2005 SLUH XC Daily Schedule

M. 8-15: 8 a.m. practice WEIGHTS

T. 8-16: **Team Float** 7 a.m. departure
No regular practice

W. 8-17 12:30 p.m. practice all groups
WEIGHTS

Th. 8-18: Practice T.B.A.

F. 8-19: 3 p.m. practice

S. 8-20: 8 a.m. practice WEIGHTS

M. 8-22: regular schedule

T. 8-23: regular schedule WEIGHTS

W. 8-24: regular schedule

Th. 8-25: regular schedule

F. 8-26: regular schedule WEIGHTS

S. 8-27: split practice: First Capitol racers practice at 12 noon at McNair Park, remainder 8 a.m. practice

M. 8-29: regular schedule WEIGHTS

T. 8-30: (a.m. run) regular schedule

W. 8-31: regular schedule WEIGHTS

Th. 9-1: (a.m. run) regular schedule

F. 9-2: **First Capitol Invit. at McNair Park:** V, JV, non-racers practice on their own.

S. 9-3: 9 a.m. practice WEIGHTS

M. 9-5: Labor Day. No organized practice

T. 9-6: regular schedule

W. 9-7: (a.m. run) regular schedule
WEIGHTS

Th. 9-8: regular schedule

F. 9-9: regular schedule

S. 9-10: **Marquette Invitational at Forest Park:** V, JV, C

M. 9-12: (a.m. run) regular schedule
WEIGHTS

T. 9-13: regular schedule

W. 9-14: (a.m. run) **DeSmet, CBC**: C
All others regular schedule WEIGHTS

Th. 9-15: regular schedule

F. 9-16: Rim Rock racers depart a.m. for Lawrence KS. All others at SLUH regular schedule

S. 9-17: **Rim Rock Invitational at Lawrence KS.** V, JV
Hazelwood Invit. at Sioux Passage Park: V, JV, B Runners not racing practice@Sioux Passage

M. 9-19: (a.m. run) regular schedule
WEIGHTS

T. 9-20: regular schedule

W. 9-21: (a.m. run) **Hazelwood E. Frosh Invit.**: C
All others regular schedule. WEIGHTS

Th. 9-22: Split practice: Varsity + at Jeff Barracks. All others regular schedule

F. 9-23: regular schedule

S. 9-24:**Hancock Invit.**: V, JV, all levels racing.

M. 9-26: regular schedule

T. 9-27: (a.m. run) regular schedule
WEIGHTS

W. 9-28: regular schedule

Th.9-29: (a.m. run) regular schedule
WEIGHTS
(Jesuit High guests arrive; host pick-up)

2005 SLUH XC Daily Schedule

F. 9-30: regular schedule

S. 10-1: **Jesuit Invit**. V, JV, C (afternoon) Those not racing practice at DeSmet. Race followed by Mass, Dinner and awards, ends about 8:30 p.m. All team members.

M. 10-3: (a.m. run) regular schedule WEIGHTS

T. 10-4: 12:15 Dismiss, faculty meeting. Practice for Varsity + only at 3:15, others practice on their own.

W. 10-5: (a.m. run) regular schedule WEIGHTS

Th. 10-6: regular schedule

F. 10-7: regular schedule, Varsity + practice at Chaminade.

S. 10-8: **MCC Championship at Chaminade**: V,JV,C

M. 10-10: regular schedule

T. 10-11: (a.m. run) regular schedule WEIGHTS

W. 10-12: **PSAT Soph and Jr.; No classes for Sr. and Frosh.** Frosh practice on their own, all others practice after PSAT.

Th. 10-13: (a.m. run) regular schedule. WEIGHTS

F. 10-14: regular schedule

S. 10-15: **Borgia Invit** V2, JV
8 a.m. practice for those not racing.
WEIGHTS

M. 10-17: **Exam Day**: Practice after 2nd exam period, after 3rd period for those with a conflict. (evening run)

T. 10-18: **Exam Day**: Practice after 2nd exam period, after 3rd period for those with a conflict. WEIGHTS

W. 10-19: **Exam Day**: Practice for Seniors, Juniors, Sophs after 2nd exam period, after 3rd period for those with a conflict. (eve. run)
Freshmen: **Hazelwood Frosh Invit.**: C
All Freshmen depart for meet @ 2 pm

Th. 10-20: No Classes. Faculty meetings. Varsity + practice 3:30 p.m. at District site, al others practice on their own.

F. 10-21: No Classes. Practice a.m. T.B.A

S. 10-22: **District Championship at Parkway Central**: V, JV

M. 10-24: regular schedule WEIGHTS

T. 10-25: regular schedule

W. 10-26: (a.m. run) **Findley Invit.**: JV, C
Season ends for all but varsity. Varsity assist at meet.

Th. 10-27: regular schedule

F. 10-28: regular schedule

S. 10-29: **Sectional Championship at Sioux Passage**: V
All team members expected at meet.

M. 10-31: regular schedule

T. 11-1: No classes. Practice time T.B.A.

W. 11-2: (a.m. run) 12:15 dismissal, practice at 12:30

Th. 11-3: regular classes

F. 11-4: **Varsity departs for state in a.m.** Practice on state course.

S. 11-5: **State Championship**: V
All team members invited to attend meet.

Sunday 11-6 Open Houes (volunteers needed for XC and Track tables)

Note: <u>Team Banquet</u> for all levels on Dec. 8, 6 - 9:30 p.m. in the Danis Lobby with awards in the theater. Mass for the Feast of the Immaculate Conception at 5 p.m.

Joe Porter 791-0202

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: 8-8-05 FIRST PRACTICE Conditions: HOT, HUMID 93+

Workout: Interview, jog to w.c./push-core/dynamics/touchstones/plyo/aerobic: 8-6-4-3-2/2nd cal /~~8-6-4 strides/jog~~ home/full stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A													
BONNER		15	53:22	176									
50 BANET		8	56:48	184									
(4) WATT		6	40:00	X									
KAISER		8	56:48	168									
JONAGAN		8	56:48	160									
LAWDER		8	56:48	188									
B													
SCARIOT	X	EXCUSED		DOCTOR									
40 PARR	X												
(6) SCHUMACHER		5.4	38:10	204									
EMERY		5.4	38:10	168									
VIOX	RAN	EASY	SEE	BELOW									
K-K		5.4	38:10	160									
C													
HILDERBRAND	4	4	31:00	172									
(4) PILLA	4	4	31:00	168									
~~[illegible]~~													
30 ~~[illegible]~~													
GEDERS			31:00	160									
HANSON		4	29:07	180									
~~[illegible]~~													
MCBRIDE	X												
WARNER	X												
MURPHY	X												
REYNOLDS		4	29:07	168									
~~[illegible]~~ MARINELLI		4	29:07	176									
MACHERIO		3	24:30	180									
~~[illegible]~~ LINHARES		3	22:55	180									
~~[illegible]~~													
(3) SCHMIDT		3	22:14	180									
(3) D FLORUS		3	22:35	168									
DIRNBECK		3	22:45	188									
FISHER		3	SLOW	156									
~~E~~ DIEHL		3	SLOW	148									
ANGELI		1	8:26	192	1	8:17	192						
WINGERMUELE		1	8:02	176	1	9:30	200						
SIMPSON		1	10:01	200	1	10:4	184						
(2) MCCOLLUM	X												
VICINI		1	8:28	200	1	7:37	180						
LIVERGOOD			10:00	204	1	10:40	204						
LUERING			8:27	1:92	1	7:37	188						
~~[illegible]~~													
KUBANER		1	9:02	176	1	—	—						
VIOX		1	8:28	152									

A TOTAL (10)

(B) (8)

(C) (6)

D (5)

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

38:10

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-~~8~~ 9-05 ~~FIRST PRACTICE~~ Conditions: HOT, MUGGY 90+ 10

Workout: ~~Interview~~ jog to w.c./push-~~core~~/dynamics/~~touchstones~~/plyo/aerobic: 8-6-4-3-2/2nd cal /8-6-4 strides/jog home/full stretch

Name		pu	dist	time	pulse	pace	com
Group A							
Murphy-Baum	✓						
Rhoads	✓						
Bonner	8		8	56:27	164	7:03	
Banet	10			1:09.22	184	6:56	
Kaiser	8		8	55:07	160		
Jonagan	10			1:09.22	176	6:56	
Lawless	X						
Lawder	10			1:09.22	176	6:56	
McCafferty	10			1:10:08	176	7:01	
KK			8	55:07	160	6:53	
Group B							
Scariot	6						
Parr	6		6	50:24	156	8:24	
Schumacher	6		6	51:52	196	8:40	
Watt	8		8	58:00	208	7:15	
Emery	6		6	44:07	172	7:21	
Viox	6		6	43:57	168	7:20	
Kuciejczyk-K	8		8				
Group C							
Hilderbrand	4		4	29:58	172	7:30	
Pilla	4		4	35:09	154	8:47	
Geders	X						
Hanson	4		4	30:37	176	7:39	
McBride MA	6		4	30:37	180	7:39	
Warner	6		6	51:38	156	8:37	
Murphy	X		—				
Reynolds	6		6	51:01	164	8:30	
Marincel	6		6	51:01	180	8:30	
McBRIDE MI.		6	6	50:24	188	8:24	

Name		pu	dist	time	pulse	pace	com
Group D							
Margherio	4		4	35:07	184	8:47	
Linhares	4			29:45	192	7:26	
Schmidt	4		4	29:46	156	7:26	
Floros	4		4	29:45	180	7:26	
Dirnbeck	4		4	29:58	196	7:30	
Fisher	4		4	33:12	192	8:18	
Diehl	4			33:12	188	8:18	
McCollum							
McBRIDE MA			~~4~~	~~30:37~~	~~180~~		
			4	35:09	172	8:47	
Group E							
Angeli	X						
Wingbermeule	2			9:13	18:25	200	
Simpson	3		2	23:50	192		
McCollum	4						
Vicini	3		3	24:07		187	8:06
Livergood	2			9:21	20:04	196	
Luecking	3		3	24:14	176		8:05
Kuehner	2			9:10	18:20	200	
NGUYEN	3			26:10	150		9:03
KIRCHNER	3			26:10	188		9:03
LANG	3			3	24:22	176	8:07
FLANAGAN				24:21		184	8:07

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

44

27/7

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

8/10 MORNING

DATE: 8-8-05 FIRST PRACTICE Conditions:
Workout: Interview, jog to w.c./push-core/dynamics/touchstones/plyo/aerobic: 8-6-4-3-2/2nd cal /8-6-4 strides/jog home/full stretch

Name	pu	dist	time	pulse	pace	com
Group A						
Murphy-Baum (H)		9	x	184		
Rhoads (H)		8	x	176		
Bonner (H)		8	x	140		
Banet (H)		↓		156		
Kaiser (H)				x		
Jonagan (H)				152		
Lawless (H)		8		132		
Lawder (H)		9		180		
McCafferty (H)		8	x	132		
Mulligan		5	36:50	180		
Group B						
Scariot		E	—	—		
Parr		E	—	—		
Schumacher (H)		5	x	x		
Watt (H)		5	x	x		
Emery (H)		5	x	x		
Viox (H)		8	x	172		
Kuciejczyk-K (H)		8	x	148		
David (H)		8	x	180		
SCHMIDT (A) (H)		8	x	180		
PURCELL (A)		8	x	180		
Group C						
Hilderbrand		3	23:00	168		
Pilla (H)		5	x	x		
✓Geders		E	—	—		
Hanson (H)		4	x	168		
✓McBride	E	—	—	—		
✓Warner (H)		4	x	152		
✓Murphy	—	E	—	—		
✓Reynolds (H)		4	x	164		
✓Marincel (H)		4	x	168		

Name	pu	dist	time	pulse	pace	com
Group D						
Margherio 3			33:28	176		
Linhares (H)		4	x	168		
Schmidt (H)		5	x	x		
Floros 3			23:00	160		
Dirnbeck 3			22:44	192		
Fisher 3			27:14	180		
Diehl 3			23:34	172		
Griesenauer 3			25:37	192		
Nguyen 3			25:37	156		
Group E						
Angeli 3			36:46	196		
Wingbermeule 2			19:07	188		
Simpson 2			24:35	188		
McCollum 3			22:44	176		
Vicini 3			25:43	188		
Livergood 2			19:38	196		
Luecking 3			25:12	176		
Kuehner 3			33:31	196		
Huddleston 2			19:08	168		
Holtshauser 2			19:18	182		
Kirchner 3			27:14	184		
Lang 3			26:16	184		
ZACK STAUDER						
BEN MERRIL	26	7:20		170 (E)		
PAT LINHARES	25	7:27		168		
JOHN CLATSY	40	7:05		178		
TOM HEAGERTY	15	7:29		120 (E)		
DAN MATHIS	40	7:04		172		
BRAD THORNBERRY	20	7:31		176		
RJ HALF	40	7:07		140		
CONOR HAGEN	27	7:24		172		
COACH		7:24		164		

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: 8-11-05 Conditions: JOG WEST CAMP

Workout: PUSH/CORE / FULL STR / DYN / JOG CENT / A-C : CRUISE TEMPO 5-4-3 D-E PACE WORK 3-2 / 2ND CAL / COOL 30-25-15 FULL STRETCH

/8-6-4 strides/jog home/full stretch

	Name	pu	dist	time	pulse	pace	com
	Group A						
6:00	Murphy-Baum		5	29:53	204	5:59	
6:15	Rhoads		4	25:17	188	6:19	
6:05	Banet		4	24:09	204	6:02	
6:00	Kaiser		5	29:58	184	5:59	
	Jonagan	E					LAST ONE
6:00	Lawless FOR TREE	6:03	3+1	18:09	140	5:49	144
6:00	Lawder		5	30:00	172	6:00	
6:15	McCafferty		2	12:44		6:22	
	Group B						
6:15	Bonner		4	26:06	176	6:32	
6:30	Schmidt, T		3	19:32	192	6:31	
6:30	Purcell		3	19:37	200	6:32	
?	Mulligan		2	15:36	160	RECOVERY	
	Parr	E					
6:45	Schumacher		4	27:34	204	6:54	
6:30	Watt		3	20:59	188	7:00	
6:30	Emery		4	26:54	172	6:44	
6:15	Viox		4	25:30	176	6:22	
6:30	Kuciejczyk-K		4	25:15	176	6:19	
6:30	David		4				
	Group C						
	Scariot	X					
6:30	Warner		3	19:32	180	6:30	
6:45	Reynolds		3	20:22	184	6:47	
6:47	Marincel		3	20:04	188	6:41	
	Murphy	X					
	McBride, M	X					

Name	pu	dist	time	pulse	pace	com
Group D						
Hilderbrand 7:00		3	21:44	188	7:15	
Linhares 7:00		3	21:58	196	7:19	
Schmidt, B 7:00		2	15:04	172	7:32	
Floros 7:00		2	15:40	152	7:50	
Margherio 7:30		3	24:32	180	8:11	
Dirnbeck 7:00		3	21:44	188	7:15	
Hanson 7:00		3	21:55	192	7:18	
Fisher 7:30		3	24:34	196	8:12	
Diehl 7:30		3	24:44	188	8:15	
Geders	X					
Pilla 7:30		3	21:45	180	7:15	
McCollum 7:30		3	22:45	148	7:35	
Group E						
Lueking 7:30		2	19:32	176	9:45	ACHILLES
Griesenauer 7:30		2	15:54	180	7:57	
Vicini 7:30		2	16:03	196	8:01	
Lang 7:30		3	23:46	200	7:53	
Kirchner 8:00		2	16:28	204	8:14	
Ngyuen 8:00		2	16:26	212	8:13	
Angeli 8:00		2	16:26	192	8:13	
Group EE		2				
Kuehner	2	8:30	17:05	204	8:33	
Wingbermuele	2	8:30	17:07	204	8:34	
Huddleston	2	8:30	17:59	188	8:59	
Holtshouser	2	8:30	17:03	184	8:32	
Livergood	2	8:30	18:34	204	9:17	
Simpson	2	8:30	20:43	200	10:22	
Freshman	2					
Clohisy, John		7:00	DIRECTION DAY			
Hagan, Connor		7:20	15:34	168	7:47	
Half, RJ		7:00	14:30	160	7:15	
Heagney, Tom	X	7:20	15:01	134	7:30	
Linhares, Pat		7:20	15:55	184	7:57	
Mathis, Dan		7:00	15:45	168	7:52	
Merrill, Ben		7:20	15:24	168	7:42	
Stauder, Zack E		8:30	18:01	192	9:00	
Thornberry, Bran		7:20	15:29	158	7:15	

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

FLOAT? FLOAT?

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: 8-12-05 Conditions:

Workout:

/8-6-4 strides/jog home/full stretch

Name	pu	dist	time	pulse	pace	com
Group A						
Murphy-Baum	✓	60				
Rhoads	✓	60				
Banet	✓	60				
Kaiser	✓	60				
Jonagan	✓	60				
Lawless	DD	DD				
Lawder	✓	60				
McCafferty	✓	60				
Group B						
Bonner	✓	50				
Schmidt, T	N	50				
Purcell	N	50				
Mulligan	✓	50				
Parr	✓	40				
Schumacher	✓	50				
Watt	?	50				
Emery	?	50				
Viox	✓	50				
Kuciejczyk-K		DD				
David	✓	50				
Group C						
Scariot		X				
Warner	✓	40				
Reynolds	✓	40				
Marincel	✓	X				
Murphy	\	X				
McBride, M		X				

Name	pu	dist	time	pulse	pace	com
Group D						
Hilderbrand	✓	40				
Linhares	✓	40				
Schmidt, B	✓	40				
Floros	✓	40				
Margherio	✓	3	26:54	172		
Dirnbeck	✓	40				
Hanson	✓	40				
Fisher	?	3	27:51	176		
Diehl	?	3	27:22	170		
Geders		X				
Pilla	?	40				
McCollum	?	3	22:43	168		
Group E						
Lueking	✓	X				
Griesenauer	N	3	22:22	196		
Vicini	✓	3	23:45	176		
Lang	✓	3	26:36	176		
Kirchner	✓	3	27:42	184		
Ngyuen	?	3	23:46	180		
Angeli	✓	3	23:05	196		
Group EE						
Kuehner	✓	34	21:24	160		
Wingbermuele		X				
Huddleston	?	3	27:40	194		
Holtshouser	✓	3	27:59	194		
Livergood	?	3	29:13	200		
Simpson	?	3	30:46	192		
Freshman						
Brennan	?	3	25:39	180		
Clohisy, John	?	3	23:37	180		
Cookson	?	3	29:47	180		
Hagan, Connor		DD				
Half, RJ						
Heagney, Tom		DD				
Linhares, Pat		DD				
Mathis, Dan	?	3	23:37	[illegible]		
Merrill, Ben	?	3	23:37	[illegible]		
Ottenlips	?	3	26:30	164		
Stauder, Zack	N	3	27:30	184		
Thornberry, Bran	N	3	27:30	176		

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: 8-15-05 Conditions:
Workout: Jog west/push-core/dynamics/plyo/aero:10-8-6-4-3/2nd cal/
/8-6-4 strides/jog home/full stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
Group A							**Group D**						
Murphy-Baum							Hilderbrand		4	29.46	160		
Rhoads							Linhares		4	29.46	160		
Banet		10	68.22	168			Schmidt, B		4	29.26	176		
Kaiser		10	68.22	160			Floros		4	29.26	176		
Jonagan		10	68.22	160			Margherio		2	18.25	164		
Lawless		10	68.22	156			Dirnbeck		4	29.26	176		
Lawder		10	68.22	160			Hanson		4	29.23	180		
McCafferty		10	68.22	152			Fisher		4	30.13	168		
							Diehl		4	28.56	164		
							Geders		2	15.26	170		
Group B							Pilla		4	29.46	172		
Bonner		8	54.50	156			McCollum						
Schmidt, T		8	55.30	172			Kelly-S		4	31.56	184		
Purcell							**Group E**						
Mulligan							Lueking						
Parr							Griesenauer		4	29.4	180		
Schumacher		6	45.48	180			Vicini		3	25.10	176		
Watt		6	45.48	156			Lang		3	[illegible]	160		25.41
Emery		8	55.30	176			Kirchner		4	31.28	168		
Viox		8	54.50	156			Ngyuen		4	[illegible]	186		32.19
Kuciejczyk-K		8	54.50	160			Angeli		4	32.19	184		
David		8	54.50	146			Kelly-M		4	29.26	176		
Group C							**Group EE**						
Scariot		6	43.13	196			Kuehner		3	26.03	196		
Warner							Wingbermuele		3	[illegible]	176		25.38
Reynolds		6	43.13	168			Huddleston		3	26.19	192		
Marincel		6	43.17	176			Holtshouser		3	25.41	172		
Murphy							Livergood		3	27.55	196		
McBride, M							Simpson						
							Freshman						
							Brennan		4	34.29	180		
							Clohisy, John		4	29.04	176		
							Cookson		3	24.18	156		
							Hagan, Connor		3	25.30	176		
							Half, RJ		3	22.09	180		
							Heagney, Tom						
							Linhares, Pat		3	24.24	172		
							Mathis, Dan						
							Merrill, Ben						
							Ottenlips						
							Stauder, Zack		3	27.16	196		
							Thornberry, Bran		4	34.16	200		
							Kocisak		3	27.27	176		
							Kliethermes		4	28.56	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

DATE: 8-17-05 Conditions:

Workout: Jog west/push-core/dynamics/nuero/tempo:5-4-3-2/2nd cal/

/8-6-4 strides/jog home/full stretch

1-6:15 2-6:30 D-7:00 E-7:30

Name	pu	dist	time	pulse	pace	com
Group A						
Murphy-Baum		E				
Rhoads	1	4	24.50	182	6:13	
Banet	1	5	30.15	200	6:03	
Kaiser	1	5	29.48	180	5:58	wow
Jonagan	1	4	[redacted]			
Lawless	—	X				
Lawder ✓	1	5	31.39	188		
McCafferty	1	2	12.37	176		
Group B						
Bonner	1	4	24.58	176		
Schmidt, T	2	4	[illegible]	200		23.27
Purcell	2	3	20.01	208		
Mulligan		—				
Parr		40 min				
Schumacher	2	4	20.03	196	6:41	
Watt	2	4	15.22	136		2
Emery	2	4	26.03	164	6:31	
Viox	1	4	24.36	176	6:09	
Kuciejczyk-K	1	4	24.07	172	6:02	
David	1	4	24.03	188	6:01	
Group C						
Scariot	2	3	20.55	204		
Warner		3—	20.49	172		
Reynolds	2	3	19.49	192		
Marincel	2	3	20.00	192		
Murphy		3—	20.49	168		
McBride, M		X				
KELLY M						
JEREMY ORBE						

Name	pu	dist	time	pulse	pace	com
Group D						
Hilderbrand		3	21.50	176		
Linhares		3	22.58	188		
Schmidt, B		3	22.19	180		
Floros		3	23.05	180		
Margherio		2	18.47	164		
Dirnbeck		3	21.08	192		
Hanson		3	21.58	200		
Fisher		3	27.03	18[illegible]		
Diehl		3	21.08	184		
Geders		—				
Pilla		3	22.38	176		
McCollum		3	21.09	160		
KELLY, M		2	14.41	184		
Group E						
Lueking		E				
Griesenauer		3	22.17	180		
Vicini		3	[illegible]	192		23.19
Lang		3	[redacted]			
Kirchner		2	16.43	204		
Ngyuen		2	15.58	204		
Angeli		3	23.25	185		
KELLY, S		2	14.05	188		
Group EE						
Kuehner		2	16.44	200		
Wingbermuele		2	16.13	208		
Huddleston		2				
Holtshouser		2	15.57	172		
Livergood		2	19.41	188		
Simpson		2	20.26	188		
Freshman						
Brennan		2	15.19	160		
Clohisy, John		3	22.04	172		
Cookson		2	16.35	156		
Hagan, Connor		2	16.35	174		
Half, RJ		3	22.15	177		
Heagney, Tom		2	[illegible]	136		17.24
Linhares, Pat		2	14.51	152		
Mathis, Dan		2	16.32	160		
Merrill, Ben		2	16.35	176		
Ottenlips		2	17.30	170		
Stauder, Zack		2	18.48	176		
Thornberry, Bran		2	16.01	180		
backer		2	16.49	140		
Kowalczyk		2	18.23	160		
Carroll		2	17.30	130		

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: 8-19-05 Conditions:

Workout: Jog west/push-core/dynamics/plyo/recovery 8-6-4-3-2/2nd cal/ /8-6-4 strides/jog home/full stretch/WEIGHTS

