1000 meter cruise repeats June 16, 2006

	Friday-1000m repeats	YR	1	2	3	4	5	6	average
1	Lawder, Matt	12	3:30	3:28	3:24	3:16	3:20	3:13	3:21.83
2	Kuciejczk-Kernan, David	10	3:33	3:27	3:25	3:22	3:21	3:15	3:23.83
3	Clohisy, John	10	3:33	3:27	3:25	3:22	3:21	3:17	3:24.17
4	Viox, Dan	12	3:34	3:28	2:26	3:23	3:21	3:17	3:24.83
5	Kelly, Steve	11	3:53	3:56	3:54	3:57	3:42		3:52.40
6	Margherio, Jim	11	3:57	4:00	3:57	4:04	3:45		3:56.60
7	Ford, Caleb	9	3:46	3:41	3:31	3:31			3:37.25
8	Ford, Ben	9	3:46	3:41	3:32	3:34			3:38.25
9	Jennings, Tyler	9	3:46	3:41	3:31	3:37			3:38.75
10	Warner, Dan	11	3:36	3:43	3:52	3:47			3:44.50
11	Cookson, Austin	10	3:48	3:52	3:49	3:47			3:49.00
12	Pollock, Austin	9	3:48	3:50	3:48	3:56			3:50.50
13	Kelly, Mike	12	3:51	3:52	3:54	4:02			3:54.75
14	Linhares, David	11	3:57	4:00	4:00	4:11			4:02.00
15	Thomas, Zach	9	4:10	4:09	4:01	4:11			4:07.75
16	Carroll, Graham	10	4:10	4:06	4:08	4:08			4:08.00
17	Thornberry, Brandon	10	4:09	4:09	4:03	4:15			4:09.00
18	Kocisak, Matt	10	4:09	4:09	4:09	4:10			4:09.25
19	Lewis, Eric	9	4:09	4:04	4:08	4:16			4:09.25
20	Linhares, Pat	10	4:07	4:08	4:16	4:07			4:09.50
21	Ottenlips, Max	10	4:07	4:09	4:20	4:21			4:14.25
22	Hanson, Keaton	11	4:10	4:17	4:18	4:16			4:15.25
23	Hagan, Connor	10	4:10	4:15	4:19	4:17			4:15.25
24	Meier, Kevin	10	4:33	4:33	4:32	4:37			4:33.75
25	McBride, Matt	11	3:51	3:58	3:49				3:52.67
26	Minnick, Tony	9	4:08	3:56	3:44				3:56.00
27	Melillo, Tony	9	4:09	3:56	3:52				3:59.00
28	Gabler, Bill	9	4:11	4:01	3:54				4:02.00
29	Vicini, Anthony	11	3:59	4:07	4:17				4:07.67
30	Bufe, Will	9	4:09	4:23	4:16				4:16.00
31	Paino, Alex	9	4:32	4:26	4:19				4:26.67
32	Schlesinger, John	10	4:39	4:43	4:39				4:40.33
33	Philips, Mike	9	4:46	5:07	4:31				4:48.00

Run on the central fields 1000M course. Sunny warm and humid weather.

2006 XC Initial Interview

TIMES DAY ONE

	Name	Phys	yr	mo	day	sems	exp	wght	mlg	week	shoes	lkr	GROUP	
	SENIORS													
34:21/208	DIENBERG, JON	✓	89	5	6	7	2		150	10	N	C	C/D	
	Meagney, Pete	✓	88	8	17	7	2	161	0	0	OK	D	36	
	Flores, Ted		88	10	23	7	3	190	15	5	OK	x		
32:41/188	Hildebrand, Brian	✓	89	8	20	7	3	130	22	20	OK	C	70	
45:05/168	Emery, Sam	✓	89	1	30	7	3	161	350	45	N	B	43	6
54:13/180	Barnett, Nathan	✓	89	3	24	7	3	146	602	65	OK	A	62	8
	Scott, Sean		89	7	3	7	2	162	150	12	N	x		
39:58/160	Pilla, Gabe	✓	89	3	7	7	3	162	214	18	N	C	36	4
32:05/176	Kelly, Mike	✓	88	9	24	7	3	163	150	10	OK	C	45	
31:14/190	Kirchner, Pat	✓	88	12	14	7	3	189	120	10	OK	D	23	
25:03/187	Schmidt, Ben	✓	89	2	7	7	3	175	80	8	OK	D	22	
27:40/186	Menius, Dan	✓	88	9	2	7	3	140		10	N	D	41	3mi
	LANEDER	✓	88	11	2	7	3		498	5560				
	VIOX	✓	88	11	16	7	2		250	40		B	B	
	McBRIDE	✓	88	10	7	7	3		100	25		C	C	

	Juniors	Phys	yr	mo	day	sems	exp	wght	mlg	week	shoes	lkr	GROUP	
	Jim MARGHERIO	N	90	2	12	5	2		264	35	N	x		
20:05/176	MATT McBRIDE	✓	89	11	20	5	2		50	6	N	C	52	
24:46/169	STEVE SCHUMACHER	N	89	6	27	5	2		190	35	OK	C	32	
24:20/176	ANTHONY VICINI	✓	90	10	13	5	2		50	20	N	D	35	
27:41/180	Hanson, Keaton	✓	89	12	25	5	2	128	30	0	OK	D	27	
32:20/188	Watt, Mike	✓	90	3	12	5	2	145	445	40	N	A	37	4
43:25/156	Cintrones, David	✓	89	8	4	5	2	128	248	20	N	B/C	95	6
34:33/184	Kuehner, Steve	✓	89	10	17	5	1	157	163	4	OK	C	63	4
32:05/176	Kelly, Steven	✓	90	3	29	5	2	154	130	10	N	C	40	
	Carr, Sam	✓	89	6	15	5	1	160	0	0	N	x	60	
54:28/176	McCafferty, Mike	✓	89	10	21	5	2	161	522	62	OK	A	72	8
—	Murphy, Chris		90	3	14	5	2	135	125	30	OK	x		
	ORBE, JEREMY	✓	90	9	6	5	1		—	27	N			

2006 XC Initial Interview

TIMES DAY ONE

	Sophmores	Phys	yr	mo	day	sems	exp	wght	mlg	week	shoes	lkr	GROUP	
32:43/184	PAT LINHARES	✓	90	9	27	3	1	108	170	28	N	34	C	4
38:31/176	CHRIS BRENNAN	✓	90	9	16	3	1	140	70	10	ok	47	C	4
34:00/140	JACK BOLNE	✓	90	6	25	3	0	188	50	5	N	42	D	
25:10/136	DAN MATHIS	✓	90	5	15	3	1	138	10	2	ok	65	D	
24:31/172	NEIL BACKER	✓	90	10	15	3	1	110	95	5	N	30	C	
32:05/168	MAX OTTENLIPS	✓	90	9	19	3	1	120	152	15	ok	41	C	
28:34/190	DYLAN KICKHAM	✓	90	6	21	3	0	143	60	14	ok	30	D	
54:13/180	JOHN CLOMISY	✓	90	9	23	3	1	115	553	59	ok	70	A	8
24:55/148	BEN CARRON	✓	90	12	15	3	1	108	74	10	N	25	D	
24:45/144	BEN MERRILL	✓	90	5	15	3	1	130	100	12	ok	30	D	
29:16/290	AUSTIN COOKSON	✓	90	10	7	3	1	128	215	30	N	30	C	
29:16/172	MATT KLEITHERMES	✓	91	2	25	3	1	152	200	30	ok	45	C	
24:21/150	TOM HEAGNEY	✓	90	8	30	3	1	150	30	0	N	23	C	
38:31/188	MATT KOUSAK	✓	91	5	2	3	1	139	111	10	N	30	D	4
33:48/164	KEVIN MOER	✓	90	7	11	3	0	76	300	30	ok	40	D	4
26:30/164	KEVIN MURPHY	✓	91	2	26	3	0	128	100	10	N	31	D	
	JOHN SCHLESINGER	N	91	1	25	3	0	119	100	9	ok		X	
54:13/168	DAVID KUSO	✓	90	7	13	3	1	147	504	50	ok	75	A	
	BRANDON THORNBERRY	✓	91	4	6	3	1		390	42	N		B	
	CONNOR HAGAN	✓						119	180	20	N			
	RJ HALF	✓							20	5	OK			
	DAVID, CLICK		91	7	14	3	1		/					
	ZACH STAUDER	✓	90	10	5	3	1		–	–	N			

	Freshmen	Phys	yr	mo	day	sems	exp	wght	mlg	week	shoes	lkr	GROUP	
29:10/172	EMMIT COOKSON	✓	92	8	6	1	0	105	40	5	N	20	D	
50:05/176	CALEB FORD	✓	92	3	14	1	0	131	320	22	N	60 994	B	6+
48:00/176	BEN FORD	✓	92	3	14	1	0	130	320	22	N	50 996	B	6+
	MARK MCBRIDE	✓	92	2	14	1	0	85	—	—	N	986		
	ANTHONY BORN	✓	91	7	29	1	0	100	?	?	N	988		
	WILL DUFF	✓	91	6	23	1	0	93		10-15	OK	990		
	TYLER JENNINGS	✓	91	9	25	1	0	114	X-TRAIN		OK	992		
	ANDREW BRADY	✓	91	5	14	1	0	102	—	10	OK	998		
	QUINN THAMES	✓	92	3	6	1	0	133		10	OK	1000		
	BILL GABLER	✓	91	12	3	1	0	125	188	10	N	1002		
	STEVE NOF	✓	91	7	10	1	0	130	?	10	OK	1004		
	TIM MCLAUGHLIN	✓	92	5	31	1	0	93		20	N	1006		
	KEVIN FITZGIBBON	✓	92	5	31	1	0	145	?	—	N	1024		
	MICHAEL GASSERT	✓	92	3	9	1	0	127	–	?	N	1026		
	AUSTIN POLLOCK	✓	92	2	29	1	0	112	200	–	OK	1028		
	PATRICK VASTOLA	✓	92	4	5	1	0	115	–	–	OK	1030		
	TONY MINNICK	✓	91	10	4	1	0	105	145	16	OK	1032		
	ALEX PEDO		92	2	17	1	0		60	–		1038		
	TED VARTY	✓	91	7	31	1	0		–	–		1034		
	ZACH THOMAS	✓	92	3	2	1	0							
	CONROY, KEVIN	✓	91	12	19	1	0				N			

2006 XC Initial Interview

Freshmen	Phys	yr	mo	day	sems	exp	wght	mlg	week	shoes	lkr	GROUP

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-7-06 FIRST PRACTICE Conditions: HUMID, HOT 94 VERY TOUGH

Workout: Interview, jog to w.c./push-core/dynamics/touchstones/plyo/aerobic: 8-6-4-3-2/2nd cal /10-8-6 strides/jog home/full stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
GROUP (A)							E COOKSON	20	3	24:10	172		
BANET	62	8	54:13	180									
LAWDER	X	EXCUSED											
VIOX	X	EXCUSED											
MCCAFFERTY	72	8	54:28	176			PARR, SAM	60					
[illegible]													
[illegible]													
CLOHSY	70	8	54:13	180									
KUJO	75	8	54:13	168									
GROUP (B)													
EMERY	43	6	45:05	168									
MCBRIDE	X	EXCUSED											
D LINHARES	47	6	43:25	156									
C. FORD	60	6	50:05	176									
B. FORD	50		48:00	176									
WATT	37	4	32:30	188									
GROUP (C)													
DIABECK	X												
HILDERBRAND	70	3	22:44	188									
PILLA	36	4	39:58	166									
KELLY, M	45	4	32:05	176									
MARGHERIO	X												
(MA) SCHAMACHER	32	4	29:46	164									
ME BADE [illegible]	52	4	32:05	176									
KUEHNER	63	4	34:33	184									
KELLY, S	40	4	32:05	192									
P. HEAGNEY	36	3	24:27	208									
P. LINHARES	34	4	32:43	184									
BRENNAN	47	4	38:31	116									
BACKER	30	3	24:31	172									
OTTENLIPS	41	4	32:05	168									
A COOKSON	30	4	29:16	200									
M KLEITHERMAS	45	4	29:16	172									
T. HEAGNEY	23	3	24:21	180									
GROUP (D)													
KIRCHNER	23	3	31:14	190									
SCHMIDT	22	3	25:03	188									
MENIVS	41	3	27:40	188									
VICINI	35	3	24:20	196									
HANSON	27	3	27:41	180									
BOWE	42	3	34:00	140									
MATHIS	65	3	26:10	136									
D. KICKHAM	30	3	25:34	190									
CARRON	25	3	24:55	148									
MERRILL	30	3	24:45	144									
KOCIAK	30	4	34:31	188									
MEIER	40	4	33:48	164									
K MURPHY	31	3	26:30	164									
SCHESINGER	X												

HOD MURPHY, C

[illegible]

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-8-06 Conditions: OVERCAST, LESS HUMID 83°

Workout: jog to w.c./push/short stretch/touchstones/plyo/aerobic on standard loops: 10 -8-6-5-4-3

2nd push/(not weights grp)10-8-6 strides/full stretch/jog SLUH/WEIGHTS

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
							Merrill	3	24:07	164			
Group A							Kociak	4	36:30	192			
Banet	6	44:02	168				Meier	4	34:22	152			
Lawder	X						Murphy, K	3	24:07	168			
Viox	X						Schlesinger	3	27:23	188			
McCafferty	X						Cookson E	3	24:55	180			
Clohisy	10	1:06:27	172										
Kujo	10	1:06:22	164										
							Parr, S						
Group B													
Emery	8	QUADS (5)					ORBE	4	31:54	176			
Murphy, C	X						HALF	6	44:00	192			
McBride, M	X						FLORIS	4	36:06	160			
Linhares, D	8	60:40	160				DRANSBERRY	5	38:01	188			
Watt	6	42:40	140				HAGAN	4	30:59	192			
Ford, C	4	28:28	191										
Ford, B	8	60:40	188										
							PARR		57 MIN		140		
Group C													
Dirnbeck													
Hilderbrand	4	31:13	176										
Pilla	4	35:03	168										
Kelly, M	4	31:15	184										
Heagney, P	4	31:13	172										
Margherio	4	30:11	160										
Schumacher	6	44:29	188										
McBride, Ma	4	30:59	184										
Kuehner	4	32:23	188										
Kelly, S	4	34:21	180										
Linhares, P	5	37:49	172										
Brennan	4	35:59	128										
Backer	4	31:51	172										
Ottenlips	5	37:44	176										
Cookson, A	6	44:40	180										
Kliethermes	6	44:00	176										
Heagney	3	30:55	132										
Group D													
Kirchner	4	42:35	180										
Schmidt	4	35:03	192										
Menius	3	25:40	184										
Vicini	4	31:20	184										
Hanson	3	24:07	190										
Bowe	3	30:55	168										
Mathis	3	24:07	168										
Kickham, D	3	24:55	184										
Carron	3	24:07	168										

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-9-06 Conditions:			extremely HUMID	HOT									
Workout: jog to "S"/push-up/core/dynamics/A-C: Aero dist+hills+aero: A=3+6+3/B=3+4+2/C=2+4+2													
D-E Aero dist: D=4 E=3/2nd push/jog WC/full stretch/jog sluh/Frosh:jog CF/pu/dyn/aer trial/str/jog													
Name	pu	dist	time	pulse	pace	com	**Name**	pu	dist	time	pulse	pace	com
							Kickham, D		4	35:51	204		
Group A							Carron		4	33:29	180		
Banet		3	19:20				Merrill		3	26:29	186		
Lawder		6	37:44	180			Kociak		3	26:00	176		
							Meier		4	31:42	176		
McCafferty		3	19:19	164		Blisters	Murphy, K		3	26:24	156		
Clohisy		6	38:22	184			Schlesinger		3	31:49	186		
Kujo		6	37:44	168			Cookson E						
Group B							Scott		3	26:04	220		
Viox		3	19:45	176		Dehyd.							
Emery		4 5	37:56	180									
Murphy, C		5	31:52	174			Parr, S						
McBride, M		1	6:36	—		Shin							
Linhares, D		4	26:58	172		Fatigue							
Watt		3	20:45	148		Stomach	**Freshmen**	PUSH					
Ford, C							Brady ANDREW	40		7:57	176		
Ford, B							Bufe WILL	63		7:11	160		
Ford, B							Cookson, E						
							Curcuru						
							Digman						
Group C							Fitzgerald						
Dirnbeck		4	28:35	196			Ford, Ben	50		6:42	184		
Hilderbrand		3	22:11	128		quad	Ford, Caleb	50		6:42	180		
Pilla		4	29:08	180			Geoghegan						
Kelly, M 30:43		4	~~[illegible]~~ 188				Gabler BILL	60		7:06	140		
Heagney, P		4	31:03	180			Hagan						
Margherio		4	29:53	176			Hewitt						
Schumacher		4	27:58	200			Hof STEVE	40		7:30	200		
McBride, Ma		4	27:28	196			Jennings TYLER						
Kuehner		2	15:38	184		stop-knees	Kim						
Kelly, S		4	28:35	192			Lewis						
Linhares, P		4	32:04	192			McBride MARK	35		7:20	206		
Brennan		4	33:57	120			McLaughlin TIM	50		7:18	192		
Backer		4	32:25	188			Mellio						
Ottenlips		4	32:02	164			Minnick TONY	45		7:06	184		
Cookson, A		4	27:20	192			Paino						
Kliethermes		4	28:57	180			Perez						
Heagney, T		4	35:51	132			Philips						
Thornberry		4	32:29	164			Pollock AUSTIN						
Half		3	26:28	180			Stoltze						
Hagan		3	26:24	184		Hit head	Thames QUIN	34		7:20	160		
							Thomas						
Group D							Varty						
Floros		2	20:15	—		Hip hurt	BORN, TONY	50		7:46	124		
Kirchner		3	29:35	204			GASSERT, MICHAEL	28		7:56	128		
Orbe		4	35:59	176			VASTOLA, PATRICK	30		9:24	140		
Schmidt		3	27:23	180			FITZGIBBON, KEVIN	28		11:15	188		
Menius		3	27:03	188									
Vicini		4	31:03	188									
Hanson		4	35:51	180									
Bowe													
Mathis		4	33:37	180									

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-10-06 Conditions:

Workout: jog WC/push-up/core/dynamics/Plyos/Out and Back Aero: A=10, B=8(7), C=6, D=4, E=3, F=2/ 2nd push/strides: A10/B8/C6 rest 6/full stretch.jog SLUH

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
							Kickham, D	3		28:13	192		
Group A							Carron	4		34:47	184		
Banet		6	42:31	180			Merrill	4		35:09	168		
Lawder							Kociak	3		27:20	200		
							Meier	4		37:32	160		
McCafferty		8	56:11	164			Murphy, K	4		39:37	172		
Clohisy		10	1:07:38	176			Schlesinger	3		20:04	198		
Kujo		10	1:07:38	164									
Group B							**Freshmen**						
Viox	6		43:04	184			Born	✓					
Emery	6		47:14	180			Brady	✓					
Murphy, C	6		42:11	148			Bufe						
McBride, M	✓						Cookson, E	✓					
Linhares, D	6		46:25	164			Geoghegan	✓					
Watt	6		44:44	152			Gabler	3		25:05	160		
Ford, C	6		42:11	200			Hof	3		25:53	200		
Ford, B	6		42:11	190			Jennings						
Ford, B							Kim						
SCOTT	4		34:35	164			McBride	3		25:53	200		
							McLaughlin	3		27:16	184		
Group C							Mellio						
Dirnbeck	4		31:59	188			Minnick	3		25:30	160		
Hilderbrand	4		31:37	176			Paino						
Pilla	4		36:47	176			Thames	3		28:11	160		
Kelly, M	4		35:32	172			Thomas	4		34:44	152		
Heagney, P	4		33:58	188			Varty						
Margherio	4		40:42	164			Gassert	1			140		ran short
Schumacher	4		47:18	192			Vastola	1			164		ran short
McBride, Ma	4		31:59	184			Fitzgibbon	1			160		ran short
Kuehner	4		36:47	192									
Kelly, S	4		33:38	180									
Linhares, P	4		31:02	184									
Brennan	4		39:50	160			**Cross Training**						
Backer	4		34:44	192			Parr						
Ottenlips	4		34:35	180			David						
Cookson, A	6		43:59	192			Pollock						
Kliethermes	6		47:05	188									
Heagney, T	3		20:04	126									
Thornberry	4		34:00	188									
Half	4		31:02	164									
Hagan	4		35:09	168			**Recovery**						
Group D													
Floros	3		31:02	136									
Kirchner	3		33:04	172									
Orbe	4		35:32	184									
Schmidt	3		27:13	192									
Menius	3		29:36	188									
Vicini	3		25:05	184									
Hanson	4		36:19	176									
Bowe	3		20:00	232									
Mathis	4		34:47	168									

REYNOLDS 06 M-B 06
RHOADS 06
SAMSON + 06
PURELL 06

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

LAWLESS 06

GRIESENAUER

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-11-06 Conditions:

Workout: jog WC/push-up/core/dynamics/Nuero Speed/Recovery aerobic: A=BP perimeter 6.

