, Andrew	C	5:57	6:13	6:00		
Hukenbeck, Sean	C	6:27	6:34	X		
Lawder, Matt 6:02	D	5:57	6:07	6:09		
Emery, Sam 6:16	D	6:13	6:15	6:06		
McBride, Mike 6:10	D	6:11	6:34	7:00		
Bruns, Matt	D					
Schmidt, Pat 6:12	D	6:08	6:19	6:00		
David Rhoads 6:15	D	6:14	6:23	6:25		
Odenwald, Matt 6:40	C	6:41	6:44	6:46		

Group 4 (cont.)	vol	dist	time	pulse	pace	com
Hagen, Killian 6:31	D	6:42	6:51	DNF		
Angeli, Matt	D					
Faber, Phil X	D					
Dang, Luke 6:21	D	5:55	6:32	7:23		
Group 5 (21)	D					
Castellano, Paul	D					
Goeltz, Willie 6:31	D	6:16	6:33	7:02		
Hilderbrand, Br 6:31	D	6:16	6:35	X		
Kelly, Mike X	D					
Koller, A J 6:35	D	6:14	6:35	6:57		
Menius, Dan 6:26	C	6:36	6:45	6:50		
Newcomer, John	D					
Lueking, Andy	D					
Rushing, Kevin	D	6:06	6:12	6:13		
Salsich, Neil 6:35	D	6:24	6:39	6:44		
Schmidt, Ben 6:35	D	6:14	6:28	6:40		
Group 6 (22)	D					
Ayala, Tony	D					
Baker, Steve 6:35	D	6:57	7:17	7:24		
delValle, Jamie	D					
Fiedler, Matt	D					
Fisher, Matt	D					
Floros, Ted	D					
Hellman, Cole	D					
Holtshouser, Mike	D					
Kickham, Sean	D					
Livergood, Robbi	D					
Louvier, Andrew	CT					
Meyer, Cory	D					
Micich, John	D					
Scott, Sean	D					
Shortal, Ryan	D					
Tresslar, Pat	D					
Wingbermuehle	D					
Winker, Thad	D					
Group 7 23+						
Lakin, Jerry	E					
Pilla, Gabe	E					
Simpson, Bobby	E					
Simpson, Peter	E					
Zylka, Peter	E					

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: 10-10-03 Conditions:

Mtg/Jog west/cal/dynamics/Racers: recovery dist: 6-5-4-3/6 strides jog home/ stretch

Top seven: run long:10,(8) (Jonagan 6) in a group/8 strides/jog home/stretch

Group1 17	vol						**Group 4 (cont.)**	vol					
Arb, Chris	A	—					Hagen, Killian	D	22:47	176			
Carlson, Joe	A	8	50:26	140			Angeli, Matt	D	—			?	
Flanagan, Dan	A	4	43:46	152			Faber, Phil	D	4	30:57	172		
Linhares, Andrew	A	—					Dang, Luke	D	4	31:44	160		
Marincel, Joe	A	8	58:26	160			**Group 5 (21)**	D					
Meier, Danny	A	3-4	35:51	152			Castellano, Paul	D	22:15	168			
Muntges, Alex	A	—	THERAPY				Goeltz, Willie	D	24:35	180			
Murphy-Baum	A	8	58:26	164			Hilderbrand, Br	D	22:17	166			
Oliver, John	A	6	45:49	156			Kelly, Mike	D	24:20	180			
Samson, Charlie	A	—					Koller, A J	D	24:25	156			
Dirnbeck, Matt	B	6	44:30	152			Menius, Dan	C	24:25	152			
Kaiser, Drew	A	6	44:30	156			Newcomer, John	D	23:34	160			
Jonagan, Mike	A	6	43:26	152			Lueking, Andy	D	—		✓		
Group 2 (18)							Rushing, Kevin	D	24:00	146			
Welling, Joe	A	6	44:46	148			Salsich, Neil	D	22:36	160			
Kelly, John	A	6	44:30	168			Schmidt, Ben	D	24:00	140			
Nappier, Paul	A	6	44:46	156			**Group 6 (22)**	D					
Speiser, Nick	A	6	44:46	172			Ayala, Tony	D	—		✓		
Foldes, Dan	B	5	36:07	152			Baker, Steve	D	23:04	188			
Granger, Mike	B	5	38:11	148			delValle, Jamie	D	22:50	180			
Mannhard, Pat	B	5	38:11	132			Fiedler, Matt	D	25:15	160			
Mulligan, Shane	B	5	38:11	138			Fisher, Matt	D	—		?		
Bonner, Andy	B	5	36:37	164			Floros, Ted	D	23:20	188			
Marincel, Dan	B	5	38:11	160			Hellman, Cole	D	—				
Samson, Henry	A	—					Holtshouser, Mike	D	22:42	200			
Turckan, Kevin	B	—					Kickham, Sean	D	23:50	180			
Abts, Greg	B	5	38:27	160			Livergood, Robbi	D	25:02	168			
Group 3 (19)							Louvier, Andrew	CT	—				
Scariot, Jim	B	5	35:45	172			Meyer, Cory	D	28:06	168			
Rob Ryan	B	5	38:11	160			Micich, John	D	25:15	164			
Alex Plurad	B	5	45:47	164			Scott, Sean	D	23:38	156			
Tim Schmidt	C	5	38:11	160			Shortal, Ryan	D	24:35	184			
Dustin Sump	C	5	38:11	140			Tresslar, Pat	D	23:34	216			
Rob Stretch	B	5	38:11	160			Wingbermuehle	D	24:10	180			
Group 4 (20)	C						Winker, Thad	D	23:26	168			
Greg Moore		4	32:19	160			**Group 7 23+**						
Heagney, Pete	C	4	30:20	120			Lakin, Jerry	E	—				
Campbell, Tom	C	4	29:18	152			Pilla, Gabe	E	25:30	130			
Herman, Peter	C						Simpson, Bobby	E	27:14	212			
Reynolds, Jeremy	C	4	28:01	172			Simpson, Peter	E	24:47	192			
Faust, Tyler	C	4	29:11	166			Zylka, Peter	E	26:58	160			
Griesenauer, Doug	C	25:52	164										
Odem, Nick	C	4	29:45	184									
Schneier, Brian	B	—			?								
Nathan Banet	C	4	30:20	130									
Vatterott, Andrew	C	4	30:20	136									
Hukenbeck, Sean	C	23:34	152										
Lawder, Matt	D	24:00	156										
Emery, Sam	D	25:15	—										
McBride, Mike	D	22:17	192										
Bruns, Matt	D	4	29:55	200									
Schmidt, Pat	D	23:34	156										
David Rhoads	D	4	29:40	164									
Odenwald, Matt	C	24:35	136										

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: 10-11-03 Conditions: VERY WARM, SUNNY, TOUGH DAY AT PK CENTRAL

Non top seven: /jog on track mile/push-up stretch/run time run A=hour B-C =50 D=40 E=30