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
Group A							**Group D**						
Murphy-Baum		8	54.01	184			Hilderbrand		4	31.40	160		
Rhoads		8	54.01	184			Linhares		4	32.15	172		
Banet		8	54.01	168			Schmidt, B		4	31.40	168		
Kaiser		8	53.20	160			Floros		4	36.00	196		
Jonagan		8	54.01	192			Margherio		4	34.11	184		
Lawless		8	54.01	172			Dirnbeck		4	34.40	186		
Lawder		8	54.01	164			Hanson		4	36.26	180		
McCafferty		8	54.01	152			Fisher		4	36.07	168		
							Diehl		O				
							Geders		E				
Group B							Pilla		4	34.41	164		
Bonner		6					McCollum		X				
Schmidt, T		6	46.40	176			M KELLY		4	35.41	160		
Purcell		6	46.40	176			**Group E**						
Mulligan		6	45.00	160			Lueking		X				
Parr		6					Griesenauer		3	24.05	188		
Schumacher		6	☆				Vicini		X				
Watt		6					Lang		X				
Emery		6	44.23	164			Kirchner		3	29.15	176		
Viox		6	44.23	168			Ngyuen		3	29.15	196		
Kuciejczyk-K		6	44.23	140			Angeli		3	24.08	204		
David		6	44.23	140			S Kelly		4	31.40	158		
Group C			52.04	184			**Group EE**						
Scariot		6					Kuehner		3	35.49	192		
Warner		6	44.40	168			Wingbermuele		2	18.35	204		
Reynolds		6	44.28	160			Huddleston						
Marincel		6	52.04	192			Holtshouser						
Murphy		6	46.40	188			Livergood		2	19.04	204		
McBride, M							Simpson		2	23.43	192		
							Freshman						
							Brennan						
							Clohisy, John		4	39.30	164		
							Cookson		3	24.04	192		
							Hagan, Connor		3	34.34	174		
							Half, RJ		4	39.41	170		
							Heagney, Tom		O				
							Linhares, Pat		3	36.36	200		
							Mathis, Dan		3	34.34	190		
							Merrill, Ben		3	34.34	186		
							Ottenlips		3	34.34	192		
							Stauder, Zack		3	35.49	192		
							Thornberry, Bran		3	34.34	192		
							BACHER		3	34.34	150		
							CARROLL		3	34.35			
							KOCCSAK		3	36.36	160		
							KLIETHERMAS		3	23.40	n/a		

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

☆ Watt had to stop - Schumacher assisted, I told them to talk to a coach about it

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

DATE: 8-20-05 Conditions:

Workout: A&B Jog cent field back to shed, C-D aviation to shed, E=EE to shed/push/full stretch/dynamics

A=6m fartlek, B=5m C/D=4m/D-4m aero/E=3m aero/E,EE, Frosh=2 or 1/extended cool/2nd cal/stretch

	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
Group A							**Group D**						
Murphy-Baum ✓		6F	37.35	200			Hilderbrand	3.5	4F	25.06	188		3.5
Rhoads ✓	4	6F	25.17	169			Linhares		4F	32.28	160		
Banet ✓		6F	17.00	192		2.5	Schmidt, B		4F	32.16	184		
Kaiser ✓		6F	33.17	172	29.47	4.5	Floros		4	20.44	166		2.5
Jonagan ✓		6F	33.17	182			Margherio		4	34.38	184		
Lawless ✓		6F	19.45	152		3	Dirnbeck		4F	29.51	188		
Lawder ✓		6F	28.20	164		4	Hanson		4F	31.35	200		
McCafferty ✓		4F					Fisher		4	34.13	196		
							Diehl		4	31.38	162		
							Geders		X				
(5) **Group B**							Pilla		3.4F	24.21	180		☆ Knee
Bonner ✓		5F	28.35	164			McCollum		4	23.37	152		
Schmidt, T ✓		5F	27.44	102			Kelly, M		4F	32.13	150		
Purcell ✓		4F	31.35	184			**Group E**						
Mulligan ✓		4F	27.36	200			Lueking		X				
Parr ✓ ?		4F					Griesenauer		4F	32.32	212		
Schumacher		4F	28.48	200			Vicini		4	22.37	188		2.5 ☆
Watt		4F	31.40	192			Lang		4?	34.26	200		
Emery ✓		4F	28.35	168			Kirchner		4	24.52	204		
Viox ✓		5F	27.31	176			Ngyuen		4	34.05	200		
Kuciejczyk-K ✓		5F	32.40	168			Angeli		4	32.42	184		
David ✓		5F	32.41	196			Kelly, S.		4F	31.40	184		
							Group EE						
							Kuehner		3	28.23	204		
							Wingbermuele		3	24.30	208		
							Huddleston		( )				
Group C							Holtshouser		3	25.45	184		
Scariot		4F	20.45	224			Livergood		3	27.55	164		
Warner		4F	27.36	176			Simpson		3	30.04	188		
Reynolds		4F	29.40	196									
Marincel		4F	29.31	188									
Murphy		4F	27.31	164			**Freshman**						
McBride, M		X					Brennan		3	27.41	188		
							Clohisy, John		4	26.21	172		
							Cookson		3		168		← 25.23
							Hagan, Connor		3	25.25	176		
							Half, RJ		4	31.50	160		
							Heagney, Tom		3	23.47	120		
							Linhares, Pat		3	23.44	188		
							Mathis, Dan		3	25.23	184		
							Merrill, Ben		3	25.23	180		
							Ottenlips		3	25.23	176		
							Stauder, Zack		3	28.27	192		
							Thornberry, Bran		3	26.21	172		
							Backer		3				
							Carroll		3	27.04	160		
							Kocisak		3	18.16	152		
							Kliethermas		3	18.10	152		
							Ross		2	16.35	—		
							~~[illegible]~~						
							* Ryan McReynolds		2	15.19	180		
							* Scott Hock		2	19.48	—		
							* Mike Cannady		2	15.28	160		
							Joe Evola		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: 8-22-05 Conditions:

Workout: Jog west/push-cal-dynamics-nuero/aero 12-10-8-6-5-4-3-2

10-4 strides/second cal/jog SLUH/stretch

	pu	dist	time	pulse	pace	com
Group A						
Murphy-Baum		10	68:28	180		
Rhoads		10	68:23	208		
Banet		10	68:23	184		
Kaiser		10	68:28	156		
Jonagan		10	68:23	188		
Lawless		10	68:23	152		
Lawder		9-	61:53			
McCafferty		10	68:23	172		
Group B						
Bonner		4.5	X	X	Stomach	
Schmidt, T		8	56:50	180		
Purcell		8	56:50	172		
Mulligan		8	56:50	160		
Parr		7	5401	160		
Schumacher		8	57:36	196		
Watt		7+	54:01	164		
Emery		8	56:50	160		
Viox		8	56:07	160		
Kuciejczyk-K		8	56:07	160		
David		8	56:07	180		
Group C						
Scariot	4	28:38	192			
Warner	8	56:58	160			
Reynolds	6	45:58	172			
Marincel	6	45:58	168			
Murphy	8	56:58	184			
McBride, M						
~~Fitzgerrano~~						
~~Linhares~~						
~~Schmidt~~						
(FR) CARRON, BEN						
(JR) MENIVS, DAN						
(SO) ORBE, JEREMY						
(FR) ROHDE, COLIN		3	29:06	184		
Herman		3	37:58	160		
Hack		3	03:50	188		
Evola		3	29:06	200		

5-4

Name	pu	dist	time	pulse	pace	com
Group D						
Hilderbrand	5	32:43	164			
Linhares	5	33:33	184			
Schmidt, B	5	37:04	172			
Floros	4	30:05	160			
Margherio	4	36:15	180			
Dirnbeck	5	37:04	188			
Hanson	5	36:06	180			
Fisher	5	41:23	188			
Diehl	4	30:10	156			
Geders	CT	—				
Pilla	5	32:43	176			
McCollum	5	32:21	184			
Kelly, M	5	37:04	172			
Group E 3-4						
Lueking	2e	18:29	164			
Griesenauer	4	30:30	196			
Vicini	3	24:16	172			
Lang	4	38:40	180			
Kirchner	4	31:00	184			
Ngyuen	4	32:11	180			
Angeli	4	30:21	192			
Kelly, S.	4	28:45	176			
Group EE						
Kuehner	3	28:29	200			
Wingbermuele	3	24:57	180			
Huddleston	4	38:28	194			
Holtshouser	4	38:30	184			
Livergood	3	26:50	184			
Simpson	3	25:47	196			
Menius	3	24:14	180			
Orbe	3	25:41	136			
Freshman						
Brennan	4	35:37	176			
Clohisy, John	5	36:24	180	7:17	(A)	
Cookson	4	35:37	180			
Hagan, Connor	4	31:45	180			
Half, RJ	5	36:20	160	7:16	(A)	
Heagney, Tom	3	24:14	136			
Linhares, Pat	4	32:11	140			
Mathis, Dan	4	35:37	172			
Merrill, Ben	4	35:37	188			
Ottenlips	4	36:10	144			
Stauder, Zack	3	25:25	196			
Thornberry, Bran	4	35:37	180			
Backer	4	35:37	144			
Carroll	4	36:10	140			
Kocisak	3	28:06	156			
Kliethermas	5	36:45	208		(A)	
McReynolds	168	3	27:17	(A)		
Cannady	4	30:40	176			
Ross	3	24:41	[illegible]			
Carron	3	28:38	144			

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

REVISE

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: 8-23-05 Conditions:

Workout: Jog cent fields: A-B add loop/push-full stretch/2 strides/run tempo: A5-B4-CD3-E2-EE+New 1

ext. recovery:A25,B20,C15, rest SLUH/2nd cal/full stretch WEIGHTS

	pu	dist	time	pulse	pace	com
Group A						
Murphy-Baum	60	5	30:17	188		
Rhoads - 6:20	52	5	30:42	200		
Banet	55	5	30:17	192		
6:10 Kaiser	50	5	30:17	176		
Jonagan	40	4R	28:15	160		
Lawless 6:20	100	5	30:42	164		
Lawder	35	4	29:18	192	(off day)	
McCafferty 6:20	75	4R	28:15	152		
Group B						
Bonner 6:20	45	4	24:54	172		
Schmidt, T 6:20	71	4	25:12	196		
Purcell 6:30	58	4	26:11	184		
Mulligan 6:20	90	4	26:00	192		
Parr 6:30	35	4	27:04	176		
Schumacher 6:30	30	4	27:04	192		
Watt 6:30	50	4	28:31	172		
Emery 6:20	35	4	25:17	176		
Viox 6:20	40	4	24:40	164		
Kuciejczyk-K 6:20	60	4	24:40	168		
David 6:20	70	4	24:39	200		
Group C						
Scariot 6:40	30	3	19:40	204		
Warner 6:30	50	3	18:44	176		
Reynolds 6:30	40	3	19:39	172		
Marincel 6:30	51	3	19:46	188		
Murphy 6:30	45	3	19:04	176		
McBride, M (!) AE	20 50	3	21:18	216		
Hilderbrand 6:40	41	3	20:14	180		
Linhares 6:40	86	3	20:49	164		
Schmidt, B 6:40	24	3	20:14	180		
Pilla 6:40	45	3	20:30	176		
Hanson 6:40	37	3	21:21	188		
McCollum 6:40	36	3	20:16	154		
Group D						
Floros 6:50	25	3	22:45	172		
Margherio 6:50	52	3	22:58	180		
Dirnbeck 6:40	43	3	20:14	192		
Fisher 6:50	41	3	24:34	176		
Diehl		3				
Kelly, M 6:40	40	3	20:18	192		
Griesenauer 6:50	40	3	21:37	192		
Lueking EAST	25	2e	19:11	160		
Vicini 6:40	45	3	22:32	180		
Lang 6:50	34	3	24:22	200		
Kirchner 6:50	26	3	22:38	196		
Ngyuen 0:50	31	3	22:23	180		
Angeli						
Kelly, S. 6:40	50	3	21:07	180		
Kuehner 6:50	51	2	16:39	192		

		pu	dist	time	pulse	pace	com
Group E							
~~Lueking EAST~~							
Wingbermuele	7	25	2	14:54	196		
Huddleston	7	33	2	15:23	196		
Holtshouser	7	35	2	15:12	180		
Livergood	7	35	2	16:50	200		
Simpson	7	30	2	17:08	180		
Freshman							
Brennan			2	15:47	160		
Clohisy, John			3	20:34	176		
Cookson			2	15:15	180		
Hagan, Connor			2	14:45	168		
Half, RJ							
Heagney, Tom			2	15:22	132		
Linhares, Pat		26	2	13:57	180		
Mathis, Dan			2	15:09	172		
Merrill, Ben			2	14:40	188		
Ottenlips			2	16:39	146		
Stauder, Zack			2	16:10	192		
Thornberry, Bran			2	15:35	176		
Backer			2	14:55	144		
Carroll			2	16:39	170		
Kocisak			2	16:34	168		
Kliethermas			3	21:00	152		
Additional							
ANTHONY FADEL		FR	1	8:22	144		60
~~CARLOS~~ LIMA		SO	2	14:13	100		
GABE							
JEFF WANG		FR	1	6:47	128		65
Ryan McReynolds		40	2	13:57	184		
SEAN SCOTT			2	17:46	192		
Joe Svola			2	17:46	220		
Mike Connolly			2	15:10	160		
MENIUS			2	15:20	172		
Scott Hack			2	16:30	180		
Collin Rohde			2	16:10	180		
Jeremy Ocko			2	16:24	132		
Brendan Ross			2	15:40	180		
Ben Carron			2	15:20	184		
Philip Herman			2	19:10	?		
Recovery							
Geders							

~~A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 8-24-05 Conditions:

Workout: Admin/Jog west/cal-core/dynamics/nuero/Aero 12-10-8-6-5-4-3-2/2nd cal/10-8-6-4 strides/

	pu	dist	time	pulse	pace	com	**Name**	pu	dist	time	pulse	pace	com
A1							Lang D4		4	33:26	184		
Murphy-Baum		8	58:36	176			Kirchner D5		4	30:59	184		
Kaiser		8	57:30	148			Ngyuen D5		4	29:44	184		
Banet		8	57:30	160			Angeli D5		4	29:37	192		
Lawder		6	45:45	164			Kelly, S. C4		4	28:21	180		
Lawless		6	45:00	124			Kuehner D5		4	35:05	192		
							Wingbermuele D7		4	33:36	180		
A2							Huddleston D6		4	33:15	204		
Rhoads		8	58:36	176			Holtshouser D6		4	31:58	184		
							Livergood D7		4	33:56	196		
B1							Simpson E7		3	27:37	180		
Bonner		6	43:44	156									
McCafferty		6	42:33	148			**Freshman**						
Jonagan		6	45:45	156			Brennan E6		3	24:44	180		
Viox		6	42:33	156			Clohisy, D4		4	29:26	178		
David		6	43:44	160			Cookson D6		4	37:48	189		
							Hagan, Connor D5		4	30:15	132		
B2							Half, RJ D4		4	30:55	160		
Schmidt, T		6	45:00	160			Heagney, Tom E6		3	24:20	132		
Mulligan		6	45:00	160			Linhares, Pat D5		4	29:36	184		
Emery		6	45:00	152			Mathis, Dan D6		4	33:30	164		
Purcell		6	45:00	168			Merrill, Ben D5		4	33:30	178		
							Ottenlips D6		4	35:55	160		
B3							Stauder, Zack E6		3	27:10	188		
Parr		6	45:00	156			Thornberry D6		4	37:48	180		
Schumacher		6	45:00	180			Backer D5		4	35:30	144		
B4							Carroll E6		3	24:44	160		
Watt		6	46:52	148			Kocisak E6		3	27:10	168		
							Kliethermas D4		4	29:27	200		
C1							Fadel E6		3	27:40	192		
Kuciejczyk-K		4	27:00	152			**Lima D4**		4	31:10	144		
							Wang E5		3	24:50	128		
Scariot c4		4	27:16	212			McReynolds D4		4	29:27	192		
Warner C2		4	27:00	160			Scott E7 Jr.		3	27:52	140		
Reynolds C4		4	27:16	160			Evola E7		3	27:00	200		
Marincel C4		4	27:16	172			Cannady E6						
Murphy C2		4	27:00	160			Menius D5		4	32:58	176		
McBride, M C4		3	25:45	160			Hack E5						
Hilderbrand C4		4	29:03	160			Rohde E6		3	27:31	172		
Linhares C4		4	31:34	156			Orbe E6		3	24:46	140		
Schmidt, B C4		4	28:20	172			Ross E5		3	24:19	180		
Pilla C4		4	29:03	168			Carron E6		3	25:16	178		
Hanson C4		4	28:31	180			Herman E7						
McCollum C4		4	27:17	172									
Group D													
Floros D5		4	28:59	176									
Margherio D5		4	32:20	176			**Recovery**						
Dirnbeck C4		4	28:51	176			Geders						
Fisher D5		4	37:48	160									
Diehl D4		4	28:50	176									
Kelly, M C4		4	28:51	164									
Griesenauer D4		4	29:30	192									
Lueking D5		4	32:59	180									
Vicini D4		4	32:03	160									
McBride		4	27:37	220									

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 8-25-05 Conditions:

Workout: Split practice: 1-2-3-C4 jog to n. cent field/cal-full str/2 x strides/repeat 1K at goal A=6,B=5=,C=4/cool-str

D4-5-6-7-8 jog shed/cal-full str/2xstrides/repeat 800 at goal:D=5,E=4/2nd cal/jog SLUH/full str

Name	1	2	3	4	5	6	com
A1							
Murphy-Baum							
Kaiser							
Banet							
Lawder							
Lawless							
A2							
Rhoads							
B1							
Bonner							
McCafferty							
Jonagan							
Viox							
David							
B2							
Schmidt, T							
Mulligan							
Emery							
Purcell							
B3							
Parr							
Schumacher							
B4							
Watt							
C1							
Kuciejczyk-K							
C2							
Warner							
Murphy							
C4							
Dirnbeck							
Hanson							
Hilderbrand							
Kelly, M							
Kelly, S.							
Linhares							
Marincel							
McBride, Ma							
McBride, Mi							
McCollum							
Pilla							
Reynolds							
Scariot							
Schmidt, B							
D4 5 AT 3:01							
Clohisy	2:57	2:51	2:50	2:48	2:44		
Diehl	2:57	2:51	2:50	2:48	—		
Griesenauer	3:08	3:04	3:00	3:00	2:54		
Half, RJ	—						
Kliethermas	—						
Lang	3:18	3:13	3:20	3:16	3:09		
Lima	3:18	3:03	2:57	3:00	3:10		
McReynolds	3:08	2:55	2:55	3:00	—		
Vicini	3:08	3:00	2:54	2:50	54		

Name	1	2	3	4	5	com
D5 5 AT 3:10						
Angeli	3:10	3:12	3:05	2:57	2:53	
Backer	3:27	3:11	3:20	3:17	3:07	
Fisher	3:15	3:22	3:42	3:48	3:36	
Floros	3:27	3:27	3:29	3:27	3:15	
Hagan, Connor	—					
Kirchner	3:15	3:09	3:08	3:08	3:07	
Kuehner	3:19	3:11	3:35	3:30	3:07	
Linhares, Pat	3:23	3:08	3:06	3:12	X	
Lueking	—					
Margherio	3:26	3:24	3:24	3:16	17	
Menius	3:21	3:30	3:31	3:40	05	
Merrill, Ben	3:26	3:10	3:11	3:47	—	
Ngyuen	3:23	3:12	3:12	3:15	14	
D6 5 AT 3:23						
Cookson	3:32	3:09	3:11	3:08	3:03	
Holtshouser	3:31	3:14	3:13	3:08	2:58	
Huddleston	3:50	3:49	3:53	3:55	3:39	
Mathis, Dan	3:32	3:10	3:16	3:22	3:11	
Ottenlips	3:35	3:21	3:23	3:37	3:28	
Thornberry	3:38	3:20	3:23	3:22	3:16	
D7 5 AT 3:32						
Livergood	3:56	3:53	3:53	3:49	3:58	
Wingbermuehle	3:49	3:52	3:49	3:49	3:28	
E5 4 AT 3:10						
Hack	3:23	3:27	3:40	3:33		
Ross	3:26	3:23	3:19	3:15		
Wang						
E6 4 AT 3:23						
Brennan	3:30	3:14	3:16	3:27		
Cannady	3:30	3:09	3:08	3:08		
Carroll	3:35	3:29	3:38	3:22		
Carron	3:34	3:25	3:28	3:25		
Fadel	3:34	3:45	3:51	3:54		
Heagney	4:01	3:26	3:37	3:28		
Kocisak	3:55	3:17	3:25	3:31		
Orbe	3:43	3:20	3:29	3:24		
Rohde	3:58	3:25	4:00	4:05		
Stauder	3:55	3:29	3:34	3:33		
E7 4 AT 3:32						
Evola	4:01	3:53	4:03	3:53		
Herman	—					
Scott	3:49	3:49	3:53	3:46		
Simpson	3:59	3:53	3:48	3:43		
Recovery						
Geders						

4 = 18:45/19:00 5 = 19:45-2:00 6 = 21:00 7 = 22:00 OR BEST EFFORT

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 8-25-05 Conditions:

Workout: Split practice: 1-2-3-C4 jog to n. cent field/cal-full str/2 x strides/repeat 1K at goal A=6,B=5=,C=4/cool-str

D4-5-6-7-8 jog shed/cal-full str/2xstrides/repeat 800 at goal:D=5,E=4/2nd cal/jog SLUH/full str

Name	1	2	3	4	5	6	com	Name	1	2	3	4	5	com
A1						Avg.	Pace	**D5**						
Murphy-Baum	3:15	:15	:19	:12	:11	3:14.4	16:10	Angeli						
Kaiser	3:25	:19	:21	:19	:15	3:19.8	16:35	Backer						
Banet	3:28	:22	:23	:19	:16	3:21.6	16:45	Fisher						
Lawder	3:26	:27	:42	:39	:33	3:33.4	17:45	Floros						
Lawless	3:24	:17	:20	:16	:15	3:18.4	16:20	Hagan, Connor						
A2								Kirchner						
Rhoads	3:36	:27	:27	:23	:23	3:27.2	17:16	Kuehner						
B1								Linhares, Pat						
Bonner	3:36	:38	:32	:16	x	3:30.5	17:33	Lueking						
McCafferty	+							Margherio						
Jonagan	:				x			Menius						
Viox	3:26	:21	:27	:25	:26	3:25	17:05	Merrill, Ben						
David	3:32	:19	:28	:26	x	3:26.25	17:10	Ngyuen						
B2								**D6**						
Schmidt, T	3:37	:28	:29	:26	:22	3:28.4	17:22	Cookson						
Mulligan	3:41	:41	:49	:38	x	3:42.25	18:31	Holtshouser						
Emery	3:39	:33	:35	:29	x	3:34.0	17:50	Huddleston						
Purcell	:40	:41	:44	:39	:30	3:38.8	18:14	Mathis, Dan						
B3								Ottenlips						
Parr	:59	:40	:57	:64		3:51.25	19:16	Thornberry						
Schumacher	:40	:40	:45	:47	:48	3:44.0	18:40	**D7**						
B4								Livergood						
Watt	3:50	43	3:50	4:07	4:06	3:55.2	18:36	Wingbermuehle						
C1								**E5**						
Kuciejczyk-K	:26	:19	:21	:20	:16	3:20.4	16:45	Hack						
C2								Ross						
Warner	3:50	36	3:35	3:31	:22	3:34.8	17:54	Wang						
Murphy	3:50	36	3:35	3:31	:31	3:36.6	18:03	**E6**						
C4								Brennan						
Dirnbeck	3:57	49	55	:51	:44	3:51.2	19:16	Cannady						
Hanson	4:00	58	4:02	4:02	4:01	4:00.6	20:03	Carroll						
Hilderbrand	3:53	44	3:56	3:57	:46	3:51.6	19:18	Carron						
Kelly, M	3:53	52	3:57	3:51	4:05	3:55.2	19:36	Fadel						
Kelly, S.	3:58	58	4:03	3:58	4:00	3:59.4	19:57	Heagney						
Linhares	4:02	4:10	4:20	4:12	x	4:11.0	20:50	Kocisak						
Marincel	:52	3:43	3:50	3:53	:58	3:51.2	19:16	Orbe						
McBride, Ma	:56	:59	4:07	3:20	x	4:00.5	20:00	Rohde						
McBride, Mi	:56	:53	4:02	4:10	4:04	4:01.0	20:05	Stauder						
McCollum	:51	:58	4:05	3:58	4:01	3:58.6	19:53	**E7**						
Pilla	:58	4:02	4:13	3:51	x	4:01.0	20:05	Evola						
Reynolds	:55	:58	4:18	4:14	x	4:06.25	20:31	Herman						
Scariot	:56	:51	3:56	3:48	3:53	3:54.2	19:31	Scott						
Schmidt, B	:58	4:02	4:12	3:55	x	4:01.8	20:09	Simpson						
D4														
Clohisy														
Diehl								**Recovery**						
Griesenauer								Geders						
Half, RJ														
Kliethermas														
Lang														
Lima														
McReynolds														
Vicini														