B=5 C=4 D=3, E=3, F=2/2nd push/full TEAM STRETCH

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
							Kickham, D		3	25:58	186		
Group A							Carron		3	25:02	160		
Banet		6	44:20	172			Merrill		3	24:05	172		
Lawder		6	44:20	152			Kociak		3	24:57	200		
							Meier		3	23:17	160		
McCafferty		6	44:20	140			Murphy, K		3	24:12	164		
Clohisy		6	44:20	152			Schlesinger		3	26:23	192		
Kujo		6	44:20	144			Scott		3	24:10	164		
Group B							**Freshmen**						
Viox		5	35:55	160			Born		3	25:20	178		
Emery		5	36:30	164			Brady		3	26:15	172		
Murphy, C		5	35:55	128			Bufe		3	23:17	140		
McBride, M							Cookson, E		3	23:17	164		
Linhares, D		5	35:55	164			Geoghegan						
Watt		5	35:55	128			Gabler						
Ford, C							Hof						
Ford, B							Jennings						
Ford, B							Kim						
							McBride		3	23:17	168		
							McLaughlin		3	23:00	168		
Group C							Mellio						
Dirnbeck		4	31:27	184			Minnick		3	24:12	180		
Hilderbrand		4	33:14	152			Paino						
Pilla		4	32:45	160			Thames		3	25:50	183		
Kelly, M		4	33:14	168			Thomas		3	24:55	148		
Heagney, P		4	31:27	168			Varty						
Margherio		4	31:45	164			Gassert						
Schumacher		4	30:36	176			Vastola		2	19:00	180		
McBride, Ma		4	31:48	164			Fitzgibbon						
Kuehner		4	32:20	180			Conroy		2	19:00	120		
Kelly, S		4	31:27	172									
Linhares, P		4	31:27	168									
Brennan		4	35:43	132			**Cross Training**						
Backer		4	31:27	180			Parr						
Ottenlips		4	30:31	176			David						
Cookson, A		4	31:21	160			Pollock			22:10	160		
Kliethermes		4	31:27	164									
Heagney, T		3	23:26	132									
Thornberry		4	31:28	150									
Half		4	30:31	152									
Hagan		3	25:02	172			**Recovery**						
Group D													
Floros		3	25:36	176									
Kirchner		3	30:02	160									
Orbe		3	25:00	156									
Schmidt		3	24:05	180									
Menius		3	25:15	184									
Vicini		3	22:29	184									
Hanson		3	23:33	172									
Bowe		3	29:45	204									
Mathis		3	25:02	144									

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-14-06 Conditions:

Workout: jog WC/push-up/core/dynamics/PLYO/Aerobic: A=OS10 B=OS8 C=OS6 D=Scenic 4

E=JA3 F=Steinberg 2/2nd push/Strides 10-8-6/stretch

	Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
								Kickham, D		34	38:78	210		
	Group A			4				Carron		4	37:15	140		
	Banet		5	36:52	164			Merrill		4	33:96	172		
	Lawder		10	67:03	168			Kociak		X2	15:45	148		
								Meier		4	41:05	168		
7	McCafferty		8	58:13	136			Murphy, K		4	33:06	176		
	Clohisy		10	67:03	172			Schlesinger		4	41:08	188		
	Kujo		10	67:03	176			Ross		5	30:11	170		
	Group B							**Freshmen**						
	Viox		X	D.D.				Born		2	15:40	180		
5	Emery		8	60:49	176			Brady		4	36:00	168		
	Murphy, C		X	—				Bufe		4	31:27	150		
	McBride, M		X	—				Cookson, E		4	35:23	168		
	Linhares, D		8	60:49	156			Geoghegan		4	30:10	160		
	Watt		6	45:45	144			Gabler						
	Ford, C		8	60:12	188			Hof		4	37:15	180		
	Ford, B		8	60:12	184			Jennings						
	~~Ford, B~~							Kim		4	31:48	160		
								McBride						
								McLaughlin						
	Group C							Mellio						
	Dirnbeck		6	47:34	184			Minnick						
	Hilderbrand		6	47:34	188			Paino						
	Pilla		6	52:34	172			Thames		4	31:38	180		
5	Kelly, M		6	49:26	168			Thomas		5	33:01	162		
	Heagney, P		5	40:05	180			Varty		4	36:06	180		
	Margherio	3	[illegible]	25:34	152			Gassert						
	Schumacher		8	58:38	188			Vastola		2	19:08	176		
	McBride, Ma		6	48:43	196			Fitzgibbon		2	—			
7	Kuehner		6	50:34	184			Conroy		2	16:06	140		
	Kelly, S		6	49:34	180			Stoltzle		3	31:37	186		
	Linhares, P		6	49:50	196									
	Brennan	5		47:22	140			**Cross Training**						
	Backer	2 5	15:24	160 →				Parr						
	Ottenlips	[illegible]	6	48:43	176			David						
	Cookson, A		6	45:18	200			Pollock			45:30	180		
	Kliethermes		6	45:32	172									
	Heagney, T	[illegible]	4	41:08	132									
	Thornberry		6	48:44	180									
	Half		6	44:30	184									
	Hagan	5		33:01	172			**Recovery**						
5	SCOTT		6	49:34	192									
	Group D													
5	Floros	3	4	34:15	150									
5	Kirchner	[illegible]	4	34:10	188									
	Orbe		4	—										
5	Schmidt		4	31:20	180									
	Menius		4	32:35	180									
	Vicini		4	31:38	184									
	Hanson		4	37:15	172									
	Bowe	3		31:15	144									
	Mathis		4	33:06	180									
	Carol		4	38:49	160									
5	Holtshouser		6	55:45	180									
7														

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-16-06 Conditions:

Workout: jog Cent F/Stretch/push-up/2 strides/tempo or aerobic run/cool/2nd push/full stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
							Kickham, D		3	23:56	210		
Group A							Carron		3	22:40	188		
Banet		5	30:01	188			Merrill		3	22:12	176		
Lawder			28:49	184	+		Kociak		3	25:18	172		
							Meier		3	22:06	180		
McCafferty	4	~~5~~	25:08	188	—		Murphy, K		3	—	—		
Clohisy		5	30:18	184	✓		Schlesinger		3	28:26	208		
Kujo	4	~~5~~	24:39	180	—								
Group B							**Freshmen**						
Viox		4	24:41	176			Born		2	16:16	170		
Emery		4	25:23	184			Brady	3	x	24:12	172		
Murphy, C		4	D.F	—			Bufe	3	x	22:51	168		
McBride, M		4	CROSS TRAIN				Cookson, E		3	23:51	180		
Linhares, D		4	29:00	180			Geoghegan		2	15:05	160		
Watt		3	21:20	128			Gabler		✓3	20:55	160		
Ford, C		4	25:51	188			Hof	3	x	23:20	188		
Ford, B		4	25:51	200			Jennings	✓	2	13:50	140		
~~Ford B~~							Kim		✓3	21:58	170		
WARNER	2	~~3~~	12:43	168			McBride		3	22:33	192		
							McLaughlin		2	14:31	176		
Group C							~~Mellio~~ MELILLO		2	14:21	164		
Dirnbeck		3	20:44	196			Minnick		3	22:37	190		
Hilderbrand		3	20:55	192			Paino		3	23:37	184		
Pilla		3	21:42	180			Thames		3	22:49	188		
Kelly, M		3	20:44	188			Thomas		3	21:47	182		
Heagney, P		3	21:11	192			Varty		2	15:05	164		
Margherio		3	D.F	144			Gassert		EXCUSED				
Schumacher		3	19:27	192			Vastola		1	8:15	192		
McBride, Ma		3	20:44	192			Fitzgibbon		1	9:03	180		
Kuehner		3	21:32	200									
Kelly, S		3	20:30	192			CONNOR		2	15:50	140		
Linhares, P		3	21:26	184									
Brennan		3	25:25	160			**Cross Training**						
Backer		3	21:50	184			Parr		EXCUSED				
Ottenlips		3	21:30	182			David		3	20:18	180		
Cookson, A		3	18:51	200			Pollock		EXCUSED			45:34	186
Kliethermes		3	18:54	184			JERAY		1	8:40	180		
Heagney, T		3	24:30	124			E. LEWIS		2	12:24	164		
Thornberry		3	21:32	184			T. McLAFFERTY		1	10:00	180		
Half		3	20:00	180			~~T. MELLISO~~		~~2~~				
Hagan		3	21:15	192			**Recovery**						
CARROL	3		22:37	168									
Group D							T. KUENSTING		1	7:41	204		
Floros		3	25:45	180			M. LANG		2	16:52	192		
Kirchner		3	25:36	204			B. ROSS		2	15:01	170		
Orbe		3	22:51	184			C. STOLTZE		2	16:19	182		
Schmidt	2	2	15:25	188									
Menius		3	22:55	180			K. RICHARD		1 2	8:50	190		
Vicini		3	22:31	196			J. HAGAN		2	17:41	175		
Hanson		3	22:49	172			K. BLACKBURN		x				
Bowe		2 3	18:58	164			M. DIGMAN		2				
Mathis		3	22:12	172			K. EASLEY		x				

Scott 3 23:23 184

Holtshouser 3 21:18 164

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

[illegible]

[illegible]

[illegible]

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-17-06 Conditions:

Workout: jog WC/push-up/CORE/dyn/Nuero/O&B aerobic run: A=10 B=8 C=6 D=4 E=3 F=2l/2nd push

10-8-6 strides/full stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
							Kickham, D		4	36:20	190	✓	
Group A							Carron		4	34:26	180	✓	
Banet		10	66:32	168	✓	6:40	Merrill		4	34:26	176	✓	
Lawder		10	66:32	176	✓	6:40	Kociak		4	35:52	208	✓	
							Meier		4	31:16	164	✓	
McCafferty		10	66:32	164	✓	6:40	Murphy, K		4	34:26	172	✓	
Clohisy		10	66:32	172	✓	6:40	Schlesinger		4	41:11	196	—	
Kujo		10	66:32	172	✓	6:40	[illegible]						
Group B							**Freshmen**						
Viox		8	57:19	152	✓	7:10	Born E		3	29:11	182	—	9:43
Emery		8	59:25	176	✓		Brady D		4	36:28	172	—	9:07
Murphy, C		8	57:19	160	✓	7:10	Bufe D		4	32:52	160	✓	8:13
McBride, M							Cookson, E D		4	34:27	172	✓	8:37
Linhares, D		6	44:09	172	✓	7:20	Geoghegan D		4	34:20	160	✓	8:35
Watt		(4+	33:00)			8:15	Gabler D		4	31:54	160	✓	7:59
Ford, C		6	42:14	188	✓	7:02	Hof D		4	35:34	192	✓	8:53
Ford, B		6	42:14	180	✓	7:02	Jennings D		4	30:41	160	✓	7:40
~~[illegible]~~							Kim D		4	31:55	170	✓	7:58
WARNER C		3	22:30	164	—	7:30	McBride D		4	33:45	188	✓	8:26
~~[illegible]~~							McLaughlin D		4	32:00	188	✓	8:00
Group C							Mellio D		4	32:01	164	✓	8:00
Dirnbeck		6	45:31	192	✓	7:35	Minnick D		4	32:00	192	✓	8:00
Hilderbrand		6	46:32	172	✓	7:39	Paino D		4	33:40	180	✓	8:20
Pilla		6	50:00	172	—	8:20	Thames D		4	34:27	168	✓	
Kelly, M		6	46:17	176	✓	7:43	Thomas (C) D		4	30:37	172	✓	
Heagney, P		6	46:12	176	✓	7:42	Varty D		4	33:45	168	✓	
Margherio			15:41	168	—		Gassert F		2	16:11	158	✓	8:12
Schumacher		6	44:38	196	✓	7:26	Vastola X						
McBride, Ma		6	46:17	180	✓		Fitzgibbon F		2	23:08	180	→	(4) 11:34
Kuehner		6	47:42	192	✓		LEWIS E		3	25:02	164	~~[illegible]~~	
Kelly, S		6	44:23	184	✓		DIGMAN F		2	17:37	182	✓	8:58
Linhares, P		6	49:10	200	✓		MINDEN-B D		4	34:05	180	✓	8:31
Brennan		6	64:15	144	—		**Cross Training**						
Backer		6	48:43	184	✓		Parr ✓						
Ottenlips		6	46:12	172	✓		David C		5	37:24	180	✓	7:
Cookson, A		6	45:35	164	✓		Pollock CROSS			61:00	162	✓	
Kliethermes		6	43:03	184	✓								
Heagney, T (D)		4	41:11	136	—	10:18	RICHARD F		2	22:42	148	→	11:21
Thornberry		6	47:21	200	✓		HOTCHASER C		6	46:13	160	✓	7:42
Half							MCCAFFERTY F		2	20:24	192	→	10:12
Hagan		6	48:24	188	✓		**Recovery** PAT						
SCOTT		6	50:00	168	—		JERAM F		2	22:52	200	→	11:26
Group D							CARROLL D		4	31:41	164	✓	8:40
Floros		4	35:40	196	✓		CONROY E		2	16:45	128	✓	8:23
Kirchner		4	38:27	172	—		SPOTZE E		3	29:55	180	—	9:58
Orbe		4	33:40	176	✓		HAGAN F		2	17:45	164	✓	8:53
Schmidt		4	34:57	168	✓		LANG E		3	29:11	178	→	9:43
Menius		4	37:52	172	—	9:28	EASLEY F		2	19:54	178	→	9:57
Vicini		4	31:56	196	✓	7:59	DOGS E		3	25:00	176		8:20
Hanson		4	32:45	168	✓		VATTERODT						
Bowe (E)		3	32:10	168	✓	10:43	BLACKBURN D		4	31:40	160	✓	8:40
Mathis		4	35:30	172	✓	8:52	KUENSTING		3	25:00	168	✓	7:40
							STADER C					✓	

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

A = 6 MILES B = 5 MILES C = 4 MILES 6 = 21.00

1=16:30/6:45 2=17:00/7:15 3=18:00/7:30 4=19:00/7:45 5=20:00/8:00 6=22+ 8:30+

+ BUST/COOL 6 SMOKES/SMOKE WHEELS

DATE: 8-19-06 Conditions: OVERCAST VERY MUGGY, HOT

JOG SHED PUSH/ CORE / DYN / JOG LAKE LOOP / → MOVE TO (C)