track 6x easy strides/stretch/ T7: 2x800/3x600/3x400/2x200/ext jog/stretch

Group1 17	vol	400	400	400	400	40	**Group 4 (cont.)**	vol	400	400	400	1M
Arb, Chris	A	2:51	76	78	80	74	Hagen, Killian	D	79	80	81	5:52
Carlson, Joe	A	2:55	77	79	81	75	Angeli, Matt	D	80	79	80	5:55
Flanagan, Dan	A	2:55	79	77	80	76	Faber, Phil	D	79	79	79	5:33
Linhares, Andrew	A	2:48	74	74	77	70	Dang, Luke	D	74	75	78	0:32
Marincel, Joe	A						**Group 5 (21)**	D				
Meier, Danny	A	2:48	78	78	78	74	Castellano, Paul	D	77	78	79	5:40
Muntges, Alex	A	2:42	73	74	75	70	Goeltz, Willie	D	73			
Murphy-Baum	A	2:53	77	76	78	72	Hilderbrand, Br	D	76	77	80	5:40
Oliver, John	A	2:53	75	77	80	75	Kelly, Mike	D	80	79	85	6:46
Samson, Charlie	A						Koller, A J	D				
Dirnbeck, Matt	B						Menius, Dan	C				
Kaiser, Drew	A						Newcomer, John	D				
Jonagan, Mike	A	2:54	78	79	80	76	Lueking, Andy	D	80	80	82	5:58
Group 2 (18)							Rushing, Kevin	D				
Welling, Joe	A						Salsich, Neil	D				
Kelly, John	A						Schmidt, Ben	D				
Nappier, Paul	A						**Group 6 (22)**	D				
Speiser, Nick	A						Ayala, Tony	D				
Foldes, Dan	B						Baker, Steve	D				
Granger, Mike	B						delValle, Jamie	D				
Mannhard, Pat	B						Fiedler, Matt	D				
Mulligan, Shane	B						Fisher, Matt	D				
Bonner, Andy	B						Floros, Ted	D				
Marincel, Dan	B						Hellman, Cole	D				
Samson, Henry	A						Holtshouser, Mike	D				
Turckan, Kevin	B						Kickham, Sean	D				
Abts, Greg	B						Livergood, Robbi	D				
Group 3 (19)							Louvier, Andrew	CT				
Scariot, Jim	B						Meyer, Cory	D				
Rob Ryan	B						Micich, John	D				
Alex Plurad	B						Scott, Sean	D				
Tim Schmidt	C						Shortal, Ryan	D				
Dustin Sump	C						Tresslar, Pat	D				
Rob Stretch	B						Wingbermuehle	D				
Group 4 (20)	C						Winker, Thad	D				
Greg Moore							**Group 7 23+**					
Heagney, Pete	C						Lakin, Jerry	E				
Campbell, Tom	C						Pilla, Gabe	E				
Herman, Peter	C						Simpson, Bobby	E				
Reynolds, Jeremy	C						Simpson, Peter	E				
Faust, Tyler	C						Zylka, Peter	E				
Griesenauer, Doug	C											
Odem, Nick	C											
Schneier, Brian	B											
Nathan Banet	C											
Vatterott, Andrew	C											
Hukenbeck, Sean	C											
Lawder, Matt	D											
Emery, Sam	D											
McBride, Mike	D											
Bruns, Matt	D											
Schmidt, Pat	D											
David Rhoads	D											
Odenwald, Matt	C											

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

2x800 = 5K 3x400 AT MILE 200x2 KICKS
3x600 = 2M

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: 10-11-03 Conditions:

Non top seven: /jog on track mile/push-up stretch/run time run A=hour B-C =50 D=40 E=30

track 6x easy strides/stretch/ T7: 2x800/3x600/3x400/2x200/ext jog/stretch

	Group1 17	vol	800	800	600	600	600	**Group 4 (cont.)**	vol	400	400	400	200	200	
	Arb, Chris	A						Hagen, Killian	D						
10:16	Carlson, Joe 17	A	2:44 2:40	2:39	1:50 153	149	148	Angeli, Matt	D	68	69	68	30	30	4:45/71
	Flanagan, Dan	A						Faber, Phil	D						4:30/68
9:50	Linhares, Andrew	A	2:39 2:35	2:37	1:47 152	148	145	Dang, Luke	D	66	68	65	29	28	
	Marincel, Joe	A						**Group 5 (21)**	D						4:35/69
9:50	Meier, Danny	A	2:41 2:38	2:38	1:47 153	148	146	Castellano, Paul	D	67	68	66	29	29	4:30/68
9:30	Muntges, Alex	A	2:37 2:30	2:31	1:44 145	144		Goeltz, Willie	D	224					4:35/69
9:50	Murphy-Baum	A	2:41 2:37	2:38	1:47 153	149	147	Hilderbrand, Br	D	67	68	68	30	30	
	Oliver, John	A						Kelly, Mike	D						
	Samson, Charlie	A						Koller, A J	D						
	Dirnbeck, Matt	B						Menius, Dan	C						
	Kaiser, Drew	A						Newcomer, John	D	69					4:45/71
10:10	Jonagan, Mike	A	2:47 2:40	2:37	1:50 152	149	146	Lueking, Andy	D	69	69	68	32	32	
	Group 2 (18)							Rushing, Kevin	D						
	Welling, Joe	A						Salsich, Neil	D						
	Kelly, John	A						Schmidt, Ben	D						
	Nappier, Paul	A						**Group 6 (22)**	D						
	Speiser, Nick	A						Ayala, Tony	D						
	Foldes, Dan	B						Baker, Steve	D						
	Granger, Mike	B						delValle, Jamie	D						
	Mannhard, Pat	B						Fiedler, Matt	D						
	Mulligan, Shane	B						Fisher, Matt	D						
	Bonner, Andy	B						Floros, Ted	D						
	Marincel, Dan	B						Hellman, Cole	D						
	Samson, Henry	A						Holtshouser, Mike	D						
	Turckan, Kevin	B						Kickham, Sean	D						
	Abts, Greg	B						Livergood, Robbi	D						
	Group 3 (19)							Louvier, Andrew	CT						
	Scariot, Jim	B						Meyer, Cory	D						
	Rob Ryan	B						Micich, John	D						
	Alex Plurad	B						Scott, Sean	D						
	Tim Schmidt	C						Shortal, Ryan	D						
	Dustin Sump	C						Tresslar, Pat	D						
	Rob Stretch	B						Wingbermuehle	D						
	Group 4 (20)	C						Winker, Thad	D						
	Greg Moore							**Group 7 23+**							
	Heagney, Pete	C						Lakin, Jerry	E						
	Campbell, Tom	C						Pilla, Gabe	E						
	Herman, Peter	C						Simpson, Bobby	E						
	Reynolds, Jeremy	C						Simpson, Peter	E						
	Faust, Tyler	C						Zylka, Peter	E						
	Griesenauer, Doug	C													
	Odem, Nick	C													
	Schneier, Brian	B													
	Nathan Banet	C													
	Vatterott, Andrew	C													
	Hukenbeck, Sean	C													
	Lawder, Matt	D													
	Emery, Sam	D													
	McBride, Mike	D													
	Bruns, Matt	D													
	Schmidt, Pat	D													
	David Rhoads	D													
	Odenwald, Matt	C													

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: 10-13-03 Conditions:

Jog west/CORE push ups/dynamics/run hilly loops: 8-6-5-4/nuero/jog home/stretch

Group1 17	vol	dist	time	pulse	pace	com
Arb, Chris	A	4.6	31:00	178		
Carlson, Joe	A		54:05	156	STP	
Flanagan, Dan	A		53:49	168		
Linhares, Andrew	A		53:49	164		
Marincel, Joe	A					
Meier, Danny	A		56:14	168		
Muntges, Alex	A	little ↑	47:38	164		
Murphy-Baum	A		53:49	180		
Oliver, John	A		53:49	164		
Samson, Charlie	A		33:49	176		
Dirnbeck, Matt	B		54:12	180		
Kaiser, Drew	A		55:48	172		
Jonagan, Mike	A	4.6	31:18	152		
Group 2 (18)						
Welling, Joe	A		54:24	168		
Kelly, John	A		54:12	180		
Nappier, Paul	A		33:49	164		
Speiser, Nick	A					
Foldes, Dan	B	6.8	48:01	156		
Granger, Mike	B		55:10	180		
Mannhard, Pat	B		55:57	172		
Mulligan, Shane	B		55:57	180		
Bonner, Andy	B		57:08	164		
Marincel, Dan	B		57:08	172		
Samson, Henry	A	—				
Turckan, Kevin	B		57:08	164		
Abts, Greg	B		57:08	168		
Group 3 (19)						
Scariot, Jim	B		57:08	164		
Rob Ryan	B		57:08	172		
Alex Plurad	B					
Tim Schmidt	C		57:08	176		
Dustin Sump	C		58:16	164		
Rob Stretch	B		57:40	180		
Group 4 (20)	C					
Greg Moore			33:34	172		
Heagney, Pete	C		31:52	[illegible]		
Campbell, Tom	C		46:42	156		
Herman, Peter	C		58:57	168		
Reynolds, Jeremy	C		48:18	152		
Faust, Tyler	C		36:57	160		
Griesenauer, Doug	C		34:24	168		
Odem, Nick	C		49:53	180		
Schneier, Brian	B					
Nathan Banet	C		31:52	160		
Vatterott, Andrew	C	32:16	[illegible]	164		
Hukenbeck, Sean	C					
Lawder, Matt	D		34:30	200		
Emery, Sam	D		50:03	164		
McBride, Mike	D		36:19	160		
Bruns, Matt	D	—	ran			
Schmidt, Pat	D		36:19	172		
David Rhoads	D		47:38	184		
Odenwald, Matt	C		32:52	184		