MB 16:15
1 = 16:30
2 = 17:00
3 = 17:30
4 = 18:30

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 8-27-05 Conditions:

Workout: Saturday split practice: discuss workout/jog west/cal-core-dynamics/run loops: 6-5-4-3/2nd cal/ 8-6/jog SLUH/full stretch

Name	pu	dist	time	pulse	pace	com
A1						
Murphy-Baum						
Kaiser						
Banet						
Lawder						
Lawless						
Rhoads						
B1						
Bonner						
McCafferty						
Jonagan						
Viox						
David						
B2						
Schmidt, T						
Mulligan						
Emery						
Purcell	8	61:45	176			
B3						
Parr						
Schumacher	6	46:10	176			
B4						
Watt	6	46:10	156			
C1						
Kuciejczyk-K						
C2						
Warner						
Murphy	6	46:10	148			
C4						
Dirnbeck	6	47:01	184			
Hanson						
Hilderbrand						
Kelly, M	6	47:01	160			
Kelly, S.	6	47:01	176			
Linhares						
Marincel						
McBride, Ma	6	47:01	196			
McBride, Mi	6	47:01	180	57:45		
McCollum	5	33:45	180			
Pilla						
Reynolds						
Scariot	6	47:01	156			
Schmidt, B	6	47:01	184			
D4						
Clohisy	5	39:18	168			
Diehl	E	—				
Griesenauer	5	36:40	184			
Half, RJ	5	39:19	[illegible]	188		
Kliethermas 0						
Lang	5	40:38	180			
Lima	5	36:19	132			
McReynolds 0						
Vicini	5	36:19	196			

Name	pu	dist	time	pulse	pace	com
D5						
Angeli 0						
Backer	4	38:17	164			
Fisher 4	[illegible]	47:44	168			
Floros 0						
Hagan, Connor	3	25:56	192			
Kirchner 5	[illegible]	36:19	180			
Kuehner	4	36:16	192			
Linhares, Pat	4	31:10	184	29:38		
Lueking	4	32:52	164			
Margherio	5	36:30	180			
Menius 0						
Merrill, Ben 4	[illegible]	38:18	176			
Ngyuen	5	39:31	184			
D6						
Cookson	4	37:14	180			
Holtshouser	5	39:26	188			
Huddleston 4	[illegible]	40:48	200			
Mathis, Dan	4	38:13	172			
Ottenlips	4	38:13	148			
Thornberry	5	40:52	192			
D7						
Livergood	4	37:38	196			
Wingbermuehle	4	32:52	184			
E5						
Hack	3	26:53	200			
Ross / 0						
Wang / 0						
E6						
Brennan	4	32:52	188			
Cannady	4	34:10	172			
Carroll	3	26:02	162			
Carron	3	24:42	168			
Fadel	3	27:35	200			
Heagney, Tom	3	26:07	128			
Kocisak	3	[illegible]	160	26:50		
Orbe	4	36:04	156			
Rohde	3	31:03	165			
Stauder, Zack	3	26:50	188			
E7						
Evola	3	31:03	200			
Herman /						
Scott	3	27:44	184			
Simpson	3	27:27	176			
Recovery						
Geders X						

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 8-29-05 Conditions:

Workout: Jog west/cal-core-dynamics/plyo/loops 10-8-6-5-4-3/2nd cal/10-6 strides.jog/weights

Name		pu	dist	time	pulse	pace	com
A1							
Murphy-Baum	10			1:07:38	184		
Kaiser	10			1:07:38	156		
Banet	10			1:07:38	172		
Lawder	10		6	43:50	176		
Lawless	10			1:07:38	152		
Rhoads	10			1:07:38	188		
B1							
Bonner	8			59:52	/54:46	148	
McCafferty	1		35min		156		
Jonagan	X						
Viox	8			54:46		136	
David	8			54:46		160	
B2							
Schmidt, T	8			57:14		176	
Mulligan	8		1:01:26	57:14		160	
Emery	8			57:14		168	
Purcell	8			57:14		172	
B3							
Parr	6			45:44	176		
Schumacher	8	6		47:28	192		
B4							
Watt	7		1:02.00	58:17		180	
C1							
Kuciejczyk-K	6		59:54	/54:46	168		
C2							
Warner	6			45:44	156		
Murphy	6			57:14	164		
C4							
Dirnbeck	6			47:28	176		
Hanson	6			50:23	180		
Hilderbrand	6			48:47	176		
Kelly, M	6			48:47	184		
Kelly, S.	6			47:28	184		
Linhares	6			50:23	168		
Marincel	6			45:44	180		
McBride, Ma	6			46:34	196		
McBride, Mi	6			46:34	200		
McCollum	6			33:48	172		
Pilla	6			48:47	180		
Reynolds	6			45:44	100		
Scariot	6			45:44	200		
Schmidt, B	6			47:28	176		
D4							
Clohisy	5		35:18		178		
Diehl	5			35:03	176		
Griesenauer	5		36:14		194		
Half, RJ	5			34:57	140		
Kliethermas	5			34:16	182		
Lang	5			32:54	180		
Lima	5			33:36	186		
McReynolds	5		35:18	[illegible]	184		
Vicini	5			33:36	164		

Name		pu	dist	time	pulse	pace	com
D5							
Angeli	4	✓	4	28:50	192		
Backer	4			30:14	162		
Fisher	4			38:24	164		
Floros	4	✓		30:00	160		
Hagan, Connor	4						
Kirchner	4			32:58	176		
Kuehner	4			36:03	196		
Linhares, Pat	4			30:15	19[illegible]		
Lueking	3		24:26	[illegible]	184		
Margherio	X	5		44:31	176		
Menius	4		30:54		172		
Merrill, Ben	4			32:30	172		
Ngyuen	4			36:41	168		
D6							
Cookson	4			34:53	180		
Holtshouser	4			33:14	188		
Huddleston	4			35:30	204		
Mathis, Dan	4			33:14	176		
Ottenlips	4			38:29	164		
Thornberry	4			34:53	172		
D7							
Livergood	4			36:15	196		
Wingbermuehle	4			32:30	184		
E5							
Hack	3		28:53	168			
Ross	3		26:24	168			
Wang	X		—				
E6							
Brennan	4		33:35	184			
Cannady	4		33:25	160			
Carroll	3		24:35	172			
Carron	3		22:21	180			
Fadel	3		28:26	200			
Heagney, Tom	3		24:05	140			
Kocisak	3		28:06	160			
Orbe	4		35:09	160			
Rohde	3						
Stauder, Zack	3		27:42	204			
E7							
Evola	3		25:51	220			
Herman	1	X	—	—			
Scott	3		26:20	180			
Simpson	3		25:27	200			
Recovery							
Geders							

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

D = 5:50
1 = 6:00
2 = 6:20
3 = 6:30
4 = 6:45

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

5 = 7 6 = 7:15 7 = (-8)

DATE: 8-30-05 Conditions:

Workout: JOG 1 OR 2 | CAL - FULL STR | 2 + STRIDES | TEMPO A = 5, (6) B = 5 C = 4

O/E = 3 | EXT COOL 30 - 25 - 20 - HOME | STRETCH

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1 5 - (6)							D5						
6:50 Murphy-Baum 6		6	3432	204	5:49		Angeli		3	2108	196		
6:40 Kaiser 6		6	3544	180			Backer		3	2225	162		
6 Banet 6		6	3374	192			Fisher		3	2334	176		NOTE
Lawder (MOD)		4	2616	172			Floros		3	2207	172		
Lawless 5		4	2344	164			Hagan, Connor		3	2338	188		
Rhoads 5		5	2950	204			Kirchner		3	2235	192		
							Kuehner		3	2500	192		
B1 5							Linhares, Pat		3	2306	204		
Bonner		4	2433	168			Lueking		2	1639	180		
McCafferty (2)		3	1835	156			Margherio		3	2325	176		
Jonagan X		4	2539	160			Menius		3	2347	180		
Viox		5	2946	172			Merrill, Ben		3	2234	170		
David		5	3000	196			Ngyuen		3	2209	176		←
B2							D6						
Schmidt, T		4	2508	196			Cookson		3	2209	180		
Mulligan		3	18:59	188			Holtshouser		3	2313	180		
Emery		3	1940	152			Huddleston		3	2539	208		
Purcell		3	3215	184			Mathis, Dan		3	2313	176		
B3							Ottenlips		3	2600	160		
Parr (4)		3	20:00	172			Thornberry		3	2339	180		
Schumacher		4	2735	188			D7						
B4							Livergood		3	2549	204		
Watt		4	2856	168			Wingbermuehle		3	2436	184		
C1							E5						
• Kuciejczyk-K		4	2346	172			Hack						
C2							Ross						
Warner		X	—	Achilles Injury			Wang						
Murphy		4	2515	168			E6						
C4							Brennan (E5)		3	2322	180		
Dirnbeck		4	2714	192			Cannady						
Hanson		4	2852	192			Carroll		3	2559	170		
Hilderbrand		4	2800	176			Carron (E5)		3	2338	172		
Kelly, M		4	2718	188			Fadel		3	2646	200		
Kelly, S.		4	2808	176			Heagney, Tom		3	2426	140		
Linhares		4	2738	180			Kocisak		3	2624	168		
Marincel		4	2628	192			Orbe		3	2514	166		
McBride, Ma		4	2701	172			Rohde		3	2511	174		
McBride, Mi		4	2712	196			Stauder, Zack		3	2624	184		
McCollum		4	2803	172			E7						
Pilla		4	2719	180			Evola		3	2650	244		
Reynolds		4	2641	164			Herman						
Scariot		4	2656	216			Scott		3	2604	180		
Schmidt, B		4	2910	172			Simpson						
D4													
Clohisy		3	1922	178									
Diehl		3	1948	192			Recovery						
Griesenauer		3	2109	196			Geders						
Half, RJ		3	2041	180			continuous						
Kliethermas		3	206	168									
Lang		3	2058	184									
Lima		3	3101	172									
McReynolds		3	2015	184									
Vicini		3	2110	196									

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 8-31-05 Conditions:

Workout: A/B = 40 D/E = 3 MILE REVERSE

C = 30

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D5**						
Murphy-Baum				140			*Angeli		3	28:49	164		
~~Kaiser~~							*Backer		3	26:10	168		
Banet				140			Fisher		—				
Lawder				148			Floros		3	21:42	168		
Lawless				108			Hagan, Connor		—				
Rhoads				112			Kirchner		3	22:43	176		
							Kuehner		3	28:48	184		
B1							Linhares, Pat		3	25:50	186		
Bonner				120			Lueking		3	28:08	168		
McCafferty				136			Margherio		3	25:54	168		
~~Jonagan~~							Menius		3	28:56	160		
Viox				116			Merrill, Ben		3	28:09	160		
David				120			Ngyuen		3	25:56	180		
B2							**D6**						
Schmidt, T				152			Cookson		3	27:13	180		
Mulligan				136			Holtshouser		3	25:50	172		
Emery				156			Huddleston		3	194	25:48		
Purcell				160			Mathis, Dan		3	26:47	192		
B3							Ottenlips		3	28:09	180		
Parr				120			Thornberry		3	168	25:48		
Schumacher	40			172			**D7**						
B4							Livergood		3	28:18	184		
Watt				160			Wingbermuehle		3	27:09	170		
C1							**E5**						
Kuciejczyk-K				124			~~Hack~~						
C2							~~Ross~~						
Warner				148			~~Wang~~						
Murphy				128			**E6**						
C4							*Brennan		3	26:47	140		
Dirnbeck				152			Cannady		3	24:50	154		
Hanson				164			Carroll		3	28:04	160		
Hilderbrand				152			Carron		3	28:02	140		
Kelly, M				144			Fadel		3	28:02	200		
Kelly, S.				164			Heagney, Tom		3	27:13	136		
Linhares				140			Kocisak		3	26:20	164		
Marincel				156			Orbe		3	25:48	172		
McBride, Ma				172			Rohde		3	28:30	156		
McBride, Mi				164			Stauder, Zack		3	26:20	196		
McCollum				156			**E7**						
Pilla				140			Evola		3	28:56	240		
Reynolds				136			Herman						
Scariot				158			Scott		3	27:25	170		
Schmidt, B				148			Simpson		3	28:57	172		
D4													
Clohisy	30			160									
Diehl	30			148			**Recovery**						
*Griesenauer		3	26:49	164			Geders						
Half, RJ		3	28:04	147									
Kliethermas		3	21:12	180									
Lang		3	27:09	160									
Lima		3	21:35	192									
*McReynolds		3	24:47	156									
Vicini		3	21:30	196									

* went about 3.5

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

1:11:16

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: 9-3-05 Conditions:

Workout: JOG/DYN/CAL/ REC COURT + AERO LOOPS / 8-6 STRIDES STRETCH WEIGHTS

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D5**						
Murphy-Baum		10	1:09:39	180			Angeli		5	38:58	184		
Kaiser		8	58:21				Backer						
Banet		10	1:09:39	172			Fisher						
Lawder		10	1:09:39	160			Floros		5	37:14	168		
Lawless		10	1:09:39	148			Hagan, Connor						
Rhoads		10	1:09:39	184			Kirchner		5	41:27	184		
							Kuehner		5	49:48	200		
B1							Linhares, Pat						
Bonner		8	57:16	160			Lueking						
McCafferty		8	59:13	144			Margherio		5	39:48	176		
Jonagan		8	58:21	160			Menius						
Viox		8	59:13	152			Merrill, Ben						
David		8	57:16	146			Ngyuen						
B2							**D6**						
Schmidt, T		8	58:06	176			Cookson						
Mulligan		8	58:06	152			Holtshouser						
Emery		8	1:06:13	180			Huddleston						
Purcell		8	58:06	180			Mathis, Dan						
B3							Ottenlips						
Parr		8	59:13	180			Thornberry						
Schumacher		6	45:19	176			**D7**						
B4							Livergood						
Watt							Wingbermuehle						
C1							**E5**						
Kuciejczyk-K		6	43:55	160			Hack						
C2							Ross						
Warner							Wang						
Murphy		8	59:13	152			**E6**						
C4							Brennan						
Dirnbeck		6	48:26	186			Cannady						
Hanson							Carroll						
Hilderbrand		6	48:26	164			Carron						
Kelly, M		6	51:07	184			Fadel						
Kelly, S.							Heagney, Tom						
Linhares		5	39:28	164			Kocisak						
Marincel		6	43:55	172			Orbe						
McBride, Ma		6	49:33	172			Rohde						
McBride, Mi		6	45:24	192			Stauder, Zack						
McCollum		6	45:24	164			**E7**						
Pilla		6	49:33	160			Evola						
Reynolds		6	43:55	168			Herman						
Scariot		6	45:24	180			Scott						
Schmidt, B		6	48:26	172			Simpson						
D4													
Clohisy		6	49:33	168									
Diehl							**Recovery**						
Griesenauer		5	38:58	180			Geders						
Half, RJ													
Kliethermas													
Lang													
Lima													
McReynolds													
Vicini		5	39:48	176									

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/3

6:08

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

→ TEMPO/RACE/FAST w/ 4:30 REST/JOG/SPEED

DATE: 9-3-05 Conditions: JOG CENT/ CAL-STR / 2 x STRIDES / 3 x 1 MILE

Workout:

Name	~~pu~~	~~dist~~ ①	time PULSE	~~pulse~~ ②	~~pace~~ ③	com	Name	pu	~~dist~~ ①	~~time~~ PULSE	~~pulse~~ ②	~~pace~~ ③	com
A1							**D5**						
Murphy-Baum							Angeli						
Kaiser							Backer		7:05	164	6:58	6:49	
Banet							Fisher						
Lawder							Floros						
Lawless							Hagan, Connor						
Rhoads							Kirchner						
							Kuehner						
B1							Linhares, Pat		7:06	188	7:09	7:10	
Bonner							Lueking		~~6:48~~	180	8:23	8:33	
McCafferty							Margherio		6:48↑				
Jonagan							Menius						
Viox							Merrill, Ben		7:10	170	7:11	7:12	
David							Ngyuen		6:49	~~[illegible]~~	6:45	6:48	
B2							**D6**			174↑			
Schmidt, T							Cookson		6:50	180	6:40	6:38	
Mulligan							Holtshouser		6:45	168	6:57	7:52	
Emery							Huddleston		7:06	178	7:43	7:42	
Purcell							Mathis, Dan		7:02	184	6:56	6:54	
B3							Ottenlips		6:57	164	6:57	7:01	
Parr							Thornberry		7:02	176	6:58	6:38	
Schumacher							**D7**						
B4							Livergood		7:52	204	8:16	8:18	
Watt							Wingbermuehle		7:40	188	7:26	6:25	
C1							**E5**						
Kuciejczyk-K							Hack						
C2							Ross						
Warner		5:47	180	5:41	5:33		Wang						
Murphy							**E6**						
C4							Brennan		6:50	180	6:55	7:24	
Dirnbeck							Cannady		7:04	140	6:58	7:15	
Hanson							Carroll	221	~~[illegible]~~	164	7:15	7:19	
Hilderbrand							Carron		7:35	160	7:20	7:14	
Kelly, M							Fadel		7:30	192	8:08	8:17	
Kelly, S.							Heagney, Tom		7:27	140	7:59	8:07	
Linhares							Kocisak		7:37	164	7:35	7:54	
Marincel							Orbe		6:46	164	6:48	7:16	
McBride, Ma							Rohde						
McBride, Mi							Stauder, Zack		7:05	168	7:09	7:25	
McCollum							**E7**						
Pilla							Evola						
Reynolds							Herman						
Scariot							Scott shin pain		7:28	188	8:14	8:12	
Schmidt, B							Simpson		7:46	184	7:15	7:42	
D4													
Clohisy ✓													
Diehl							**Recovery**						
Griesenauer							Geders						
Half, RJ													
Kliethermas													
Lang													
Lima		6:07	168	6:13	5:51								
McReynolds		7:16	140	6:36	6:07								
Vicini													

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

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

DATE: Conditions:

Workout: JOG CENT A+B EXTRA LOOP/CAL-CORE-HILL STRETCH/NUERO

CRUISE MILE REPEATS 5-4-3 CRUISE PACE LAST ONE AT PACE

2ND CAL HIT REGOV. JOG

Name	gl	1	2	3	4	5	Name	gl	1	2	3	4	com
A1 (5) (++)							D5 (4) 6:50						
5:04 Murphy-Baum 5:30		5:26	5:25	5:27	5:21	5:03	Angeli						
5:35 Kaiser (+) 5:50		5:46	5:37	5:34	5:28		Backer						
Banet (+)		5:47	5:38	5:44	5:29		Fisher						
Lawder (−)		5:47	5:38	5:48	5:50		Floros		7:32	7:13	7:48	7:19	
Lawless (+)		5:47	5:35	5:35	5:31	5:14	Hagan, Connor						
Rhoads (✓)		5:47	5:38	—	5:32	5:41	Kirchner		7:10	7:33	8:01	7:16	
							Kuehner		7:17	7:40	8:02	8:12	
5:03 B1 (5)							Linhares, Pat						
Bonner (✓) 5:50		5:47	5:39	5:37	5:30		Lueking •		7:09	9:08	X	X	
McCafferty (✓)		5:46	5:53	5:47			Margherio		7:15	7:21	7:50	7:38	
Jonagan (+)		5:32	5:34	5:33	5:25	5:25	Menius						
Viox (+)		5:46	5:35	5:34	5:31		Merrill, Ben						
David (−)		5:46	5:36	5:59	X		Ngyuen		7:06	7:13	7:30	7:17	
5:33 B2 (5) 6:00							D6 (4) 7:15						
Schmidt, T (+)		5:55	5:54	5:51	5:53	5:37	Cookson						
Mulligan (✓)		5:55	5:54	5:51	5:53	5:55	Holtshouser		7:14	7:42	8:04	7:22	
Emery (✓)		6:00	5:58	5:54	5:54	5:45	Huddleston		7:04	7:43	8:17	8:11	
Purcell (−)		6:06	6:14	6:06	6:37		Mathis, Dan						
B3 (5)							Ottenlips						
5:50 Parr (✓) 6:15		5:54	6:04	6:03	6:15		Thornberry •						
Schumacher • 6:15		—	—	—	—		D7 (4) 7:30						
B4 (5)							Livergood		8:15	8:45	8:36	X	
6:05 Watt • 6:30		—	—	—	—		Wingbermuehle	D4	7:06	7:13	7:30	6:29	
C1 (4)				5:34			E5 (3) 6:50						
5:23 Kuciejczyk-K (+) 5:50		5:48	5:35	[redacted]	5:31		Hack •						
C2 (4)							Ross •						
5:33 Warner (−) 6:00		5:55	5:57	5:51	5:58		Wang						
5:33 Murphy (+) 6:00		5:58	5:55	5:55	5:41		E6 (3) 7:15						
C4 (4)							Brennan						
6:05 Dirnbeck ✓ 6:30		6:35	6:12	6:31	6:19		Cannady						
Hanson (−)		6:33	6:44	7:04	6:59		Carroll						
Hilderbrand (−)		6:38	6:44	7:00	6:57		Carron						
Kelly, M ✓		6:25	6:25	6:31	6:39		Fadel						
Kelly, S. (−)		6:56	6:48	7:50	8:25		Heagney, Tom						
Linhares (−)		6:38	7:18	7:17	6:57		Kocisak						
Marincel (✓)		6:28	6:25	6:23	6:15		Orbe		7:14	8:09	7:40	X	
McBride, Ma (−)		6:27	6:27	7:04	7:09		Rohde						
McBride, Mi (✓)		6:20	6:23	6:35	6:18		Stauder, Zack						
McCollum (✓)		6:28	6:26	6:35	6:27		E7 (3) 7:30						
Pilla (−)		6:39	6:43	7:02	6:42		Evola		[redacted]				
Reynolds (−)		6:28	6:24	6:17	7:00		Herman						
Scariot (+)		6:26	6:16	6:07	6:13		Scott		8:32	X	X	X	
Schmidt, B (✓)		6:27	6:23	6:25	6:31		Simpson		7:10	7:58	[redacted]	X	
D4 (4)											7:43		
Clohisy D3													
Diehl (−)		6:28	6:12	6:36	X		**Recovery**						
Griesenauer (−)		6:35	6:44	7:01	7:02		Geders						
Half, RJ													
Kliethermas													
Lang (−)		7:14	7:38	8:00	6:56								
Lima (+)		6:39	6:25	6:32	6:22								
McReynolds													
Vicini (−)		7:02	8:56	7:13	6:47								

6:25 STR

6:45

7:00

6:25

6:45

7:00

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 9-7-05 Conditions:

Workout: MEETING / FRESH JOG - MEET PREP / TEAM JOGS / CAL - STR - DYN / WEIGHTS

TIMED RUN TILL START / THEN A = PERIMETER B = 5 C = 4 D = 3 E = 2

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							**D5**						
Murphy-Baum				144			Angeli						
Kaiser				✓			Backer				✓		
Banet				172			~~Fisher~~						
Lawder				180			Floros				✓		
Lawless				✓			Hagan, Connor				✓		
Rhoads				188			Kirchner				✓		
				186			Kuehner						
B1				✓			Linhares, Pat				✓		
Bonner				144			Lueking				✓		
McCafferty				156			Margherio				✓		
Jonagan				E			Menius				✓		
Viox				148			Merrill, Ben				✓		
David				✓			Ngyuen				✓		
B2				✓			**D6**						
Schmidt, T				160			Cookson				✓		
Mulligan				152			Holtshouser						
Emery				152			Huddleston				E		
Purcell				188			Mathis, Dan				✓		
B3				✓			Ottenlips, Max				✓		
Parr				✓			Thornberry				✓		
Schumacher				✓			**D7**						
B4							Livergood				✓		
Watt				✓			Wingbermuehle						
C1				✓			**E5**						
Kuciejczyk-K				✓			Hack				E		
C2							Ross				✓		
Warner				✓			~~Wang~~						
Murphy				148			**E6**						
C4				✓			Brennan				✓		
Dirnbeck				✓			Cannady				✓		
Hanson				172			Carroll				✓		
Hilderbrand				✓			Carron				✓		
Kelly, M				✓			Fadel				✓		
Kelly, S.				172			Heagney, Tom				✓		
Linhares				✓			Kocisak				✓		
Marincel				✓			Orbe				✓		
McBride, Ma				192			Rohde				✓		
McBride, Mi				✓			Stauder, Zack				✓		
McCollum				168			**E7**						
Pilla							Evola				✓		
Reynolds				✓			Herman				E		
Scariot				✓			Scott				✓		
Schmidt, B				✓			Simpson				✓		
D4													
Clohisy				✓									
Diehl				✓			**Recovery**						
Griesenauer							Geders						
Half, RJ				✓									
Kliethermas				✓									
Lang													
Lima				E									
McReynolds				E									
Vicini													