RUN LADDER/AEROBIC : A= 6MI B=5MI C=4MI D= 4MI AER E= 3MI AER F= 2M AER

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
							Kickham, D	4	3	26:51	170		D5
Group A							Carron	4		31:36	200		D5
Banet	A	6	37:54	188		A1	Merrill	4		32:16	184		D5
Lawder	A	6	37:53	180		A1	Kociak	4		33:22	200		D5
							Meier	4		30:15	168		C4
McCafferty B1		5	32:18	176		A2	Murphy, K	4	✓	31:04	168		D5
Clohisy	A	6	37:54	168		A1	Schlesinger	4	✓	38:05	188		D6
Kujo	A	6	37:53	176		A1							
Group B							**Freshmen**						
Viox	B1	4.5	29:35	156		B2	Born	4	✓	36:27	172		D6
Emery	B2	5	35:51	184	7:10	B3	Brady	3	✓	25:20	176		E6
Murphy, C	B1	5	32:26	180		B2	Bufe	4	✓	31:35	160		D5
McBride, M						CROSS	Cookson, E	4	✓	32:08	176		D5
Linhares, D	B2	5	35:21	192		B3	Geoghegan	4	✓	33:04	180		D5
ALA Watt (A)	4		29:24	160		B4	Gabler	4		30:03	172		C4
Ford, C	B2		34:33	192		B3	Hof	3	✓	24:30	172		D6
Ford, B	B2		34:33	180		B3	Jennings	4	✓	30:20	138		C3
Warner	C1	4	28:33	172		C3	Kim	4	✓	32:28	180		D4
							McBride	4		30:49	188		D4
Group C							McLaughlin	4	✓	30:04	192		D4
Dirnbeck	C2	4	29:22	184		C4	Mellio	3		23:24	200		D5
Hilderbrand	C2	4	29:22	176		C4	Minnick	4	✓	31:00	180		D5
Pilla	C2	4	30:07	192		C4	Paino	4	✓	33:02	188		D6
Kelly, M	C2	4	29:55	188		C4	Thames	4	✓	34:44	172		D6
Heagney, P	C1	4	30:07	204		C4	Thomas C1	4	✓	29:55	144		C3
Margherio	C2	4	29:22	180		C4	Varty	4	4	32:57	168		D6
Schumacher	B2	5	35:04	192		B3	Gassert	2	✓	16:36	128		E6
McBride, Ma	C1	4	28:24	196	7:06	C3	Vastola	2	✓	19:07	192		E7
Kuehner	C2	4	30:30	196		C4	Fitzgibbon	2	✓	23:03	204		E8
Kelly, S	C2	4	29:22	184		C4	Kuensting		2 ✓	17:56	184		E6
Linhares, P	C2	4	30:10	192		C4	Lewis	3	✓	24:01	132		E6
Brennan (D)		4	33:20	160		D5	Digman	3	✓	26:23	135		E6
Backer	C2	4	30:28	200		C4	Minden-B	3	✓	26:13	180		E6
Ottenlips	C2	4	30:30	180		C4	Richard	2	✓	19:40	188		E8
Cookson, A B2		5	34:43	204		B3	Holtshauser C1	4	✓	29:37	180		C4
Kliethermes B2		5	35:54	192		B3	McCafferty, T	2	✓	22:47	188		E8
Heagney, T (D)		4	37:55	136		D5	Jerry	2	✓	19:09	200		E8
Thornberry	C2			EXCUSED			Carroll	4		31:45	176		C5
Half	B2	5	34:40	184		B3	Conroy	2	2 ✓	16:11	130		E6
Hagan	C2	4	30:26	204		C4	Stitze	2	✓	16:46	168		E6
Scott	C2	4	32:37	168		C4	Cannady	2	4	29:19	172		D4
Group D							Hagan, J	2	2 ✓	19:06	160		E8
Floros	3		26:57	156		D6	Lang	4		36:17	180		E
Kirchner	4		37:48	204		D6	Easley	3	1.5	13:38	162		E8
Orbe	4		33:12	184		D5	Ross	4	3.5	28:30	176		D5
Schmidt	4		38:00	192		D6	Vatterott C2	4	3	22:40	168		C3
Menius	4		33:22	184		D5	**Cross Training**						
Vicini	C2	4	30:30	196		C4	Parr				REC/CROSS		
Hanson	4		32:11	172		C4	David	4	✓	26:00	164		C3
Bowe	2		18:20	130		E7	Pollock	✓	2	15:08	198		E 3 (REC)
Mathis	4		3:36	176		D4	Blackburn	4	✓	32:20	160		D6
~~Cannady~~		4	~~29:19~~	~~172~~									

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new (3)/20

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

DATE: 8-21-06 Conditions:

jog WC/push-CORE/(D-E form clinic)Run OB loops: A=10 B=8 C=6 D=4 E=3 (2)/2nd push/strides AB=10 C=8 DE=6

full stretch/jog home

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							Cannady C4	6		43:50	172		
Lawder	10		67:40	164			**D5**						
Clohisy	10		67:40	180			Brennan	4		33:50	164		
Kujo	10		67:40	160			Heagney, T	4		37:09	140		
Banet	10		67:40	168			Orbe	4		31:09	164		
A2							Menius	4		31:43	180		
McCafferty	10		67:40	148			Kickham	4		35:42	180		
B2							Carron	4		30:56	164		
Viox	8		52:57	164			Merrill	4		31:15	180		
Murphy	8		53:05	156			Kociak	4		36:10	168		
B3							Murphy, K	4		30:24	172		
Emery	8		55:28	168			Bufe	4		31:23	164		
Linhares	8		55:51	172			Cookson, E	4		33:36	182		
Ford, B	8		55:18	180			Goeghegan	4		32:10	162		
Ford, C	8		55:18	184			Melillo	4		30:43	164		
Half	8		56:13	192			Minnick	4		30:34	192		
Schumacher	8		56:55	192			Ross	4		31:15	176		
Cookson	8		56:26	184			**D6**						
Kliethermas	8		56:13	176			Floros	4		32:45	180		
C2							Kirchner	4		36:14	184		
David	6		42:23	180			Schmidt	4		29:32	184		
C3							Schlesinger	4		37:09	196		
Jennings	6		45:51	188			Born	4		35:41	186		
Warner	6		41:35	168			Lang	4		38:01	190		
McBride, Ma	6		45:11	176			Hof D5	4		33:06	172		
Vattterott	6		45:50	180			Paino	4		33:23	180		
C4							Thames	4		33:39	168		
Watt	6		42:50	140			Varty	4		33:39	168		
~~Parr~~							Blackburn	4		31:20	175		
Marincel							**E3**						
Dirnbeck	6		45:27	176			Pollock						stopped
Hanson	6		49:52	176			**E6**						
Kelly, M	6		43:59	180			Brady	4		33:38	172		
Kelly, S.	6		45:11	188			Gassert	3		25:55	154		
Linhares, D	6		47:10	180			Kuensting	3		27:29	192		
Pilla	6		47:10	172			Lewis D6	4		31:41	182		
Hilderbrand	6		46:46	168			Digman	3		24:54	135		
Heagney, P	6		45:50	172			Minden-B[illegible]mer	3		24:40	172		
Holtshauser	6		45:04	176			Conroy	3		25:45	160		
Margherio	6		37:49	164			Stoltze	3		26:13	180		
Keuhner	6		47:10	188			**E7**						
~~Linhares, P~~							Seaton	2		18:04	104		
Backer	6		45:15	188			Schumacher, F						
Ottenlips	6		46:39	168			Bowe						
Hagan	6		42:49	168			Vastola	2		18:42	228		
Scott	6		47:05	180			Easley	2		18:00	192		
Vicini	6		44:33	202			**Cross Training**						
Meier	6		47:31	172			McBride, Mi						
Gabler	6		54:55	160			Parr						
D4							**Recovering**						
Mathis	4		32:02	180			✓						
Kim	4		30:29	180			McCafferty	E7	2	21:57	196		
McBride, Mk	4		30:53	168			THOMAS C3	6		44:54	168		
McLaughlin	4		30:35	172									
							Jerry	2		18:48	200		

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

4P 3/06/04-CARROL D4 TOM BERGEN C4 6 47:37 180 ~~[illegible]~~
J. HAGAN E7-DEF K. RICHARD E 2 21:20 192 GRADY D6 LEWIS

	8 mi pace	6 mi pace	5 mi pace	4 mi pace	3 mi pace	2 mi pace
Ford, Benjamin	7:32	7:02	6:57	6:28	NA	NA
Ford, Caleb	7:32	7:02	6:57	6:28	NA	NA
Gabler, Bill	NA	NA	NA	7:31	8:22	7:33
Thomas, Zach	NA	NA	NA	7:38	7:16	NA
Jennings, Tyler	NA	NA	NA	7:40	7:35	6:55
Thames, Quin	NA	NA	NA	7:53	7:36	NA
Bufe, Will	NA	NA	NA	7:54	7:37	NA
Kim, Ben	NA	NA	NA	7:57	7:19	NA
Geoghegan, Chris	NA	NA	NA	8:01	NA	NA
Cookson, Emmett	NA	NA	NA	8:02	7:46	NA
Blackburn, Kevin	NA	NA	NA	8:05	NA	NA
Varty, Ted	NA	NA	NA	8:19	NA	NA
McBride, Mark	NA	NA	NA	8:26	7:31	NA
Minden-Birkenmaier, Ben	NA	NA	NA	8:31	8:44	NA
Hof, Steven	NA	NA	NA	8:53	8:10	NA
Brady, Andrew	NA	NA	NA	9:00	8:04	NA
Born, Tony	NA	NA	NA	9:05	8:30	7:50
Minnick, Tony	NA	NA	NA	NA	7:32	NA
McLaughlin, Tim	NA	NA	NA	NA	7:40	7:16
Paino, Alex	NA	NA	NA	NA	7:49	NA
Lewis, Eric	NA	NA	NA	NA	8:00	NA
Digman Misha	NA	NA	NA	NA	8:28	8:58
Stoltze, Charlie	NA	NA	NA	NA	9:58	8:10
Melillo, Tony	NA	NA	NA	NA	NA	7:11
Pollock, Austin	NA	NA	NA	NA	NA	7:34
Conroy, Kevin	NA	NA	NA	NA	NA	7:55
Gassert, Michael	NA	NA	NA	NA	NA	8:06
Hagan, Jamie	NA	NA	NA	NA	NA	8:53
Kuensting, Tim	NA	NA	NA	NA	NA	8:58
Vastola, Partick	NA	NA	NA	NA	NA	9:30
Jerry, Patrick	NA	NA	NA	NA	NA	9:35
Richard, Kevin	NA	NA	NA	NA	NA	9:50
Easley, Kevin	NA	NA	NA	NA	NA	9:57
McCafferty, Tom	NA	NA	NA	NA	NA	10:12
Fitzgibbons, Kevin	NA	NA	NA	NA	NA	11:32

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: 8-22-06 Conditions:

Name	#	goal	time	pulse	pace	com
A1 3						
Lawder (16)	8		57:30	144	✓	
Clohisy (70)	8		57:30	164	✓	
Kujo (75)	8		57:30	148	✓	
Banet 62	8		57:30	140	✓	
A2 3						
McCafferty (84)	8		57:30	136	✓	
B2						
Viox 55	6		43:33	152	✓	
Murphy 25	6		43:33	160	✓	
B3 6						
Emery 28	6		45:43	164	✓	
Linhares (86)	6		44:44	164	✓	
Ford, B 50	6		45:25	160	✓	
Ford, C (60)	6		45:25	160	✓	
Half (70)	6		45:43	160	✓	
Schumacher 36	6		43:35	188	✓	
Cookson 40	6		45:25	168	✓	
Kliethermas 50	6		45:25	168	✓	
C2 5						
David (70)						
C3 5						
Jennings 45	4		27:58	200	+	
Warner 26	5		35:22	144	✓	
McBride, Ma 56	5		35:57	192	✓	
Thomas (60)	5		39:09	180	✓	
? Vattterott 56	6		45:24	168		
C4 5						
Watt 45	5		36:30	132	+	
Dirnbeck (77)	5		35:57	188	+	
Hanson 33						
Kelly, M 41	5		39:39	164	–	
Kelly, S. 60	5		36:37	176	✓	
Pilla 35	5		36:36	176	✓	
Hilderbrand 82	5		35:56	160	✓	
Heagney, P 57	6		45:24	184	+	
Holtshauser 40	5		38:12	176	–	
Margherio (74)	5		35:43	168	✓	
Keuhner (68)	5		39:23	180	–	
Linhares, P 32	5		39:38	190	–	
Backer 35	5		37:15	160	✓	
Ottenlips 40	5		39:15	172	–	
Thornberry 33	5		39:04	180	–	
Hagan 41	5		35:50	172	✓	
Scott 61	5		41:23	172	–	
Vicini 41	5		39:57	192	–	
Meier 40	5		39:42	180	–	
Gabler 61	5		36:30	160	+	
D4 4						
Mathis (72)	4		30:26	184	✓	
Kim 42	4		30:52	180	✓	
McBride, Mk 35	4		30:59	196	✓	
McLaughlin 40	4		33:58	152	✓	
Carrol 36	4		33:02	160	✓	
Mulligan	4		~~27:00~~ 27:55	152	+	
Fitzgerald	4		30:59	152	✓	

Name	#	goal	time	pulse	pace	com
Cannady 52	5		40:23	172		
D5 4						
Brennan 51	4		33:14	156	✓	
Heagney, T 29	4		35:40	128	–	
Orbe 39	4		31:18	184	✓	
Menius 38	4		31:09	176	✓	
Kickham 30	4		35:26	176	–	
Carron 41	4		34:30	156	–	
Merrill 33	4		31:18	176	✓	
Kociak 30	4		33:20	192	✓	
Murphy, K 36	4		30:26	168	✓	
Bufe (63)	4		30:59	160	✓	
Cookson, E 20	4		34:22	180	–	
Goeghegan 35	3		24:42	164	✓	
Melillo 20	4		32:51	172	✓	
Minnick 49	4		30:50	180	✓	
Ross (70)	4		34:20	168	–	
D6						
Floros 30	4		31:45	172	✓	
Kirchner 31	4		35:40	184	–	
Schmidt 25	4		27:58	184	+	
Schlesinger 31	4		38:07	192	– –	
Born 20	4		35:27	186	✓	
Lang 33						
Hof 40	4		33:26	160	✓	
Paino 40	4		33:57	176	✓	
Thames 51	4		33:37	160	✓	
Varty 57	4		34:22	168	✓	
~~Brady~~						
Digman 30	4		33:12	168		
Blackburn 35	4		32:50	165		
E3						
Pollock	cross train					
E6						
Brady 42	4		35:27	172		
Gassert	(E)					
Kuensting 30		2	16:34	208	+	
Lewis 50		4	32:07	160	✓	
Minden-B 35		3	34:11	172	✓	
Conroy 34		3	24:08	180	✓	
Richard 30		2	19:31	192	–	
Stoltze 35		3	25:51	180		
E7						
Seaton 35		2	17:11	160		
Schumacher, F 32						
Bowe						
J Hagan						
Vastola 40		2	18:45	188		
McCafferty 20		2	23:00	188		
Easley 33						
Cross Training						
McBride, Mi						
Parr						
Pollack						
FITZGIBBON 32						
Jerry	2		20:12	200		

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

1 16:45 2 17:00 **1**=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

3 18:00 6:20 4 19:00 5 20:00 7:00-7:20 6 21:00 7:15-7:40

DATE: 8-23-06 Conditions:

Jog CENT/+AB/full strch/2 x strides/run TEMPO A=5/B=4/C=3 DE=2/full push/cool SLUHAB+/full stretch

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							Carrol	2		14:06	168	7:03	
Lawder 5:45	5	✓	28:43	196	5:45	++	Fitzgerald	2		14:01	160	7:01	
Clohisy (2)	4	✓	23:45	188	5:56	+	Cannady	3		21:10	172	7:03	
Kujo 5:55	5	✓	29:15	176	5:51	+	**D5**						
Banet	5	✓	29:36	204	5:55	+	Brennan	2		15:18	156	7:39	
A2							Heagney, T	2		15:15	132	7:38	
McCafferty ~~X~~		✓					Orbe	2		14:19	188	7:10	
B2							Menius	2		14:40	176	7:24	
Viox	4	✓	24:21	172	6:05	+	Kickham	2		16:40	196	8:20	
Murphy 6:05	4	✓	24:21	160	6:05	+	Carron	2		14:08	196	7:04	
B3							Merrill	2		14:10	180	7:05	
Emery	3	✓	21:28	140	7:09		Kociak	2		14:51	180	7:26	
Linhares	4	✓	26:25	184	6:36		Murphy, K	2		13:43	168	6:51	
Ford, B	4	✓	25:41	207	6:25		Bufe	2		14:50	168	7:25	
Ford, C	4	✓	25:41	208	6:25		Cookson, E	2		15:02	164	7:31	
Half	3	✓	19:32	160	6:31		Goeghegan ~~X~~						
Schumacher	4	✓	26:56	200	6:44		Melillo	2		14:29	156	7:15	
Cookson	4	✓	26:00	204	6:30		Minnick	2		13:22	188	6:41	
Kliethermas	4	✓	26:18	192	6:35		Seaton	2		16:37	194	8:19	
C2							Ross	2		14:15	180	7:08	
David (3) *	3	✓	19:04	182	6:01		**D6**						
C3							Floros	2		15:30	156	7:45	
Jennings *	3	✓	19:51	200	6:37		Kirchner	2		15:53	200	7:56	
Warner	3	✓	19:14	156	6:25		Schmidt	2		13:13	184	6:37	
McBride, Ma	3	✓	19:32	196	6:31		Schlesinger	2		15:18	208	7:39	
Thomas	3	—	20:44	196	6:55		Born	2		15:24	192	7:42	
Mulligan	2		13:33	160	6:47		Lang						
Vattterott	2		13:29	184	6:45		Hof	2		14:00	192	7:00	
C4							Paino	2		14:59	180	7:30	
Watt	3	—	20:05	180	6:42		Thames	3		22:30	184	7:30	
Dirnbeck	3	—	20:16	192	6:45		Varty	2		14:57	160	7:29	
Hanson	3		22:34	180	7:33		Brady	2		15:02	176	7:31	
Kelly, M	3	—	20:34	184	6:53		Digman	2		14:30	184	7:15	
Kelly, S.	3	—	20:07	192	6:42		Blackburn	2		14:28	152	7:14	
Pilla	3		21:02	186	7:01		**E3**						
Hilderbrand	1		6:49				Pollock						
Heagney, P	3	—	20:07	200	6:42		**E6**						
Holtshauser	3	—	20:58	164	6:59		~~Brady~~						
Margherio	3	—	20:07	176	6:42		Gassert	2		15:15	160	7:38	
Keuhner	3		22:01	196	7:20		Kuensting	2		16:26	200	8:13	
Linhares, P	3		21:29	196	7:30		Lewis	2		14:30	152	7:15	
Backer	3		21:20	180	7:07		Minden-B	2		14:00	164	7:00	
Ottenlips	3	—	20:45	192	6:55		Conroy	2		15:03	160	7:32	
Thornberry	3		21:29	180	7:10		Richard						
Hagan	3	—	20:39	192	6:53		Stoltze	2		15:18	180	7:39	
Scott	3		21:41	184	7:14		**E7**						**Cross**
Vicini	3		21:20	196	7:07		Stauder						McBride
Meier	3		21:52	196	7:17		Schumacher, F						Parr
Gabler	3	—	20:02	160	6:41		Bowe						Pollack
D4							J Hagan						**REC**
Mathis	2		13:43	180	6:42		Vastola						
Kim	2		13:52	170	6:56		McCafferty						
McBride, Mk	2		13:33	180	6:37		Easley	2		16:42	192	8:21	
McLaughlin	2		13:31	168	6:45								