← trouble breathing

Group 4 (cont.)	vol	dist	time	pulse	pace	com
Hagen, Killian	D		34:50	188		
Angeli, Matt	D	—				
Faber, Phil	D		34:30	192		
Dang, Luke	D		31:53	164		
Group 5 (21)	D					
Castellano, Paul	D		35:06	164		
Goeltz, Willie	D		36:06	172		
Hilderbrand, Br	D		35:58	172		
Kelly, Mike	D		42:30	172		
Koller, A J	D	?	33:27	152		
Menius, Dan	C	?	33:27	160		
Newcomer, John	D		35:06	172		
Lueking, Andy	D	3	29:09	192		
Rushing, Kevin	D		35:06	164		
Salsich, Neil	D		35:30	176		
Schmidt, Ben	D	—				
Group 6 (22)	D					
Ayala, Tony	D	—				
Baker, Steve	D		35:36	188		
delValle, Jamie	D		37:55	178		
Fiedler, Matt	D					
Fisher, Matt	D	—				
Floros, Ted	D		36:24	200		
Hellman, Cole	D		36:07	176		
Holtshouser, Mike	D		36:30	176		
Kickham, Sean	D		37:31	188		
Livergood, Robbi	D		37:03	188		
Louvier, Andrew	CT	—				
Meyer, Cory	D		42:41	168		
Micich, John	D		37:07	172		
Scott, Sean	D					grein
Shortal, Ryan	D		35:52	184		
Tresslar, Pat	D		32:32	232	?	cutcourse he thought
Wingbermuehle	D		42:30	168		
Winker, Thad	D		37:47	164		
Group 7 23+						
Lakin, Jerry	E		42:57	188		
Pilla, Gabe	E		42:38	170		
Simpson, Bobby	E	—				
Simpson, Peter	E	—				
Zylka, Peter	E		42:10	164		
T. Flanagan		4.6	34:46	172		max + 1

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: 10-14-03 Conditions:

SPLIT practice: Top Seven lake-rest central/jog/full stretch/2-4 x strides/top runs 2 fast tempo/90 sec 8 3 min/8 3 min/2m temp neg/8 neg/ext cool/str/rest go: 2-8-1-8/1-8-1-8

Group1 17	vol	int	int	int	int	int	Group 4 (cont.)	vol	int	int	int	int	int
Arb, Chris	A	11:39	2:41	2:39	11:59	2:42	Hagen, Killian	D	196	192			
Carlson, Joe	A	11:42	2:46	2:43	11:51	2:44	Angeli, Matt	D	180	184			
Flanagan, Dan	A	11:36	2:53	2:37	11:36	2:41	Faber, Phil	D	184	180			
Linhares, Andrew	A	11:37	2:37	close	11:27	2:34	Dang, Luke	D	170	188			
Marincel, Joe	A	—	—	—	—	—	**Group 5 (21)**	D	—	—			
Meier, Danny	A	—	—	—	—	—	Castellano, Paul	D	—	—			
Muntges, Alex	A	11:05	2:29	—	5:13	—	Goeltz, Willie	D	172	—			
Murphy-Baum	A	11:42	2:50	2:46	11:52	2:45	Hilderbrand, Br	D	196	192			
Oliver, John	A	11:40	2:42	2:41	12:13	2:35	Kelly, Mike	D	174	188			
Samson, Charlie	A	11:37	—	—	11:20	—	Koller, A J	D	193	204			
Dirnbeck, Matt	B	11:57	2:49	2:47	12:05	2:47	Menius, Dan	C	200	200			
Kaiser, Drew	A	11:11	2:56	2:53	12:15	2:45	Newcomer, John	D	164	188			
Jonagan, Mike	A	11:42	2:46	2:43	11:34	2:38	Lueking, Andy	D	188	188			
Group 2 (18)							Rushing, Kevin	D					
Welling, Joe	A	11:55	2:50	2:45	11:50	2:49	Salsich, Neil	D	204	196			
Kelly, John	A						Schmidt, Ben	D					
Nappier, Paul	A						**Group 6 (22)**	D					
Speiser, Nick	A						Ayala, Tony	D					
Foldes, Dan	B	11:57	2:55	2:45	12:41	2:51	Baker, Steve	D	176	180			
Granger, Mike	B						delValle, Jamie	D					
Mannhard, Pat	B						Fiedler, Matt	D					
Mulligan, Shane	B						Fisher, Matt	D					
Bonner, Andy	B	12:11	2:52	2:51	12:49	2:50	Floros, Ted	D	154	180			
Marincel, Dan	B						Hellman, Cole	D					
Samson, Henry	A						Holtshouser, Mike	D					
Turckan, Kevin	B						Kickham, Sean	D					
Abts, Greg	B						Livergood, Robbi	D					
Group 3 (19)							Louvier, Andrew	CT					
Scariot, Jim	B						Meyer, Cory	D					
Rob Ryan	B						Micich, John	D					
Alex Plurad	B						Scott, Sean	D					
Tim Schmidt	C						Shortal, Ryan	D					
Dustin Sump	C						Tresslar, Pat	D					
Rob Stretch	B						Wingbermuehle	D					
Group 4 (20)	C						Winker, Thad	D					
Greg Moore							**Group 7 23+**						
Heagney, Pete	C						Lakin, Jerry	E					
Campbell, Tom	C						Pilla, Gabe	E					
Herman, Peter	C						Simpson, Bobby	E					
Reynolds, Jeremy	C						Simpson, Peter	E					
Faust, Tyler	C						Zylka, Peter	E					
Griesenauer, Doug	C												
Odem, Nick	C												
Schneier, Brian	B												
Nathan Banet	C												
Vatterott, Andrew	C												
Hukenbeck, Sean	C												
Lawder, Matt	D												
Emery, Sam	D												
McBride, Mike	D												
Bruns, Matt	D												
Schmidt, Pat	D												
David Rhoads	D												
Odenwald, Matt	C												

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

1= 2m 8/8/ 2m/8 2 = 2m / 8 / 1m / 8
3= 1m / 8 / 1m / 8

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: 10-14-03 Conditions:

SPLIT practice: Top Seven lake-rest central/jog/full stretch/2-4 x strides/top runs 2 fast tempo/90 sec 8 3 min/8 3 min/2m temp neg/8 neg/ext cool/str/rest go: 2-8-1-8/1-8-1-8

Group1 17	vol	int	int	int	int	int
Arb, Chris (1)	A					
Carlson, Joe (1)	A					
Flanagan, Dan (1)	A					
Linhares, Andrew (1)	A					
Marincel, Joe (1)	A					
Meier, Danny (1)	A					
Muntges, Alex (1)	A					
Murphy-Baum (1)	A					
Oliver, John (1)	A					
Samson, Charlie (1)	A					
Dirnbeck, Matt (1)	B					
Kaiser, Drew (1)	A					
Jonagan, Mike (1)	A					
Group 2 (18)						
Welling, Joe (1)	A					
Kelly, John (2)	A		12:25	3:04	6:12	2:43
Nappier, Paul X	A					
Speiser, Nick (E)	A	EASY				
Foldes, Dan (1)	B					
Granger, Mike (2)	B		12:25	3:00	6:08	2:50
Mannhard, Pat 2	B					
Mulligan, Shane 2	B		12:57	3:10	6:11	2:41
Bonner, Andy 2	B					
Marincel, Dan 2	B		12:56	3:04	6:08	2:41
Samson, Henry X	A					
Turckan, Kevin 2	B		13:00	3:13	6:22	2:51
Abts, Greg 2	B		12:58	2:58	6:10	2:46
Group 3 (19)						
Scariot, Jim 2	B		13:10	3:21	6:29	2:55
Rob Ryan 2	B					
Alex Plurad 2	B	EASY				
Tim Schmidt 2	C		13:00	3:12	6:23	2:46
Dustin Sump 2	C		14:57	3:36	7:23	3:03
Rob Stretch X	B	CT				
Group 4 (20)	C					
Greg Moore 2			13:47	3:15	7:09	X
Heagney, Pete 2	C		12:42	3:00	6:05	2:38
Campbell, Tom 2	C		13:27	3:09	6:20	2:43
Herman, Peter 2	C		13:53	3:20	6:47	2:53
Reynolds, Jeremy 2	C		13:00	3:12	6:19	2:38
Faust, Tyler 2	C		13:52	3:26	6:49	2:58
Griesenauer, Doug 3	C	EASY				
Odem, Nick 2	C		13:30	3:11	6:37	2:43
Schneier, Brian 2	B	EASY				
Nathan Banet 2	C		12:58	3:04	6:09	2:46
Vatterott, Andrew 3	C		13:17	3:12	6:11	2:47
Hukenbeck, Sean 2	C		14:01	3:36	7:30	3:20
Lawder, Matt 2	D		13:42	3:18	6:29	2:44
Emery, Sam 2	D		13:52	3:26	6:39	2:49
McBride, Mike 2	D		14:07	3:30	7:07	3:05
Bruns, Matt 2	D	EASY	6:30	6:25		
Schmidt, Pat 2	D		13:42	3:17	6:32	2:53
David Rhoads 2	D		13:52	3:27	6:49	2:58
Odenwald, Matt 3	C	7:11	3:14	7:09	3:29	192