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: Conditions:

Workout: jog cent/(split pract) plyos/run race tactics 400's A,B,C=12 D/E=10/extended cool 4-3-2/2nd cal/ 10-8-6 strides/jog/stretch

	Name	1	2	3	4	5	6	7	8	9	10	11	12
	A1												
30	Murphy-B	81	72	76	93	88	71	74	94	74	70	74	95
32	Kaiser	90	77	80	99	90	76	80	98	80	76	79	98
	Banet	90	77	79	98	90	76	79	98	80	75	77	99
29	Lawder	90	77	79	99	90	76	80	98	80	75	80	99
	Lawless	90	76	78	98	90	76	79	97	78	73	76	96
	Rhoads	90	77	79	99	90	76	80	98	79	75	79	99
	B1												
	Bonner	90	76	79	98	90	76	79	97	80	76	79	99
	McCafferty	90	77	79	98	90	76	79	97	80	75	79	98
	Jonagan	90	78	80	99	90	76	79	97	79	75	79	100
	Viox	90	76	79	99	90	76	79	97	76	73	77	98
	David	90	77	79	99	90	76	79	98	80	75	78	98
	B2												
29	Schmidt, T	92	80	82	104	93	77	83	100	82	78	81	101
31	Mulligan	92	80	82	104	93	77	83	100	82	78	81	101
30	Emery	92	80	82	104	93	77	83	100	82	78	81	101
31	Purcell	92	80	82	104	93	77	83	100	82	78	81	101
	B3												
27	Parr	92	80	82	104	93	77	83	100	82	78	81	101
	Schumacher												
	B4												
	Watt												
	C1												
	Kuciejczyk	90	77	79	98	90	76	79	97	80	74	79	98
	C2												
	Warner	~~92~~											
31	Murphy	92	80	82	104	93	77	83	100	82	78	81	101
	C4												
34	Dirnbeck A	101	83	85	100	96	82	84	106	86	81	86	103
36	Hanson B	97	81	86	106	94	82	87	105	87	81	86	106
30	Hilderbrand B	96	83	86	104	94	82	87	105	86	82	86	106
29	Kelly, M B	96	82	86	106	93	82	88	104	86	82	86	106
36	Kelly, S. A	101	83	85	100	96	82	85	106	86	81	86	103
31	Linhares B	96	82	85	106	93	82	87	104	86	83	87	106
31	Marincel A	101	83	85	100	96	82	82	106	86	81	86	103
	McBride, Ma												
32	McBride, Mi A	101	83	85	100	96	82	82	106	86	81	86	103
	McCollum												
28	Pilla B	96	82	86	104	95	82	87	105	86	82	86	106
28	Reynolds A	101	83	85	100	96	82	81	106	88	81	86	103
31	Scariot A	101	83	85	100	96	82	86	106	86	81	86	103
35	Schmidt, B A	101	83	85	100	96	82	84	106	87	81	86	103
	D4												
	Clohisy												
	Diehl												
	Griesenauer												
	Half, RJ												
	Kliethermas												
	Lang												
	Lima												
	McReynolds												
	Vicini												

Name	1	2	3	4	5	6	7	8	9	10
D5										
Angeli										
Backer										
Fisher										
Floros										
Hagan										
Kirchner										
Kuehner										
Linhares, P										
Lueking										
Margherio										
Menius										
Merrill										
Ngyuen										
D6										
Cookson										
Holtshouse B	94	83	87	104	95	83	89	106	89	98
Huddleston										
Mathis										
Ottenlips										
Thornberry										
D7										
Livergood										
Wingberm										
E5										
Hack										
Ross										
Wang										
E6										
Brennan										
Cannady										
Carroll										
Carron										
Fadel										
Heagney										
Kocisak										
Orbe										
Rohde										
Stauder										
E7										
Evola										
Herman										
Scott										
Simpson										
Recovery										
Geders										

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 9-8-05 Conditions:

jog cent/cal-core-stretch/(split practice) plyos/aero loops:5-4-3/2nd cal/1--8-6 strides/jog/stretch

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							**D5**						
Murphy-Baum							Angeli		5	38:34	180		
Kaiser							Backer		5	40:25	180		
Banet							Fisher		—				
Lawder							Floros		5	39:50	180		
Lawless							Hagan, Connor		—				
Rhoads							Kirchner		4	37:30	172		
							Kuehner		5	48:49	200		
B1							Linhares, Pat		4	37:59	172		
Bonner							Lueking		4	36:24	172		
McCafferty							Margherio		3	26:00	160		
Jonagan							Menius		4	33:45	168		
Viox							Merrill, Ben		4	32:57	168		
David							Ngyuen						
B2							**D6**						
Schmidt, T							Cookson		4	36:23	180		
Mulligan							Holtshouser						
Emery							Huddleston						
Purcell							Mathis, Dan		4	32:57	204		
B3							Ottenlips		4	37:59	160		
Parr							Thornberry		5	42:36	192		
Schumacher		4	28:48	192			**D7**						
B4							Livergood		—				
Watt		3	25:10	136			Wingbermuehle		4	36:24	180		
C1							**E5**						
Kuciejczyk-K							Hack		—				
C2							Ross		—				
Warner							~~Wang~~		—				
Murphy							**E6**						
C4							Brennan		4	37:00	176		
Dirnbeck							Cannady		4	32:43	160		
Hanson							Carroll		4	37:00	160		
Hilderbrand							Carron			31:58	136		
Kelly, M							Fadel		4	36:24	192		
Kelly, S.							Heagney, Tom		3	24:00	140		
Linhares							Kocisak		4	38:10	180		7:03
Marincel							Orbe		4	32:00	160		
McBride, Ma		5	37:45	200			Rohde		4	38:10	172		
McBride, Mi							Stauder, Zack		—				
McCollum		5	36:43	168			**E7**						
Pilla							Evola		3	29:20	240		
Reynolds							~~Herman~~		—				
Scariot							Scott		3	26:02	160		
Schmidt, B							Simpson		3	26:02	184		
D4													
Clohisy		5	36:43	172									
Diehl							**Recovery**						
Griesenauer		5	38:34	188			Geders						
Half, RJ		5	40:20	140									
Kliethermas													
Lang													
Lima		5	40:17	152									
McReynolds		4	28:48	196									
Vicini		5	40:17	200									

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 9-05 Conditions:

~~jog cent/cal core stretch//(split practice) plyos/aero loops: 5-4-3/2nd cal/1--8-6 strides/jog/stretch~~

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							**D5**						
Murphy-Baum	6		41:35	NP			Angeli	3		22:19	184		
Kaiser	6		41:35				Backer						
Banet	6		41:35	128			Fisher						
Lawder	6		41:35	140			Floros	3		23:40	172		
Lawless	5		37:50	104			Hagan, Connor						
Rhoads	6		41:35	104			Kirchner	3		25:32	180		
							Kuehner						
B1							Linhares, Pat						
Bonner	5		37:50	156			Lueking	4		33:06	172		
McCafferty	6		41:35	152			Margherio	3		27:08	176		
Jonagan	6		41:35	NP			Menius	4		32:40	168		
Viox	5		36:30	136			Merrill, Ben						
David	5		36:30	152			Ngyuen						
B2							**D6**						
Schmidt, T	5		37:50	160			Cookson						
Mulligan	5		37:50	160			Holtshouser	2		16:00	128		
Emery	5		37:50	152			Huddleston						
Purcell	5		37:50	164			Mathis, Dan						
B3							Ottenlips						
Parr	5		37:50	168			Thornberry						
Schumacher	4		29:52	176			**D7**						
B4							Livergood	4		33:06	196		
Watt	4		29:52	164			Wingbermuehle	3		29:45	180		
C1							**E5**						
Kuciejczyk-K	5		37:50	156			Hack						
C2							Ross						
Warner							Wang						
Murphy	5		37:50	160			**E6**						
C4							Brennan						
Dirnbeck	4		31:02	172			Cannady						
Hanson	4		32:09	176			Carroll						
Hilderbrand	4		31:45	156			Carron						
Kelly, M	4		31:02	164			Fadel						
Kelly, S.	4		32:13	164			Heagney, Tom						
Linhares	4		30:53	172			Kocisak						
Marincel	4		31:06	156			Orbe	4		34:49	NP		
McBride, Ma	4		31:35	184			Rohde						
McBride, Mi	4		31:06	180			Stauder, Zack						
McCollum	4		29:32	168			**E7**						
Pilla	4		31:45	156			Evola						
Reynolds	4		31:06	144			Herman						
Scariot	4		31:06	192			Scott	2		18:30	140		
Schmidt, B	4		29:52	164			Simpson	3		24:50	192		
D4													
Clohisy													
Diehl	4		31:02	172			**Recovery**						
Griesenauer	4		30:41	184			Geders						
Half, RJ													
Kliethermas													
Lang	3		25:00	180			FLANAGAN	3		24:46	168		
Lima	4		32:08	176									
McReynolds													
Vicini	4		32:10	188									

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 9-10-05 Conditions:

jog shed/cal-full stretch/2 x strides/run 800 repeats: C=7 D=6 E=5; 1st two cruise w/90 sec rest /next two at race w/2 min rest/last one or more at fast w/3 min/2nd cal/cool past west camp to SLUH/full str

Name	1	2	3	4	5	6	Name	1	2	3	4	5	6
A1							**D5**						
Murphy-Baum							Angeli						
Kaiser							Backer +	3:31	3:18	3:13	3:11	3:17	3:10
Banet							Fisher						
Lawder							Floros						
Lawless							Hagan, Connor						
Rhoads							Kirchner						
							Kuehner						
B1							Linhares, Pat	3:31	3:19	3:14	3:17	3:15	3:15
Bonner							Lueking	3:32	lower leg				
McCafferty							Margherio						
Jonagan							Menius	3:35	3:33	3:18	3:24	3:29	3:12
Viox							Merrill, Ben	3:27	x fell home				
David							Ngyuen						
B2							**D6**		ok				
Schmidt, T							Cookson +	3:33	3:23	3:13	3:12	3:11	3:02
Mulligan							Holtshouser						
Emery							Huddleston						
Purcell							Mathis, Dan +	3:34	3:27	3:16	3:14	3:12	3:09
B3							Ottenlips	3:34	2:28	3:16	3:14	3:16	3:17
Parr							Thornberry						
Schumacher							**D7**						
B4							Livergood						
Watt							Wingbermuehle						
C1							**E5**						
Kuciejczyk-K							Hack						
C2							Ross						
Warner							Wang						
Murphy							**E6**						
C4							Brennan	3:34	3:27	3:15	3:29	3:15	
Dirnbeck							Cannady						
Hanson							Carroll	3:45	3:37	3:27	3:14	3:10	
Hilderbrand							Carron	3:32	3:35	3:22	3:26	3:26	
Kelly, M							Fadel	3:47	3:40	3:30	3:39	3:46	
Kelly, S.							Heagney, Tom	3:35	3:28	3:19	3:25	3:15	
Linhares							Kocisak	3:35	3:36	3:28	3:30	3:29	
Marincel							Orbe	3:34	3:27	3:14	3:11	3:09	
McBride, Ma +	3:05	3:17	3:03	2:57	2:53	2:43	Rohde	3:46	3:38	3:27	3:31	3:39	
McBride, Mi							Stauder, Zack	3:34	3:27	3:18	3:22	3:25	
McCollum							**E7**						
Pilla							Evola						
Reynolds							Herman						
Scariot							Scott						
Schmidt, B							Simpson						
D4													
Clohisy (heel pain) +	2:59	2:55	2:47	2:49	2:45	2:51							
Diehl							**Recovery**						
Griesenauer +	3:07	3:14	3:03	2:59	2:51	2:55	Geders						
Half, RJ +	3:04	3:06	2:58	2:57	2:55	2:50							
Kliethermas +	3:02	3:06	2:58	2:57	2:58	2:50							
Lang													
Lima +	3:07	3:04	2:51	2:53	2:49	2:43							
McReynolds +	3:04	3:05	2:57	2:55	2:49	2:43							
Vicini													

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/3

WORKOUT 9.12.05 EXPRESS DISTANCE : JOG · CAL · DYN.

SLUH XC Attendance'05 Date: (12) A (10) B (8) C (5) E (8) D

Seniors (18)	pulse		pulse	Freshmen (28)	pulse
Angeli (6) 50:47 196	50	Lawder (12) 1:22:31 168	58	Backer (4) 28:15 200	✓
Bonner (6) 44:23 176	44	McBride, Mi (6) 44:23 180	52	Brennan (4) 32:10 188	54
Griesenauer (6) 50:47 176	64	McCollum (6) 47:07 176	58	Cannady (4) 35:03 160	
Jonagan (12) 1:22:31 192		Menius (8) 43:27 176	✓	Carroll (4) 28:15 170	✓
Kaiser (12) 1:22:31 176	✓	Pilla (6) 49:18 172	47	Carron (4) 30:25 164	54
Lawless (12) 1:22:31 156	47	Schmidt, B (6) 46:43 168	✓	Clohisy ZEAST	45
Livergood (4) 36:08 192	✓	Scott (5) 46:57 192	✓	Cookson (4) 31:56 176	56
Luecking (5) 44:44 160	60	Simpson, P (5) 45:38 184	✓	David (8) 58:38 160	✓
Marincel (10) 1:05:26 164	52	Viox (10) 70:00 164	52	Evola (4) 40:28 252	✓
Mulligan (10) 71:00 160	56	Sophs (19)		Fadel (4) 37:15 180	✓
Murphy-Baum (12) 1:19:59 188		Geders	E	Hack	E
Nguyen (5) 43:11 168	56	Hanson, K (6) 49:30 176	56	Hagan (2) 14:16 184	54
Purcell (10) 1:12:28 172	57	Holtshauser (5) 52:35 186	✓	Half (4) 27:24 184	
Reynolds (8) 58:26 168	76	Huddleston E	E	Heagney (4) 31:56 140	✓
Rhoads (12) 1:19:59 176		Kelly, S (6) 51:27 176	✓	Herman E	?
Scariot (8) 1:05:22 176		Kuehner (7)	✓	Kliethermes (4) 27:19 184	72
Schmidt, T (10) 1:12:28 176	✓	Lang (5) 43:40 192	✓	Kocisak (4) 40:28 176	64
Wingbermuehle (5) 46:57 176	✓	Lima SEE LIMA 172		Kuciejczyk-Kernan (8) 58:38 156	54
		Linhares, D (6) 49:31	57	Linhares, P (4) 31:16 180	✓
Juniors (18)		Margherio (6) 52:35 188	✓	Mathis (4) 30:35 190	60
Banet 12 1:22:31 184	54	McBride, Ma (8) 1:00:7 200	60	McReynolds (4) 184 27:04	✓
Diehl (6) 46:43 168	✓	McCafferty (10) 1:12:28 160	48	Merrill (4) 30:35 178	✓
Dirnbeck, J (6) 46:43 184	✓	Murphy (8) 58:38 168	✓	Ottenlips (4) 35:03 160	✓
Emery (10) 1:10:02 164	✓	Orbe (5) 43:30 176	✓	Rohde	
Fisher		Parr (10) 1:11:02 168	✓	Ross (2) 12:37 DIDN'T FINISH (0) 15:00 165	✓
Floros (6) 49:18 176	✓	Schumacher (8) 1:00:7 196	50	Stauder (4) 37:35 188	✓
Hilderbrand E	✓	Vicini (6) 52:35 184	✓	Thornberry (4) 31:56 196	60
Kelly, M (6) 46:51 176	✓	Warner E		Wang	
Kirchner (6) 52:35 184	✓	Watt (6) 52:35 104	64		

FRESH (4) 8 OR 6 STRIDES 2ND CAL STR MEDIAL

5:40 0 = PACK M/B (5:50) 6:20 3 = PACK JV = 4 (6:30) 5 = PACK JV = 4 (6:40) - 6:30
6:00 1 = PACK V = 5 (6:10) 6:15 4 = PACK JV = 4 6:25 6 = PACK JV = 3 (6:50) - 6:40
6:05 2 = PACK V = 5 (6:15) 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
7 = PACK JV = 3 (7:20) - 7:10
8 = PACK JV = 3 (7:40) - 7:30

DATE: 9-13-05 Conditions:

jog n. cent/cal-core-stretch/FROSH(split practice) run 1.5=6 strides/jog stretch/REST: 3-2 hill drills

then PACK TEMPO: 5-4-3/2nd set hill drills:4-3-2/jog SLUH/stretch/~~WEIGHTS~~

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							**D5**						
Murphy-Baum 0		5	28:52	200			Angeli 3mi (7)		3	22:15	196		
Kaiser 4mi (1)		4	25:20	192			Backer /						
Banet (1)		5	30:53	200			~~Fisher~~						
Lawder (1)		5	30:53	176			Floros (7)		3	23:17	172		
Lawless (1)		5	30:53	148			Hagan, Connor /	EASY RECOVERY					
Rhoads (2)		5	31:19	196			Kirchner (7)		3	23:56	200		
							Kuehner 3mi (7)		3	27:03	196		
B1							Linhares, Pat /						
Bonner (2)	4mi	4	25:55	204			Lueking → 3 (7)		3	26:14	164		
McCafferty (2)							Margherio DNF (7)	1.5mi					
Jonagan (1)		5	30:53				Menius (7)	3mi	3	23:56	172		
Viox (1)		5	31:05	176			Merrill, Ben /						
David (2)		5	31:26	168			Ngyuen		3	22:15	180		
B2							**D6**						
Schmidt, T (3)		4	25:45	192			Cookson /						
Mulligan (3)		4	25:37	180			Holtshouser (6)	3mi		23:50	158		
Emery (3)							Huddleston /	MEDICAL OFF				2mi	17:25
Purcell (3)		4	26:34	200			Mathis, Dan /						
B3							Ottenlips /						
Parr (4)		4	27:00	192			Thornberry /						
Schumacher (3)		3	21:05	192			**D7**						
B4							Livergood → 3 (8)		3	26:14	180		
Watt 3mi (4)		3	21:50	172			Wingbermuehle (7)	3mi	3	22:40	204		
C1							**E5**						
Kuciejczyk-K (2)		5	31:05				Hack /						
C2							Ross → 3 /						
Warner	OFF MEDICAL						~~Wang~~						
Murphy (2)	4mi	4	25:05	176			**E6**						
C4							Brennan /						
Dirnbeck X	RECOVERING						Cannady ? /						
Hanson (6)		3	22:01	180			Carroll /						
Hilderbrand	EASY IF AT ALL						Carron /						
Kelly, M 3mi (5)		3	23:18	156			Fadel /						
Kelly, S. 1mi temp (5)		1	7:15				Heagney, Tom /						
Linhares (5)		4	32:37				Kocisak /						
Marincel 3mi (4)	EASY, RECOVER				23:18	164	Orbe /		3	23:59	176		
McBride, Ma (4)		4	26:34	196			Rohde (7) /						
McBride, Mi (?)		OFF KNEE					Stauder, Zack /						
McCollum (4)		4	28:22	192			**E7**						
Pilla 3mi rt hip (5)		3	27:00	176			Evola /						
Reynolds (4)	4mi	4	26:34	172			Herman (7) /	OFF					
Scariot (4)	4mi	4	28:20	212			Scott (8)		3	28:00	184		
Schmidt, B (6)	4mi	4	27:53	180			Simpson (8)		3	25:55	184		
D4													
Clohisy (7) /													
Diehl (5)	4mi	4	28:22	196			**Recovery**						
Griesenauer (6)		3	22:15	176			Geders (7)						
Half, RJ /													
Kliethermas /													
Lang (6)		3	23:42	180									
Lima → 4 (4)													
McReynolds /													
Vicini (5)	4mi	4	32:37	192									

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 9-14-05 Conditions:

ALL BUT FROSH: jog cent. fields/cal-dynamics/nuero drill/run out and back loops loops on "jungle three" and out on the bike path from there: A-B=50 C=40 DE=30/end at cent. fields for RACE/6-8 strides/jog/stretch

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							**D5**						
Murphy-Baum				✓			Angeli				✓		
Kaiser				✓			Backer						
Banet				✓			Fisher						
Lawder				✓			Floros						
Lawless				✓			Hagan, Connor ✓						
Rhoads				✓			Kirchner						
							Kuehner				✓		
B1							Linhares, Pat ✓						
Bonner				140			Lueking				✓		
McCafferty				✓			Margherio				✓		
Jonagan				✓			Menius				✓		
Viox				✓			Merrill, Ben ✓						
David				146			Ngyuen				✓		
B2							**D6**						
Schmidt, T				148			Cookson ✓						
Mulligan				✓			Holtshouser ✓				160		
Emery				✓			Huddleston ✓				165		
Purcell							Mathis, Dan						
B3				✓			Ottenlips ✓						
Parr				✓			Thornberry ✓						
Schumacher				✓			**D7**						
B4							Livergood						
Watt				✓			Wingbermuehle				✓		
C1							**E5**						
Kuciejczyk-K				140			Hack						
C2							Ross						
Warner							~~Wang~~						
Murphy				148			**E6**						
C4							Brennan ✓						
Dirnbeck							Cannady ✓						
Hanson				164			Carroll ✓						
Hilderbrand							Carron ✓						
Kelly, M				148			Fadel ✓						
Kelly, S.				152			Heagney, Tom ✓						
Linhares				164			Kocisak ✓						
Marincel				152			Orbe				156		
McBride, Ma				148			Rohde ✓						
McBride, Mi				156			Stauder, Zack ✓						
McCollum				132			**E7**						
Pilla				132			Evola ✓						
Reynolds				128			Herman						
Scariot				✓			Scott				160		
Schmidt, B				124			Simpson				✓		
D4													
Clohisy ✓													
Diehl				156			**Recovery**						
Griesenauer				✓			Geders						
Half, RJ ✓													
Kliethermas ✓													
Lang				160									
Lima				✓									
McReynolds ✓													
Vicini				✓									

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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

9-15

DATE: ~~9-14~~-05 Conditions:

~~ALL BUT FROSH: jog cent. fields/cal dynamics/nuero drill/run out and back loops loops on "jungle three" and out, on the bike path~~ from there: ~~A-B=50 C=40 DE=30/end at cent. fields for RACE/6-8 strides/jog/stretch~~

Name	#	goal	time	pulse	pace	com
A1						
Murphy-Baum	6	58	148			
Kaiser	6	58	140			
Banet	6	44:23	148			
Lawder	6	44:23	136			
Lawless	6	58	120			
Rhoads	6	23	140			
B1						
Bonner	6	44:58	160			
McCafferty	6	44:58	136			
Jonagan	6	44:58	144			
Viox	6	44:58	140			
David	6	44:58	160			
B2						
Schmidt, T	6	44:58	160			
Mulligan	6	44:37	160			
Emery	6	44:59	160			
Purcell	6	44:23	152			
B3						
Parr	6	42:59	178			
Schumacher	6	44:42	180			
B4						
Watt	6	44:59	168			
C1						
Kuciejczyk-K	6	44:37	148			
C2						
Warner						
Murphy	6	44:23	168			
C4						
Dirnbeck	—					
Hanson	5	34:37		180		
Hilderbrand	—					
Kelly, M	5	34:37		137		
Kelly, S.	5	35:10		176		
Linhares*		INJ				
Marincel	5	34:07		172		
McBride, Ma	5	35:10		184		
McBride, Mi	—					
McCollum	—					
Pilla	5	32:53		176		
Reynolds	5	34:05		172		
Scariot	5	35:04		180		
Schmidt, B	5	32:50		172		
D4						
Clohisy	4	31:15		164		
Diehl	5	34:37		164		
Griesenauer	4	30:50		160		
Half, RJ	4	39:31		152		
Kliethermas	4	31:13		184		
Lang	4	32:14		164		
Lima	4	40:00		160		
McReynolds	4	32:15		140		
Vicini	4	40:00		176		