~~Mulligan 2 13:33 160~~

7

8:00

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: 8-24-06 Conditions:

Jog WC/push/core/dyn/NUERO/ A=10/B=8/C=6 D=4 (5) E=3 (2)/2nd push/strides 10-8-6/

full stretch/jog sluh/weights

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							Carrol	5		38:50	164		
Lawder	10		67:29	164			Fitzgerald	5		29:35	176		
Clohisy	10		67:29	172			Cannady	5		38:35	152		
Kujo	10		67:29	160			**D5**						
Banet	10		67:29	156			Brennan	4		33:30	156		
A2							Heagney, T	4		32:30	140		
McCafferty	10		63:37	176			Orbe	5		43:31	164		
B2							Menius	4		31:37	176		
Viox	8		56:03	144			Kickham	4		36:33	192		
Murphy							Carron	5		38:45	172		
B3							Merrill						
Emery	8		61:09	156			Kociak	4		33:30	176		
Linhares	8		60:19	164			Murphy, K	4		29:21	172		
Ford, B	6		43:26	170			Bufe	4		30:39	160		
Ford, C	6		42:41	160			Cookson, E	5		41:36	184		
Half	3		21:55	152			Goeghegan	4		32:09	176		
Schumacher	8		59:30	184			Melillo	5		41:48	168		
Cookson	6		42:41	160			Minnick	4		29:35	190		
Kliethermas	8		56:03	192			Seaton	2		17:00	176		
C2							Ross	4		33:23	172		
David							**D6**						
C3							Floros	4		31:16	180		
Jennings	6		45:15	168			Kirchner	4		36:30	180		
Warner	4		26:22	172			Schmidt						
McBride, Ma	6		45:29	184			Schlesinger	4		36:33	196		
Thomas	6		45:45	180			Born	4		34:20	184		
Mulligan	4		29:35	186			Lang		cross				
Vattterott	5		37:16	164			Hof	4		31:13	164		
C4							Paino	4		34:15	184		
Watt	6		41:40	152			Thames	5		41:48	164		
Dirnbeck	6		46:15	160			Varty	5		41:49	168		
Hanson	5		43:35	160			Brady	4		32:27	176		
Kelly, M	6		46:15	172			Digman	4		30:59	192		
Kelly, S.	6		45:40	180			Blackburn	4		31:31	154		
Pilla	5		40:37	168			**E3**						
Hilderbrand		cross					Pollock						
Heagney, P	5		37:16	164			**E6**						
Holtshauser	6		46:32	170			Brady						
Margherio	6		46:17	168			Gassert	3		24:12	160		
Keuhner	6		46:08	192			Kuensting	3		25:16	180		
Linhares, P	5		43:31	160			Lewis	4		29:35	176		
Backer	6		46:15	196			Minden-B						
Ottenlips	6		46:15	180			Conroy	3		23:57	160		
Thornberry	6		46:58	180			Richard	2		19:15	192		
Hagan	6		46:15	172			Stoltze	3		24:11	184		
Scott	6		46:38	180			**E7**						**Cross**
Vicini	6		46:50	180			Stauder						McBride
Meier	6		47:02	168			Schumacher, F	2	out	15:54	168		Parr ✓
Gabler	6		45:45	160			Bowe	3		28:26	124		Pollack
D4							J Hagan		out				**REC**
Mathis	3	E3	23:57	168			Vastola						HAGAN, J
Kim	4		29:30	170			McCafferty	2		22:01	184		LANG cross
McBride, Mk	4		29:35	208			Easley	2		17:50	180		SCHUMACHER
McLaughlin	4		31:20	178									

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: 8-26-06 Conditions:

SPLIT PR:AB: At McNair jog 1m/push/dyn/complete 5k at aero/then 2nd 5k at fartlek 2-3min/2nd push/ext cool/str

C-E:Jog shed/push/dyn/2 xstride/800 repeats: C=6(7) D=4(5) E=4(3)/2nd push/cool/full stretch

Name								Name	~~3:16~~					
A1								Carrol	3:16	3:12	3:22	3:12	3:08	
Lawder								Fitzgerald	3:20	3:13	3:13	3:12	3:08	—
Clohisy								Cannady	3:11	3:03	2:59	3:12	3:08	
Kujo								D5						
Banet								Brennan	3:30	3:28	3:26	3:15	3:11	
A2								Heagney, T	3:30	3:28	3:26	3:17	3:15	
McCafferty								Orbe	3:20	3:12	3:19	3:16	3:13	
B2								Menius	3:23	3:16	3:17	3:16	3:14	
Viox								Kickham	3:23	3:14	3:14	3:19	3:17	
Murphy								Carron	3:22	3:08	3:14	3:13	3:10	
B3								Merrill	3:16	3:08	3:21	3:12	3:08	
Emery								Kociak	3:27	3:24	3:24	3:19	3:10	
Linhares								Murphy, K	3:11	3:02	3:08	3:07	3:15	
Ford, B								Bufe	3:17	3:11	3:13	3:14	3:08	—
Ford, C								Cookson, E	3:16	3:24	3:12	3:29	3:24	—
Half	3:00	2:51	2:48	2:44	2:44	2:37	2:32	Goeghegan	3:24	3:15	3:16	3:16	3:13	—
Schumacher								Melillo	3:16	3:09	3:16	3:16	3:16	—
Cookson								Minnick	3:19	3:08	3:15	3:15	3:14	—
Kliethermas								Seaton	3:34	3:55	3:59	—	—	—
C2								Ross	3:22	3:14	3:15	3:16	3:01	
David								D6						
C3								Floros	3:29	3:33	3:29	3:30	3:30	
Jennings								Kirchner	3:29	3:34	3:27	3:30	3:30	
Warner								Schmidt	3:03	2:59	2:56	3:12	2:52	
McBride, Ma								Schlesinger	3:38	3:39	3:38	3:34	3:32	—
Thomas	3:14	3:11	3:09	3:13	3:07	~~3:03~~	—	Born	3:33	3:40	3:40	3:43	3:31	—
Mulligan	3:17	3:18	3:14	3:15	3:14	~~3:13~~	—	Lang	3:53	3:56	3:57	3:45	—	
Vattterott	3:13	3:13	3:10	3:15	3:14	3:13	2:51	Hof	3:07	3:23	3:19	3:29	3:21	—
C4								Paino	3:19	3:23	3:14	3:29	3:21	—
Watt	3:12	3:10	3:08	3:12	3:06	3:04	2:48	Thames	3:17	3:31	3:27	3:30	3:28	—
Dirnbeck	3:16	3:18	3:14	3:15	3:14	3:13	3:02	Varty	3:14	3:23	3:12	3:29	3:21	—
Hanson	3:18	3:19	3:14	3:17	3:16	3:18	3:18	Brady	3:21	3:12	3:17	3:15	3:13	—
Kelly, M	3:16	3:18	3:14	3:16	3:15	3:13	3:02	Digman	3:24	3:32	3:20	3:30	3:22	—
Kelly, S.	3:15	3:18	3:12	3:16	3:12	3:13	2:57	Blackburn D5	3:23	3:12	3:15	3:17	3:15	—
Pilla	3:16	3:18	3:14	3:15	3:14	3:13	2:50	E3						
Hilderbrand	3:16	3:16	3:13	3:13	3:11	3:08	2:50	Pollock						—
3:13 Heagney, P	3:15	3:18	3:14	3:15	3:14	3:13	2:51	E6						
Holtshauser	3:17	3:18	3:14	3:16	3:14	3:13	3:07	Brady						—
Margherio	3:14	3:18	3:12	3:15	3:15	3:13	2:57	Gassert	3:08	3:24	3:25	3:30	—	—
Keuhner	3:18	3:18	3:15	3:16	3:15	3:13	2:48	Kuensting	3:29	3:40	3:48	3:43	—	—
Linhares, P	3:12	3:10	3:08	3:12	3:05	3:03	2:49	Lewis D5	3:07	3:24	3:15	3:30	3:22	—
Backer	3:15	3:12	3:10	3:12	3:13	3:13	3:03	Minden-B	3:07	3:23	3:12	3:29	3:21	—
Ottenlips	3:14	3:14	3:12	3:12	3:10	3:09	3:01	Conroy	3:19	3:19	3:29	3:30		—
Thornberry	3:18	3:18	3:13	3:14	3:13	3:13	3:03	Richard	3:52	3:54	4:44	—	—	—
Hagan								Stoltze	3:30	3:33	3:29	3:31		—
Scott	3:18	3:18	3:13	3:14	3:11	3:10	3:02	E7						Cross
Vicini	3:15	3:18	3:12	3:12	3:07	3:04	2:51	Stauder						McBrid
Meier	3:15	3:15	3:12	3:12	3:12	3:09	3:06	Schumacher, F	3:31	3:34	3:31	—	—	Parr
Gabler	3:14	3:12	3:11	3:13	3:12	~~3:09~~	—	Bowe						Pollack
D4								J Hagan						REC
Mathis	3:22	3:13	3:13	3:13	3:08	—	—	Vastola						
Kim	3:29	3:23	3:24	3:20	3:20	—	—	McCafferty	4:03	4:04	4:56	—	—	
McBride, Mk	3:23	3:10	3:08	3:15	3:15	—	—	Easley	3:45	3:46	3:45	3:39		
McLaughlin	3:15	3:08	3:13	3:12	3:08	—	—							

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: 8-26-06 Conditions: 8.28.06 HARD CD: C 5 - D 4 - E 3 - 2

~~SPLIT PR AB: At McNair jog 1m/push/dyn/complete 5k at aero/then 2nd 5k at fartlek 2-3min/2nd push/ext cool/str~~

C-E:Jog shed/push/dyn/2 xstride/800 repeats: C=6(7) D=4(5) E=4(3)/2nd push/cool/full stretch

Name	#	goal	time	pulse	pace			Name	#	goal	time	pulse	pace	
A1								Carrol	4		29:05	164		
Lawder								Fitzgerald	4		26:55	176		
Clohisy	4		27:57	160				Cannady	4		26:55	136		
Kujo								**D5**						
Banet								Brennan	4		31:55	156		
A2								Heagney, T	4		32:29	?		
McCafferty								Orbe	4		29:54	188		
B2								Menius	4		30:19	176		
Viox								Kickham	4		34:18	160		
Murphy								Carron	4		27:54	176		
B3								Merrill	4		28:45	180		
Emery								Kociak	3		20:52	200		
Linhares								Murphy, K	4		27:19	176		
Ford, B								Bufe	4		28:06	172		
Ford, C								Cookson, E	4		30:42	172		
Half								Goeghegan	4		28:52	172		
Schumacher								Melillo	4		28:24	160		
Cookson								Minnick	4		27:12	196		
Kliethermas								Seaton						
C2								Ross	4		30:07	168		
David								**D6**						
C3								Floros	4		29:34	172		
Jennings								Kirchner	4		32:12	212?		
Warner	5		29:38	172				Schmidt	4		27:33	176		
McBride, Ma								Schlesinger	4		35:45	192		
Thomas	5		34:20	172				Born	4		31:38	194		
Mulligan	5		35:41	180				Lang	3		26:03	192		
Vattterott	5		33:51	180				Hof	4		28:34	156		
C4								Paino	4		28:34	184		
Watt	5		32:39	168				Thames	4		29:13	168		
Dirnbeck	5		33:43	182				Varty	4		26:55	172		
Hanson	5		39:57	176				Brady						
Kelly, M	5		33:43	172				Digman	4		29:21	167		
Kelly, S.	5		34:09	184				Blackburn						
Pilla	5		34:08	176				**E3**						
Hilderbrand	5		33:35	168				Pollock						
Heagney, P								**E6**						
Holtshauser	5		33:45	176				Brady	4		30:57	168		
Margherio	5		33:43	172				Gassert	4		32:29	140		
Keuhner	5		35:03	188				Kuensting	3		23:35	200		
Linhares, P	5		34:20	156				Lewis	4		27:13	160		
Backer	5		33:41	172				Minden-B	4		29:21	164		
Ottenlips	5		34:09	188				Conroy	4		32:29	138		
Thornberry	5		35:00	184				Richard	3		28:47	176		
Hagan								Stoltze	3		24:52	168		
Scott	5		35:06	180				**E7**						**Cross**
Vicini	5		34:42	176				Stauder						McBrid
Meier	5		34:46	172				Schumacher, F	3		24:23	140		Parr
Gabler	5		32:39	160				Bowe	4		35:45	156		Pollack
D4								J Hagan						**REC**
Mathis	4		27:18	184				Vastola						
Kim	4		27:49	170				McCafferty	2		19:30	196		
McBride, Mk	4		27:37	200				Easley	3		28:38	140		
McLaughlin	4		27:32	164				Fitzgibbon	2		19:30	180		

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: 8-28-06 Conditions:

UNIFORM ORDER DAY + RAINY DAY SCHEDULE DRILL

Name		dist	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							Carrol	4		26:06	160		
Lawder	8		50:19	152			Fitzgerald	4		24:18	196		
Clohisy	4		23:45	172			Cannady	4		24:01	172		
Kujo	8		50:19	148			**D5**						
Banet	8		50:19	176			Brennan	4		28:10	164		
A2							Heagney, T	4		37:47	132		
McCafferty	8		50:19	152			Orbe	4		26:27	182		
B2							Menius	4		26:04	172		
Viox	6		38:42	160			Kickham						
Murphy	6		38:42	160			Carron	4		24:47	172		
B3							Merrill	4		26:06	172		
Emery	6		43:42	152			Kociak	3		22:13	152		
Linhares	1						Murphy, K	4		29:19	172		
Ford, B	6		39:30	168			Bufe	4		24:45	172		
Ford, C	6		40:09	172			Cookson, E	4		30:40	172		
Half	6		41:07	164			Goeghegan	4		26:55	166		
Schumacher	6		40:13	184			Melillo	4		25:01	142		
Cookson	6		41:31	164			Minnick	4		24:18	192		
Kliethermas	6		41:07	148			Seaton						
C2							Ross	4		26:26	180		
David							**D6**						
C3							Floros	4		26:35	200		
Jennings	6		41:08	180			Kirchner	4		34:02	164		
Warner	5		32:40	160			Schmidt	4.5		26:15	180		
McBride, Ma	5		32:06	164			Schlesinger	4		37:47	188		
Thomas	5		32:06	162			Born	4		30:44	193		
Mulligan	5		32:17	168			Lang			—	—		
Vattterott							Hof	4		26:06	164		
C4							Paino	4		26:03	168		
Watt	5		31:36	152			Thames	4		28:04	176		
Dirnbeck	5		32:31	172			Varty	4		29:02	168		
Hanson	5		37:35	180			~~Brady~~			—	—		
Kelly, M	5		32:31	172			Digman	4		24:25	164		
Kelly, S.	5		32:37	184			Blackburn						
Pilla	5		34:02	176			**E3**						
Hilderbrand	5		32:31	160			Pollock						
Heagney, P	5		33:09	172			**E6**						
Holtshauser	5		33:39	176			Brady	4		28:14	168		
Margherio	5		32:07	158			Gassert	4		33:30	132		
Keuhner	5		33:27	184			Kuensting	3		22:43	168		
Linhares, P	5		34:01	160			Lewis	4		26:50	132		
Backer	5		31:15	160			Minden-B	4		24:25	152		
Ottenlips	5		34:39	172			Conroy	4		33:30	128		
Thornberry	5		33:42	168			Richard	3		26:30	192		
Hagan	4	24:30	172 →				Stoltze	3		22:14	172		
Scott	5		33:09	172			**E7**						**Cross**
Vicini	5		34:45	184			Stauder						McBride
Meier	5		32:54	164			Schumacher, F	3		21:31	140		Parr
Gabler	5		31:27	152			Bowe	4		37:47	128		Pollack
D4							J Hagan			—			**REC**
Mathis	4		26:06	176			Vastola			—			
Kim	4		25:01	160			McCafferty	2		22:15	176		
McBride, Mk	4		24:18	196			Easley	3		28:35	172		
McLaughlin	4		28:34	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

8.~~30~~ 29.06

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	13	14	comment		
	First Cap															15:45	76	72
A	LANDER	80	77	76	76	76	76	76	76	76	76	71	73	71	72	16:15	78	74
A	KUJO	80	78	77	78	78	77	78	78	76	77	74	74	73	73	16:30	80	76
A	BAWEI	83	78	78	79	79	77	79	79	76	78	74	74	73	73	17:00	82	77
A	VIOX	83	79	79	80	79	78	79	79	76	75	74	74	—	—	16:45	81	76
A	MCCALLUM	82	78	79	80	77	77	79	77	77	77	74	74	72	72	16:45	81	76
A	MURPHY	82	78	79	80	79	78	79	79	76	74	74	74	—	—	18:00	85	80
B	HALF	85	84	84	85	84	83	82	85	79	78	78	78	—	—	18:30	87	82
B	LIMITONES	—	—	—	—	—	—	—	—	—	—	—	—	—	—	17:45	86	81
B	EMERY	85	85	85	85	85	85	85	85	80	80	79	78	—	—	18:30	86	80
B	MCBRIDE	86	84	85	85	85	85	85	85	80	80	79	79	—	—	17:45	86	81
B	GILMARTIN	85	85	85	86	85	83	85	85	80	80	80	80	—	—	17:40	86	81
B	KLITTER	85	83	85	85	84	84	84	85	79	81	78	78	—	—		86	81
B	COOKSON	85	84	85	84	85	85	85	84	79	79	78	78	—	—		86	80
B	FORD, B	85	84	85	85	84	83	82	85	78	79	78	78	—	—		86	80
B	FORD C	85	83	85	85	85	83	82	85	78	79	78	78	—	—		86	8
B	TYLER	86	84	85	85	85	83	85	86	80	81	80	79	—	—			