Group 4 (cont.)	vol	int	int	int	int	int
Hagen, Killian 3	D	7:01	3:06	7:00	3:22	176
Angeli, Matt 3	D	CT				
Faber, Phil 3	D	6:24	2:55	6:50	3:23	—
Dang, Luke 3	D	7:00	2:56	6:52	3:19	176
Group 5 (21)	D					
Castellano, Paul 3	D	6:40	2:56	6:50	3:23	148
Goeltz, Willie 3	D	6:42	2:56	6:26	3:09	186
Hilderbrand, Br 3	D	6:38	2:54	6:30	3:11	176
Kelly, Mike 3	D	7:05	3:08	7:02	3:33	196
Koller, A J (2)	D		13:46	3:21	6:44	3:06
Menius, Dan 3	C	6:56	3:06	6:48	3:24	160
Newcomer, John 3	D	6:58	2:58	6:47	3:27	180
Lueking, Andy 3	D	EASY				
Rushing, Kevin 2	D	6:35	2:52	6:38	3:16	168
Salsich, Neil 3	D	6:40	2:54	6:39	3:20	168
Schmidt, Ben 3	D	6:33	2:51	6:29	3:24	172
Group 6 (22)	D					
Ayala, Tony 3	D	CT				
Baker, Steve 3	D	7:02	3:11	6:56	3:21	192
delValle, Jamie 3	D	7:26	3:09	7:27	3:32	180
Fiedler, Matt 3	D					
Fisher, Matt 3	D	7:26	3:23	8:06	3:58	164
Floros, Ted 3	D	7:15	3:20	7:44	3:30	160
Hellman, Cole 3	D	6:40	2:56	6:31	3:18	192
Holtshouser, Mike	D	7:02	3:00	7:02	3:30	184
Kickham, Sean 3	D	6:54	2:54	7:00	3:30	188
Livergood, Robby 3	D	7:24	3:17	7:09	3:33	192
Louvier, Andrew 3	CT	CT				
Meyer, Cory 3	D					
Micich, John 3	D	7:38	3:22	7:27	3:33	164
Scott, Sean 3	D	7:38	3:18	—	—	
Shortal, Ryan 3	D	7:10	3:14	6:40	3:14	192
Tresslar, Pat 3	D	8:11	3:57	7:36	3:43	220
Wingbermuehle 3	D	7:24	3:14	7:07	3:26	208
Winker, Thad 3	D	7:[illegible] EASY	3:17	7:57	3:32	164
Group 7 23+						
Lakin, Jerry 3	E	8:03	3:38	7:56	3:47	180
Pilla, Gabe 3	E	7:22	3:20	7:17	3:37	180
Simpson, Bobby 3	E	—	—			
Simpson, Peter 3	E	—	—			
Zylka, Peter	E	7:15	3:09	7:28	3:38	172

? TALK

?

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

15 JOG WEST / CAL / DYNAMICS / RUN FORM LOOP AVIATION-MEMORY A=4 B=4 C=3 D=B=2 / HYBRID DRILL / JOG HOME / STRETCH

DATE: 10-~~14~~-03 Conditions:

SPLIT practice: Top Seven lake-rest central/jog/full stretch/2-4 x strides/top runs 2 fast tempo/90 sec 8 3 min/8 3 min/2m temp neg/8 neg/ext cool/str/rest go: 2-8-1-8/1-8-1-8

Group1 17	vol	int	int	int	int	int
Arb, Chris	A	6	41:10	178		
Carlson, Joe	A	6	40:44	156		
Flanagan, Dan	A	6	41:10	164		
Linhares, Andrew	A	6	39:56	172		
Marincel, Joe	A					
Meier, Danny	A	6	39:56	160		
Muntges, Alex	A	6	39:56	140		
Murphy-Baum	A	6	39:56	188		
Oliver, John	A	6	40:44	152		
Samson, Charlie	A	6	39:56	176		
Dirnbeck, Matt	B	6	41:41	172		
Kaiser, Drew	A	4	28:56	176		
Jonagan, Mike	A	5	33:34	160		
Group 2 (18)						
Welling, Joe	A	6	41:41	144		
Kelly, John	A	6	41:10	180		
Nappier, Paul	A	4	28:56	150		
Speiser, Nick	A	6	41:41	168		
Foldes, Dan	B	6	41:41	148		
Granger, Mike	B	6	41:10	176		
Mannhard, Pat	B	4	8:00+	easy		
Mulligan, Shane	B	6	44:02	144		
Bonner, Andy	B	6	43:21	160		
Marincel, Dan	B	6	44:02	156		
Samson, Henry	A					
Turckan, Kevin	B	6	44:02	156		
Abts, Greg	B	6	44:02	164		
Group 3 (19)						
Scariot, Jim	B	6	45:26	156		
Rob Ryan	B	6	45:26	152		
Alex Plurad	B	3	23:52	156		
Tim Schmidt	C	6	44:02	168		
Dustin Sump	C	6	44:02	168		
Rob Stretch	B					
Group 4 (20)	C					
Greg Moore		5	38:18	176		
Heagney, Pete	C	5	37:10	152		
Campbell, Tom	C	5	36:21	160		
Herman, Peter	C	5	38:56	168		
Reynolds, Jeremy	C	5	36:05	164		
Faust, Tyler	C	5	37:54	168		
Griesenauer, Doug	C	4	33:30	168		
Odem, Nick	C	5	36:08	192		
Schneier, Brian	B	3	27:20	164		
Nathan Banet	C	5	37:10	144		
Vatterott, Andrew	C	3	37:10	144	4.5 miles	
Hukenbeck, Sean	C	3	27:33	160		
Lawder, Matt	D	5	37:10	176		
Emery, Sam	D	5	36:45	156		
McBride, Mike	D	4	32:48	188		
Bruns, Matt	D	~~XXXX~~	~~XXX~~			
Schmidt, Pat	D	4	33:08	156		
David Rhoads	D	5	36:35	180		
Odenwald, Matt	C	3	25:50	180		

trouble breathing

Group 4 (cont.)	vol	int	int	int	int	int
Hagen, Killian	D	4	33:29	176		
Angeli, Matt	D	6	44:02	169		
Faber, Phil	D	↓	↓	↓		
Dang, Luke	D	5	42:04	156		
Group 5 (21)	D					
Castellano, Paul	D	4	31:07	164		
Goeltz, Willie	D	3	26:00	168		
Hilderbrand, Br	D	4	30:25	164		
Kelly, Mike	D	4	31:46	184		
Koller, A J	D	4	33:08	172		
Menius, Dan	C	4	32:48	180		
Newcomer, John	D	4	30:25	180		
Lueking, Andy	D					
Rushing, Kevin	D	4	30:25	154		
Salsich, Neil	D	4	30:50	168		
Schmidt, Ben	D	4	30:06	164		
Group 6 (22)	D					
Ayala, Tony	D					
Baker, Steve	D	4	29:33	192		
delValle, Jamie	D	4	32:30	176		
Fiedler, Matt	D					
Fisher, Matt	D	4	33:34	160		
Floros, Ted	D	4	32:52	172		
Hellman, Cole	D	4	29:48	176		
Holtshouser, Mike	D	4	29:33	194		
Kickham, Sean	D	4	30:03	180		
Livergood, Robbi	D	3	27:53	160		
Louvier, Andrew	CT					
Meyer, Cory	D	4	36:29	188		
Micich, John	D					
Scott, Sean	D					
Shortal, Ryan	D	4	30:48	196		
Tresslar, Pat	D	3	27:18	212		
Wingbermuehle	D	4	32:21	180		
Winker, Thad	D	4	31:22	164		
Group 7 23+						
Lakin, Jerry	E	3	29:15	172		
Pilla, Gabe	E	3	27:33	140		
Simpson, Bobby	E	3	26:30	180		
Simpson, Peter	E	3	24:14	172		
Zylka, Peter	E					
Coach Flanagan		5				
		3x1m	6:32*	7:22	7:14	

*w/ pack support

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: 10-20-03 Conditions:

Jog west camp/Core-dynamics/meeting/run aerobic A-B=8/C=6/DE=5 FROSH=4/nuero/jog/stretch