Name	#	goal	time	pulse	pace	com
D5						
Angeli	4	30:50		192		
Backer	4	30:35		204		
Fisher	—					
Floros	4	31:40		160		
Hagan, Connor						
~~Kirchner~~	—					
Kuehner	4	31:38		190		
Linhares, Pat	4	32:15		160		
Lueking	4	30:50		180		
Margherio	4	32:04		176		
Menius	4	30:42		164		
Merrill, Ben	4	39:33		150		
Ngyuen	4	30:50		162		
D6						
Cookson	4	33:31		180		
Holtshouser	4	30:50		180		
Huddleston	4	36:00		204		
Mathis, Dan	2	17:34		152		
Ottenlips	4	39:30		168		
Thornberry	4	35:06		160		
D7						
Livergood	4	32:04		180		
Wingbermuehle	4	30:55		184		
E5						
Hack	—					
Ross	2	17:34		168		
Wang						
E6	—					
Brennan	4	33:43		176		
Cannady	4	32:15		152		
Carroll	4	39:30		160		
Carron	4	32:15		160		
Fadel	4	39:31		180		
Heagney, Tom	4	—		—	130	
Kocisak	4	34:30		160		
Orbe	4	32:15		160		
Rohde	4	34:30		180		
Stauder, Zack	4	34:30		180		
E7						
Evola	4	—		—	184	
Herman	—					
Scott	2	17:46		164		
Simpson	4	31:34		192		
Recovery						
Geders						

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

0 = 15:45 1 = 16:30 2 = 17:00 3 = 17:15
4 = 17:45 5 = 18:15 6 = 18:45

400 RACE TACTICAL WORKOUT

1	2	3	4	5	6	7	8	9	10	11	12
P 86	71	76	96	86	71	76	96	76	71	76	96 +200
P 90	75	80	100	90	75	80	100	80	75	80	100 +200
2 92	77	82	102	92	77	82	102	82	77	82	102 +200
3 B	78	83	103	93	78	83	103	83	78	83	103 +200
4 96	81	86	106	96	81	86	106	86	81	86	106 +200
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

DATE:												
Workout:												
Name	dist	time	pulse	pace	com	note	**Name**	dist	time	pulse	pace	com
1							**5 (cont.)**					
Murphy-Baum	4	23:24	196				Lang					
Kaiser							Menius					
Lawder	4	23:24	184				Kocisak					
Lawless	4	23:26	168				Kuehner					
Jonagan							Ottenlips					
Murphy							Carroll					
Banet							Ngyuen					
Viox							Margherio					
David							Backer					
2							Brennan					
Rhoads	4	23:38	184				Floros					
Bonner							Orbe					
Clohisy							Mathis					
Kuciejczyk-K							**6**					
Schumacher							Cannady					
Schmidt, T							Carron					
Mulligan							Ross					
Purcell							Hagan					
McBride, Ma							**7**					
Emery							Scott					
3							Fadel					
Half, RJ							Stauder					
Kliethermas							Simpson					
Reynolds							Rohde					
Scariot							Livergood					
Cookson							Evola					
Vicini												
Marincel												
Shmidt												
Warner												
McBride, Mi												
McCafferty	1	5:48										
4												
Lima												
McReynolds												
Watt												
Holtshauser												
Pilla												
Linhares	3	20:58										
Parr												
Kelly M												
Kelly S												
Greisenauer												
Angeli												
Diehl												
5							**Recovery**					
Luektewitte							Linhares, P					
Heagney							Dirnbeck					
Merrill												
Lueking (3)												
Hanson												
Winbermuele												
Thornberry												

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 9-19-05 Conditions:

EXPRESS DISTANCE: A=10/B=8/C=6/D=5/E=4/immediate strides:10-8-6/2nd cal/mtg & stretch

WEIGHTS IF TIME ALLOWS

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							**D4**						
Murphy-Baum 0	10		72:48	168			Wingbermuehle	5		45:30	176		
Kaiser 1			72:48	168			Diehl	6		45:38	164		
Jonagan 1	10		72:48	176			Griesenauer	5		38:38	186		
Banet 1	9		62:43	180			Half, RJ	5		37:12	152		
Lawder 1	5		36:10	180			Kliethermas	5		37:12	154		
Lawless 1	10		72:50	—			Lang	4		35:09	192		
Rhoads 1	10		72:48	168			Lima	5		38:38	188		
Bonner 1	—	—	—	—			McReynolds	5		38:23	192		
B1							Vicini	4		37:03	160		
Viox 1	8		58:08	166			Cookson	5		39:21	180		
David 1	8		56:57	180			Heagney, Tom	4		[illegible]	144		
Kuciejczyk-K 1	[illegible]		58:08	172			Linhares, Pat	5		39:37	208		
Murphy 1	8		58:57	172			**D5**						
B2							Angeli	5		38:33	192		
McCafferty 2	6		41:11	160			Floros	6		46:50	152		
Schmidt, T 2	8		58:57	180			Hagan, Connor	—		—			
Mulligan 2	8		56:08	176			Kuehner	5		44:05	192		
Emery 2	6		45:38	160			Lueking	4		37:44	184		
B3							Margherio *	4		26:00	—		WALKED IN
Purcell 2	8		59:58	180			Menius	4		34:48	160		
Schumacher 2	8		60:19	180			Merrill, Ben	5		40:10	180		
C3							Ngyuen	5		38:38	180		
Warner 2							Mathis, Dan						
Reynolds 3	6		40:53	176			Ottenlips	5		45:07	168		
McBride, Ma 2	6		47:07	188			Backer	5		39:48	164		
McBride, Mi 3	—		—	—			Holtshouser	5		40:05	180		
Scariot 3	6		47:07	180			Cannady						
Schmidt, B 3	6		43:13	180			Carroll	[illegible]		37:07	180		
B4							Carron 4	[illegible]		33:25	180		
Watt 3	8		54:47	158			Brennan	4		34:38	180		
Parr 3							Thornberry	5		43:07	200		
Marincel 3	6		45:50	180			Kocisak	4		40:10	186		
C3							Stauder, Zack	4		39:59	192		
~~Warner~~							**D6**						
~~Reynolds~~							Livergood	4		37:49	186		
~~McBride, Ma~~							Huddleston	5		43:52	198		
~~McBride, Mi~~							Simpson	4		36:09	188		
~~Scariot~~							Ross	—		—	—		
~~Schmidt, Ben~~							Orbe	4		33:16	184		
Pilla	6		47:39	168			Scott	4		37:17	168		
Clohisy	5		37:12	166			Rohde	4		58:59	154		
C4							Evola	4		58:19	200		
Dirnbeck	—	—	—	—			Fadel	4		37:04	164		
Hanson	6		47:58	176									
Hilderbrand	—	—	—	—			**Recovering**						
Kelly, M	6		47:39	176			Warner						
Kelly, S.	6		47:43	180			Mi McBride						
Linhares	6		53:12	164			Hilderbrand						
							Geders						
							Hagan						
							Mathis						

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 9-20-05 Conditions:

SPLIT PRAC: Frosh pre race/REST: jog two waves to Cent Field/cal-core-full str/2 x strides form/ABC123: run tempo mile

4x400 at goal/~~mile at goal~~/4x400 at fast/mile at fast/2nd cal/extended cool/stretch/WEIGHTS

Name (1M) 5:05	1m 5:7	400 av	1m	400 av	1m 4:57	com
0 15:50						
Murphy-Bm	5:32	73	5:05	69	5:01	
1 16:50		81	5:24	72	5:16	
Kaiser	5:50	79	5:24	73.5	5:21	
Jonagan	"	79	5:24	73	5:28	
Banet	X	X	X	X	X	
Lawder	"	79.5	5:24	72	5:18	
Lawless	"	79	5:24	71	5:14	
Bonner	"	79.5	5:24	72	5:39	
2 17:15	5:58	83	5:33	73	5:24	
Rhoads	5:54	81	5:29	74	5:31	
Viox	"	81	5:29	74	5:28	
David	"	81	5:29	73	5:42	
Kuciejczyk-K	"	81	5:29	73	5:36	
Murphy	"	81	5:29	74	X	
3 18:00	6:13	87	5:48	77	5:39	
McCafferty	6:13	85	X	74	X	
Schmidt, T	"	85	5:57	77	5:40	
Mulligan	X	X	X	X	X	
Emery	"	86	5:58	74	5:27	
Purcell	"	86	5:58	79	6:08	
Schumacher	"	86	5:59	80	6:25	
4 18:30	6:24	89	5:57	79	5:48	
Reynolds	6:22	87	6:03	78	5:41	
McBride, Ma	6:22	87	6:03	78	5:48	
5 18:45	6:30	90	6:02	80	5:53	
Scariot	6:23	88	6:13	86	6:01	
Schmidt, B	6:17	87	6:07	85	6:49	
Watt	6:23	87	6:07	X	X	
Parr	6:16	87	5:52	81	6:40	
Marincel	6:23	87	6:00	80	5:58	
Diehl	6:16	87	6:07	86	6:30	
Pilla	6:17	90	6:26	86	6:25	
~~Elphisy~~						

Name	1m	400 av	1m	400 av	1m
6 19:15	6:40	93	6:12	82	6:02
Dirnbeck	X	X	X	X	X
Hanson	6:28	89	6:35	84.5	6:53
Kelly, M	6:30	91	6:25	89	6:52
Linhares	6:25	90	6:21	89	6:29
Vicini	6:25	89	6:35	X	6:48
Lima	6:29	91	6:22	92	6:30
7 20:00 / 3:10	← FLANAGAN				2:50
Wingbermuehle	3:15 800	3:41 800	3:15 800	3:41 800	800
Griesenauer	3:09	3:13	2:59	3:11	2:35
Angeli	3:09	3:13	2:59	3:11	2:33
Orbe	3:06	3:12	3:12	3:40	3:00
Menius	3:12	3:33	3:05	3:33	2:54
Ngyuen	3:11	3:24	3:00	3:14	2:49
Holtshouser	3:09	3:13	2:59	3:26	2:41
Lang	3:09	3:33	2:51	3:45	2:53
8 21:00 3:20 ←					2:54
Floros	3:09 800	3:24 800	3:03 800	3:29 800	800
Margherio					
Luecking	3:35	3:13	3:00	X	X
Kuehner	3:09	3:19	3:04	3:26	2:51
WILL	3:15	3:38	3:15	3:48	3:16
9 3:30					
Livergood	3:37	3:56	3:37	3:52	3:26
Simpson	3:14	3:31	3:06	3:52	3:04
LUTKEWITTE X KYLE	X	X	X	X	X
Scott, Sean	3:15	3:33	3:12	3:56	3:19

Recovering

Warner
Mi McBride
Hilderbrand
Geders
Hagan
Mathis
Dirnbeck

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 9-21-05 Conditions:

jog west/cal-dynamics/run recovery loops AB=5 CDE=4/at World's Fair Pavillioin do "Firehouse Drills"

AB=3 CDE=2/run FORM striders at race tempo AB=6 CDE=4/Full Stretch/jog SLUH

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							**D4**						
Murphy-Baum		5	38:14	168			Wingbermuehle		4	NT	172		
Kaiser		5	43:27	132			Diehl		4	35:35	140		
Jonagan		5	53:10	120			Griesenauer		4	32:06	160		
Banet		5	43:27	144			Half, RJ						
Lawder		5	43:27	108			Kliethermas						
Lawless		5	54:15	120			Lang						
Rhoads		5	53:10	186			Lima		4	NT	140		
Bonner		5	38:14	148			McReynolds						
B1							Vicini		4	36:45	148		
Viox		5	40:15	116			Cookson						
David		5	38:25	168			Heagney, Tom						
Kuciejczyk-K		5	38:14	156			Linhares, Pat						
Murphy		5	41:08	128			**D5**						
B2							Angeli		4	31:29	172		
McCafferty		5	37:07	148			Floros		4	NT	132		
Schmidt, T		5	40:12	144			Hagan, Connor						
Mulligan		5	39:15	160			Kuehner		4	35:45	192		
Emery		5	40:12	156			Lueking		4	35:17	176		
B3							Margherio		4	34:25	156		
Purcell		5	37:30	172			Menius		4	34:26	140		
Schumacher		5	37:07	172			Merrill, Ben						
C3							Ngyuen		4	NT	160		
Warner							Mathis, Dan						
Reynolds		5	54:15	120			Ottenlips						
McBride, Ma		5	41:08	176			Backer						
McBride, Mi							Holtshouser		4	NT	152		
Scariot		4	35:35	160			Cannady						
Schmidt, B		4	30:38	144			Carroll						
B4							Carron						
Watt		5	37:05	128			Brennan						
Parr		5	40:15	144			Thornberry						
Marincel		4	33:01	148			Kocisak						
C3							Stauder, Zack						
~~Warner~~							**D6**						
~~Reynolds~~							Livergood		4	35:17	168		
~~McBride, Ma~~							Huddleston						
~~McBride, Mi~~							Simpson		4	35:18	160		
~~Scariot~~							Ross						
~~Schmidt, B~~		4	30:38	154			Orbe		4	NT	184		
Pilla		4	35:35	140			Scott		4	36:07	144		
Clohisy							Rohde						
C4							Evola						
Dirnbeck							Fadel						
Hanson		4	32:39	160			KYLE		4	35:17			
Hilderbrand							**Recovering**						
Kelly, M		4	30:38	168			Warner						
Kelly, S.		4	32:28	168			Mi McBride						
Linhares		4	32:11	156			Hilderbrand						
							Geders						
							Hagan						
							Mathis						

$12 CASH FROM TIM SCHMIDT

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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

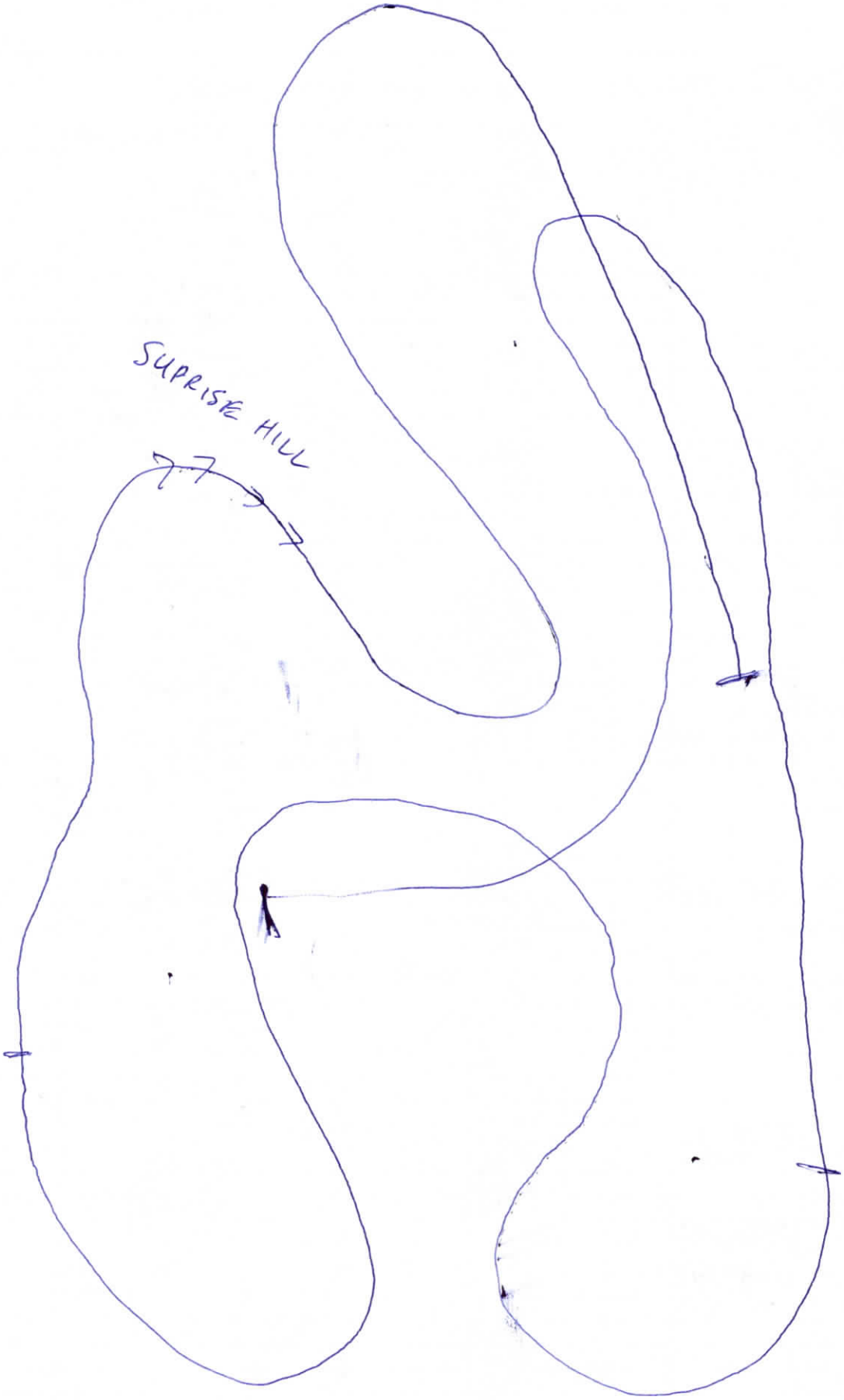
DATE: 9-22-05 Conditions:

TOP 21 at JB/jog west/cal-CORE-dynamics/run aero loops C=4 DE=3/8 strides, 4 at race, 4 at fast/

2nd cal/full stretch/jog SLUH

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							**D4**						
Murphy-Baum	—						Wingbermuehle	3		23:16	176		
Kaiser	—						Diehl	—		—			
Jonagan	—						Griesenauer	3		23:32	172		
Banet	—						Half, RJ	3		24:54	152		
Lawder	—						Kliethermas	3		23:26	120		
Lawless	—						Lang	3		25:43	180		
Rhoads	—						Lima	3		28:33	140		
Bonner	—						McReynolds			—			
B1							Vicini	3		28:33	168		
Viox	—						Cookson	3		24:01	180		
David	—						Heagney, Tom	3		24:01	132		
Kuciejczyk-K	—						Linhares, Pat	3		24:01	216		
Murphy	—						**D5**						
B2							Angeli	3		22:37	176		
McCafferty	—						Floros	3		24:39	138		
Schmidt, T	—						Hagan, Connor						
Mulligan	—						Kuehner	3		23:59	200		
Emery	—						Lueking	3		25:27	180		
B3							Margherio	3		23:50	152		
Purcell	—						Menius	3		25:44	172		
Schumacher	—						Merrill, Ben	3		25:39	162		
C3							Ngyuen	3		28:20	184		
Warner	—						Mathis, Dan			—			
Reynolds	—						Ottenlips	3		25:43	160		
McBride, Ma	—						Backer	3		23:26	160		
McBride, Mi	—						Holtshouser	3		25:13	180		
Scariot	—						Cannady	3		24:41	180		
Schmidt, B	—						Carroll	3		25:30	160		
B4							Carron	3		24:41	160		
Watt		5	34:59	168			Brennan	3		24:39	164		
Parr	—						Thornberry	3		25:48	168		
Marincel	—						Kocisak	3		25:32	160		
C3							Stauder, Zack						
Warner							**D6**						
Reynolds							Livergood	3		25:41	188		
McBride, Ma							Huddleston	3		25:32	192		
McBride, Mi							Simpson						
Scariot							Ross	3		24:40	180		
Schmidt, B							Orbe	3		25:13	184		
Pilla	4		29:17	176			Scott						
Clohisy	4		29:50	156			Rohde	3		24:58	196		
C4							Evola	3		29:16	200		
Dirnbeck	—						Fadel	3		30:21	160		
Hanson	4		29:36	172									
Hilderbrand	—						**Recovering**						
Kelly, M	4		29:17	172			Warner						
Kelly, S.	4		30:21	180			Mi McBride						
Linhares	—						Hilderbrand						
							Geders						
							Hagan						
							Mathis						
						Kyle	Lutkewitte	3		25:37	172		

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/3


SUPRISE HILL

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: 9-26-05 Conditions:

jog two waves cent field/cal-core-full stretch/(mtg)/2 x strides/surge tempo 5/4/3/2nd cal/extended recovery

jog SLUH/full stretch

Name	#	goal	time	pulse	pace	com
A1						
Murphy-Baum 5	5		28:03	200	5:36.8	
Kaiser	5		29:17	188	5:52	
Jonagan 5mi	5		29:40	184	5:56	
Banet 2mi	4		23:58	196	5:59.5	
Lawder	5		29:01	180	5:48	
Lawless	5		29:22	152	5:53	
Rhoads	5		29:15	196	5:51	
Bonner	NO SHOES					!
B1						
Viox Recovery			X	X		
David Recovery			X	X		
Kuciejczyk-K 5mi	5		29:10	180	5:50	
Murphy 5	5		30:04	180	6:01	
B2						
McCafferty 2mi			14:20	136		
Schmidt, T	5		30:34	196		
Mulligan	5		30:45	208		
Emery 5	5		30:56	176		
B3						
Purcell			31:25	204		
Schumacher			31:55			
C3						
Warner						
Reynolds						
McBride, Ma						
McBride, Mi						
Scariot						
Schmidt, B						
B4						
Watt 4mi			26:28	204		
Parr			32:13	170		
Marincel 4mi			26:29	192		
C3						
Warner						
Reynolds						
McBride, Ma 4mi			26:25	196		
McBride, Mi 3mi			20:20	204		
Scariot 4mi			25:18	220		
Schmidt, B			25:59	168		
Pilla 4			27:00	184		
Clohisy 4mi			24:38	188		
C4						
Dirnbeck						
Hanson			28:42	196		
Hilderbrand						
Kelly, M			26:59	188		
Kelly, S.			27:49	188		
Linhares			27:54	188		

Name	#	goal	time	pulse	pace	com
D4						
Wingbermuehle			29:45	204		
Diehl 4mi			32:20			
Griesenauer			28:00	216		
Half, RJ			25:45	168		
Kliethermas			25:57	180		
Lang			30:44	196		
Lima 3mi			22:45	152		
McReynolds						
Vicini 4mi			27:33	188		
Cookson			29:09	180		
Heagney, Tom 3mi			20:04	132		
Linhares, Pat			30:21	180		
D5						
Angeli			27:59	216		
Floros 3mi			21:20	180		
Hagan, Connor						
Kuehner			30:29	200		
Lueking			28:18	X		
Margherio 4mi			30:29	192		
Menius 4mi			31:03	188		
Merrill, Ben			27:27	180		
Ngyuen			29:10	192		
Mathis, Dan						
Ottenlips			31:53	160		
Backer			29:39	140		
Holtshouser 4mi			29:41	192		
Cannady 4mi			31:58	140		
Carroll 3mi			22:56	180		
Carron 3mi			22:30	160		
Brennan 3mi			21:59	180		
Thornberry 4mi			30:59	192		
Kocisak			24:19	176		
Stauder, Zack			24:37	204		
D6						
Livergood			32:47	196		
Huddleston			32:00			
Simpson 3mi			24:24	196		
Ross Recovery 3mi			26:02	180		
Orbe 3mi			22:17	196		
Scott 1mi "Broken chest"			8:09	160		
Rohde 3mi			23:37	168		
Evola						
Fadel 3mi			24:19	196		
Recovering						
Warner						
Mi McBride						
Hilderbrand						
Geders 3mi			26:02	168		
Hagan 1mi			6:42	184		
Mathis						

Kyle Lemmette 22:? 140 3mi

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 9-26-05 Conditions:

jog two waves cent field/cal-core-full stretch/(mtg)/2 x strides/surge tempo 5/4/3/2nd cal/extended recovery

jog SLUH/full stretch

Name	#	goal	time	pulse	pace	com
A1						
Murphy-Baum	6	43:21	160			
Kaiser	6	43:25	146			
Jonagan	6	43:25	148			
Banet	3.5	—	—			
Lawder	6	43:25	148			
Lawless	6	43:25	108			
Rhoads	3.5	—	—			
Bonner	3.5	—	—			
B1						
Viox	—	—	—			
David	6	43:25	142			
Kuciejczyk-K	6	43:25	148			
Murphy	3.5	—	—			
B2						
McCafferty	—	—	—			
Schmidt, T	6	42:55	160			
Mulligan	6	42:55	140			
Emery	3.5	—	—			
B3						
Purcell	6	43:57	148			
Schumacher	3.5	—	—			
C3						
Warner						
Reynolds	5	29:13	156			
McBride, Ma						
McBride, Mi						
Scariot	5	31:51	196			
Schmidt, B						
B4						
Watt	5	41:59	168			
Parr	6	43:37	160			
Marincel	5	35:15	160			
C3						
Warner	5	33:44	152			
Reynolds						
McBride, Ma	5	35:15	172			
McBride, Mi	INJURED					
Scariot						
Schmidt, B	5	33:53	168			
Pilla	5	34:53	156			
Clohisy	3.5	—	—			
C4						
Dirnbeck						
Hanson	5	37:15	168			
Hilderbrand						
Kelly, M	5	35:16	168			
Kelly, S.	INJURED					
Linhares	INJURED					