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: 8-30-06

Jog WC/push/core/dyn/PLYO/ A=10/B=8/C=6 D=4 (5) E=3 (2)/2nd push/strides 10-8-6/

full stretch/jog sluh/

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							Carrol	5		39:45	168		
Lawder	10		66:43	148			Fitzgerald	5		34:58	140		
Clohisy	6		42:59	160			Cannady	5		36:15	150		
Kujo	10		66:43	152			**D5**						
Banet	10		66:43	168			Brennan	5		41:05	172		
A2							Heagney, T	5		44:52	136		
McCafferty	8		53:24	152			Orbe	6		54:38	184		
B2							Menius	5		40:25	176		
Viox	8		53:24	152			Kickham	4		36:45	170		
Murphy	8		53:24	148			Carron	5		38:49	160		
B3							Merrill	5		39:45	176		
Emery	8		57:45	164			Kociak	5		36:40	200		
Linhares			30:00				Murphy, K	5		36:10	172		
Ford, B	4		27:58	176			Bufe	5		36:34	172		
Ford, C	4		27:58	152			Cookson, E	5		39:05	180		
Half	4		27:58	152			Goeghegan	5		37:09	176		
Schumacher	8		57:45	164			Melillo	5		35:32	162		
Cookson	8		57:45	168			Minnick	5		36:20	160		
Kliethermas	8		57:45	172			Seaton	3		28:40	152		
C2							Ross	5		39:05	180		
David							**D6**						
C3							Floros	5		37:40	196		
Jennings	4		27:58	164			Kirchner	5		42:56	184		
Warner	6		37:05	172			Schmidt	5		35:31	176		
McBride, Ma	6		44:44	184			Schlesinger	5		44:52	196		
Thomas	6		45:10	128			Born	5		41:05	192		
Mulligan	6		45:21	164			Lang						
Vattterott	6		DNF				Hof	5		38:49	164		
C4							Paino	5		36:35	188		
Watt	6		41:05	192			Thames	5		41:05	168		
Dirnbeck	6		45:05	160			Varty	5		35:35	172		
Hanson	6		54:38	180			Brady	5		40:30	176		
Kelly, M	6		44:30	168			Digman	5		38:49	160		
Kelly, S.	6		44:42	172			Blackburn						
Pilla	6		45:15	176			**E3**						
Hilderbrand	6		45:15	144			Pollock						
Heagney, P							**E6**						
Holtshauser	6		46:20	176			Brady						
Margherio	6		44:46	160			Gassert	4		32:46	128		
Keuhner	6		45:38	184			Kuensting	4		32:51	200		
Linhares, P	6		44:29	152			Lewis	5		35:36	132		
Backer	6		43:06	184			Minden-B	5		39:20	164		
Ottenlips	6		45:37	160			Conroy	4		32:46	160		
Thornberry	6		45:27	160			Richard	3		29:35	176		
Hagan							Stoltze	4		32:54	172		
Scott	4		34:41	—			**E7**						**Cross**
Vicini	6		45:15	188			Stauder						McBride
Meier	6		45:21	160			Schumacher, F	3		23:15	144		Parr
Gabler	6		42:59	164			Bowe	5		44:52	150		Pollack
D4							J Hagan						**REC**
Mathis	5		36:10	168			Vastola						
Kim	5		36:15	160			McCafferty	3		31:53	180		
McBride, Mk	5		36:35	188			Easley	3		28:40	164		
McLaughlin	5		36:26	156			PARR 11 Min				180		
							Fitzgibbon	3		31.53	184		

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: 8-31-06

PLIT PRACt: Racers timed run + 6 strides (40 30)

Non-racers: Jog Cent/push/dyn/static/2 strides/TEMPO 3-2/push/jog SLUH/stretch

Name	#	goal	time	pulse	pace	com	Name	#	goal	time	pulse	pace	com
A1							Carrol	3		21:18	168		
Lawder							Fitzgerald	3		19:49	168		
Clohisy							Cannady	3		19:42	184		
Kujo							**D5**						
Banet							Brennan	3		23:47	168		
A2							Heagney, T	3		23:30	140		
McCafferty							Orbe	3		22:24	180		
B2							Menius	3		23:47	180		
Viox							Kickham	3		25:53	190		
Murphy							Carron	–					
B3							Merrill	3		20:56	184		
Emery							Kociak	3		22:26	172		
Linhares							Murphy, K	3		20:41	184		
Ford, B							Bufe	3		21:01	180		
Ford, C							Cookson, E	3		20:51	180		
Half							Goeghegan	2		14:21	162		
Schumacher							Melillo	3		20:53	164		
Cookson							Minnick	3		20:07	172		
Kliethermas							Seaton	2		16:22	180		
C2							Ross	3		22:22	180		
David							**D6**						
C3							Floros	3		24:23	148		
Jennings							Kirchner	3		25:46	200		
Warner	3		17:28	168			Schmidt	–					
McBride, Ma							Schlesinger	3		24:22	216		
Thomas	3		18:53	180			Born	3		23:47	190		
Mulligan	3		20:17	188			Lang						
Vattterott							Hof	2		14:00	168		
C4							Paino	3		20:57	188		
Watt	–						Thames						
Dirnbeck	–						Varty	1		6:53	–		
Hanson	–						Brady						
Kelly, M	–						Digman	3		21:18	180		
Kelly, S.	–						Blackburn	2		16:35	140		
Pilla							**E3**						
Hilderbrand	–						Pollock	–					
Heagney, P	–						**E6**						
Holtshauser	3		19:47	180			Brady	–					
Margherio	–						Gassert	2		14:36	172		
Keuhner	–						Kuensting	2		16:18	180		
Linhares, P	–						Lewis	3		20:08	188		
Backer	–						Minden-B	3		21:01	172		
Ottenlips	–						Conroy	2		14:19	140		
Thornberry	–						Richard	2		17:06	184		
Hagan	–						Stoltze	2		14:50	176		
Scott	–						**E7**						**Cross**
Vicini	–						Stauder	–					McBride
Meier	–						Schumacher, F	2		14:43	160		Parr
Gabler	3		19:05	160			Bowe	2		17:11	140		Pollack
D4							J Hagan	–					**REC**
Mathis	–						Vastola	–					
Kim	3		21:15	160			McCafferty	2		20:04	172		
McBride, Mk	3		20:57	196			Easley	2		16:59	188		
McLaughlin	3		20:20	172			Fitzgibbon	2		20:21	176		

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: 9-05-06

SPLIT PRACt: Frosh easy pre race/Rest: Jog cent/cal/CORE/full stretch/2 x strides/run TEMPO AB=3 CD=2 E=2/A-D

do hill drills 5-4-3-2/back to start for 1 m at race pace/2nd cal/ext jog/full stretch

Name	dist	time	1 m	pulse	pace	com	**Name**	dist	time	1 m	pulse	pace	com
A1							Carrol						
Lawder							Fitzgerald						
Clohisy							Cannady						
Kujo							**D5**						
Banet							Brennan		14:33	7:22	184		
A2							Heagney, T		14:51	7:44	140		
McCafferty							Orbe		13:40	7:28	188		
B2							Menius		14:41	6:54	192		
Viox							Kickham		17:03	8:29	210		
Murphy							Carron		14:06	6:54	184		
B3							Merrill		13:45	6:24	188		
Emery							Kociak		14:36	7:22	184		
Linhares							Murphy, K		13:28	6:30	180		
Ford, B							Bufe						
Ford, C							Cookson, E						
Half							Goeghegan						
Schumacher							Melillo						
Cookson							Minnick						
Kliethermas							Seaton						
C2							Ross		14:06	6:54	198		
David							**D6**						
C3							Floros		14:57	7:35	172		
Jennings							Kirchner		14:51	7:44	204		
Warner							Schmidt		12:44				
McBride, Ma							Schlesinger		15:51	8:41	196		
Thomas							Born						
Mulligan							Lang						
Vattterott							Hof						
C4							Paino						
Watt							Thames						
Dirnbeck							Varty						
Hanson							Brady						
Kelly, M							Digman						
Kelly, S.							Blackburn						
Pilla							**E3**						
Hilderbrand							Pollock						
Heagney, P							**E6**						
Holtshauser							Brady						
Margherio							Gassert						
Keuhner							Kuensting						
Linhares, P							Lewis						
Backer							Minden-B						
Ottenlips							Conroy						
Thornberry							Richard						
Hagan							Stoltze						
Scott							**E7**						**Cross**
Vicini							Stauder						McBride
Meier							Schumacher, F						Parr
Gabler							Bowe		17:34	13:20	144		Pollack
D4							J Hagan						**REC**
Mathis							Vastola						
Kim							McCafferty						
McBride, Mk							Easley						
McLaughlin													

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: 9-05-06

SPLIT PRACt: Frosh easy pre race/Rest: Jog cent/cal/CORE/full stretch/2 x strides/run TEMPO AB=3 CD=2 E=2/A-D

do hill drills 5-4-3-2/back to start for 1 m at race pace/2nd cal/ext jog/full stretch

Name	dist	time	1 m	pulse	pace	com	Name	dist	time	1 m	pulse	pace	com
A1							Carrol		13:20	7:44	172		
Lawder							Fitzgerald						
Clohisy							Cannady		13:12	6:34	178		
Kujo							**D5**						
Banet							Brennan		14:33				
A2							Heagney, T		14:51				
McCafferty							Orbe		13:40				
B2							Menius		14:41				
Viox							Kickham		17:03				
Murphy							Carron		14:06				
B3							Merrill		13:49				
Emery							Kociak		14:36				
Linhares							Murphy, K		13:28				
Ford, B							Bufe						
Ford, C							Cookson, E						
Half							Goeghegan						
Schumacher							Melillo						
Cookson							Minnick						
Kliethermas							Seaton						
C2							Ross		14:06				
David							**D6**						
C3							Floros		14:57				
Jennings		12:40	5:57	200			Kirchner		15:51				
~~Warner~~							Schmidt		12:44	6:22	196		
McBride, Ma		12:50	5:57	192			Schlesinger		15:51	8:41	196		
Thomas							Born						
Mulligan							Lang						
Vattterott							Hof						
C4							Paino						
Watt		12:50	6:19	176			Thames						
Dirnbeck		13:17	6:31	184			Varty						
Hanson		14:31	7:44	176			Brady						
Kelly, M		13:17	6:37	184			Digman						
Kelly, S.		13:14	6:23	188			Blackburn						
Pilla		13:11	6:38	184			**E3**						
Hilderbrand		13:20	6:45	176			Pollock						
Heagney, P							**E6**						
Holtshauser	13:37	~~13:12~~	6:20	180			Brady						
Margherio		13:12	6:20	184			Gassert						
Keuhner		13:35	6:47	196			Kuensting						
Linhares, P		13:17	6:34	192			Lewis						
Backer		13:14	6:46	196			Minden-B						
Ottenlips		~~13:34~~					Conroy						
Thornberry		13:15	6:34	188			Richard						
Hagan		13:12	7:00	204			Stoltze						
Scott		14:16	7:55	180			**E7**						**Cross**
Vicini		13:12	6:28	204			Stauder						McBride
Meier		14:03	7:03	180			Schumacher, F						Parr
Gabler							Bowe		17:34				Pollack
D4							J Hagan						**REC**
Mathis		13:12	6:34	2:04			Vastola						
Kim							McCafferty						
McBride, Mk							Easley						
McLaughlin													

~~Murphy 13:28~~

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: 9-05-06

SPLIT PRACt: Frosh easy pre race/Rest: Jog cent/cal/CORE/full stretch/2 x strides/run TEMPO AB=3 CD=2 E=2/A-D

do hill drills 5-4-3-2/back to start for 1 m at race pace/2nd cal/ext jog/full stretch

Name	dist	time	1 m	pulse	pace	com	Name	dist	time	1 m	pulse	pace	com
A1							Carrol						
Lawder		17:00	5:07	188			Fitzgerald						
Clohisy		17:54	5:49	184			Cannady						
Kujo		17:09	5:11	180			**D5**						
Banet		17:29	5:24	208			Brennan						
A2							Heagney, T						
McCafferty	*	40:00		148			Orbe						
B2							Menius						
Viox		17:44	5:25	168			Kickham						
Murphy		17:44	5:29	—			Carron						
B3							Merrill						
Emery		18:13	5:49	180			Kociak						
Linhares		19:09					Murphy, K						
Ford, B		18:30	5:56	188			Bufe						
Ford, C		18:30	5:56	196			Cookson, E						
Half							Goeghegan						
Schumacher		18:39	5:57	200			Melillo						
Cookson		18:41	6:07	200			Minnick						
Kliethermas		18:43	6:00	192			Seaton						
C2							Ross						
David							**D6**						
C3							Floros						
Jennings							Kirchner						
Warner		18:30	5:55	176			Schmidt						
McBride, Ma							Schlesinger						
Thomas							Born						
Mulligan							Lang						
Vattterott							Hof						
C4							Paino						
Watt							Thames						
Dirnbeck							Varty						
Hanson							Brady						
Kelly, M							Digman						
Kelly, S.							Blackburn						
Pilla							**E3**						
Hilderbrand							Pollock						
Heagney, P							**E6**						
Holtshauser							Brady						
Margherio							Gassert						
Keuhner							Kuensting						
Linhares, P							Lewis						
Backer							Minden-B						
Ottenlips							Conroy						
Thornberry							Richard						
Hagan							Stoltze						
Scott							**E7**						**Cross**
Vicini							Stauder						McBride
Meier							Schumacher, F						Parr
Gabler							Bowe						Pollack
D4							J Hagan						**REC**
Mathis							Vastola						
Kim							McCafferty						
McBride, Mk							Easley						
McLaughlin													

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

A

8 6 5 4

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: 9-06-06

SPLIT PRACt: Frosh race/team timed run 60 min w/ WEIGHTS

OK

Name	dist	time	1 m	pulse	pace	com	Name	dist	time	1 m	pulse	pace	com
A1							Carrol	4	30:27		168		
Lawder	8	54:37		156			Fitzgerald	4	29:50		160		
Clohisy	8	54:37		176			Cannady						
Kujo	8	54:37		156			**D5**						
Banet	8	54:37		168			Brennan	4	32:05		152		
A2							Heagney, T	4	32:26		140		
McCafferty	8	54:37		156			Orbe	4	30:43		188		
B2							Menius	4	33:05		168		
Viox	6	41:00		156			Kickham	4	38:10		190		
Murphy *	3	'					Carron	4	31:25		170		
B3							Merrill	4	30:24		176		
Emery	6	44:29		148			Kociak	4	30:47		192		
Linhares	6	42:15		164			Murphy, K	4	29:00		164		
Ford, B	6	41:60		172			Bufe	4	32:23		156		
Ford, C	6	4:00		172			Cookson, E	4	30:56		176		
Half							Goeghegan	4	32:06		140		
Schumacher	6	41:36		188			Melillo	4	31:25		164		
Cookson	6	41:36		180			Minnick	4	29:50		184		
Kliethermas	6	41:36		172			Seaton	3	29:50		160		
C2							Ross	4	31:20		168		
David							**D6**						
C3							Floros	4	31:20		152		
Jennings	5	35:43		156			Kirchner	4	38:10		160		
Warner							Schmidt						
McBride, Ma	5	36:16		184			Schlesinger	4	38:7		186		
Thomas	5	38:27		164			Born	4	35:05		160		
Mulligan	5	38:27		168			Lang						
Vattterott	6	43:24		184			Hof	4	31:29		172		
C4							Paino	4	32:23		180		
Watt	6	41:35		152			Thames	4	30:56		172		
Dirnbeck	5	38:35		164			Varty	4	30:36		168		
Hanson	5	41:30		174			Brady	4	32:23		172		
Kelly, M	5	37:00		168			Digman	4	33:20		160		
Kelly, S.	5	36:16		180			Blackburn	4	31:25		140		
Pilla	5	39:38		108			**E3**						
Hilderbrand	5	37:42		152			Pollock						
Heagney, P	6	43:24		164			**E6**						
Holtshauser	5	37:53		172			~~Brady~~						
Margherio	5	35:45		172			Gassert	3	26:22		172		
Keuhner	5	38:35		176			Kuensting						
Linhares, P	5	39:39		180			Lewis	4	29:50		140		
Backer	5	37:32		176			Minden-B	4	29:50		152		
Ottenlips	5	35:50		188			Conroy	4	36:25		160		
Thornberry	5	37:04		184			Richard	3	29:16		172		
Hagan	4	27:45		184			Stoltze	4	35:13		176		
Scott	5	38:14		176			**E7**						**Cross**
Vicini	5	36:57		184			Stauder						McBride
Meier	5	38:16		164			Schumacher, F	4	36:45		172		Parr
Gabler	5	35:50		160			Bowe	4	38:21		140		Pollack
D4							J Hagan	3	27:41		160		**REC**
Mathis	4	31:25		172			Vastola						
Kim	4	31:25		160			McCafferty	3	33:45		172		
McBride, Mk	4	30:56		200			Easley	3	30:30		168		
McLaughlin	4	30:56		182			Fitzgibbon	3	38:30		180		

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: 9-11-06

Jog WC/pushCOREdyn/MEETING/hybrid/ Loops =firehouseAB=8+6 C=6+4 D=5+2 E=4+2

2nd push/srides 8 - 6/full stretch/jog/weights

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Carrol	5	38:21	168			
Lawder	8	53:56	156				Fitzgerald	5	35:27	148			
Clohisy	8	54:30	172				Cannady	6	45:01	180			
Kujo	8	53:56	164				**D5**						
Banet	8	53:56	184				Brennan	5	39:20	152			
A2							Heagney, T	5	42:34	140			
McCafferty	8	53:56	160				Orbe	6	48:08	172			
B2							Menius	5	40:38	160			
Viox	8	55:13	160				Kickham	5	42:20	190			
Murphy							Carron	5	37:35	196			
B3							Merrill	5	35:34	176			
Emery	8	63:24	156				Kociak	5	35:42	200			
Linhares	8	60:00	164				Murphy, K	5	34:30	176			
Ford, B	8	56:45	172				Bufe	5	38:53	152			
Ford, C	8	55:32	176				Cookson, E	5	41:15	184			
Half							Goeghegan	5	35:08	174			
Schumacher	8	55:32	188				Melillo (E)						
Cookson	8	57:12	176				Minnick	5	35:27	190			
Kliethermas	OK						Seaton	4	30:36	140			
C2							Ross	5	35:57	180			
David							**D6**						
C3							Floros	5	37:40	172			
Jennings	6	43:31	180				Kirchner	5	43:23	184			
Warner	(E)						Schmidt	5	34:56	172			
McBride, Ma	6	43:31	188				Schlesinger	5	42:57	188			
Thomas	6	45:59	172				Born	4	31:28	180			
Mulligan	6	45:59	172				~~Lang~~						
Vattterott	5	34:56	176				Hof	5	37:34	172			
C4							Paino	5	40:04	188			
Watt	8	56:45	136				Thames	5	40:55	168			
Dirnbeck	6	44:32	184				Varty	5	35:27	172			
Hanson	6	48:35	180				Brady	5	37:08	176			
Kelly, M	6	44:32	176				Digman	4	31:28	188			
Kelly, S.	6	45:52	180				Blackburn	5	35:35	145			
Pilla	6	45:49	172				**E3**						
Hilderbrand	6	44:32	164				Pollock	6	42:32	168			
Heagney, P							**E6**						
Holtshauser	6	46:31	172				Brady						
Margherio							Gassert	4	35:59	184			
Keuhner	6	47:01	184				Kuensting	3	25:32	180			
Linhares, P	6	45:01	180				Lewis	6	47:00	120			
Backer	6	42:12	168				Minden-B	5	36:15	160			
Ottenlips	6	46:19	180				Conroy	4	35:59	160			
Thornberry	6	47:01	192				Richard	4		168			
Hagan	6	42:34	172				Stoltze	4	35:42	176			
Scott	(E)						**E7**						**Cross**
Vicini	6	44:32	188				Stauder						McBride
Meier	6	47:23	164				Schumacher, F	4	35:59	176			Parr
Gabler	6	42:12	160				Bowe	5	42:41	144			Pollack
D4							J Hagan	6*	42:07	176			**REC**
Mathis	5	37:34	180				Vastola						
Kim	5	40:55	160				McCafferty	4	44:00	188			
McBride, Mk	5	35:27	204				Easley	4	37:07	166			
McLaughlin	6	47:12	164				McBride, Mike	4	27:25	184			
							Fitzgibbon	4		200			

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

ZACH, YOU COULD RECORD TODAY?