TOP 9: do hill reps at Spanish Pv before going in on 8/WEIGHTS

Group1 17	vol			
Arb, Chris	A	8-	52:23	178
Carlson, Joe	A	8-	54:13	172
Flanagan, Dan	A	8-	52:48	164
Linhares, Andrew	A	8-	52:23	168
Marincel, Joe	A	8	55:10	168
Meier, Danny	A	8-	52:23	156
Muntges, Alex	A	~~8~~	—	—
Murphy-Baum	A	8-	52:23	184
Oliver, John	A	8-	52:23	172
Samson, Charlie	A	8	51:55	180
Dirnbeck, Matt	B	8	54:16	164
Kaiser, Drew	A	8	56:36	180
Jonagan, Mike	C	—		
Group 2 (18)				
Welling, Joe	A	8	57:00	172
Kelly, John	A	8	54:16	176
Nappier, Paul	A	6	42:03	176
Speiser, Nick	A	—		
Foldes, Dan	B	—		
Granger, Mike	B	8	56:24	172
Mannhard, Pat	B	8	55:37	172
Mulligan, Shane	B	8	5537	184
Bonner, Andy	B	8	59:43	164
Marincel, Dan	B	8	58:29	168
Samson, Henry	A	—		
Turckan, Kevin	B	8	58:29	168
Abts, Greg	B	8	58:29	168
Group 3 (19)				
Scariot, Jim	B	8	61:15	160
Rob Ryan	B	8	58:29	172
Alex Plurad	B	5	38:25	188
Tim Schmidt	C	8	58:29	168
Dustin Sump	C	8	59:29	172
Rob Stretch	B	8	59:29	
Group 4 (20)	C			
Greg Moore		6	49:15	168
Heagney, Pete	C	4	30:37	148
Campbell, Tom	C	6	43:47	164
Herman, Peter	C	6	46:39	200
Reynolds, Jeremy	C	6	47:40	—
Faust, Tyler	C	6	47:14	168
Griesenauer, Doug	C	5	43:29	188
Odem, Nick	C	8	62:27	184
Schneier, Brian	B	—		
Nathan Banet	C	4	30:37	140
Vatterott, Andrew	C	4	30:37	152
Hukenbeck, Sean	C	4	33:18	160
Lawder, Matt	D	4	30:37	172
Emery, Sam	D	4	30:37	152
McBride, Mike	D	4	32:16	200
Bruns, Matt	D	—	—	—
Schmidt, Pat	D	4	32:41	180
David Rhoads	D	6	43:45	192
Odenwald, Matt	C	5	41:00	184

Group 4 (cont.)	vol			
Hagen, Killian	D	5	39:38	184
Angeli, Matt	D	—		
Faber, Phil	D	8	58:29	168
Dang, Luke	D	5	39:40	172
Group 5 (21)	D			
Castellano, Paul	D	4	32:36	172
Goeltz, Willie	D	4	33:10	184
Hilderbrand, Br	D	4	32:13	172
Kelly, Mike	D	4	33:18	192
Koller, A J	D	4	33:18	196
Menius, Dan	C	4	33:18	172
Newcomer, John	D	4	32:41	178
Lueking, Andy	D	3	29:30	164
Rushing, Kevin	D	4	31:30	176
Salsich, Neil	D	4	32:52	156
Schmidt, Ben	D	4	32:41	160
Group 6 (22)	D			
Ayala, Tony	D	—		
Baker, Steve	D	5	39:54	200
delValle, Jamie	D	4	32:58	178
Fiedler, Matt	D	—		
Fisher, Matt	D	4	38:12	164
Floros, Ted	D	4	33:18	156
Hellman, Cole	D	5	38:25	196
Holtshouser, Mike	D	5	41:00	188
Kickham, Sean	D	4	31:21	184
Livergood, Robbi	D	—		
Louvier, Andrew	CT	—		
Meyer, Cory	D	—		
Micich, John	D	4	35:09	168
Scott, Sean	D	—		
Shortal, Ryan	D	5	38:57	200
Tresslar, Pat	D	3	26:49	200
Wingbermuehle	D	5	46:15	172
Winker, Thad	D	—		
Group 7 23+				
Lakin, Jerry	E	4	38:56	192
Pilla, Gabe	E	4	36:30	194
Simpson, Bobby	E	4	37:42	188
Simpson, Peter	E	4	34:56	188
Zylka, Peter	E	4	38:12	156

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

CC

10.21.03

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: 10-8-03 Conditions:

RECOVERY DAY! Jog to west camp/meeting/dynamics/run 6 x strides at relaxed race pace last one a bit racers jog home and full stretch/non-racers timed run: 40:30 to SLUH/streech 6MI TOGETHER + 2 ALL BUT JONAGAN STRETCH

Group1 17	vol	dist	time	pulse	pace	com	Group 4 (cont.)	vol	dist	time	pulse	pace	com
Arb, Chris	A	—	50				Hagen, Killian	D	4	31:45	172		
Carlson, Joe	A	—	50				Angeli, Matt	D	—	—	—		
Flanagan, Dan	A	—	50				Faber, Phil	D	4	32:50	188		
Linhares, Andrew	A	—	50				Dang, Luke	D	4	31:44	160		
Marincel, Joe	A	7	47:50	156			**Group 5 (21)**	D	—	—	—		
Meier, Danny	A	—	50				Castellano, Paul	D	—	—	—		
Muntges, Alex	A	—	50				Goeltz, Willie	D	4	33:20	180		
Murphy-Baum	A	—	50				Hilderbrand, Br	D	—	—	—		
Oliver, John	A	—	50				Kelly, Mike	D	—	—	—		
Samson, Charlie	A	7	47:50	144			Koller, A J	D	—	—	—		
Dirnbeck, Matt	B	7	47:50	176			Menius, Dan	C	—	—	—		
Kaiser, Drew	A	7	47:50	160			Newcomer, John	D	—	—	—		
Jonagan, Mike	A	—	—	—			Lueking, Andy	D	4	31:32	180		
Group 2 (18)							Rushing, Kevin	D	—	—	—		
Welling, Joe	A	7	47:50	144			Salsich, Neil	D	—	—	—		
Kelly, John	A	7	47:50	168			Schmidt, Ben	D	—	—	—		
Nappier, Paul	A	6	43:55	140			**Group 6 (22)**	D	—	—	—		
Speiser, Nick	A	6	43:56	160			Ayala, Tony	D	—	—	—		
Foldes, Dan	B	6	41:17	156			Baker, Steve	D	4	31:31	176		
Granger, Mike	B	6	42:58	160			delValle, Jamie	D	—	—	—		
Mannhard, Pat	B	6	43:00	140			Fiedler, Matt	D	—	—	—		
Mulligan, Shane	B	6	42:58	168			Fisher, Matt	D	—	—	—		
Bonner, Andy	B	6	43:41	148			Floros, Ted	D	—	—	—		
Marincel, Dan	B	6	42:58	164			Hellman, Cole	D	4	29:49	160		
Samson, Henry	A	—	—	—			Holtshouser, Mike	D	4	30:00	192		
Turckan, Kevin	B	6	46:34	156			Kickham, Sean	D	—	—	—		
Abts, Greg	B	6	46:34	148			Livergood, Robbi	D	3	27:54	160		
Group 3 (19)		—	—	—			Louvier, Andrew	CT	—	—	—		
Scariot, Jim	B	6	46:34	132			Meyer, Cory	D	3	27:57	184		
Rob Ryan	B	6	46:31	164			Micich, John	D	—	—	—		
Alex Plurad	B	—	—	—			Scott, Sean	D	—	—	—		
Tim Schmidt	C	6	46:34	152			Shortal, Ryan	D	4	32:04	172		
Dustin Sump	C	6	45:35	152			Tresslar, Pat	D	3	25:14	204		
Rob Stretch	B	—	—	—			Wingbermuehle	D	4	33:37	136		
Group 4 (20)	C	—	—	—			Winker, Thad	D	4	33:22	160		
Greg Moore		5	38:20	180			**Group 7 23+**		—	—	—		
Heagney, Pete	C	—	—	—			Lakin, Jerry	E	—	—	—		
Campbell, Tom	C	5	37:40	152			Pilla, Gabe	E	—	—	—		
Herman, Peter	C	5	39:35	180			Simpson, Bobby	E	—	—	—		
Reynolds, Jeremy	C	5	37:44	148			Simpson, Peter	E	—	—	—		
Faust, Tyler	C	5	38:06	184			Zylka, Peter	E	—	—	—		
Griesenauer, Doug	C	4	31:32	180									
Odem, Nick	C	5	37:31	184									
Schneier, Brian	B	4	33:30	180			Coach F		3	22:15	168		
Nathan Banet	C	—	—	—									
Vatterott, Andrew	C	—	—	—									
Hukenbeck, Sean	C	—	—	—									
Lawder, Matt	D	—	—	—									
Emery, Sam	D	—	—	—									
McBride, Mike	D	—	—	—									
Bruns, Matt	D	—	—	—									
Schmidt, Pat	D	—	—	—									
David Rhoads	D	5	37:44	176									
Odenwald, Matt	C	4	33:20	172									