Name	#	goal	time	pulse	pace	com
D4						
Wingbermuehle	4	30:15	180			
Diehl	—	—	—			
Griesenauer	4	25:4	172			
Half, RJ	4	27:40	176			
Kliethermas	4	27:40	160			
Lang	4	27:36	172			
Lima	4	28:48	136			
McReynolds	2	—	—			
Vicini	4	28:27	172			
Cookson	4	28:27	160			
Heagney, Tom	4	28:27	140			
Linhares, Pat	4	29:3	152			
D5						
Angeli	4	29:21	132			
Floros	4	25:58	180			
Hagan, Connor	—	—	—			
Kuehner	4	29:56	192			
Lueking	4	29:14	180			
Margherio	4	29:26	NA			
Menius	4	28:24	168			
Merrill, Ben	4	30:27	168			
Ngyuen	4	28:48	160			
Mathis, Dan	—	—	—			
Ottenlips	4	33:21	140			
Backer	4	30:27	164			
Holtshouser	5	37:45	172			
Cannady	4	28:27	160			
Carroll	4	33:15	150			
Carron	4	31:15	142			
Brennan	4	28:27	172			
Thornberry						
Kocisak	4	30:52	176			
Stauder, Zack	4	28:22	188			
D6						
Livergood	4	32:40	172			
Huddleston	4	30:34	192			
Simpson	4	34:43	156			
Ross	4	31:39	180			
Orbe	4	28:59	168			
Scott						
Rohde	4	31:56	184			
Evola	4	36:17	200			
Fadel	—	—	—			
Recovering						
Warner						
Mi McBride						
Hilderbrand						
Geders	4	28:51	156			
Hagan						
Mathis						
Kyle	4	28:24	160			

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

CALL SCOTT N DAN WARNER

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: 9-27-05 Conditions:

Express Distance day

Name	#	goal	time	pulse	pace	com
A1						
Murphy-Baum	12		81:28		172	
Kaiser	10		1:11:27		172	
Jonagan	10		1:11:27		186	
Banet		Excuse				
Lawder	12		81:28		176	
Lawless	12		81:28		156	
Rhoads	12		81:28		168	
Bonner	10		70:27		160	
B1						
Viox	10		69:54		152	
David	10		1:11		168	
Kuciejczyk-K	10		69:54		156	
Murphy	10		70:20		160	
B2						
McCafferty		Excuse				
Schmidt, T	10		1:10:20		168	
Mulligan	10		70:20		182	
Emery	10		68:57		164	
B3						
Purcell	10		1:10:29		176	
Schumacher	10		71:30		190	
C3						
Warner		Easy				
Reynolds						
~~McBride, Ma~~						
~~McBride, Mi~~						
~~Scariot~~						
Schmidt, B	8		58:16		168	
B4						
Watt	10		70:40		176	
Parr	10		1:08:57		176	
Marincel	8		58:16		162	
C3						
Warner	3		25:14		160	
Reynolds	8		59:04		148	
McBride, Ma	8		58:24		188	
McBride, Mi						
Scariot	8		58:16		196	
~~Schmidt, B~~						
Pilla	4		30:37		144	
Clohisy	8		58:24		172	
C4						
Dirnbeck						
Hanson	8		66:18		172	
Hilderbrand	Excuse					
Kelly, M	8		59:41		180	
Kelly, S.	3		25:14		160	
Linhares	8		64:00		152	

Name	#	goal	time	pulse	pace	com
D4						
Wingbermuehle						
Diehl		Excuse				
Griesenauer	6		49:27		172	
Half, RJ	6		44:45		180	
Kliethermas	6		45:10		116	
Lang	6		52:54		188	
Lima	6		49:27		172	
McReynolds (?)						
Vicini	6		49:27		192	
Cookson	6		49:27		176	
Heagney, Tom	6		51:17		135	
Linhares, Pat	6		49:27		180	
D5						
Angeli	6		49:27		176	
Floros	6		44:30	172		
Hagan, Connor (?)						
Kuehner	6		52:19		192	
Lueking	6		51:22		168	
Margherio	6		49:48		164	
Menius	6		51:00		168	
Merrill, Ben	6		45:10		178	
Ngyuen	6		49:27		152	
Mathis, Dan						
Ottenlips	6		51:49		160	
Backer	6		49:27		164	
Holtshouser	6		49:27		172	
Cannady	6		52:10		184	
Carroll	5		39:13		172	
Carron	5		37:50		172	
Brennan	6		51:31		180	
Thornberry	6		50:56		180	
Kocisak	5		48:30		160	
Stauder, Zack	5		48:30		192	
D6						
Livergood	5		42:50		176	
Huddleston	6		51:49		196	
Simpson	5		42:50		172	
Ross	4		35:40		140	
Orbe	5		37:54		180	
Scott	5		42:54		180	
Rohde						
Evola						
Fadel	5		39:45		188	
Lukeltelwitte	5		42:50		152	
Recovering						
Warner						
Mi McBride	8		58:28		180	
Hilderbrand						
Geders	4		35:40		160	
Hagan						
Mathis						

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 9-28-05 Conditions:

SPLIT PRAC: Ext jog-cal-full str/run split pract: A-C=16-12 x 400 at race then neg DE=5 x 800 at race then neg extended cool-2nd cal-full stretch

Name	400 av	400 av	400 av	400 av	com
0					
Murphy-Bm	✓				
1					
Kaiser	✓				
Jonagan	✓				
Banet	✓				
Lawder	✓				
Lawless	✓				
Bonner	✓				
2					
Rhoads	✓				
Viox	✓				
David	✓				
Kuciejczyk-K	✓				
Murphy	✓				
3					
McCafferty	—				
Schmidt, T	✓				
Mulligan	✓				
Emery	✓				
Purcell	✓				
Schumacher	✓				
Clohisy	✓				
4					
Reynolds	✓				
McBride, Ma	✓				
Half	✓				
Kliethermes	✓				
5					
Scariot	✓				
Schmidt, B	✓				
Watt	✓				
Parr	✓				
Marincel	✓				
McBride	✓				
Pilla	✓				
~~Clohisy~~					
Linhares	✓				
S KELLY	✓				

Name	400 av	400 av	400 av	x
6				
Dirnbeck	✓			
Hanson	✓			
Kelly, M	✓			
Diehl	✓			
Vicini	✓			
Lima	✓			
P. Linhares	✓			
Cookson	✓			
Heagney	✓			
LYTREWITTE	✓			
7				
Wingbermuehle	✓ 800	800	800	800
Griesenauer	✓			
Angeli	✓			
Orbe	✓			
Menius	✓			
Ngyuen	✓			
Holtshouser	✓			
Lang	✓			
Ottenlips	✓			
Floros	✓			
Backer	✓			
Thornberry	✓			
Cannady	✓			
~~Backer~~ CARROLL	✓			
Carron	✓			
~~Koesiak~~	—			
Brennan	✓			
Merrill	✓			
8	800	800	800	800
HUDDLESTON	✓			
Margherio	✓			
Luecking	✓			
Kuehner	✓			
Stauder	✓			
Rhode	✓			
Fadel	✓			
SCOTT	✓			
9				
Livergood	✓			
Simpson	✓			
Recovering				
Warner	✓			
Hilderbrand	✓			
Geders	—			
Hagan	✓			
Mathis	✓			
McReynolds	✓			

PAID

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-3-05 Conditions:

Express Distance day 10-8-6-5-4 with weights

Name	#	goal	time	pulse	pace	com
A1						
Murphy-Baum	10	1:12:00	172			
Kaiser	10	1:12:00	152			
Jonagan	10	1:12:00	164			
Banet	10	1:12:00	176			
Lawder	10	1:12:00	172			
Lawless	10	1:12:00	128			
Rhoads	10	1:12:00	156			
Bonner	8	55:00	140			
B1						
Viox	8	55:00	128			
David	8	55:00	140			
Kuciejczyk-K	8	55:23	152			
Murphy	8	55:10	168			
B2						
McCafferty	8	54:37	152			
Schmidt, T	8	56:26	160			
Mulligan	8	56:26	164			
Emery	8	54:55	156			
B3						
Purcell	8	56:59	164			
Schumacher	8	57:31	176			
C3						
Warner	6	42:51	176			
Reynolds	6	42:47	168			
McBride, Ma	6	42:47	196			
McBride, Mi	—	25:00	—			
Scariot	6	43:38	172			
Schmidt, B	6	43:58	172			
B4						
Watt	8	54:37	172			
Parr	8	54:55	158			
Marincel	6	43:07	172			
C3						
Warner	6	42:51	176			
Reynolds	6	—	—			
McBride, Ma.	6	42:47	196			
McBride, Mi		25:00	—			
Scariot	6	43:38	172			
Schmidt, B	6	43:58	172			
Pilla	6	47:25	160			
Clohisy	8	56:26	156			
C4						
Dirnbeck	X	—				
Hanson	6	47:25	176			
Hilderbrand	X	—				
Kelly, M	6	45:34	168			
Kelly, S.	6	46:03	176			
Linhares, David	6	45:50	168			

Name	#	goal	time	pulse	pace	com
D4						
Wingbermuehle	5	41:21	180			
Diehl		25:00	—			
Griesenauer	5	40:00	172			
Half, RJ	6	47:30	160			
Kliethermas	6	46:04	168			
Lang	5	46:11	172			
Lima	5	40:50	176			
McReynolds	5	38:50	160			
Vicini	5	40:02	156			
Cookson	5	40:30	136			
Heagney, Tom	5	40:30	132			
Linhares, Pat	5	37:17	160			
D5						
Angeli	5	40:00	176			
Floros	6	46:18	160			
Hagan, Connor	5	36:51	208			
Kuehner	5	40:52	196			
Lueking	5	40:00	172			
Margherio	E	—				
Menius	5	39:40	164			
Merrill, Ben	5	37:17	170			
Ngyuen	E	—				
Mathis, Dan	5	40:06	196			
Ottenlips	5	40:06	180			
Backer	5	38:15	172			
Holtshouser	5	37:17	180			
Cannady	5	46:11	120			
Carroll	5	39:50	160			
Carron	5	37:40	160			
Brennan	5	40:21	184			
Thornberry	5	38:50	200			
Kocisak	5	45:30	176			
Stauder, Zack	5	45:30	196			
D6						
Livergood	X	—				
Huddleston	X	—				
Simpson	5	41:14	192			
Ross	5	40:06	185			
Orbe	5	40:16	166			
Scott	5	41:14	180			
Rohde	5	47:30	X			
Evola	5	47:30	X			
Fadel	5	44:45	180			
Recovering						
Warner						
Mi McBride						
Hilderbrand	—					
Geders	4	32:22	156			
Hagan	5	36:51	208			
Mathis	5	40:06	196			
Lutkewitte	5	39:43	152			

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 10-4-05 Conditions:

Jog-cal-core-dyn-nuero-form strides-400 reps at race and faster-2nd cal-extended recovery-jog-stretch

Name	1	2	3	4	5	6	7	8	9	10	11	12
A1												
Murphy-Bm												
Kaiser												
Jonagan												
Banet												
Lawder												
Lawless												
Rhoads												
B1												
Bonner												
Viox												
David												
Kuciejczyk-K												
Murphy												
B2												
McCafferty												
Schmidt, T												
Mulligan												
Emery												
Clohisy												
B3												
Purcell												
Schumacher												
C3												
Warner												
Reynolds												
McBride, Ma												
McBride, Mi												
Scariot												
Schmidt, B												
B4												
Watt												
Parr												
Marincel												
C4												
Dirnbeck												
Hanson												
Kelly, M												
Kelly, S.												
Linhares												
Pilla												

Name	1	2	3	4	5	6	7	8	9	10
D4										
Wingbermu										
Diehl										
Griesenauer										
Half, RJ										
Kliethermas										
Lang										
Lima										
McReynolds										
Vicini										
Cookson										
Heagney										
Linhares										
D5										
Angeli										
Floros										
Hagan										
Kuehner										
Lueking										
Margherio										
Menius										
Merrill, Ben										
Ngyuen										
Mathis, Dan										
Ottenlips										
Backer										
Holtshouser										
Cannady										
Carroll										
Carron										
Brennan										
Thornberry										
Kocisak										
Stauder										
D6										
Livergood										
Huddleston										
Simpson										
Ross										
Orbe										
Scott										
Rohde										
Evola										
Fadel										
Recovering										
Mi McBride										
Hilderbrand										
Geders										
Hagan										
Mathis										

10

87/77 3

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-4-05 Conditions:

Jog-cal-core-dyn-nuero-form strides-400 reps at race and faster-2nd cal-extended recovery-jog-stretch

(12)

Name	1	2	3	4	5	6	7	8	9	10	11	12
A1												
Murphy-Bm												
Kaiser												
Jonagan												
Banet												
Lawder												
Lawless												
Rhoads												
B1												
Bonner												
Viox												
David												
Kuciejczyk-K												
Murphy												
B2												
McCafferty												
Schmidt, T												
Mulligan												
Emery												
Clohisy												
B3												
Purcell												
Schumacher												
C3												
Warner												
Reynolds												
McBride, Ma												
McBride, Mi												
Scariot												
Schmidt, B												
B4												
Watt												
Parr												
Marincel												
C4												
Dirnbeck												
Hanson												
Kelly, M												
Kelly, S.												
Linhares												
Pilla												

(12)

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(2)

Name	1	2	3	4	5	6	7	8	9	10
D4										
Wingbermu										
Diehl										
Griesenauer										
Half, RJ										
Kliethermas										
Lang										
Lima										
McReynolds										
Vicini										
Cookson										
Heagney										
Linhares										
D5										
Angeli										
Floros										
Hagan										
Kuehner										
Lueking										
Margherio										
Menius										
Merrill, Ben										
Ngyuen										
Mathis, Dan										
Ottenlips										
Backer										
Holtshouser										
Cannady										
Carroll										
Carron										
Brennan										
Thornberry										
Kocisak										
Stauder										
D6										
Livergood										
Huddleston										
Simpson										
Ross										
Orbe										
Scott										
Rohde										
Evola										
Fadel										
Recovering										
Mi McBride										
Hilderbrand										
Geders										
Hagan										
Mathis										

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-4-05 Conditions:

Jog-cal-core-dyn-nuero-form strides-400 reps at race and faster-2nd cal-extended recovery-jog-stretch

Name	1	2	3	4	5	6	7	8	9	10	11	12
A1 76-67												
Murphy-Bm	74	74	74	74	69	70	69	67	65	66	66	66
Kaiser 8/101	76	76	76	77	72	73	73	72	71	70	67	69
Jonagan /	79	76	77	79	75	73	78	72	71	73	75	74
Banet	80	76	76	77	72	75	76	73	71	73	74	73
Lawder /	78	76	76	76	72	72	72	71	67	67	[illegible]	67
Lawless /	76	75	75	75	76	72	70	69	67	67	[illegible]	65
Rhoads	78	76	76	76	72	73	72	71	70	71	72	74
B1												
Bonner /	79	76	76	79	74	75	75	73	67	68	69	66
Viox /	78	76	76	77	70	73	71	70	67	67	68	67
David /	77	76	76	78	73	76	76	73	[illegible]	73	75	72
Kuciejczyk-K	77	76	76	77	70	73	72	70	67	67	67	67
Murphy	76	76	76	77	75	79	X	X	X	X	X	X
B2												
McCafferty												
Schmidt, T	84	82	82	81	78	78	76	78	74	74	73	74
Mulligan	84	82	82	81	78	78	76	76	74	74	73	72
Emery	84	83	82	82	78	78	78	79	73	73	73	72
Clohisy	84	82	82	81	78	78	78	78	73	73	73	72
B3	[illegible]											
Purcell	84	83	82	82	78	78	79	79	74	75	75	75
Schumacher	85	82	83	82	79	79	79	78	79	79	78	77
C3												
Warner	88	84	82	80	76	77	79	79	76	76	X	X
Reynolds	85	83	83	83	79	79	79	79	75	76	76	75
McBride, Ma	85	82	82	81	78	78	78	78	74	76	73	73
McBride, Mi	88	84	83	83	76	77	78	76	73	71	X	X
Scariot	86	84	84	84	81	80	81	83	X	79	X	X
Schmidt, B	85	82	82	81	78	77	78	78	75	76	79	74
B4												
Watt	87	84	84	86	83	73	78	83	71	72	X	X
Parr	84	82	82	81	78	78	78	78	73	75	73	75
Marincel	85	83	83	83	79	79	79	79	74	75	74	73
C4												
Dirnbeck												
Hanson	86	85	84	86	82	86	86	85	84	83		
Kelly, M	87	87	87	85	77	78	79	80	78	77		
Kelly, S.	85	86	87	85	80	82	83	83	83	80		
Linhares	86	84	84	84	78	82	82	83	85	83		
Pilla	86	86	86	86	78	79	77	81	78	77		

Name	1	2	3	4	5	6	7	8	9	10
D4										
Wingbermu										
Diehl										
Griesenauer	89	86	86	86	81	83	82	81	77	77
Half, RJ	88	85	84	84	80	78	79	77	75	70
Kliethermas	88	85	84	84	79	80	81	77	76	75
Lang										
Lima	90	83	81	86	80	83	84	82	78	76
McReynolds	89	85	84	84	82	81	81	80	78	77
Vicini	86	86	83	80	76	76	81	82	77	75
Cookson	89	86	87	86	81	82	83	77	77	79
Heagney										
Linhares										
D5										
Angeli										
Floros										
Hagan										
Kuehner										
Lueking										
Margherio										
Menius										
Merrill, Ben										
Ngyuen										
Mathis, Dan										
Ottenlips										
Backer										
Holtshouser										
Cannady										
Carroll										
Carron										
Brennan										
Thornberry										
Kocisak										
Stauder										
D6										
Livergood										
Huddleston										
Simpson										
Ross										
Orbe										
Scott										
Rohde										
Evola										
Fadel										
Recovering										
Mi McBride										
Hilderbrand										
Geders										
Hagan										
Mathis										

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-4-05 Conditions:

Jog-cal-core-dyn-nuero-form strides-400 reps at race and faster-2nd cal-extended recovery-jog-stretch

Name	1	2	3	4	5	6	7	8	9	10	11	12
A1												
Murphy-Bm												
Kaiser												
Jonagan												
Banet												
Lawder												
Lawless												
Rhoads												
B1												
Bonner												
Viox												
David												
Kuciejczyk-K												
Murphy												
B2												
McCafferty												
Schmidt, T												
Mulligan												
Emery												
Clohisy												
B3												
Purcell												
Schumacher												
C3												
Warner												
Reynolds												
McBride, Ma												
McBride, Mi												
Scariot												
Schmidt, B												
B4												
Watt												
Parr												
Marincel												
C4												
Dirnbeck												
Hanson												
Kelly, M												
Kelly, S.												
Linhares												
Pilla												

Name	1	2	3	4	5	6	7	8	9	10
D4										
Wingbermu	94	95	92	90	90	89	87	/	80	79
Diehl										
Griesenauer										
Half, RJ										
Kliethermas										
Lang	92	94	92	93	90	94	93	—	78	80
Lima										
~~McReynolds~~										
~~Vicini~~										
~~Cookson~~										
Heagney	82	83	81	85	85	85	81	84	74	77
Linhares	85	87	87	89	86	85	84	86	78	84
D5										
Angeli	92	90	89	87	85	84	83	82	74	70
Floros	90	87	88	86	86	86	84	89	85	85
Hagan										
Kuehner	93	89	92	89	80	85	80	76		
Lueking	93	92	94	92	83	85	83	76		
Margherio	88	88	85	88	91	102	—	—	79	79
Menius	89	83	85	90	87	90	91	93	85	89
Merrill, Ben	87	89	87	90	88	86	80	88	85	80
Ngyuen	88	85	85	89	87	87	87	92	85	85
Mathis, Dan	84	85	84	88	87	86	84	86	80	80
Ottenlips	88	84	95	91	80	85	78	78		
Backer	89	89	81	89	88	86	89	90	85	84
Holtshouser	84	84	82	84	85	83	82	86	78	77
Cannady	93	91	95	93	90	—	—	—		
Carroll	92	87	95	91	82	85	81	77		
Carron	94	91	95	93	87	87	85	84		
Brennan	82	89	87	88	88	86	89	90	82	83
Thornberry	83	85	82	85	86	85	84	84	79	79
Kocisak	93	92	94	93	83	85	85	83		
Stauder	93	90	95	92	88	90	88	85		
D6										
Livergood	95	93	95	93	89	94	93	91		
Huddleston			97							
Simpson	94	88	[illegible]	93	87	88	89	83	[illegible]	[illegible]
Ross	86	89	87	90	90	87	86	88	80	79
Orbe	87	83	94	92	83	85	85	80		
Scott	88	85	95	93	87	95	92	94		
Rohde	97	92	95	94	90	96	102	97		
Evola	96	92	99	104	102	—	109	106		
Fadel	93	84	94	90	81	87	86	96		
LEUTKEMEYER	87	84	85	87	86	85	83	84	80	79
Recovering										
Mi McBride										
Hilderbrand										
Geders										
Hagan										
Mathis										

(9) 89/79

(10)

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-4-05 Conditions:

Jog-cal-core-dyn-nuero-form strides-400 reps at race and faster-2nd cal-extended recovery-jog-stretch

Name	1	2	3	4	5	6	7	8	9	10	11	12
A1												
Murphy-Bm												
Kaiser												
Jonagan												
Banet												
Lawder												
Lawless												
Rhoads												
B1												
Bonner												
Viox												
David												
Kuciejczyk-K												
Murphy												
B2												
McCafferty												
Schmidt, T												
Mulligan												
Emery												
Clohisy												
B3												
Purcell												
Schumacher												
C3												
Warner												
Reynolds											93	
McBride, Ma												
McBride, Mi												
Scariot											85	
Schmidt, B												
B4												
Watt												
Parr												
Marincel												
C4												
Dirnbeck												
Hanson												
Kelly, M												
Kelly, S.												
Linhares												
Pilla												

Name	1	2	3	4	5	6	7	8	9	10
D4										
Wingbermu										
Diehl										
Griesenauer										
Half, RJ										
Kliethermas										
Lang										
Lima										
McReynolds										
Vicini										
Cookson										
Heagney										
Linhares										
D5										
Angeli										
Floros										
Hagan										
Kuehner										
Lueking										
Margherio										
Menius										
Merrill, Ben										
Ngyuen										
Mathis, Dan										
Ottenlips										
Backer										
Holtshouser										
Cannady										
Carroll										
Carron										
Brennan										
Thornberry										
Kocisak										
Stauder										
D6										
Livergood										
Huddleston										
Simpson										
~~Ross~~										
Orbe										
Scott										
Rohde										
Evola										
Fadel										
Recovering										
Mi McBride										
Hilderbrand										
Geders										
Hagan										
Mathis										

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-4-05 Conditions:

Jog-cal-core-dyn-nuero-form strides-400 reps at race and faster-2nd cal-extended recovery-jog-stretch

Name	1	2	3	4	5	6	7	8	9	10	11	12
A1												
Murphy-Bm	X											
Kaiser	X											
Jonagan	X											
Banet	X											
Lawder	X											
Lawless	X											
Rhoads	1	81	81	81	74	75	76	70	71	70		
B1												
Bonner	1	81	81	81	76	75	76	70	71	69		
Viox	X											
David	X											
Kuciejczyk-K	1	28	56	152	(4)							
Murphy	X											
B2												
McCafferty	O											
Schmidt, T	O											
Mulligan	1	84	85	85	83	80	80	76	76	70		
Emery	1	83	84	84	81	79	79	73	72	70		
Clohisy (?)		28	56	178	(4)							
B3												
Purcell	1	84	85	86	83	80	81	86	76	74		
Schumacher	1	83	83	84	81	78	80	75	75	76		
C3												
Warner	1	85	84	85	83	80	81	77	76	73		
Reynolds	1	85	88	86	83	81	81	75	75	72		
McBride, Ma	1	83	84	85	82	80	81	77	76	73		
McBride, Mi	1	85	85	86	83	81	81	75	75	70		
Scariot	2	89	83	87	81	79	81	77	77	74		
Schmidt, B	2	88	82	85	80	76	79	73	79	71		
B4												
Watt	2	78	84	88	82	82	81	72	75	72		
Parr	2	87	84	88	81	78	80	74	74	70		
Marincel	2	87	84	88	82	83	81	78	78	75		
C4												
Dirnbeck	X											
Hanson	X											
Kelly, M	2	92	88	90	84	84	84	80	80	77		
Kelly, S.	2	90	87	89	83	83	84	78	80	77		
Linhares	2	89	86	88	81	79	81	77	78	76		
Pilla	2	92	88	90	84	84	84	80	80	71		