12

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

RECOVERY, RAINY DAY SCHEDULE

RECOVERY 6-5-4-3

DATE: 9-11-06

Jog WC/pushCOREdyn/MEETING/hybrid/ Loops =firehouseAB=8+6 C=6+4 D=5+2 E=4+2

2nd push/srides 8 - 6/full stretch/jog/weights

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Carrol	4	27:34	156			
Lawder	6	41:44	120				Fitzgerald	4	27:43	128			
Clohisy	6	41:44	148				Cannady	5	32:15	172			
Kujo	6	41:44	136				**D5**						
Banet	6	41:44	140				Brennan	4	27:50	160			
A2							Heagney, T	4	34:47	136			
McCafferty	6	41:44	128				Orbe	4	27:40	152			
B2							Menius	4	31:03	152			
Viox	6	41:44	132				Kickham	4	32:42	170			
Murphy		✓					Carron	4	27:59	136			
B3							Merrill	4	27:34	168			
Emery	6	44:22	128				Kociak	4	26:36	160			
Linhares	6	41:44	172				Murphy, K	4	25:30	160			
Ford, B	6	41:44	164				Bufe	4	28:39	156			
Ford, C	6	41:44	136				Cookson, E	4	28:42	172			
Half	4	26:48	172				Goeghegan	4	28:10	120			
Schumacher		✓					Melillo	4	28:44	186			
Cookson	6	41:44	152				Minnick	4	27:40	176			
Kliethermas	6	41:27	164				Seaton	4	30:58	168			
C2							Ross	3.5	28:00	160			
David							**D6**						
C3							Floros	4	30:16	120			
Jennings	5	31:55	156				Kirchner	4	31:06	164			
Warner							Schmidt	4	22:32	160			
McBride, Ma	5	32:10	172				Schlesinger	4	32:42	180			
Thomas ✓							Born	4	28:40	172			
Mulligan ✓							Lang						
Vattterott O							Hof	4	28:00	172			
C4							Paino						
Watt	5	32:10	128				Thames	4	28:40	168			
Dirnbeck	5	32:05	144				Varty	4	29:28	120			
Hanson	5	36:17	160				Brady	4	28:42	172			
Kelly, M	5	33:05	160				Digman	4	28:21	158			
Kelly, S.	5	32:10	168				Blackburn	4	28:40	120			
Pilla	5	33:05	140				**E3**						
Hilderbrand	5	33:09	140				Pollock	O	one				
Heagney, P		ok ✓					**E6**						
Holtshauser	5	33:00	160				Brady	O					
Margherio	5	32:10	160				Gassert	4	29:00	140			
Keuhner	5	33:03	176				Kuensting	4	28:42	200			
Linhares, P							Lewis	5	33:30	132			
Backer	5	32:00	164				Minden-B	4	26:25	164			
Ottenlips	5	32:33	160				Conroy	4	29:00	160			
Thornberry	5	32:15	164				Richard	4	35:23	156			
Hagan	5	31:52	140				Stoltze	4	28:08	156			
Scott		ok ✓					**E7**						**Cross**
Vicini	5	32:56	160				Stauder	ok ✓					McBride
Meier	5	32:47	140				Schumacher, F	4	28:30	152			Parr
Gabler	5	32:10	144				Bowe	4	34:47	120			Pollack
D4							J Hagan	4	28:16	184			**REC**
Mathis	4	28:00	160				Vastola						
Kim	4	28:35	160				McCafferty	4	38:30	172			
McBride, Mk	4	27:48	180				Easley	4	35:23	158			
McLaughlin	4	28:55	144				Mc Bride, Mi	4	26:48	172			
							Fitzgibbon	4	35:23	180			

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: 9-13-06 Conditions:

Name	goal	m	m	m	m	m	com	Name	goal	m	m	m	m	
1								Fitzgerald		6:18	6:07	6:07	5:57	
Lawder		5:19	5:07	5:08	5:08	5:03	+	Brennan		6:46	6:57	7:03		
Clohisy x								Heagney, T		7:02	6:49	6:52		
Kujo		5:26	5:19	5:19	5:29		✓	Orbe		6:25	6:23	6:19		
Banet		5:39	5:24	5:22	5:24	5:10	+	Menius		7:02	6:51	6:47		
McCafferty		5:30	5:22	5:19	5:15		✓	Kickham		7:35	7:40	7:10		
Viox		5:39	5:25	5:23	5:24		✓	Carron		6:33	6:30	6:26		
								Merrill		6:20	6:15	6:17		
1B								Murphy, K		6:16	6:10	6:17		
Emery		6:00	6:25	6:38	5:49		✓	Bufe		6:23	6:31	6:43		
Ford, B		5:44	5:44	5:42	5:33		+	Goeghegan		6:27	6:34	6:30		
Ford, C		5:44	5:44	5:42	5:33		+	Melillo		6:27	6:28	6:20		
Schumacher		5:59	5:48	5:52	5:42		✓	Seaton		7:00	7:25	7:31		144
Cookson		5:52	5:51	5:59	5:36		+	Ross		6:27	6:34	6:30		
Kliethermas		5:55	5:55	6:05	5:51		✓	Hof x						
McBride, Mt		5:55	5:53	6:04	5:36		+	Lewis		6:20	6:14	6:03		148
2														
Lihares, P x														
Linhares, D		6:00	6:03	6:07	6:20		✓							
Jennings		5:59	6:01	6:01	5:42			**4**						
Thomas		5:59	6:01	6:01	5:52			Mellilo x						
Minnick		6:06	6:09	6:07	5:51			Floros		7:00	7:05	7:09		
Varty		6:21	6:20	6:21	6:09			Kirchner		6:59	6:54	6:53		
Mulligan		6:07	6:03	6:10	6:06			Schlesinger		7:25	7:27	7:27		
Hagan		6:13	6:11	6:28	*			Born		6:52	6:53	6:53		
Kelly, M		6:19	6:15	6:12	5:57			Paino		6:32	6:41	6:58		
Kelly, S.		6:09	6:07	6:05	5:55			Thames		6:23	6:35	6:29		
Cannady		6:12	6:07	6:04	5:54			Brady		6:49	6:42	6:54		
Pilla		6:20	6:16	6:12	5:54			Digman		6:51	6:54	6:58		
Dirnbeck		6:19	6:15	6:12	6:00			Blackburn		6:27	6:28	6:23		
Hilderbrand x								McBride, Mk		6:25	6:32	6:26		
Holtshauser		6:16	6:18	6:18	6:05			Pollock		6:06	6:07	6:07		
Margherio		6:12	6:12	6:10	6:39			Seaton x						
Keuhner		6:20	6:13	6:12	6:05			Brady x						
Carroll		6:20	6:18	6:20	6:03			Gassert		7:00	6:54	7:09		
Ottenlips		6:16	6:14	6:14	6:06			Kuensting		7:09	7:22	7:35		
Thornberry		6:13	6:11	6:17	6:15			Minden-B		6:41	6:40	6:37		
Mathis		6:23	6:19	6:19	6:15			Conroy		6:56	6:51	6:52		
Scott		6:36	7:10	7:31			180	Richard		8:12	8:08	7:48		
Vicini x								Stoltze		6:51	6:43	6:40		
Kocsiak		6:25	6:24	6:24	6:19			Schumacher, F		6:56	6:47	6:45		
Gabler		6:11	6:07	5:58	5:52			Bowe		8:02	8:17	7:52		
Schmidt x								J Hagan		7:34	7:49	7:44		
E Cookson		6:21	6:15	6:22	6:29			McCafferty		9:05	9:33	8:20		
McLaughlin		6:36	6:15	6:12	6:00			Easley		7:57	7:59	7:37		
Watt		6:06	6:07	6:05	5:57			Fitzgibbon		9:08	9:39	10:08		
3														
Backer		6:14	6:05	5:58										
Kim		6:30	6:30	6:21										
Hanson		7:02	6:49	6:37										
								~~e - 6:07~~						
~~Mc~~ Meier		6:27	6:23	6:23	6:20									

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

9-15 workout RECORD

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: 9-14-06

Jog WC/push/dyn/form/A10/B8/C6/D5/E4 2nd push/strides/stretch

Name	dist	time	pulse	pace	com	com
A1						
Lawder	10	63:50	156			
Clohisy						
Kujo	6	41:55	156	4	30:04	136
Banet	10	65:58	168	4	30:04	152
A2						
McCafferty				4	30:04	120
B2						
Viox	8	56:23	148	4	30:04	128
Murphy				5	37:00	160
B3						
Emery	5	38:50	144			
Linhares	6	41:04	176	5	37:00	164
Ford, B	6	39:56	180	4	30:04	148
Ford, C	6	39:56	172	4	30:04	152
Half	4	28:55	172	3	21:45	164
Schumacher	8	56:23	188	4	30:04	164
Cookson	8	56:23	172	4	30:09	144
Kliethermas	6	40:46	172	4	30:09	160
C2						
David						
C3						
Jennings	6	40:24	172	3	23:50	136
Warner						
McBride, Ma	6	41:04	196	3	24:32	136
Thomas	6	40:46	158	3	?	?
Mulligan	6	44:50	140	✓		
Vattterott						
C4						
Watt	6	41:12	124	3	22:30	124
Dirnbeck	6	44:50	164	3	23:50	140
Hanson	6	49:29	174	2	16:08	140
Kelly, M	6	44:50	160	3	23:50	144
Kelly, S.	6	43:55	172	3	24:15	—
Pilla	6	44:50	160	3	23:50	140
Hilderbrand						
Heagney, P						
Holtshauser	6	43:55	176	3	23:50	—
Margherio	6	43:46	168	3	23:50	128
Keuhner	6	43:46	188	3	23:50	168
Linhares, P						
Backer	6	42:56	188	3	25:45	156
Ottenlips	6	42:48	168	3	23:50	148
Thornberry	6	42:21	188	3	25:45	156
Hagan	4	28:55	168	2	15:00	152
Scott	4	31:59	164			
Vicini	6	45:24	176	3	24:00	—
Meier	3	24:32	156	2	15:12	148
Gabler	6	43:28	160	3	23:30	144
D4						
Mathis	5	37:42	172	3	27:40	130
Kim	5	39:17	170	2	17:45	130
McBride, Mk	5	36:31	196	2	15:04	164
McLaughlin	5	39:48	156	2	15:04	136

Name	dist	time	pulse	pace	com	com
Carrol	6	46:31	168	2	15:53	160
Fitzgerald	5	35:30	184	2	15:04	140
Cannady	6	42:38	172	3	30:31	124
D5						
Brennan	5	40:50	164	2	17:01	144
Heagney, T	5	41:23	144	✓		
Orbe	5	39:49	184	3	24:48	156
Menius	5	40:49	180	2	17:04	152
Kickham	5	45:51	200	2	16:50	176
Carron	5	37:42	168	2	16:04	152
Merrill	5	37:44	176	2	15:53	140
Kociak	5	39:15	188	2	15:10	144
Murphy, K	5	37:44	172	3	21:45	160
Bufe	5	39:06	164	2	15:39	144
Cookson, E	5	46:43	172	2	14:56	164
Goeghegan	5	36:33	160	2	15:04	140
Melillo	5	35:43	144	2	15:05	164
Minnick	5	36:40	180	2	15:10	140
Seaton	4	36:28	148	2	16:20	160
Ross	5	42:46	176	3	21:45	164
D6						
Floros	5	39:05	200	2	15:00	—
Kirchner	5	43:14	188	2	17:04	—
Schmidt						
Schlesinger	5	45:51	188	3	28:50	176
Born	5	40:26	162	2	15:39	158
Lang						
Hof	5	42:46	176	3	21:45	164
Paino	5	39:28	184	2	15:10	160
Thames	5	37:56	176			
Varty	5	37:03	156	2	15:35	132
Brady	5	40:45	164	2	15:04	164
Digman	5	40:18	158			
Blackburn	5	39:15	170	2	15:04	130
E3						
Pollock	3	23:30	146	3	26:19	140
E6	3	~~23:30~~				
Brady						
Gassert	5	42:57	172	2	15:39	160
Kuensting	4	36:11	180	2	15:45	180
Lewis	6	44:50	130	3	23:50	—
Minden-B	5	36:31	160	2	14:56	108
Conroy	5	42:56	164	2	15:37	144
Richard	4	37:05	192			
Stoltze	5	40:26	160			
E7						
Stauder						
Schumacher, F	5	42:57	164	2	15:40-164	
Bowe	5	45:51	152	3	27:50-FM	
J Hagan	4	36:28	140	2	15:23-172	
Vastola						
McCafferty	4	43:15	188			
Easley	4	34:20	164			
McBride, M	5	36:44	188	4	30:12	180
Fitzgibbon	4	39:10	180			

Cross
McBride
Parr
Pollack
REC

T7 • BANET • MCCAFFERTY • COOKSON • VIOX • KUJO • C. FORD • SCHUMACHER

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

A=3:30 (10)
B=3:40 (8)
C=3:50 (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

D= 4:00 PM (5) E = (4) 4:00 PM

DATE: 9-18-06

EXPRESS: Jog WC/push/dyn/OS LOOPS: A10/B8/C6/D5/E4 2nd push/strides/stretch/jog

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Carrol	5	38:14	156			
Lawder	10	66:53	144				Fitzgerald	6	44:57	184			
Clohisy							Cannady	6	45:01	168			
Kujo	10	66:53	156				**D5**						
Banet	10	66:53	176				Brennan	5	38:38	172			
A2							Heagney, T						
McCafferty	10	66:53	156				Orbe	5	37:59	172			
B2							Menius	5	41:08	160			
Viox	10	66:53	160				Kickham	5	43:00	172			
Murphy	4	28:00	—				Carron	5	36:00	188			
B3							Merrill	5	37:10	172			
Emery	8	58:00	160				Kociak	5	35:32	180			
Linhares	4	30:31	160				Murphy, K	5	35:20	168			
Ford, B	8	53:18	188				Bufe	5	35:52	164			
Ford, C	8	53:18	180				Cookson, E	5	37:37	180			
Half	5	36:48	160				Goeghegan	5	36:19	160			
Schumacher	8	54:00	188				Melillo	5	36:41	172			
Cookson	8	45:59	180				Minnick	6	44:57	174			
Kliethermas	8	56:22	184				Seaton	5	40:56	184			
C2							Ross	5	36:05	184			
David							**D6**						
C3							Floros	5	36:50	160			
Jennings	6	41:58	160				Kirchner	5	40:50	164			
Warner	5	36:48	164				Schmidt	5	34:03	168			
McBride, Ma	8	45:59	188				Schlesinger	5	45:49	184			
Thomas	6	41:30	172				Born						
Mulligan	6	44:57	192				Lang						
Vattterott							Hof	5	38:14	172			
C4							Paino	5	35:53	184			
Watt	6	43:15	140				Thames	5	35:46	172			
Dirnbeck	6	44:44	168				Varty	5	40:43	128			
Hanson	6	51:06	168				Brady	5	37:42	172			
Kelly, M	6	44:44	164				Digman	5	164	36:37			
Kelly, S.	6	44:44	172				Blackburn	5	37:34	145			
Pilla	6	44:44	172				**E3**						
Hilderbrand	6	44:55	164				Pollock	6	45:46	160			
Heagney, P							**E6**						
Holtshauser	6	44:44	168				Brady						
Margherio	3.5	26:45	148				Gassert	5	47:11	140			
Keuhner	6	43:37	196				Kuensting	4	32:29	212			
Linhares, P							Lewis	6	44:26	160			
Backer	6	42:45	188				Minden-B	5	37:30	164			
Ottenlips	6	45:00	172				Conroy	5	47:11	154			
Thornberry							Richard	4.5	47:31	176			
Hagan	6	42:18	192				Stoltze	5	47:10	162			
Scott	6	45:50	180				**E7**						**Cross**
Vicini	6	49:15	168				Stauder						McBride
Meier	6	46:52	168				Schumacher, F	5	47:11	164			Parr
Gabler	6	43:16	160				Bowe	5	46:20	138			Pollack
D4							J Hagan	4	32:29	180			**REC**
Mathis	5	36:00	184				Vastola						
Kim	5	37:21	170				McCafferty	4.5	47:31	196			
McBride, Mk	5	35:53	180				Easley						
McLaughlin	5	37:27	176				McBride, Mi	5	36:48	172			
							Fitzgibbon	4.5	44:20	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

DATE: 9-19-06

Jog Cent/AB extend jog/push/stretch/2xstrides/Grps 1-6 run TEMPO/HILL/1m: **1**=3+8+1 **2**=3+6+1 **3**=3+4+1 **4**=2+4+1 **5**=2+4+1 **6**=2+4+1/ 7-8=800 x 4 at fast/ cool:AB 20min C15, DE home/stretch