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: 10-~~21~~ 23-03 Conditions:

Group1 17	vol											
Arb, Chris	A											
Carlson, Joe	A											
Flanagan, Dan	A											
Linhares, Andrew	A											
Marincel, Joe	A	8	52:40	152								
Meier, Danny	A											
Muntges, Alex	A											
Murphy-Baum	A											
Oliver, John	A											
Samson, Charlie	A	7	45:00	156								
Dirnbeck, Matt	B	8	52:25	172								
Kaiser, Drew	A	8	54:40	172								
Jonagan, Mike	C	—										
Group 2 (18)												
Welling, Joe	A	8	54:20	136								
Kelly, John	A	8	52:25	160								
Nappier, Paul	A	6	39:18	164								
Speiser, Nick	A	8	54:24	168								
Foldes, Dan	B	8	54:57	148								
Granger, Mike	B	8	52:25	160								
Mannhard, Pat	B	7	48:44	152								
Mulligan, Shane	B	7	48:46	168								
Bonner, Andy	B	8	53:05	164								
Marincel, Dan	B	8	59:31	152								
Samson, Henry	A	—										
Turckan, Kevin	B	8	59:31	152								
Abts, Greg	B	8	59:31	144								
Group 3 (19)												
Scariot, Jim	B	8	57:48	184								
Rob Ryan	B	8	59:31	160								
Alex Plurad	B	—										
Tim Schmidt	C	8	59:31	156								
Dustin Sump	C	8	62:06	152								
Rob Stretch	B	4	30:38	172								
Group 4 (20)	C											
Greg Moore		5	41:33	152								
Heagney, Pete	C	4	27:52	148								
Campbell, Tom	C	6	43:37	156								
Herman, Peter	C	6	47:19	168								
Reynolds, Jeremy	C	8	54:40	164								
Faust, Tyler	C	6	45:32	168								
Griesenauer, Doug	C	5	40:03	180								
Odem, Nick	C	8	57:40	188								
Schneier, Brian	B	4	38:15	188								
Nathan Banet	C	4	27:52	152								
Vatterott, Andrew	C	4	27:52	156								
Hukenbeck, Sean	C	4	29:10	160								
Lawder, Matt	D	4	29:10	172								
Emery, Sam	D	4	29:10	156								
McBride, Mike	D	4	29:54	180								
Bruns, Matt	D	4	31:32	172								
Schmidt, Pat	D	4	31:14	160								
David Rhoads	D	6	45:01	—								
Odenwald, Matt	C	5	40:10	176								

Group 4 (cont.)	vol					
Hagen, Killian	D	5	36:28	188		
Angeli, Matt	D	—				
Faber, Phil	D	6	44:45	172		
Dang, Luke	D	5	37:40	160		
Group 5 (21)	D					
Castellano, Paul	D	4	29:10	140		
Goeltz, Willie	D	5	35:40	188		
Hilderbrand, Br	D	4	31:04	156		
Kelly, Mike	D	4	32:27	160		
Koller, A J	D	—				
Menius, Dan	C	4	30:33	172		
Newcomer, John	D	DNF	— SICK		—	
Lueking, Andy	D	4	35:15	176		
Rushing, Kevin	D	4	29:10	164		
Salsich, Neil	D	4	30:19	160		
Schmidt, Ben	D	4	30:09	112		
Group 6 (22)	D					
Ayala, Tony	D	—				
Baker, Steve	D	5	37:03	188		
delValle, Jamie	D	4	31:04	176		
Fiedler, Matt	D	—				
Fisher, Matt	D	—				
Floros, Ted	D	6	33:18	200		
Hellman, Cole	D	5	35:32	192		
Holtshouser, Mike	D	5	37:40	200		
Kickham, Sean	D	4	31:12	184		
Livergood, Robbi	D	5	40:09	180		
Louvier, Andrew	CT	2	—	130		
Meyer, Cory	D	4	37:12	180		
Micich, John	D	4	33:36	164		
Scott, Sean	D	4	31:16	144		
Shortal, Ryan	D	5	39:32	176		
Tresslar, Pat	D	3	26:36	→	24:10	188
Wingbermuehle	D	5	41:50	180		
Winker, Thad	D	5	40:46	160		
Group 7 23+						
Lakin, Jerry	E	4	35:29	176		
Pilla, Gabe	E	4	33:36	164		
Simpson, Bobby	E	4	35:29	176		
Simpson, Peter	E	4	33:34	180		
Zylka, Peter	E	4	39:19	152		

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

NON RACING GROUP 300 STR 6 x 400 AT 1M PACE

EXTREMELY COOL

DATE: 10-24-03 Conditions:

Group1 17	vol						
Arb, Chris	A						
Carlson, Joe	A						
Flanagan, Dan	A						
Linhares, Andrew	A						
Marincel, Joe	A						
Meier, Danny	A						
Muntges, Alex	A						
Murphy-Baum	A						
Oliver, John	A						
Samson, Charlie	A						
Dirnbeck, Matt	B						
Kaiser, Drew	A						
Jonagan, Mike	C						
Group 2 (18)							
Welling, Joe	A						
Kelly, John	A	73	71	73	72	71	70
Nappier, Paul	A						
Speiser, Nick	A						
Foldes, Dan	B						
Granger, Mike	B						
Mannhard, Pat	B						
Mulligan, Shane	B	74	75	75	75	73	72
Bonner, Andy	B						
Marincel, Dan	B						
Samson, Henry	A						
Turckan, Kevin	B						
Abts, Greg	B						
Group 3 (19)							
Scariot, Jim	B						
Rob Ryan	B						
Alex Plurad	B						
Tim Schmidt	C						
Dustin Sump	C						
Rob Stretch	B						
Group 4 (20)	C						
Greg Moore							
Heagney, Pete	C						
Campbell, Tom	C						
Herman, Peter	C						
Reynolds, Jeremy	C						
Faust, Tyler	C						
Griesenauer, Doug	C	73	77	80	83	82	78
Odem, Nick	C						
Schneier, Brian	B	83	84	86	83	85	79
Nathan Banet	C	75	75	75	75	74	74
Vatterott, Andrew	C						
Hukenbeck, Sean	C						
Lawder, Matt	D						
Emery, Sam	D	77	77	76	76	75	74
McBride, Mike	D	77	78	77	78	77	75
Bruns, Matt	D						
Schmidt, Pat	D	78	76	77	77	76	76
David Rhoads	D						
Odenwald, Matt	C						

Group 4 (cont.)	vol						
Hagen, Killian	D						
Angeli, Matt	D						
Faber, Phil	D						
Dang, Luke	D						
Group 5 (21)	D						
Castellano, Paul	D						
Goeltz, Willie	D						
Hilderbrand, Br	D						
Kelly, Mike	D						
Koller, A J	D	84	84	85	84	85	82
Menius, Dan	C	79	84	83	83	84	81
Newcomer, John	D						
Lueking, Andy	D						
Rushing, Kevin	D						
Salsich, Neil	D						
Schmidt, Ben	D						
Group 6 (22)	D						
Ayala, Tony	D						
Baker, Steve	D						
delValle, Jamie	D	86	81	87	88	85	78
Fiedler, Matt	D	88	87	89	88	84	86
Fisher, Matt	D						
Floros, Ted	D						
Hellman, Cole	D						
Holtshouser, Mike	D						
Kickham, Sean	D	77	80	80	80	79	78
Livergood, Robbi	D	85	84	85	86	86	83
Louvier, Andrew	CT	90	88	91	91	90	88
Meyer, Cory	D	89	87	91	90	90	84
Micich, John	D	86	86	88	87	87	83
Scott, Sean	D						
Shortal, Ryan	D						
Tresslar, Pat	D	87	90	90	93	91	88
Wingbermuehle	D	88	88	88	86	84	77
Winker, Thad	D						
Group 7 23+							
Lakin, Jerry	E	92	93	92	95	90	89
Pilla, Gabe	E						
Simpson, Bobby	E						
Simpson, Peter	E						
Zylka, Peter	E						

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: 10-24-03 Conditions:

Group1 17	vol					
Arb, Chris	A	—				
Carlson, Joe	A	—				
Flanagan, Dan	A	—				
Linhares, Andrew	A	—				
Marincel, Joe	A					
Meier, Danny	A	—				
Muntges, Alex	A	—				
Murphy-Baum	A	—				
Oliver, John	A	—				
Samson, Charlie	A	3	✓			
Dirnbeck, Matt	B	3	✓			
Kaiser, Drew	A	3	✓			
Jonagan, Mike	C	—	—			
Group 2 (18)						
Welling, Joe	A	3	✓			
Kelly, John	A	—	—			
Nappier, Paul	A	3	✓			
Speiser, Nick	A	3	✓			
Foldes, Dan	B	3	✓			
Granger, Mike	B	3	✓			
Mannhard, Pat	B	3	✓			
Mulligan, Shane	B	—	—			
Bonner, Andy	B	3	✓			
Marincel, Dan	B	3	✓			
Samson, Henry	A	—	—			
Turckan, Kevin	B	3	✓			
Abts, Greg	B	3	✓			
Group 3 (19)						
Scariot, Jim	B	3	✓			
Rob Ryan	B	3	✓			
Alex Plurad	B	—	—			
Tim Schmidt	C	3	✓			
Dustin Sump	C	3	✓			
Rob Stretch	B	2	✓			
Group 4 (20)	C					
Greg Moore		2	✓			
Heagney, Pete	C	2	✓			
Campbell, Tom	C	2	✓			
Herman, Peter	C	2	✓			
Reynolds, Jeremy	C	2	✓			
Faust, Tyler	C	2	✓			
Griesenauer, Doug	C					
Odem, Nick	C	2	✓			
Schneier, Brian	B	—	—			
Nathan Banet	C					
Vatterott, Andrew	C	2	✓			
Hukenbeck, Sean	C					
Lawder, Matt	D	2	✓			
Emery, Sam	D					
McBride, Mike	D					
Bruns, Matt	D	2	✓			
Schmidt, Pat	D	2				
David Rhoads	D	2	✓			
Odenwald, Matt	C	2	✓			

Group 4 (cont.)	vol					
Hagen, Killian	D	2	✓			
Angeli, Matt	D	—				
Faber, Phil	D	2	✓			
Dang, Luke	D	2	✓			
Group 5 (21)	D					
Castellano, Paul	D	2	✓			
Goeltz, Willie	D	2	✓			
Hilderbrand, Br	D					
Kelly, Mike	D	2	✓			
Koller, A J	D					
Menius, Dan	C					
Newcomer, John	D	2	✓			
Lueking, Andy	D	2	✓			
Rushing, Kevin	D	2	✓			
Salsich, Neil	D	2	✓			
Schmidt, Ben	D	2	✓			
Group 6 (22)	D					
Ayala, Tony	D	—				
Baker, Steve	D	2	✓			
delValle, Jamie	D	—				
Fiedler, Matt	D	—				
Fisher, Matt	D	—				
Floros, Ted	D	2	✓			
Hellman, Cole	D	2	✓			
Holtshouser, Mike	D	2	✓			
Kickham, Sean	D					
Livergood, Robbi	D					
Louvier, Andrew	CT	—				
Meyer, Cory	D					
Micich, John	D					
Scott, Sean	D	2	✓			
Shortal, Ryan	D	2	✓			
Tresslar, Pat	D	—				
Wingbermuehle	D					
Winker, Thad	D	2	✓			
Group 7 23+						
Lakin, Jerry	E					
Pilla, Gabe	E	2	✓			
Simpson, Bobby	E	2	✓			
Simpson, Peter	E	2	✓			
Zylka, Peter	E	2	✓			

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: 10-27-03 Conditions:

SPILT PRACTICE: Top 9 plus at Cent fields Rest at west camp/rest: cal/dynamics/run new four mile at aerobic pace/nuero drill/jog/stretch TOP GROUP: Mtg./cal/dynam/3m to firehouse/4x's/ex cl/nuero

Group1 17	vol	dist	time	pulse	pace	com	Group 4 (cont.)	vol	dist	time	pulse	pace	com
Arb, Chris	A						Hagen, Killian	D	4	30:07	184		
Carlson, Joe	A						Angeli, Matt	D	—	—	—		
Flanagan, Dan	A						Faber, Phil	D	4	29:42	160		
Linhares, Andrew	A						Dang, Luke	D	4	31:04	156		
Marincel, Joe	A						**Group 5 (21)**	D					
Meier, Danny	A						Castellano, Paul	D	4	30:30	164		
Muntges, Alex	A						Goeltz, Willie	D	4	31:46	176		
Murphy-Baum	A						Hilderbrand, Br	D	4	30:30	152		
Oliver, John	A						Kelly, Mike	D	4	31:30	180		
Samson, Charlie	A						Koller, A J	D	4	31:36	164		
Dirnbeck, Matt	B						Menius, Dan	C	4	31:36	164		
Kaiser, Drew	A						Newcomer, John	D	4	31:46	160		
Jonagan, Mike	A						Lueking, Andy	D	4	37:05	172		
Group 2 (18)							Rushing, Kevin	D	4	27:27	184		
Welling, Joe	A						Salsich, Neil	D	4	29:48	176		
Kelly, John	A	4	27:08	172			Schmidt, Ben	D	4	30:43	156		
Nappier, Paul	A						**Group 6 (22)**	D					
Speiser, Nick	A						Ayala, Tony	D	—	—	—		
Foldes, Dan	B						Baker, Steve	D	4	31:04	180		
Granger, Mike	B	4	31:01	144			delValle, Jamie	D	4	32:20	176		
Mannhard, Pat	B	4	31:01				Fiedler, Matt	D	4	33:25	170		
Mulligan, Shane	B	4	28:57	172			Fisher, Matt	D	4	33:25	172		
Bonner, Andy	B	4	26:13	168			Floros, Ted	D	4	32:19	180		
Marincel, Dan	B	4	31:01	152			Hellman, Cole	D	4	31:11	160		
Samson, Henry	A	—	—	—			Holtshouser, Mike	D	4	31:52	192		
Turckan, Kevin	B	4	31:01	152			Kickham, Sean	D	4	29:44	176		
Abts, Greg	B	4	31:01	164			Livergood, Robbi	D	4	33:31	172		
Group 3 (19)							Louvier, Andrew	D	4	30:30	160		
Scariot, Jim	B	4	27:27	180			Meyer, Cory	D	4	36:14	180		
Rob Ryan	B	4	30:07	168			Micich, John	D	4	33:24	164		
Alex Plurad	B	4	28:31	176			Scott, Sean	D	4	32:20	162		
Tim Schmidt	C	4	31:01	160			Shortal, Ryan	D	4	32:41	172		
Dustin Sump	C	4	30:20	156			Tresslar, Pat	D	4	30:50	228		
Rob Stretch	B	4	31:13	156			Wingbermuehle	D	4	37:05	180		
Group 4 (20)	C						Winker, Thad	D	4	30:33	172		
Greg Moore		4	29:42	182			**Group 7 23+**						
Heagney, Pete	C	4	25:47	164			Lakin, Jerry	E	4	36:29	188		
Campbell, Tom	C	4	29:14	164			Pilla, Gabe	E	4	32:30	166		
Herman, Peter	C	—	—	—			Simpson, Bobby	E	4	36:44	170		
Reynolds, Jeremy	C	4	25:35	180			Simpson, Peter	E	4	33:07	184		
Faust, Tyler	C	4	29:12	168			Zylka, Peter	E	4	33:32	160		
Griesenauer, Doug	C	4	32:28	160									
Odem, Nick	C	4	26:57	184									
Schneier, Brian	B	3	28:57	188									
Nathan Banet	C	4	26:51	160									
Vatterott, Andrew	C	4	26:51	160									
Hukenbeck, Sean	C	4	31:30	136									
Lawder, Matt	D	4	27:36	180									
Emery, Sam	D	4	33:25	156									
McBride, Mike	D	4	31:36	180									
Bruns, Matt	D	4	30:25	164									
Schmidt, Pat	D	4	31:36	168									
David Rhoads	D	4	31:13	180									
Odenwald, Matt	C	4	32:40	172									

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

TIM & TOM,

HERE ARE NOTES ON TODAY'S PRACTICE:

- KIDS JOG TO 1K AREA AT FAR SIDE OF CENT. FIELD, SENIORS LEAD PUSH UPS, FULL STRETCH
- MEANWHILE YOU GUYS WILL NEED TO CONE THE 1K COURSE, A 600 MARK ON THE 1K AND A SEPERATE 400 METER COURSE. THE KIDS WILL HAVE TO BE REAL CLEAR ON THESE BEFORE THEY GO SINCE THEY WILL BE MOVING
- THEY GET 4 STRIDES 2 RELAXED, 2 FAST FOR A FULL 100 METERS +
- GROUP ONE SHOULD BE ALL THE KIDS DOWN TO STRETCH, GROUP TWO THE REST. THE #'S COME OUT ABOUT EVEN W/O FROSH.
- GROUP ONE RUNS AS FOLLOWS

- 1K AT 5K GOAL PACE - 90 SEC REST ACTIVE
- 600 AT 3-4 SECS FASTER THAN 600 SPLIT (ONE) ON PREVIOUS 1K - TWO MIN ACTIVE REST
- 2X 400 AT PROJECTED 1 MILE RACE PACE - 3 MIN ACTIVE REST
- 600 ~~[illegible]~~ NEGATIVE - 2 MIN ACTIVE REST
- 1K ~~[illegible]~~ NEGATIVE GOING INTO OXYGEN DEBT & FINISHING HARD.