Name	1	2	3	4	5	6	7	8	9	10
D4										
Wingbermu	X									
Diehl 3	4	88	85	83	80	81	83	77	80	72
Griesenauer	X									
Half, RJ	2	90	81	87	81	79	80	77	75	72
Kliethermas	2	92	84	88	81	80	80	77	78	72
Lang	3	94	98	97	96	94	94	92	94	84
Lima 2	4	92	82	89	80	81	82	76	77	73
McReynolds	2	89								
Vicini	2	89	84	80	80	77	79	73	74	70
Cookson	2	92	87	87	82	80	81	80	73	75
Heagney	3	98	97							
~~Linhares~~										
D5										
Angeli 3	4	92	89	89	84	84	84	80	81	79
Floros	4	94	90	94	87	88	88	82	85	84
Hagan	3	93	96	94	94	90	94	90	93	88
Kuehner	3	94	87	90	85	85	86	77	82	79
Lueking	4	96	96	97	91	92	91	87	88	85
Margherio	3	95	94	92	89	89	88	84	85	82
Menius	3	95	95	93	88	87	85	81	82	78
Merrill, Ben	3	89	93	89	84	84	84	80	81	77
Ngyuen	3	96	96	97	94	92	91	85	88	85
Mathis, Dan	3	94	95	94	90	91	88	82	85	83
Ottenlips	3	94	95	94	90	91	88	82	85	84
Backer	4									
Holtshouser	2	90	87	89	83	83	84	78	79	75
Cannady	2									
Carroll	3	95	96	96	93	92	88	87	86	84
Carron	3	95	95	96	93	93	92	89	90	88
Brennan	3	92	92	91	86	88	87	82	84	80
Thornberry	4	94	93	94	91	90	89	87	86	83
Kocisak	3	88	88	90	86	87	86	80	83	82
Stauder	4	97	102	105	94	98	94	89	88	85
D6										
Livergood	4									
Huddleston								86	85	
Simpson	4	156	143	142	134	135	129	[illegible]	[illegible]	85
Ross	3	96	94	96	93	93	89	82	85	83
Orbe	3	95	96	94	92	89	90	86	85	82
Scott	4	96	103	142	134	135	130	87	87	85
Rohde	4	98	104	104	138	99	95	90	87	87
Evola	4	102	[illegible]	107	[illegible]	140	152	137	147	97
Fadel	4	98	103	103	99	96	89	88	82	84
			105		144					
Recovering										
Mi McBride										
Hilderbrand										
Geders	94	96	97	→	89	90	87			
Hagan										
Mathis										

Some were given in minutes

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-5-05 Conditions:

jog-cal-dyn run loops: AB=8-C=6-D=5-E=4 with hill drills: ABC=6-5-4 Art Hill reps DE=4-3 Firehouse reps /2nd cal-stretch/jog

Name	#	goal	time	pulse	pace	com
A1						
Murphy-Baum	8		54:54	176		
Kaiser	8		[illegible]	164		
Jonagan	5		35:00	—		
Banet	—		—	—		
Lawder	8		57:37	172		
Lawless	6		46:34	164		
Rhoads	8		52:30	172		
B1						
Bonner	5		37:00	180		
Viox						
David	6		44:17	160		
Kuciejczyk-K	8		57:26	164		
Murphy	5		35:00	—		
B2						
McCafferty	—		—			
Schmidt, T	6		46:54	144		
Mulligan	8		—	180		
Emery	8		57:00	156		
Clohisy	8		55:58	168		
B3						
Purcell	8		60:18	168		
Schumacher	8		60:04	180		
C3						
Warner	6		48:31	156		
Reynolds	8		51:00	164		
McBride, Ma	6		48:31	180		
McBride, Mi	6		46:04	142		
Scariot	6		51:07	188		
Schmidt, B	6		43:38	164		
B4						
Watt	8		56:08	192		
Parr						
Marincel	6		46:04	164		
C4						
Dirnbeck						
Hanson	6		52:04	160		
Kelly, M	6		47:00	176		
Kelly, S.	6		47:43	180		
Linhares	6		40:31	156		
Pilla	6		48:00	168		

Name	#	goal	time	pulse	pace	com
D4						
Wingbermuehle	5		43:30	180		
Diehl	4		35:03	164		
Griesenauer	5		38:30	180		
Half, RJ	5		38:34	168		
Kliethermas	5		38:31	184		
Lang	4		35:03	172		
Lima	5		38:30	156		
McReynolds	—		—	—		
Vicini	5		38:45	172		
Cookson	5		39:08	148		
Heagney, Tom	5		—	140		
Linhares, Pat	5		38:30	170		
D5						
Angeli	5		34:42	160		
Floros	5		35:30	180		
Hagan, Connor	5		36:57	196		
Kuehner	5		42:09	196		
Lueking	4+		—	150	Shin Pain	
Margherio						
Menius	5		37:43	164		
Merrill, Ben	5		35:30	172		
Ngyuen	5		38:30	160		
Mathis, Dan	5		38:45	176		
Ottenlips	5		38:45	180		
Backer	5		39:05	172		
Holtshouser	5		34:34	176		
Cannady	5		47:57	180		
Carroll	5		[illegible]	150		
Carron	5		36:47	140		
Brennan	5		37:57	188		
Thornberry	5		37:37	180		
Kocisak	5		41:07	180		
Stauder, Zack	5		41:55	192		
D6						
Livergood	5		42:09	184		
Huddleston	—		—	—		
Simpson	5		43:24	184		
Ross	5		39:38	180		
Orbe	5		36:46	166		
Scott	5		43:22	184		
Rohde	5		42:05	192		
Evola	—		—	—		
Fadel	5		[illegible]	180		
Recovering						
Mi McBride	[illegible]					
Hilderbrand						
Geders						
Hagan						
Mathis						
Kyle	5		37:43	160		

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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

10 · 10-05

EXPRESS DISTANCE

DATE: 10-5-05 Conditions:

~~jog-cal-dyn run loops: AB=8-C=6-D=5-E=4 with hill drills: ABC=6-5-4 Art Hill reps DE=4-3 Firehouse reps~~

/2nd cal-stretch/jog

Name	#	goal	time	pulse	pace	com
A1						
Murphy-Baum	12	84:49	172			
Kaiser	D	84:52	164			
Jonagan	12	84:52	160			
Banet	10	69:58	180			
Lawder	12	84:49	148			
Lawless						
Rhoads	12	84:49	172			
B1						
Bonner	8	58:38	140			
Viox	10	69:27	152			
David	10	—	—			
Kuciejczyk-K	8	58:38	156			
Murphy	10	1:10:39	—			
B2						
McCafferty	10	67:32	144			
Schmidt, T	10	1:10:39	—			
Mulligan	.					
Emery	10	69:15	160			
Clohisy	8	58:38	144			
B3						
Purcell	8	61:19	180			
Schumacher	10	69:33	188			
C3						
Warner	8	58:30	152			
Reynolds	8	56:49	164			
McBride, Ma	8	56:49	172			
McBride, Mi	~~6~~	~~43:47~~	~~168~~	8	57:38	180
Scariot	8	59:38	168			
Schmidt, B	6	43:22	172			
B4						
Watt	10	67:32	168			
Parr	10	69:15	140			
Marincel	8	57:38	172			
C4						
Dirnbeck	—	—	—			
Hanson	8	1:04:00	156			
Kelly, M	~~6~~	~~43:47~~	~~168~~			
Kelly, S.	6	46:30	172			
Linhares	8	62:17	160			
Pilla	6	45:17	156			

Name	#	goal	time	pulse	pace	com
D4						
Wingbermuehle	6	47:15	180			
Diehl	—	—	—			
Griesenauer	6	47:37	—			
Half, RJ	6	43:51	172			
Kliethermas 8	6	57:37	168			
Lang	6	47:15	176			
Lima	6	48:00	132			
McReynolds	5	41:05	X			
Vicini	6	44:41	192			
Cookson	6	53:27	140			
Heagney, Tom	6	55:14	140			
Linhares, Pat						
D5						
Angeli	6	47:37	—			
Floros	6	43:43	172			
Hagan, Connor	—	—	—			
Kuehner	6	49:37	196			
Lueking	6	47:37	—			
Margherio	6	49:47	172			
Menius	5	39:22	169			
Merrill, Ben	5	41:05	X			
Ngyuen						
Mathis, Dan	6*	47:03	168			
Ottenlips	6*	47:03	160			
Backer	6	49:15	164			
Holtshouser	6	48:00	156			
Cannady	—	—	—			
Carroll	6*	47:03	170			
Carron	6*	47:03	172			
Brennan	6	53:27	144			
Thornberry	6	48:20	160			
Kocisak	5	48:20	160			
Stauder, Zack	6	55:14	176			
D6						
Livergood	4	32:31	172			
Huddleston	—	—	—			
Simpson	4	32:31	168			
Ross	5	41:05	170			
Orbe	6	50:04	170			
Scott	—	—	—			
Rohde	6	—	168			
Evola	6	—	182			
Fadel	6*	47:03	180			
Kyle	5	—	—			
Recovering						
Mi McBride						
Hilderbrand						
Geders	5	41:05	148			
Hagan	5	41:05	X			
Mathis						

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

Coach,

Murphy - Baum - looked a bit tired but fought hard. - good through 1st 3

Jonagan - looked very tired but fought hard.; favoring

Lawder - looked phenomenal

Lawless - Stopped at 800 on 4th one → heart problems

David - looked dead from the get-go

Kaiser - looked good but tentative

Viox - Steady

Banet - looked tired but did not fight through.

~~[illegible]~~

☆ - ran about 6 seconds long each time (went to wrong cone)

→ Ben: 1-4
others: 1-3

Murphy - Steady, looked strong late

→ Ben ran 1-4 wrong and 5 right.
The others ran 1-3 wrong and 4-5 right.

I fixed this problem on the assimilated sheet.

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: 10-11-05 Conditions:

Workout: Jog to XC/cal-core-full stretch/2 x strides/run mile repeats at tempo-cruise-goal-fast-fastet/extended recovery-2nd cal/full stretch/weights one set

Name	1	2	3	4	5	com
1 (5 reps)						
Murphy-Baum	5:30	5:21	5:16	5:13	5:06	184
Kaiser	5:57	5:37	5:30	5:23	5:21	186
Lawder	5:50	5:32	5:20	5:09	5:08	216
Lawless	5:50	5:33	5:29	X	5:13	172
Jonagan	5:57	5:44	5:51	5:38	5:34	180
Murphy	5:51	5:39	5:35	5:29	5:27	166
Banet	5:52	5:38	5:38	5:48	X	204
Viox	5:50	5:37	5:35	5:35	5:34	168
David	5:52	5:50	6:05	5:59	X	NP
2 (5 reps)						
Rhoads						
Bonner						
Clohisy						
Kuciejczyk-K						
Schumacher						
Schmidt, T						
Mulligan						
Purcell						
McBride, Ma						
Emery						
3 (4 reps)						
Half, RJ						
Kliethermas						
Reynolds						
Scariot						
Cookson						
Vicini						
Marincel						
Shmidt						
Warner						
McBride, Mi						
McCafferty						
4 (4 reps)						
McReynolds						
Watt						
Holtshauser						
Pilla						
Linhares						
Parr						
Kelly M						
Kelly S						
Menius						
Angeli						
5 (4 reps)						
Luektewitte						
Heagney						
Merrill						
Lueking (3)						
Hanson						
Winbermuele						
Thornberry						
Orbe						
Mathis						

See other sheet

Name	1	2	3	4	com
5 (cont.)					
Kocisak					
Kuehner					
Ottenlips					
Carroll					
Ngyuen					
Margherio					
Backer					
Brennan					
Floros					
6 (3 reps)					
Carron					
Lang (4)					
Ross					
Scott					
7 (3 reps)					
Fadel					
Stauder					
Simpson					
Rohde					
Livergood					
Evola					
Recovery					
Linhares					
Diehl					

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-11-05 Conditions:

Workout: Jog to XC/cal-core-full stretch/2 x strides/run mile repeats at tempo-cruise-goal-fast-fastet/extended recovery-2nd cal/full stretch/weights one set

Name	1	2	3	4	5	com
1 (5 reps)						
Murphy-Baum	5:24	5:15	5:10	5:07	5:06	184
Kaiser	5:51	5:31	5:24	5:23	5:21	186
Lawder	5:44	5:26	5:14	5:09	5:08	216
Lawless	5:44	5:27	5:23	X	5:13	172
Jonagan	5:51	5:38	5:45	5:38	5:34	180
Murphy	5:45	5:33	5:29	5:29	5:27	168
Banet	5:46	5:32	5:32	5:41	X	204
Viox	5:44	5:31	5:29	5:35	5:34	168
David	5:46	5:44	5:59	5:59	X	NP
2 (5 reps)	**6:03**	**5:50**	**5:38**	**5:30**	**-5:30**	
Rhoads	6:03	5:55	5:43	5:33	5:29	5:23
Bonner	5:55	5:46	5:38	5:26	5:03	
Clohisy	5:55	5:43	5:33	5:26	5:10	
Kuciejczyk-K	5:55	5:43	5:33	5:29	5:10	
Schumacher	5:56	5:46	5:46	5:50	6:09	
Schmidt, T	5:55	5:43	5:36	5:30	5:27	
Mulligan	5:55	5:43	5:49	5:43	5:54	
Purcell	5:55	5:47	5:32	5:58	—	
McBride, Ma	5:56	5:43	5:43	5:49	5:38	
Emery	5:55	5:43	5:31	5:33	5:32	
3 (4 reps)	**6:30**	**6:15**	**6:02**	**-6:02**		
Half, RJ	6:12	6:05	5:57	5:38		
Kliethermas	6:12	6:07	5:58	5:56		
Reynolds	6:11	6:01	5:53	5:34		
Scariot	6:23	5:58	5:51	5:40		
Cookson	6:13	6:11	6:02	6:05		
Vicini	6:11	6:04	5:57	5:50		
Marincel	6:14	6:07	5:53	5:38		
Shmidt	6:23	5:57	5:55	5:51		
Warner	6:11	5:51	6:07	5:35		
McBride, Mi	6:11	6:02	6:07	5:49		
McCafferty	—	—	—	—		
4 (4 reps)	**6:40**	**6:20**	**6:12**	**-6:12**		
McReynolds	6:25	6:38	6:04	5:53		
Watt	6:10	5:50	5:47	5:45		
Holtshauser	6:22	6:12	6:10	5:53		
Pilla	6:21	6:12	6:07	5:51		
Linhares	6:25	6:14	6:07	6:00		
Parr	—	—	—	—		
Kelly M	6:26	6:13	6:06	5:57		
Kelly S	6:23	6:13	6:10	6:00		
Menius	7:04	6:57	6:56	6:53		
Angeli	6:27	6:20	6:15	6:13		
5 (4 reps)	**6:56**	**6:45**	**6:26**	**-6:26**		
Luektewitte	6:57	6:42	6:31	6:25		
Heagney	7:13	6:54	6:46	6:31		
Merrill	7:15	6:54	6:56	6:50		
Lueking (3)	6:57	6:43	6:01			
Hanson	6:48	6:38	6:30	6:25		
Winbermuele	7:19	6:35	6:40	6:05		
Thornberry	7:08	6:48	[illegible]	[illegible]		
Orbe	[illegible]	6:48	6:34	[illegible]		
Mathis	7:13	6:57	6:50	6:46		
Springenhauer	6:28	6:29	6:21	6:16		
Lucas	6:25	6:26	6:10	5:54		

Name	1	2	3	4	com
5 (cont.)	**7:07**	**6:50**	**6:36**	**-6:36**	
Kocisak	6:52	6:48	6:43	6:29	
Kuehner	6:52	6:43	6:31	6:20	
Ottenlips	6:41	6:46	6:47	6:37	
~~Carroll~~					
Ngyuen	6:51	6:42	6:21	6:15	
Margherio	6:52	6:43	6:31	6:20	
Backer	6:27	6:28	6:21	6:18	
Brennan	6:50	6:52	6:49	[illegible]	
Floros	6:08	6:35	6:37	[illegible]	
6 (3 reps)	**7:28**	[illegible]	**6:55**	[illegible]	
Carron	7:20	6:50	6:24		
Lang (4)	6:48	7:06	7:14	6:06	192
Ross	7:22	6:55	6:18		
Scott	7:05	7:04	7:34		
7 (3 reps)	**7:59**	**7:24**	**-7:24**		
Fadel	7:40	7:04	6:53		
Stauder	7:44	7:13	6:57		
Simpson	7:44	7:22	6:52		
Rohde	7:36	7:13	7:01		
Livergood	7:54	7:30	7:07		
Evola	8:34	8:27	8:18		
Geders	6:25	6:27	—	—	
Kanady	7:34	7:02	7:00		

Recovery					
Linhares					
Diehl	3mi	23:44	136		
Hagan	1mi	6:25			

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 10-11-05 Conditions:

Workout: Jog to XC/cal-core-full stretch/2 x strides/run mile repeats at tempo-cruise-goal-fast-fastet/extended recovery-2nd cal/full stretch/weights one set

Name	1	2	3	4	5	com
1 (5 reps)						
Murphy-Baum	5:24	5.15	5:10	5:07	5:06	184
Kaiser	5:51	5.31	5:24	5.23	5.21	186
Lawder	5:44	5:26	5:14	5:09	5:08	216
Lawless	5:44	5.27	5.23	X	5.13	172
Jonagan	5.51	5:38	5.45	5:38	5.34	180
Murphy	5:45	5:33	5:29	5:29	5:27	168
Banet	5:46	5:32	5:32	5.41	X	204
Viox	5:44	5:31	5:29	5:35	5:34	168
David	5:46	5:44	5:59	5:59	X	NP
2 (5 reps)	6:03	5:50	5:38	5:30	-5:30	
Rhoads 6:03	[illegible]	[illegible]	5:33	5:29	[illegible]	
Bonner	[illegible]	[illegible]	[illegible]	5:26	5:03	
Clohisy	[illegible]	[illegible]	[illegible]	5:26	[illegible]	
Kuciejczyk-K	[illegible]	[illegible]	5:33	5:29	[illegible]	
Schumacher	[illegible]	[illegible]	[illegible]	[illegible]	6:07	
Schmidt, T	[illegible]	[illegible]	5:30	5:30	[illegible]	
Mulligan	[illegible]	[illegible]	[illegible]	[illegible]	5:54	
Purcell	5:55	[illegible]	[illegible]	5:58	—	
McBride, Ma	[illegible]	[illegible]	[illegible]	[illegible]	5:38	
Emery	[illegible]	[illegible]	[illegible]	5:33	5:32	
3 (4 reps)	6:30	6:15	6:02	-6:02		
Half, RJ	[illegible]	[illegible]	[illegible]	[illegible]		
Kliethermas	[illegible]	[illegible]	[illegible]	[illegible]		
Reynolds	[illegible]	[illegible]	[illegible]	[illegible]		
Scariot	[illegible]	[illegible]	[illegible]	[illegible]		
Cookson	[illegible]	[illegible]	[illegible]	[illegible]		
Vicini	[illegible]	[illegible]	[illegible]	[illegible]		
Marincel	[illegible]	[illegible]	[illegible]	[illegible]		
Shmidt	[illegible]	[illegible]	[illegible]	[illegible]		
Warner	[illegible]	[illegible]	[illegible]	[illegible]		
McBride, Mi	[illegible]	[illegible]	[illegible]	[illegible]		
McCafferty	—	—	—	—		
4 (4 reps)	6:40	6:20	6:12	-6:12		
McReynolds	6:25	[illegible]	[illegible]	5:53		
Watt	[illegible]	[illegible]	5:47	[illegible]		
Holtshauser	[illegible]	[illegible]	[illegible]	[illegible]		
Pilla	[illegible]	[illegible]	[illegible]	[illegible]		
Linhares	[illegible]	[illegible]	[illegible]	[illegible]		
Parr	—	—	—	—		
Kelly M	6:26	[illegible]	[illegible]	[illegible]		
Kelly S	[illegible]	[illegible]	[illegible]	[illegible]		
Menius	7:04	[illegible]	[illegible]	[illegible]		
Angeli	[illegible]	[illegible]	[illegible]	[illegible]		
5 (4 reps)	6:56	6:45	6:26	-6:26		
Luektewitte	[illegible]	6:40	6:31	6:25		
Heagney	[illegible]	[illegible]	[illegible]	[illegible]		
Merrill	[illegible]	[illegible]	[illegible]	6:30		
Lueking (3)	[illegible]	[illegible]	[illegible]			
Hanson	[illegible]	[illegible]	[illegible]	[illegible]		
Winbermuele	[illegible]	[illegible]	[illegible]	[illegible]		
Thornberry						
Orbe						
Mathis	[illegible]	[illegible]	[illegible]	[illegible]		

Name	1	2	3	4	com
5 (cont.)	7:07	6:50	6:36	-6:36	
Kocisak	6:52	[illegible]	[illegible]	[illegible]	
Kuehner	6:52	[illegible]	[illegible]	[illegible]	
Ottenlips	6:41	[illegible]	[illegible]	[illegible]	
~~Carroll~~					
Ngyuen	[illegible]	[illegible]	[illegible]	[illegible]	
Margherio	[illegible]	[illegible]	[illegible]	[illegible]	
Backer	[illegible]	[illegible]	[illegible]	[illegible]	
Brennan	[illegible]	[illegible]	[illegible]		
Floros	[illegible]	[illegible]	[illegible]	[illegible]	
6 (3 reps)	7:28	[illegible]	6:55	[illegible]	
Carron	[illegible]	[illegible]	[illegible]		
Lang (4)	6:48	7.06	7.14	[illegible]	
Ross	[illegible]	[illegible]	[illegible]		
Scott	7:05	[illegible]	[illegible]		
7 (3 reps)	7:59	7:24	-7:24		
Fadel	7.40	7:04	[illegible]		
Stauder	7:44	[illegible]	[illegible]		
Simpson	7:44	[illegible]	[illegible]		
Rohde	[illegible]	[illegible]	[illegible]		
Livergood	7:54	7.30	7:27		
Evola	[illegible]	[illegible]	[illegible]		
Geder	[illegible]	[illegible]	—	—	
Kowal	[illegible]	[illegible]	[illegible]		
Recovery					
Linhares					
Diehl	[illegible]	23	[illegible]	[illegible]	
Hagen	[illegible]	[illegible]	[illegible]		

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 10-11-05 Conditions:

Workout: Jog to XC/cal-core-full stretch/2 x strides/run mile repeats at tempo-cruise-goal-fast-fastet/extended recovery-2nd cal/full stretch/weights one set

Name	1	2	3	4	5	com
1 (5 reps)						
~~Murphy~~-Baum						
~~Kaiser~~						
~~Lawder~~						
~~Lawless~~						
~~Jonagan~~						
~~Murphy~~						
~~Banet~~						
~~Viox~~						
~~David~~						
2 (5 reps)						
Rhoads						
Bonner						
Clohisy						
Kuciejczyk-K						
Schumacher						
Schmidt, T						
Mulligan						
Purcell						
McBride, Ma						
Emery						
3 (4 reps)						
Half, RJ						
Kliethermas						
Reynolds						
Scariot						
Cookson						
Vicini						
Marincel						
Shmidt						
Warner						
McBride, Mi						
McCafferty						
4 (4 reps)						
McReynolds						
Watt						
Holtshauser						
Pilla						
Linhares						
Parr						
Kelly M						
Kelly S						
Menius						
Angeli						
5 (4 reps)						
Luektewitte	6:57	6:42	6:31	6:25		
Heagney	7:13	6:59	6:46	6:31		
Merrill	7:15	6:54	6:56	6:50		
Lueking (3)	6:57	6:43	6:01	108		
Hanson	6:48	6:38	6:30	6:25		
Winbermuele	7:19	6:35	6:46	6:05		
Thornberry	7:08	6:48	6:30	6:21		
Orbe	7:05	6:48	6:34	6:32		
Mathis	7:13	6:57	6:56	6:46		