Name	dist	time	pulse	pace	com	com	**Name**	dist	time	pulse	pace	com	com
1 (sub 17)							K Murphy						
Lawder 15:50							Thornberry						
Clohisy 15:50	X						Schmidt						
Kujo							Ottenlips						
Banet							Blackburn						
McCafferty							Mathis						
Viox							Hof						
Caleb Ford							Merrill						
A Cookson							Bufe						
Schumacher							Minden-B						
C Murphy							Kim						
2 (sub 17:30)							**6 (sub 20:30)**						
B Ford							Hanson						
Mt McBride							Paino						
Jennings							Carron						
Kliethermas							Thames						
Emery							Brennan						
3 (sub 18:00)							Menius						
Dirnbeck							Born						
Mi McBride							Geoghegan						
Warner							Orbe						
Half							Scott						
D. Linhares							Stoltze						
Margherio							**7 (sub 21:30)**						
Watt							Floros	3:04	3:14	3:14	3:16	3:14	
Minnick							Shcumacher	3:10	3:13	3:09	3:10	2:59	
Thomas							T Heagney	3:04	2:59	3:00	3:02	2:57	
Dirnbeck							Conroy	3:01	3:07	3:08	3:10	3:05	
Fitzgerald							Kirchner	3:08	3:08	3:06	3:05	2:57	
Gabler							Schlesinger	3:15	3:20	3:20	3:21	3:06	
P. Linhares							Brady	3:00	3:07	3:07	3:09	3:04	
Holtshauser							Digman	2:58	3:05	3:01	3:03	2:58	
S. Kelly							**8 (sub 22:30)**						
M Kelly							Gassert	3:01	3:07	3:08	3:10		
Vicini							Seaton	3:30	3:37	3:20	3:17		
C Hagan							Kickham	3:12	3:13	3:14	3:08		
4 (sub 18:30)							J Hagan	3:20	3:20	3:20	3:16		
P Heagney							Kuensting	3:01	3:12	3:18	3:14		
Pilla							Richard	3:25	3:35	3:33	3:31		
Kocsiak							Bowe	3:14	3:21	3:22	3:26		
Lewis							McCafferty	3:43	3:45	3:43	3:46		
McLaughlin							Stauder						
Mulligan							Fitzgibbon	3:54	4:01				
Vattterott							Easley	3:25	3:37	3:36	3:35		
Cannady													
E Cookson							**Adds:**						
Mk McBride													
Backer													
Keuhner													
Carroll													
Pollack													Parr
Melillo													
5 (sub 19:30)													
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: 9-19-06

Jog Cent/AB extend jog/push/stretch/2xstrides/Grps 1-6 run TEMPO/HILL/1m: **1**=3+8+1 **2**=3+6+1 **3**=3+4+1 **4**=2+4+1 **5**=2+4+1 **6**=2+4+1/ 7-8=800 x 4 at fast/ cool:AB 20min C15, DE home/stretch

Name	dist	time	pulse	pace	com	com
1 (sub 17)						
Lawder 15:50	3	16:17	192	4:55	188	
Clohisy 15:50	X					
Kujo	3	16:54	172	5:05	176	
Banet	3	17:15	192	5:05	196	
McCafferty	3	17:11	184	DNF		
Viox	3	17:15	168	5:00	168	
Caleb Ford	3	17:21	176	5:33	188	
A Cookson	3	18:26	178	5:38	176	
Schumacher	3	18:15	196	5:44	198	
C Murphy	3	17:06	176	5:17	184	
2 (sub 17:30)						
B Ford	3	17:17	184	5:33	184	
Mt McBride	3	18:47	196	6:06	200	
Jennings	3	18:41	196	5:41	200	
Kliethermas	3	18:55	192	6:08	196	
Emery	3	18:26	172	5:25	180	
3 (sub 18:00)						
Dirnbeck	3	19:36	188	6:08	192	
Mi McBride						
Warner	3	18:02	156	5:58	168	
Half	3	18:47	192	6:50	192	
D. Linhares	3	19:22	184	6:29	180	
Margherio	3	19:28	180	6:23	184	
Watt easy	3	21:15	108			
Minnick	3	19:37	184	6:06	188	
Thomas	3	18:45	188	5:52	192	
~~Dirnbeck~~						
Fitzgerald	3	19:33	188	6:06	192	
Gabler	3	18:50	160	6:06	160	
P. Linhares						
Holtshauser	3	19:50	176	6:14	180	
S. Kelly	3	19:19	184	6:15	184	
M Kelly	3	19:36	184	6:08	192	
Vicini	3	19:33	192	6:10	192	
C Hagan (-1)	2	13:06	172	6:06	184	
4 (sub 18:30)						
P Heagney						
Pilla	2	12:35	186	6:10	188	
Kocsiak	2	13:00	180	6:15	200	
Lewis	2	14:54	152	6:09	172	
McLaughlin	2	13:02	180	6:13	180	
Mulligan	2	12:37	172	6:04	180	
Vattterott						
Cannady	2	12:35	172	5:55	180	
E Cookson	2	13:25	180	6:33	184	
Mk McBride	2	13:08	180	6:40	200	
Backer	2	13:50	180	6:12	184	
Keuhner	2	12:46	192	6:00	200	
Carroll	2	13:05	172	6:21	184	
Pollack	2	12:54	164	6:55	164	
Melillo	2	13:06	172	7:02	164	
5 (sub 19:30)						
Schmidt	2	12:20	192	5:55	196	
Wilderbrand	2	12:51	172	5:55	188	

Name	dist	time	pulse	pace	com	com
K Murphy	2	12:55	164	6:19	168	
Thornberry	2	12:48	184	6:33	172	
~~Schmidt~~						
Ottenlips	2	12:54	176	6:11	188	
Blackburn	2	13:24	170	6:24	172	
Mathis	2	13:07	188	6:11	188	
Hof	2	13:30	180	7:30	176	
Merrill	2	13:07	180	6:30	176	
Bufe	2	13:03	172	6:47	164	
Minden-B	2	13:18	172	6:47	172	
Kim	2	13:15	190			
6 (sub 20:30)						
Hanson	2	13:49	188	7:18	180	
Paino	2	13:02	192	6:30	188	
Carron	2	13:28	188	6:28	184	
Thames	2	13:26	180	6:58	184	
Brennan	2	13:50	180	6:53	184	
Menius JC	2	13:47	184	7:00	180	
Born						
Geoghegan	2	13:04	180	6:20	180	
Orbe	2	12:56	188	6:26	184	
Scott	2	13:33	168	6:50	188	
Stoltze	2	14:00	168	7:20	176	
7 (sub 21:30)						
Floros						
Shcumacher						
T Heagney						
Conroy						
Kirchner						
Schlesinger						
Brady						
Digman						
8 (sub 22:30)						
Gassert						
Seaton						
Kickham						
J Hagan						
Kuensting						
Richard						
Bowe						
McCafferty						
Stauder						
Fitzgibbon						
Easley						
Adds:						
Varty	2	13:01	176	6:24	180	
Ross	2	13:30	184	7:30	176	
Meier - easy	3	22:35	156			
						Parr

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: 9-20-06

Jog WC/push/CORE/dyn/run OB A12-B10-C8-D6 E5 /2nd push/strides AB8-CE6/jog/stretch

Name	dist	time	pulse	pace	com	com
A1						
Lawder	10	66:34	144			
Clohisy ✓						
Kujo		81:11	152			
Banet		81:11	168			
Viox		81:11	152			
McCafferty		81:11	156			
B1 (COACH)		81:11	152			
Murphy	10	66:34	164			
Ford, B	8	57:23	148			
Ford, C	8	57:23	160			
Schumacher	8+	60:41	168			
Cookson	10	1:13:32	152			
B2						
Emery		1:11:50	164			
Half C ✓	~~WD~~		~~164~~			
McBride, Ma C	8	58:52	176			
Kliethermas	10	1:11:50	184			
B3						
Linhares C	6	45:46	160			
Warner C	6	49:15	170			
Watt	8	54:08	160			
C2						
Jennings	8	58:55	172			
Thomas	8	63:25	140			
Gabler	8	57:30	160			
Minnick	8	59:31	176			
C3						
Mulligan	8	59:33	180			
Dirnbeck	8	59:19	176			
Cannady	8	63:25	172			
Kelly, M	8	59:19	176			
Kelly, S.	8	58:52	164			
Pilla	8	58:22	172			
Hilderbrand	8	59:10	164			
Holtshauser	8	58:20	176			
Margherio	8	58:41	172			
Keuhner	8	58:41	184			
Linhares, P						
Backer	8	58:36	180			
Ottenlips	8	58:22	180			
Thornberry	8	60:45	180			
Hagan	8	58:30	172			
McLaughlin	8	64:29	160			
Vicini	8	60:47	188			
D4						
Mathis	6	45:27	164			
Kim	6	46:34	160			
McBride, Mk	6	44:31	196			
Pollack C	6	44:12	160			
Hanson	6	47:32	168			
Scott C5	8	60:19	180			
Meier	OK					
Bufe	6	46:29	152			

Name	dist	time	pulse	pace	com	com
Cookson, E	6	45:25	176			
Goeghegan	6	44:46	196			
Carrol C	8	60:25	168			
Fitzgerald C	8	59:31	176			
Lewis C	8	59:19	132			
Minden-B	6	44:55	172			
McBride, Mi		OK				
D5						
Stoltze	6	48:48	172			
Brennan	6	45:40	168			
Heagney, T	5	42:56	144			
Orbe	6	48:38	168			
Menius	6	47:32	184			
Kickham	5	44:27	172			
Carron	6	45:27	172			
Merrill	6m	45:09	176			
Kociak	6	45:21	180			
Murphy, K		OK				
Melillo	6	45:34	164			
Ross	6	45:30	160			
D6						
Floros	6	45:30	180			
Kirchner	6	45:30	188			
Schmidt C	8	58:36	172			
Schlesinger	5	42:56	184			
Born		OK				
Hof	6	45:09	172			
Paino	6	45:07	176			
Thames	4	34:37	176			
Varty	6	46:03	164			
Brady	6	46:21	168			
Digman	6	45:12	186			
Blackburn	6	45:27	160			
Seaton		OK				
Schumacher, F	5	41:57	164			
D7						
Brady						
Gassert	5	42:08	160			
Kuensting	6	49:48	206			
Conroy	6	47:32	160			
Richard	5	51:50	160			
Stauder						
Bowe	5	43:21	180			
J Hagan	5	42:21	160			
McCafferty	5	51:30	184			
Easley	5	52:34	152			
Fitzgibbon	5	53:28	180			

Cross
Parr
David
Heagney,
Vattterot

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

4-21-06

DATE: ~~9-20-06~~

Jog WC/push/dyn/run Os A8-B6-C5-D4 E5 /2nd push/strides AB10-CE8/jog/stretch

Split practice: V and JV to JB for course tour

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Cookson, E	5	36:49	184			
Lawder	8	54:59	148				Goeghegan	5	35:45	176			
Clohisy							Carrol	5	37:03	156			
Kujo							Fitzgerald	5	34:07	144			
Banet	8	54:59	164				Lewis	5	34:36	148			
Viox	8	54:59	152				Minden-B	5	35:18	172			
McCafferty	8	54:59	148				McBride, Mi	4	27:35	176			
B1							D5						
Murphy							Stoltze	5	40:35	162			
Ford, B							Brennan	5	37:55	156			
Ford, C							Heagney, T	5	43:32	?			
Schumacher							Orbe	5	40:00	172			
Cookson							Menius						
B2							Kickham	5	44:03	168			
Emery							Carron	5	37:30	164			
Half							Merrill	5	35:35	172			
McBride, Ma							Kociak	5	34:50	180			
Kliethermas							Murphy, K						
B3							Melillo	5	35:41	164			
Linhares							Ross	5	40:20	160			
Warner	5	29:56	176				D6						
Watt	6	41:18	140				Floros	5	37:20	160			
C2							Kirchner	5	40:13	176			
Jennings							Schmidt	5	35:07	164			
Thomas	5	36:50	152				Schlesinger	5	42:56	180			
Gabler	5	33:44	152				Born						
Minnick	5	34:16	172				Hof						
C3							Paino	5	35:18	184			
Mulligan	5	34:06	176				Thames	4	34:18	172			
Dirnbeck	5	37:00	168				Varty	5	36:53	160			
Cannady	5	37:30	162				Brady	5	36:54	168			
Kelly, M	5	37:00	168				Digman	5	34:55	160			
Kelly, S.	5	36:54	160				Blackburn	5	36:58	160			
Pilla	5	34:58	164				Seaton	5	40:36	184			
Hilderbrand	5	37:00	152				Schumacher, F	5	37:11	188			
Holtshauser	5	34:25	176				D7						
Margherio							Brady						
Keuhner	5	36:54	184				Gassert	5	40:20	160			
Linhares, P	2	16:56	124				Kuensting	5	43:00	184			
Backer	5	33:44	176				Conroy	5	40:20	160			
Ottenlips	5	34:50	156				Richard	4.5	43:46	164			
Thornberry	5	34:59	184				Stauder						
Hagan	5	34:45	168				Bowe	5	43:32	144			
McLaughlin	5	39:59	164				J Hagan	5	DNF	—			
Vicini	5	35:36	186				McCafferty	4	40:15	172			
D4							Easley	4.5	43:46	166			Cross
Mathis	5	34:25	172				Fitzgibbon	4	40:30	160			Parr
Kim	5	40:06	160										David
McBride, Mk	5	33:56	192										Heagney,
Pollack	5	34:16	156										Vattterot
Hanson	5	38:18	160										
Scott													
Meier	—												
Bufe	5	36:54	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

DATE: 9-20-06

Jog WC/push/dyn/run Os A8-B6-C5-D4 E5 /2nd push/strides AB10-CE8/jog/stretch

Split practice: V and JV to JB for course tour

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Cookson, E						
Lawder							Goeghegan						
Clohisy							Carrol						
Kujo (B) ✓ 7							Fitzgerald						
Banet							Lewis						
Viox							Minden-B						
McCafferty							McBride, Mi						
B1							**D5**						
Murphy (B) 7							Stoltze						
Ford, B ✓ 7							Brennan						
Ford, C 7							Heagney, T						
Schumacher (B) ✓ 7							Orbe						
Cookson (B) ✓ 7							Menius						
B2							Kickham						
Emery (B) ✓							Carron						
Half X							Merrill						
McBride, Ma ✓ (B)							Kociak						
Kliethermas 8							Murphy, K						
B3							Melillo						
Linhares							Ross						
Warner							**D6**						
Watt							Floros						
C2							Kirchner						
Jennings (B) ✓							Schmidt						
Thomas X							Schlesinger						
Gabler							Born						
Minnick X							Hof (B) ✓						
C3							Paino						
Mulligan							Thames						
Dirnbeck							Varty						
Cannady							Brady						
Kelly, M							Digman						
Kelly, S.							Blackburn						
Pilla							Seaton						
Hilderbrand							Schumacher, F						
Holtshauser							**D7**						
Margherio (B) ✓							Brady						
Keuhner							Gassert						
Linhares, P							Kuensting						
Backer							Conroy						
Ottenlips							Richard						
Thornberry							Stauder						
Hagan							Bowe						
McLaughlin							J Hagan						
Vicini							McCafferty						
D4							Easley						**Cross**
Mathis													Parr
Kim													David
McBride, Mk													Heagney,
Pollack													Vattterot
Hanson													
Scott													
Meier													
Bufe													

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: 9-25-06

Jog WC/push/dyn/run OS A10 B8-C6-D5 /2nd push/strides AB10-CE8/jog/stretch

Split practice: V and JV to JB for course tour

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Cookson, E	5	40:41	176			
Lawder	10	70:28	140				Goeghegan	5	36:18	148			
Clohisy	—	—					Carrol	6	46:17	168			
Kujo	10	70:28	152				Fitzgerald	6	45:17	160			
Banet	10	70:28	152				Lewis	5	35:24	92?			
Viox	10	70:28	148				Minden-B	5	36:36	172			
McCafferty	10	70:28	164				McBride, Mi						
B1							**D5**						
Murphy	—						Stoltze	5	43:28	172			
Ford, B	8	56:51	172				Brennan	6	47:30	164			
Ford, C	8	56:51	160				Heagney, T	5	39:23	144			
Schumacher	8	57:15	180				Orbe	5	36:26	176			
Cookson	8	57:35	168				Menius	5	42:24	164			
B2							Kickham	5	42:06	164			
Emery	—						Carron	5	35:57	180			
Half	—						Merrill	5	37:43	168			
McBride, Ma	—						Kociak	6	47:35	180			
Kliethermas	—						Murphy, K	5	35:11	172			
B3							Melillo	5	37:25	176			
Linhares	5	38:08	156				Ross	5	38:15	168			
Warner	6	42:41	160				**D6**						
Watt	8	56:40	136				Floros	5	36:45	172			
C2							Kirchner	5	37:06	180			
Jennings	—						Schmidt	6	38:07	180			
Thomas	—						Schlesinger	5	43:39	184			
Gabler	6	43:14	160				Born						
Minnick	—						Hof	5	39:22	168			
C3							Paino	5	35:35	180			
Mulligan	6	44:21	164				Thames	5	37:11	172			
Dirnbeck	6	44:01	184				Varty	5	40:43	160			
Cannady							Brady	5	37:10	164			
Kelly, M	6	44:01	164				Digman	5	37:12	136			
Kelly, S.	6	43:51	176				Blackburn	5	36:36	156			
Pilla	6	45:00	164				Seaton	5	43:21	172			
Hilderbrand	6	43:14	172				Schumacher, F	5	37:11	192			
Holtshauser	6	43:51	176				**D7**						
Margherio	6	43:26	156				Brady						
Keuhner	6	44:09	184				Gassert						
Linhares, P	2	NT	128				Kuensting	5	42:10	200			
Backer	6	43:14	180				Conroy	5	42:10	160			
Ottenlips	6	46:34	160				Richard	5	55:38	176			
Thornberry	6	45:57	176				Stauder	3	24:35	198			
Hagan	6	43:18	168				Bowe	5	43:28	160			
McLaughlin							J Hagan	4	38:32	164			
Vicini	6	48:15	180				McCafferty	5	56:08	184			
D4							Easley	5	56:05	176			**Cross**
Mathis	5	35:57	168				MEER	3	24:25	124			Parr
Kim	5	39:47	150				FITZGIBBON	5	56:30	200			David
McBride, Mk	5	34:09	200										Heagney,
Pollack	6	45:17	168										Vattterot
Hanson	5	42:49	176										
Scott	6	46:45	168										
Meier													
Bufe	5	35:26	164										

NT = No Time (or No Watch)