GROUP TWO RUNS AS FOLLOWS:

- 1K AT 5K RACE PACE 90 SECS REST-ACTIVE
- 4x400'S AT PROJECTED 1 MILE RACE PACE, OR LET'S BE HONEST, AS FAST AS THEY CAN GO WITHOUT STARTING TO GO POSITIVE. THE KEY IS GETTING THEM MOVING - 3 MIN ACTIVE REST BETWEEN EACH
- FINISH WITH A HARD SUB RACE PACE, GOING NEGATIVE 1K. Really get on them to get through discomfort & LACTIC ACID w/ GOOD FORM & NOT BREAKING.
- ~~[illegible]~~ BOTH GROUPS SHOULD GET A 2ND SET OF PUSHUPS.
- TOP GROUP DOES AT ONE LOOP ON XC COURSE & JOGS BACK TO SCUH FOR FULL STRETCH
- LOWER GROUPS JOGS BACK TO SCUH WITH A COACH IF POSSIBLE FOR A FULL STRETCH.

THANKS, GUYS!

15 MIN WARM • CALS STRETCH • RUN INTERVALS • EXT COOL

Date: 10•28•03 **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:											
Group 1	~~race goal~~ 800	~~mile pace~~ 400	400 ~~pace~~	400 ~~1.5~~	400 ~~800~~	400 ~~800~~	400 ~~rec~~	400	1M		
LINDFORS	2:39	73	69	68	78	73	66	70	5:13		
ARB	2:41	74	70	71	80	74	72	74	5:36		
OLIVER	2:43	75	72	69	79	75	68	71	5:13		
MEIER	2:40	73	72	71	79	73	68	72	5:26		
M-B	2:43	75	72	71	82	76	70	71	5:26		
CARLSON	2:42	77	71	69	82	78	69	73	5:28		
JUNGAR	2:48	79	LEG	PAIN							

800 5k race tempo

8x400 - 1 mile race pace

1 MILE HARD

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

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10.28.03

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Group1 17	vol	dist	time	pulse	pace	com	Group 4 (cont.)	vol	dist	time	pulse	pace	com
Arb, Chris	A	—	—				Hagen, Killian	D	✓				
Carlson, Joe	A	—	—				Angeli, Matt	D	—	—			
Flanagan, Dan	A	✓	✓				Faber, Phil	D	✓	✓			
Linhares, Andrew	A	—	—				Dang, Luke	D	✓	✓			
Marincel, Joe	A	✓	✓				**Group 5 (21)**	D	✓	✓			
Meier, Danny	A	—	—				Castellano, Paul	D	✓	✓			
Muntges, Alex	A	—	—				Goeltz, Willie	D	✓	✓			
Murphy-Baum	A	—	—				Hilderbrand, Br	D	—	—			
Oliver, John	A	—	—				Kelly, Mike	D	✓	✓			
Samson, Charlie	A	✓	✓				Koller, A J	D	✓	✓			
Dirnbeck, Matt	B	✓	✓				Menius, Dan	C	✓	✓			
Kaiser, Drew	A	✓	✓				Newcomer, John	D	✓	—			
Jonagan, Mike	A	—	—				Lueking, Andy	D	✓	✓			
Group 2 (18)		✓	✓				Rushing, Kevin	D	✓	✓			
Welling, Joe	A	✓	✓				Salsich, Neil	D	✓	✓			
Kelly, John	A	✓	✓				Schmidt, Ben	D	✓	✓			
Nappier, Paul	A	✓	✓				**Group 6 (22)**	D	✓	✓			
Speiser, Nick	A	✓	✓				Ayala, Tony	D	—	—			
Foldes, Dan	B	✓	✓				Baker, Steve	D	Shin	~~Shin~~			
Granger, Mike	B	✓	✓				delValle, Jamie	D	Shin	~~Shin~~			
Mannhard, Pat	B	✓	✓				Fiedler, Matt	D	✓	✓			
Mulligan, Shane	B	✓	✓				Fisher, Matt	D	✓	✓			
Bonner, Andy	B	✓	✓				Floros, Ted	D	✓	✓			
Marincel, Dan	B	✓	✓				Hellman, Cole	D	✓	✓			
Samson, Henry	A	—	—				Holtshouser, Mike	D	✓	✓			
Turckan, Kevin	B	✓	✓				Kickham, Sean	D	✓	✓			
Abts, Greg	B	✓	✓				Livergood, Robbi	D	✓	✓			
Group 3 (19)		✓	✓				Louvier, Andrew	D	✓	✓			
Scariot, Jim	B	✓	✓				Meyer, Cory	D	✓	✓			
Rob Ryan	B	✓	✓				Micich, John	D	✓	✓			
Alex Plurad	B	✓	✓				Scott, Sean	D	✓	✓			
Tim Schmidt	C	✓	✓				Shortal, Ryan	D	✓	✓			
Dustin Sump	C	✓	✓				Tresslar, Pat	D	✓	✓			
Rob Stretch	B	✓	✓				Wingbermuehle	D	✓	✓			
Group 4 (20)	C	✓	✓				Winker, Thad	D	✓	✓			
Greg Moore		✓	✓				**Group 7 23+**		✓	✓			
Heagney, Pete	C	✓	✓				Lakin, Jerry	E	✓	✓			
Campbell, Tom	C	Shin	~~Shin~~				Pilla, Gabe	E	✓	✓			
Herman, Peter	C	✓	✓				Simpson, Bobby	E	✓	—			
Reynolds, Jeremy	C	✓	✓				Simpson, Peter	E	✓	✓			
Faust, Tyler	C	✓	✓				Zylka, Peter	E	✓	✓			
Griesenauer, Doug	C	✓	✓										
Odem, Nick	C	Shin	~~Shin~~										
Schneier, Brian	B	✓	✓										
Nathan Banet	C	✓	✓										
Vatterott, Andrew	C	✓	✓										
Hukenbeck, Sean	C	✓	✓										
Lawder, Matt	D	✓	✓										
Emery, Sam	D	✓	✓										
McBride, Mike	D	✓	✓										
Bruns, Matt	D	✓	✓										
Schmidt, Pat	D	✓	✓										
David Rhoads	D	✓	✓										
Odenwald, Matt	C	✓	✓										

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

11/4/03

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

ON SPANISH PAVILLION

State Group	400	400	400	400	400						
ANDREW	74	72	72	72	71		+	4 FIREHOUSE DRILLS			
CHRIS	76	75	75	75	75						
JOHN	76	73	73	73	72						
DAN	76	75	75	76	75						
DANNY	75	74	75	76	77						
BEN	75	75	74	75	74						
JOE	76	76	74	76	75						

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

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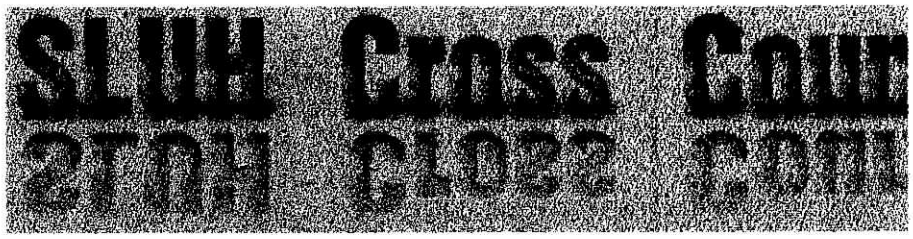

If you don't have anything listed under the roster yet, fill out this form and put it into the folder that is up on the XC board at SLUH, and the web guys will get the information to the site as soon as they can. And for guys who have already filled this out, check your info and make sure its right.

Name: Mike Jonagan

Email address: jonagans@sbcglobal.net

Birthday: 9-25-87

Grade: Sophomore

5K PR: 17:13 (so far)

Favorite workout: Are you kidding?

Favorite thing to say while running: Damn this hurts

Favorite course: Chaminade

Favorite pre-race music: Elevator Jazz

Favorite cross-country memory:

Pete Schaefer walking to the podium at state with his collar turned up and his Aviator's on.

Why you run: I run so I can race. That's pretty much it. And so I don't die of a heart attack at 35.

Some final words: Yea for self-punishment!

Start Over

Print Form to put into XC folder at SLUH