Name	1	2	3	4	com
5 (cont.)					
Kocisak	6:52	6:48	6:43	6:28	
Kuehner	6:52	6:43	6:31	6:20	
Ottenlips	6:41	6:42	6:47	6:37	
~~Carroll~~					
Ngyuen	6:51	6:42	6:31	6:15	
Margherio	6:52	6:43	6:31	6:20	
Backer	6:27	6:28	6:21	6:18	
Brennan	6:50	6:52	6:40	6:39	
Floros	6:27	6:35	6:37	6:36	
6 (3 reps)					
Carron	7:20	6:52	6:24		
Lang (4)	6:48	7:06	7:14	6:06	142
Ross	7:22	6:55	6:18		
Scott	7:05	7:04	7:34		
7 (3 reps)					
Fadel	7:40	7:04	6:57		
Stauder	7:44	7:13	6:57		
Simpson	7:44	7:22	6:53		
Rohde	7:56	7:13	7:01		
Livergood	7:54	7:30	7:07		
Evola	8:34	8:29	8:38		
Geders	6:25	6:27	—	—	
Rannady	7:34	7:02	7:06		

MINI NUERO:

- TOE WALK, TOE JOG
- 4 COUNT PAW GRIDS
- LIV'S PLUS SWITCH

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

- SKIPS
- 4 STRIDES 2 RACE 2 MEDIUM

DATE: 10-12-05

Workout: JOG WEST. CAL. DYN. LIGHT NUERO & FORM DRILLS

RUN 8-6-5-4-3 1/2 RECOVERY - AERO 2ND CAL. 8 6 4 STRIDES

Name	dist	time	pulse	pace	com	note
1						
Murphy-Baum	8	58:39	140			
Kaiser	8	58:39	140			
Lawder	8	58:39	152			
Lawless	8	58:37	108			
Jonagan						
Murphy	8	58:49	148			
Banet	8	58:49	152			
Viox	8	58:49	140			
David	6	45:43	156			
2						
Rhoads	8	58:49	144			
Bonner						
Clohisy	6	45:43	160			
Kuciejczyk-K	6	45:43	152			
Schumacher	6	44:55	156			
Schmidt, T	6	44:55	156			
Mulligan						
Purcell	6	44:55	176			
McBride, Ma	5	37:52	172			
Emery	6	44:55	152			
3						
Half, RJ						
Kliethermas						
Reynolds	5	37:52	152			
Scariot	5	37:52	172			
Cookson						
Vicini	4	32:17	172			
Marincel	5	37:52	160			
Shmidt	5	37:20	144			
Warner	5	39:42	140			
McBride, Mi	5	37:52	188			
McCafferty	6	44:55	152			
4						
Lima	4	31:30	168			
McReynolds						
Watt	6	44:50	152			
Holtshauser	5	37:53	180			
Pilla	5	37:23	168			
Linhares	5	38:16	156			
Parr	6	46:02	144			
Kelly M	5	37:16	164			
Kelly S	5	37:55	168			
Greisenauer	4	32:17	160			
Angeli	4	32:53	160			
Diehl	3	23:11	192			
5						
Luektewitte	2	@ 8 min	160			
Heagney						
Merrill						
Lueking (3)	4	32:17	180			
Hanson	5	42:37	164			
Winbermuele	4	32:31	168			
Thornberry						

Name	dist	time	pulse	pace	com
5 (cont.)					
Lang	4	32:31	168		
Menius	4	32:38	164		
Kocisak					
Kuehner	4	32:17	192		
Ottenlips					
Carroll					
Ngyuen	4	32:17	172		
Margherio	4	32:17	164		
Backer					
Brennan					
Floros	5	37:18	160		
Orbe	5	42:37	172		
Mathis					
6					
Cannady					
Carron					
Ross					
Hagan					
7					
Scott	4	33:52	168		
Fadel					
Stauder					
Simpson	4	33:43	172		
Rohde					
Livergood	4	33:26	176		
Evola					
Geders	3	23:11	164		
LUETKEWITE	2	@ 8	160		
Recovery					
Linhares, P					
Dirnbeck					

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

COACH CHIK'S BOARD 10.14.05 HARD DAY

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

Workout: 16/8/4/4/8/16

Rest: 4 min, 3 min, 2 min

Name	dist	time	pulse	pace	com	note
1						
Murphy-Baum						
Kaiser						
Lawder						
Lawless						
Jonagan						
Murphy						
Banet						
Viox						
David						
2						
Rhoads A	5:38	2:33	78	78	2:25	5:28
Bonner A	5:38	2:33	78	79	2:21	5:23
Clohisy X						
Kuciejczyk-K X						
Schumacher X						
Schmidt, T X						
Mulligan A	5:46	2:37	80	76	2:28	5:40
Purcell X						
McBride, Ma X						
Emery X						
3						
Half, RJ A	5:46	2:36	80	78	2:28	5:51
Kliethermas A	6:10	2:41	82	77	2:36	6:49
Reynolds X						
Scariot X						
Cookson A	6:09	2:39	80	79	2:37	6:29
Vicini A	6:03	2:48	76	79	2:41	5:59
Marincel X						
Shmidt X						
Warner X						
McBride, Mi X						
McCafferty X						
4						
Lima A	6:07	2:38	77	73	2:38	6:03
McReynolds A	6:08	2:39	81	75	2:39	6:11
Watt A	5:52	2:37	80	78	2:46	6:04
Holtshauser B	6:06	2:36	79	79	2:39	6:12
Pilla X						
Linhares B	6:14	2:48	82	83	2:45	6:23
Parr A	5:47	2:35	79	79	2:29	5:53
Kelly M X						
Kelly S B	7:09	3:08	102	108	3:27	—
Greisenauer B	6:41	2:54	98	88	2:45	6:31
Angeli X						
Diehl X						
5						
Luektewitte B	6:43	2:55	88	85	2:51	6:19
Heagney B	6:08	3:01	88	85	3:05	6:39
Merrill B	6:44	2:51	83	85	2:49	6:40
Lueking (3) B	6:41	2:56	92	88	2:45	7:18
Hanson B	6:37	2:52	89	86	2:46	6:39
Winbermuele B	7:10	3:09	93	99	3:07	7:06
Thornberry B	6:41	2:53	86	86	2:51	6:26

Name	dist	time	pulse	pace	com	
5 (cont.)						
Lang B	6:53	3:07	94	88	3:16	7:10
Menius B	8:13	3:57	92	92	—	
Kocisak B	6:58	2:50	79	85	3:02	6:44
Kuehner B	6:58	2:58	79	81	2:55	6:36
Ottenlips B	6:47	2:57	97	89	3:04	7:01
Carroll C	6:44	2:52	88	86	7:02	7:01
Ngyuen C	6:43	2:55	90	89	2:51	6:18
Margherio C	6:58	3:02	89	89	2:55	6:37
Backer C	6:18	2:52	88	88	2:51	6:22
Brennan C	6:38	2:54	95	89	3:06	7:01
Floros C	6:34	2:52	90	88	2:51	6:39
Orbe C	6:50	3:02	86	86	2:56	6:35
Mathis C	6:45	2:55	85	85	3:01	7:01
6						
Cannady C	7:05	2:58	88	91	3:44	7:35
Carron C	7:00	2:59	89	90	3:08	6:50
Ross C	7:00	3:05	98	86	3:07	6:36
Hagan C	7:00	2:56	87	92	3:10	6:42
7						
Scott C	—	—	—	—	—	
Fadel C	7:17	3:08	89	90	3:30	7:41
Stauder C	7:17	3:13	89	90	3:16	7:36
Simpson C	7:25	3:13	95	92	3:06	6:54
Rohde C	7:18	3:10	95	90	3:09	7:42
Livergood C	7:41	3:30	100	102	3:37	7:27
Evola C	8:43	4:48	155	203	4:14	
Geders	6:41	3:01	90	88	2:51	6:30
Recovery						
Linhares, P						
Dirnbeck						

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/3

TOP & JONAGAN AT THERAPIST

TUES BEKONE DISTRICT

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

JOG / FULL STR / STRIDES X 4 / 5 X 1000 AT RACE, + / 10 + STRIDES

25 MIN COOL / FULL STRETCH

DATE:												
Workout:												
	goal	1		2	3	4	5					
Name	dist	time		pulse	pace	com	note	**Name**	dist	time	pulse	pace	com
1								**5 (cont.)**					
Murphy-Baum	3:09	(12)	3:07	2 12	2:58	3:09 (02)		Lang					
Kaiser	3:18	(15)	3:17	3:22	3:06	3:20		Menius					
Lawder	3:18	(15)	3:16	3:18	3:02	3:07		Kocisak					
Lawless	3:18	(15)	3:19	3:11	3:02	3:15		Kuehner					
Jonagan	X							Ottenlips					
Murphy	3:21	(24)	3:19	3:21	3:10	3:22		Carroll					
Banet	3:21	(24)	3:19	3:23	3:07	3:23		Ngyuen					
Viox	3:21	(24)	3:18	3:22	3:06	3:20		Margherio					
David	3:21	(24)	3:19	3:22	3:08	3:23		Backer					
2								Brennan					
Rhoads								Floros					
Bonner								Orbe					
Clohisy								Mathis					
Kuciejczyk-K								**6**					
Schumacher								Cannady					
Schmidt, T								Carron					
Mulligan								Ross					
Purcell								Hagan					
McBride, Ma								**7**					
Emery								Scott					
3								Fadel					
Half, RJ								Stauder					
Kliethermas								Simpson					
Reynolds								Rohde					
Scariot								Livergood					
Cookson								Evola					
Vicini													
Marincel													
Shmidt													
Warner													
McBride, Mi													
McCafferty													
4													
Lima													
McReynolds													
Watt													
Holtshauser													
Pilla													
Linhares													
Parr													
Kelly M													
Kelly S													
Greisenauer													
Angeli													
Diehl													
5								**Recovery**					
Luektewitte								Linhares, P					
Heagney								Dirnbeck					
Merrill													
Lueking (3)													
Hanson													
Winbermuele													
Thornberry													

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

F S

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: 10-18-05 Conditions:

Workout:SPLIT PRACTICE: V to lake, JV to course/ Jog to XC run loop/cal-full stretch/2 x strides/V runs mile repeats at fast/extended recovery-stretch/JV runs 1m race, 1m fast2 x 8 fastest/ext recovery-stretch

	Name		1	2	3	4	5	com
	1							
:05	Murphy-Baum	9	4:54	4:57	4:54	4:52		(5:06)
:20	Kaiser	9	5:22	5:27	5:13	5:14		(5:21)
:20	Lawder	9	5:18	5:14	5:16	4:55		(5:08)
:20	Lawless	9	5:18	5:13	5:09	5:10		(5:13)
:20	Jonagan	9	5:25	5:33	X	5:23		(5:34)
:25	Murphy	9						(5:27)
:25	Banet	9	5:25	5:25	5:39			(5:32)
:25	Viox	9	5:25	5:19	5:14	5:07		(5:29)
:25	David	9	5:25	5:31	5:48			(5:44)
	2 BEN		4:53	4:56	4:54	4:52		
	Rhoads	JV						
	Bonner	JV						
	Clohisy	X						
	Kuciejczyk-K	X						
	Schumacher	X						
	Schmidt, T	JV						
	Mulligan	JV						
	Purcell	JV						
	McBride, Ma	X						
	Emery	JV						
	3							
	Half, RJ	X						
	Kliethermas	X						
	Reynolds	JV						
	Scariot	JV						
	Cookson	X						
	Vicini	X						
	Marincel	JV						
	Shmidt	JV						
	Warner	X						
	McBride, Mi	JV						
	McCafferty	X						
	4							
	Lima	X						
	McReynolds	X						
	Watt	X						
	Holtshauser	X						
	Pilla	JV						
	Linhares	X						
	Parr	X						
	Kelly M	JV						
	Kelly S	X						
	Greisenauer	JV						
	Angeli	JV						
	Diehl	JV						
	5							
	Luektewitte	JV						
	Heagney	X						
	Merrill	X						
	Lueking (3)	JV						
	Hanson	X						
	Winbermuele	JV						
	Thornberry	X						

Name		1	2	3	4	com
5 (cont.)						
Lang	X					
Menius	JV					
Kocisak	X					
Kuehner	X					
Ottenlips	X					
Carroll	X					
Ngyuen	JV					
Margherio	X					
Backer	X					
Brennan	X					
Floros	JV					
Orbe	JV					
Mathis	X					
6						
Cannady	X					
Carron	X					
Ross	X					
Hagan	X					
7						
Scott	JV					
Fadel	X					
Stauder	X					
Simpson	JV					
Rohde	X					
Livergood	JV					
Evola	X					
MB		4:54	4:57	4:55	4:52	
KAISER		5:22	5:27	5:18	5:14	
LAWDER		5:18	5:14	5:12	4:55	-
LAWLESS		5:18	5:13	5:10	5:10	-
JONAGAN		5:25	5:33	X	5:23	
BANET		5:25	5:25	5:39		
VIOX →		5:25	5:19	5:15	5:07	
DAVID		5:25	5:31	5:53		
BEN R		4:53	4:56	4:55	4:52	
Recovery						
Linhares, P						
Dirnbeck						

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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: 10-18-05 Conditions:

Workout:SPLIT PRACTICE: V to lake, JV to course/ Jog to XC run loop/cal-full stretch/2 x strides/V runs mile repeats at fast/extended recovery-stretch/JV runs 1m race, 1m fast2 x 8 fastest/ext recovery-stretch

Name	1	2	3	4	5	com
1						
Murphy-Baum 9						
Kaiser 9						
Lawder 9						
Lawless 9						
Jonagan 9						
Murphy 9						
Banet 9						
Viox 9						
David 9						
2						
Rhoads JV	5:32	5:25	2:30	2:36		
Bonner JV	5:32	5:24	2:30	2:26		
Clohisy ✗						
Kuciejczyk-K ✗						
Schumacher ✗						
Schmidt, T JV	5:42	5:33	2:34	2:34		
Mulligan JV	5:45	5:39	2:36	2:49		
Purcell JV	5:48	5:43	2:37	2:45		
McBride, Ma ✗						
Emery JV	5:36	5:29	2:32	2:29		
3						
Half, RJ ✗						
Kliethermas ✗						
Reynolds JV	5:58	5:33	2:38	2:38		
Scariot JV	6:02	5:41	2:37	2:51		
Cookson ✗						
Vicini ✗						
Marincel JV	6:03	5:50	2:40	2:39		
Shmidt JV	6:01	5:41	2:37	2:48		
Warner ✗						
McBride, Mi JV	5:58	5:48	2:37	2:51		
McCafferty ✗						
4						
Lima	6:13	6:03	2:41	2:41		
McReynolds ✗						
Watt ✗						
Holtshauser ✗						
Pilla JV	6:19	6:12	2:53	2:55		
Linhares ✗						
Parr ✗						
Kelly M JV	6:04	5:54	2:40	2:46		
Kelly S ✗						
Greisenauer JV	6:35	6:26	3:14	2:55		
Angeli JV	6:33	6:21	3:13	3:01		
Diehl JV	6:33	6:12	3:12	2:45		
5						
Luektewitte JV	?					
Heagney ✗						
Merrill ✗						
Lueking (3) JV	7:15	6:38	3:15	2:58		
Hanson ✗						
Winbermuele JV	7:20	7:19	3:36	3:26		
Thornberry ✗						

Name	1	2	3	4	com
5 (cont.)					
Lang ✗					
Menius JV	7:02	6:59	3:21	3:07	
Kocisak ✗					
Kuehner ✗					
Ottenlips ✗					
Carroll ✗					
Ngyuen JV	6:40	6:26	3:11	3:03	
Margherio ✗					
Backer ✗					
Brennan ✗					
Floros JV	6:34	6:32	3:13	3:05	
Orbe ✗					
Mathis ✗					
6					
Cannady ✗					
Carron ✗					
Ross ✗					
Hagan ✗					
7					
Scott JV	7:00	7:12	3:31	3:19	
Fadel ✗					
Stauder ✗					
Simpson JV	6:58	6:55	3:20	3:13	
Rohde ✗					
Livergood JV	7:20	7:19	3:36	3:22	
Evola ✗					
Recovery					
Linhares, P					
Dirnbeck					

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/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: 10-19-05

Workout: JOE CAL-DYN - RUN OUT & BACK 8-6-4 8 X STRIDES

JOE - STRETCH RECOVERY DAY

Name	dist	time	pulse	pace	com	note
1						
Murphy-Baum	8	58:49	164			
Kaiser	8	58:41	152			
Lawder	8	58:41	144			
Lawless	8	58:40	144			
Jonagan	8					
Murphy	8	58:41	168			
Banet	8	58:41	156			
Viox	8	58:41	136			
David	8	58:41	160			
2						
Rhoads	8	58:41	184			
Bonner	8	41:15	160			
Clohisy	X	—	—			
Kuciejczyk-K	X	—	—			
Schumacher	X	—	—			
Schmidt, T	6	42:19	164			
Mulligan	6	41:00	160			
Purcell	6	42:39	168			
McBride, Ma	X	—	—			
Emery	6	41:00	180			
3						
Half, RJ	X	—	—			
Kliethermas	X	—	—			
Reynolds	6	41:15	164			
Scariot	6	43:30	196			
Cookson	X	—	—			
Vicini	X	—	—			
Marincel	6	41:16	168			
Shmidt	6	46:30	160			
Warner	X	—	—			
McBride, Mi		41:16	184			
McCafferty	X	—	—			
4						
Lima	X	—	—			
McReynolds	X	—	—			
Watt	X	—	—			
Holtshauser	X	—	—			
Pilla	6	48:31	156			
Linhares	X	—	—			
Parr	X	—	—			
Kelly M	6	43:30	176			
Kelly S	X	—	—			
Greisenauer	4	32:51	168			
Angeli	4	31:05	172			
Diehl	4	31:05	164			
5						
Luektewitte	X	—	—			
Heagney	X	—	—			
Merrill	X	—	—			
Lueking (3)	4	36:36	152			
Hanson	X	—	—			
Winbermuele	4	36:36	168			
Thornberry	X	—	—			

Name	dist	time	pulse	pace	com
5 (cont.)					
Lang	X	—	—		
Menius	4	32:48	156		
Kocisak	X	—	—		
Kuehner	X	—	—		
Ottenlips	X	—	—		
Carroll	X	—	—		
Ngyuen	4	36:36	100		
Margherio	X	—	—		
Backer	X	—	—		
Brennan	X	—	—		
Floros	6	46:09	160		
Orbe	X	—	—		
Mathis	X	—	—		
6					
Cannady	X	—	—		
Carron	X	—	—		
Ross	X	—	—		
Hagan	X	—	—		
7					
Scott	4	34:24	164		
Fadel	X	—	—		
Stauder	X	—	—		
Simpson	4	35:33	144		
Rohde	X	—	—		
Livergood	4	35:53	184		
Evola	X	—	—		
Recovery					
Linhares, P	X	—	—		
Dirnbeck	X	—	—		
COACH	FLANAGAN	3	23:55	172	

A=500/10 B=350/8 C=200/6 D=150/4 E=min/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:
Workout: ALL OF THE KIDS FELT

Name	dist	time	pulse	pace	com	note
1						
Murphy-Baum	6	59:30	168	SICK		
Kaiser		59:30	152			
Lawder		59:30	172			
Lawless		59:30	124			
Jonagan		59:30	160			
Murphy		59:30	160			
Banet		59:30	178			
Viox		59:30	140			
David		59:30	168			
2						
Rhoads	4.5	32:42	132			
Bonner	5	33:00	160			
Clohisy	5	33:30	152	SICK		
Kuciejczyk-K	5	33:30	140			
Schumacher	5	33:00	172			
Schmidt, MB	5	32:37	172			
Mulligan	5	32:22	168			
Purcell	5	33:46	164			
McBride, Ma	5	32:22	184			
Emery	5	32:22	152			
3						
Half, RJ	4	31:20	140			
Kliethermas	4	31:20	120			
Reynolds	5	32:35	142	5"		
Scariot	5	32:42	184	SICK		
Cookson	5	34:02	160			
Vicini	4	29:33	168			
Marincel	5	33:47	160			
Shmidt	5	33:00	172			
Warner	5	36:22	148			
McBride, Mi	5	33:20	184			
McCafferty						
4						
Lima	5	33:50	152			
McReynolds	4	31:20	140			
Watt	4.5	33:51	124			
Holtshauser	5	33:02	172			
Pilla	5	34:02	160			
Linhares	—	—	—			
Parr	4	32:22	160			
Kelly M	5	34:02	168			
Kelly S	5	34:52	172			
Greisenauer	4	29:19	164			
Angeli	4	29:20	172			
Diehl	4	29:20	160			
5						
Luektewitte	—	—	—			
Heagney	4	28:45	AP			
Merrill	4	31:20	140			
Lueking (3)	4	29:20	160			
Hanson	4	32:46	172			
Winbermuele	5	LEK		SICK		
Thornberry	4	32:15	172			

Name	dist	time	pulse	pace	com
5 (cont.)					
Lang	4	31:10	172		
Menius	4	32:45	160		
Kocisak	5	38:07	152		
Kuehner	4	30:20	158		
Ottenlips	4	32:04	140		
Carroll	4	32:04	146		
Ngyuen	4	29:33	184		
Margherio	4	29:33	158		
Backer	5	38:50	165		
Brennan	5	38:07	168		
Floros	5	35:50	160		
Orbe	4	31:10	152		
Mathis	4	31:45	124		
6					
Cannady	4	31:48	144		
Carron	4	31:55	160		
Ross	4	31:50	155		
Hagan	4	31:20	140		
7					
Scott	4	32:43	160		
Fadel	4	31:55	160		
Stauder	4	31:55	156		
Simpson	4	32:50	160		
Rohde	5	38:07	144		
Livergood	4	29:40	172		
Evola	3	35:00	200		
GOOFERS		31:48	144		
Recovery					
Linhares, P					
Dirnbeck					

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

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

DATE:	Conditions:					
DG	WEST/	CAL	DYN/	NUERO/	AERO	GRAVEL PERIMETER/
8 X STRIDES						
Murphy-Bm	41:51	160				
Lawder	"	160				
Kaiser	"	148				
Lawless	"	128				
Jonagan	"	120				
Murphy		X				
David	"	124				
Viox	"	124				
Banet	"	156				
KK	"	✓				
Bonner	"	✓				
Clohissy	"	✓				
Rhoades	"	✓				

DMED
RECOVERY
35 MIN

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

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

DATE:	Conditions:								
	①	②	③						
Murphy-Bm	r	r	S2	S2	S	S	H	H	H
	75	75	69	72	68	68	0		
Lawder 78	79	79	75	76	70	71			
Kaiser 78	79	79	74	76	71	71			
Jonagan 78	79	78	72	74	70	70			
Viox 78	79	78	73	76	70	70			
Murphy 78	79	78	72	75	69	69			
David 78	79	79	74	76	73	72			
Banet 82	82	82	79	X	74	73			
Lawless 81	82	82	78	77	73	70			
Bonner 82	82	82	79	77	74	72			
Rhoades 82	82	82	79	78	74	73			
K-Kernan 82	82	82	79	78	74	72			
Clohissy 82	82	82	79	78	74	72			

15:45	76	72	69-8
16:30	80	76	72
16:45	80	76	72
17:00	82	78	74
17:00	82	78	74
17:00	82	78	74
17:00	82	78	74
17	82	"	"
17	82	"	"
17	82	"	"
17	82	"	"
17	28	"	"

72

Lawder 74

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

St Louis U High Jr. Bills XC Meet:

Date/Conditions: TUESS 11-1

Name Top Seven	Level	Place	one mile min	one mile sec	two mile min	two mile sec	5K finish min	5K finish sec	Comments
Ben Murphy-Baum	V	2	5	03	10	24	16	21	
Matt Lawder	V	3	5	11	10	38	16	44	
Drew Kaiser	V	6	5	18	10	51	17	16	
Mike Jonagen	V	12	5	26	11	15	17	45	
Chris Murphy	V	16	5	20	11	15	17	56	
Nathan Banet	JV	1	5	27	11	21	18	09	
Dan Viox	V	24	5	19	11	03	18	11	
Shane Lawless	V	28	5	18	11	27	18	19	
	TEMPO		RACE		RACE-				
SEU	1M (T)		1200 (R)		400 (F)		HILLS		
ROSARIO	5:25	124	3:46		64		3 REPS		
MURPHY-B	5:25	196	3:47		66		ART HILL		
LAWDER	5:30	144	3:56		65				
KAISER	5:45	172	4:03		70				
LAWLESS	5:45	148	4:03		66				
JONAGAN	5:45	156	4:13		74				
MURPHY	5:45	200	4:11		72				
VIOX	5:45	164	4:04		67				
DAVID	5:45	180	4:13		71				
BANET	5:45	184	4:05		68				

WORKOUT WEEK UP SECTIONAL

(Cont.)

Name Add'l Finishers			one mile		two mile		5K finish		Comments