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: 9-26-06

Jog Cent/AB extend jog/push/stretch/2xstrides/Grps ACrun 4 x1m: **DE= 3 x 1m/2nd push/jog/stretch/WEIGHTS**

Name	GRp	1	2	3	4	com
1 (sub 17)						
Lawder 15:50						
Clohisy 15:50						
Kujo						
Banet						
McCafferty						
Viox						
Caleb Ford						
A Cookson						
Schumacher						
C Murphy						
2 (sub 17:30)						
B Ford						
Mt McBride						
Jennings						
Kliethermas						
Emery						
3 (sub 18:00)						
Dirnbeck		6:06	6:05	6:00	6:01	
Mi McBride		6:11	5:51	6:45		204
Warner		5:43	5:40	5:31	5:22	
Half		5:43	5:40	5:56		
D. Linhares		5:52	5:58	6:23	6:10	
Margherio		5:55				
Watt		5:58	5:54	5:43	6:06	
Minnick						
Thomas						
Dirnbeck						
Fitzgerald		6:08	5:58	5:41		
Gabler		5:52	5:54	5:42	5:39	176
P. Linhares		6:50	6:09	6:32	180 →	
Holtshauser		5:54	6:04	6:08	6:04	
S. Kelly		5:53	5:57	6:03	5:55	
M Kelly		6:08	6:05	5:59	5:59	
Vicini					P=156	3-24:06
C Hagan		6:00	5:55	6:02		188
4 (sub 18:30)						
P Heagney						
Pilla		6:06	6:05	6:19	5:58	
Kocsiak		6:33	6:26	6:21		212
Lewis		6:03	5:59	6:10	5:52	
McLaughlin		6:33	6:28	6:19		190
Mulligan		6:09	5:59	5:49		
Vattterott						
Cannady		6:00	5:59	6:08	5:52	
E Cookson		6:52	6:48	6:20		188
Mk McBride		6:10	6:07	6:17		204
Backer		6:04	6:04	6:10		
Keuhner		5:55	5:55	6:06	6:04	
Carroll		6:03	6:05	6:05		172
Pollack		6:12	6:10	6:10		180
Melillo		6:20	6:15	6:23		180
5 (sub 19:30)						
Schmidt		5:54	5:57	5:58	6:03	
Hilderbrand		6:02	6:01	6:10	5:58	

Name	grp	1	23	pace	4	com
K Murphy		6:07	6:10	6:10		180
Thornberry		6:03	6:05	6:09	6:14	
Schmidt						
Ottenlips		6:09	6:06	6:09	6:01	
Blackburn		6:13	6:13	6:17		180
Mathis		6:12	6:10	6:10	188 →	
Hof		6:32	6:10	6:44		
Merrill		6:24	6:16	6:12		176
Bufe		6:40	6:32	6:30		168
Minden-B		6:23	6:16	6:20	188 →	
Kim		6:41	6:28	6:20		190
6 (sub 20:30)						
Hanson		6:51	6:56	7:02		188
Paino		6:42	6:32	6:25		200
Carron						2-15:48-164
Thames		6:50	6:35	6:19		192
Brennan		6:33	6:32	6:35		180
Menius		6:49	6:39	6:29		188
Born						
Geoghegan		6:30	6:27	6:14		160
Orbe		6:12	6:22	6:31		188
Scott						
Stoltze		6:38	6:31	6:25		163
7 (sub 21:30)						
Floros		6:48	6:48	6:50		200
Shcumacher		6:38	6:32	6:20		180
T Heagney		6:33	6:37	6:37		144
Conroy		6:51	6:51	6:41		160
Kirchner		6:51	6:37	6:38		200
Schlesinger						
Brady		6:53	6:56	6:48		180
Digman		6:54	6:52	6:42		172
8 (sub 22:30)						
Gassert		7:08	7:25	6:50		188
Seaton		7:27	7:36	6:54		194
Kickham		7:15	7:06	6:53		220
J Hagan		7:27	7:38	6:36		184
Kuensting		7:08	7:02	6:54		212
Richard		7:48	7:36	8:08		184
Bowe		7:39	7:38	7:28		160
McCafferty		9:20	9:25			
Stauder						
Fitzgibbon		9:54	9:49			
Easley		8:02	8:22	8:37		180
Adds:						
~~Cycol~~						
Varty		6:12	6:13	6:11	180 →	
Ross		6:32	6:32	6:14	184 →	
~~[illegible]~~		~~6:35~~				
						Parr

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: 9-26-06													
Jog WC/push/dyn/run OS A10 B8-C6-D5 /2nd push/strides AB10-CE8/jog/stretch													
Split practice: V and JV to JB for course tour													
Name	dist	time	pulse	pace	com	com	**Name**	dist	time	pulse	pace	com	com
A1							Cookson, E						
Lawder	10	65:56	148				Goeghegan						
Clohisy							Carrol						
Kujo	10	65:56	156				Fitzgerald						
Banet	10	65:56	172				Lewis						
Viox	10	65:56	152				Minden-B						
McCafferty							McBride, Mi						
B1							**D5**						
Murphy							Stoltze						
Ford, B	8	55.44	176				Brennan						
Ford, C	8	55.44	164				Heagney, T						
Schumacher	8	57:28	184				Orbe						
Cookson	8	58:16	168				Menius						
B2							Kickham						
Emery	8	58:22	164				Carron						
Half							Merrill						
McBride, Ma	8	58:22	180				Kociak						
Kliethermas	8	58:22	188				Murphy, K						
B3							Melillo						
Linhares							Ross						
Warner							**D6**						
Watt							Floros						
C2							Kirchner						
Jennings	6	46:46	164				Schmidt						
Thomas	6	46:46	156				Schlesinger						
Gabler							Born						
Minnick	6	46:46	168				Hof						
C3							Paino						
Mulligan							Thames						
Dirnbeck							Varty						
Cannady							Brady						
Kelly, M							Digman						
Kelly, S.							Blackburn						
Pilla							Seaton						
Hilderbrand							Schumacher, F						
Holtshauser							**D7**						
Margherio							Brady						
Keuhner							Gassert						
Linhares, P							Kuensting						
Backer							Conroy						
Ottenlips							Richard						
Thornberry							Stauder						
Hagan							Bowe						
McLaughlin							J Hagan						
Vicini							McCafferty						
D4							Easley						**Cross**
Mathis													Parr
Kim													David
McBride, Mk													Heagney,
Pollack													Vattterot
Hanson													
Scott													
Meier	3	23:16	152										
Bufe													

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: 9-27-06

Jog WC/push/dyn/run OS B8-C6-D5 /2nd push/8-6 strides /jog/stretch

Name	dist	time	pulse	pace	com	com
A1						
Lawder						
Clohisy	3	23:15	169			
Kujo						
Banet						
Viox						
McCafferty						
B1						
Murphy						
Ford, B						
Ford, C						
Schumacher						
Cookson						
B2						
Emery						
Half						
McBride, Ma						
Kliethermas						
B3						
Linhares	6	42:23	148			
Warner	2.5					
Watt	8	52:52	200			
C2						
Jennings	WORKOUT					
Thomas	6	43:32	144			
Gabler	6	43:45	152			
Minnick	6	43:32	164			
C3						
Mulligan	6	42:47	184			
Dirnbeck	6	44:10	168			
Cannady	6	43:47	168			
Kelly, M	6	44:10	164			
Kelly, S.	6	44:01	172			
Pilla	6	44:03	164			
Hilderbrand	6	44:10	160			
Holtshauser	6	44:52	176			
Margherio	6	44:02	168			
Keuhner	6	44:34	180			
Linhares, P	6	42:33	172			
Backer	6	42:26	176			
Ottenlips	6	43:47	176			
Thornberry	6	46:31	172			
Hagan	3	23:15	160			
McLaughlin		CLIMPING				
Vicini	3	23:15	156			
D4						
Mathis	3	23:15	169			
Kim	5	37:22	170			
McBride, Mk ★	5	33:39	196			
Pollack	5	39:34	156			
Hanson	5	43:18	178			
Scott	2.5	18:37	142			
Meier	4	32:09	128			
Bufe	5	36:06	160			

Name	dist	time	pulse	pace	com	com
Cookson, E	5	40:57	180			
Goeghegan	5	35:20	168			
Carrol	6	46:30	168			
Fitzgerald	6	43:24	148			
Lewis	6	43:26	152			
Minden-B	5	36:18	172			
McBride, Mi	—					
D5						
Stoltze	5	36:34	168			
Brennan	6	4:02	164			
Heagney, T	5	39:38	144			
Orbe	5	39:13	172			
Menius	5	39:11	164			
Kickham	5	46:46	172			
Carron	5	37:56	168			
Merrill	5	36:27	172			
Kociak	6	47:00	180			
Murphy, K	—					
Melillo	5	37:22	170			
Ross	4	30:58	156			
D6						
Floros	5	36:35	180			
Kirchner	5	43:56	148			
Schmidt	6	47:06	160			
Schlesinger	5	43:12	180			
Born	—					
Hof	5	36:27	168			
Paino	5	35:04	188			
Thames	5	37:57	168			
Varty	5	36:00	186			
Brady	5	36:25	168			
Digman	5	36:40	152			
Blackburn	5	38:00	146			
Seaton	5	42:20	160			
Schumacher, F	5	36:18	180			
D7						
~~Brady~~	—					
Gassert	5	39:35	180			
Kuensting	5	39:30	180			
Conroy	5	36:34	160			
Richard	5	47:54	186			
Stauder	3	23:50	196			
Bowe	5	43:10	160			
J Hagan	5	39:35	180			
McCafferty	5	47:31	196			
Easley	5	47:54	168			
Fitzgibbons	5	45:00	172			
	3	23:15	144			

Cross
Parr
David
Heagney,
Vattterot

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: 9-27-06

Jog Cent/AB extend jog/push/stretch/2xstrides/Grps ABrun 2m tempo negative to cruise/1m at race/1m at fast /2nd push/ext cool/full stretch C=3x1 at tempo/cruise/race/push/cool/stretch

Name	GRp	1	2	3	4	com	Name	grp	1	2	3	4	com
1 (sub 17)				P			K Murphy						
Lawder 15:50		10:58	10:51	180	5:01	180	Thornberry						
Clohisy 15:50							Schmidt						
Kujo		11:27	11:21	172	5:11	172	Ottenlips						
Banet		11:27	11:21	188	5:11	184	Blackburn						
McCafferty		11:27	11:21	180	5:11	180	Mathis						
Viox		11:27	11:21	168	5:11	168	Hof						
Caleb Ford		11:46	5:39	5:22		196	Merrill						
A Cookson		11:46	5:41	5:41		184	Bufe						
Schumacher		11:55	5:40	6:02		188	Minden-B						
C Murphy		5:58	6:10	6:04		148	Kim						
2 (sub 17:30)							**6 (sub 20:30)**						
B Ford		5:58	6:07	6:02		176	Hanson						
Mt McBride		5:56	6:10	6:04		184	Paino						
Jennings		5:58	6:10	6:04		180	Carron						
Kliethermas		5:56	6:11	6:05		184	Thames						
Emery		5:58	6:10	6:07		152	Brennan						
3 (sub 18:00)							Menius						
Dirnbeck							Born						
Mi McBride							Geoghegan						
Warner							Orbe						
Half							Scott						
D. Linhares							Stoltze						
Margherio							**7 (sub 21:30)**						
Watt							Floros						
Minnick							Shcumacher						
Thomas							T Heagney						
Dirnbeck							Conroy						
Fitzgerald							Kirchner						
Gabler							Schlesinger						
P. Linhares							Brady						
Holtshauser							Digman						
S. Kelly							**8 (sub 22:30)**						
M Kelly							Gassert						
Vicini							Seaton						
C Hagan							Kickham						
4 (sub 18:30)							J Hagan						
P Heagney							Kuensting						
Pilla							Richard						
Kocsiak							Bowe						
Lewis							McCafferty						
McLaughlin							Stauder						
Mulligan							Fitzgibbon						
Vattterott							Easley						
Cannady													
E Cookson							**Adds:**						
Mk McBride													
Backer													
Keuhner													
Carroll													
Pollack													Parr
Melillo													
5 (sub 19:30)													
Schmidt													

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

5 (15:45) Canale - 10:00/10:50/~~5:00~~ 5:05
(1:30) Cl - 11:30/11:20/~~5:10~~ ~~5:15~~ 5:20

2, 2, 1

Next 3 - Austin, Calab, Schumacher

2, 1, 1 (17:00) 11:50/5:40/5:30

Hancock + B. Ford

3x1 Tempo, Cruise, Race

6:15/6:10/6:00

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

DATE: 10-2-06

Jog WC/push CORE dyn/MEETING/OB loops: A8, B6, C5, DE4/strides 8-6/cal/stretcg/jog/WEIGHTS

Name	dist	time	pulse	pace	com	com
A1						
Lawder	8	55:08	148			
Clohisy	6	41:24	184			
Kujo	8	55:08	152			
Banet	8		148			
Viox	8		152			
McCafferty	8		164			
B1						
Murphy	8		156			
Ford, B	6	41:23	170			
Ford, C	6	41:23	180			
Schumacher	6	43:01	192			
Cookson	6	42:27	172			
B2						
Emery	6	39:40	172			
Half						
McBride, Ma	6	45:31	188			
Kliethermas	6	45:31	148			
B3						
Linhares	5	36:19	164			
Warner	7					
Watt	6	45:30	172			
C2						
Jennings	5	34:20	160			
Thomas	5	34:18	148			
Gabler	5	34:29	164			
Minnick	5	35:21	180			
C3						
Heagney	4	29:50	180			
Mulligan	5	34:14	172			
Dirnbeck	5	26:33	180			
Cannady	4	30:26	162			
Kelly, M	5	36:33	176			
Kelly, S.	5	36:05	180			
Pilla	5	38:42	164			
Hilderbrand	5	36:05	172			
Holtshauser	4	34:43	180			
Margherio	4	30:00	160			
Keuhner	5	36:29	184			
Linhares, P	6	44:00	176			
Backer	5	34:29	172			
Ottenlips	5	35:21	168			
Thornberry	5	37:22	180			
Hagan	4	28:18	172			
McLaughlin						
Vicini						
D4						
Mathis	4	30:10	184			
Kim	4	30:26	160			
McBride, Mk	4	27:06	180			
Pollack	4	27:53	160			
Hanson	4	32:23	170			
Scott	5	36:52	180			
Meier						

Name	dist	time	pulse	pace	com	com
Cookson, E	4	30:53	176			
Goeghegan	4	26:34	180			
Carrol	5	37:44	168			
Fitzgerald	5	34:30	160			
Lewis	6	45:30	140			
Minden-B	4	29:22	164			
McBride, Mi						
D5						
Stoltze	4	30:37	172			
Brennan	4	30:35	146			
Heagney, T	4	29:35	144			
Orbe	4	29:45	188			
Menius	4	31:35	164			
Kickham	4	34:52	170			
Carron	4	30:10	180			
Merrill	4	29:33	176			
Kociak	4	31:46	192			
Murphy, K	4	30:25	167			
Melillo	4	29:50	160			
Ross	4	29:45	180			
D6						
Floros	4	32:50	132			
Kirchner	4	36:06	160			
Schmidt	4	45:01	160			
Schlesinger	4	36:05	180			
Born						
Hof	4	29:33	176			
Paino	4	28:46	188			
Thames	4	29:58	172			
Varty	4	27:43	160			
Brady	4	32:52	172			
Digman	4	29:22	176			
Blackburn	4	27:50	170			
Seaton	4	30:54	188			
Schumacher, F	4	28:54	192			
D7						
Brady						
Gassert	4	31:37	180			
Kuensting	4	30:07	200			
Conroy	4	32:32	152			
Richard	4	40:58	168			
Stauder	2	16:28	196			
Bowe	4	36:12	164			
J Hagan	3	23:30	176			
McCafferty	4	38:40	168			
Easley	4	37:32	172			
McLaughlin	2	15:48	176			
Bufe	4	30:23	172			
Fitz	5	43:45	160			

Cross
Parr
David
Vattterot

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

AT CENTRAL FIELDS

THIESS TOM 961-0600 → HINDES

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: 10-3-06

Jog Cent/extend jog/push/stretch/2xstrides/run 400 repeatw/ 2 x surprise 800's/ 1st phase at goal, 2nd at sub 1m, 3rd at fast float/2nd push/25-20-15 jog/full stretch

	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	com
	1	250	x 85	2:34														
L	Lawder 16	80	77	[illegible]	x	75	72	2:26	x	72	71	68	67	67	67	67	68	
	Clohisy (tempo)																	
L	Kujo 16:30	82	78	2:36	x	77	74	2:30	x	74	73	70	68	68	68	68	68	
L	Banet "	84	79	2:37	x	77	75	2:32	x	74	74	71	71	70	69	69	69	
L	McCafferty "	82	78	2:36	x	77	74	2:32	x	74	74	71	70	70	–			
L	Viox "	83	79	2:37	x	78	75	2:32	x	75	74	71	70	70	69	69	69	
L	Caleb Ford 17	84	79	2:38	x	78	76	[illegible]	2:39 x	75	77	76	74	73	71			
L	A Cookson 17:15	84	79	2:40	x	78	78	2:41	x	76	77	75	77	76	71			
L	Schumacher "	83	79	2:43	x	79	80	2:48	x	74	77	77	81	81	86			
L	C Murphy 17	84	79	2:37	x	78	76	2:40	x	89	84	—	—	–	—			
	2																	
L	Warner	84	80	2:44	x	80	78	2:48	x	78	80	79	79	76	70			
L	B Ford 17:30	84	79	2:38	x	78	76	2:39	x	75	77	76	74	73	71			
L	Mt McBride 18	86	82	2:51	x	83	82	2:53	x	82	84	80	79	80	78			
L	Jennings 17:45	85	82	2:48	x	80	81	2:47	x	79	80	76	76	–	—			
L	Kliethermas 18	86	83	2:51	x	84	82	2:53	x	84	84	80	80	79	75			
L	Emery 17:30	85	81	2:44	x	81	81	2:43	x	79	83	79	80	79	77			
	3					837												
	Dirnbeck 18:15	88	87	88	89	[illegible]	2:53	x	86	78	80	80	76					
L	Half 17:45	85	83	2:46	x	81	83	2:47	x	81	82	—	—					
	D. Linhares 18:15	84	84	89	88	82	2:51	x	85	77	80	79	78					
	Margherio																	
	Watt	88	88	88	88	85	2:50	x	84	80	81	80	70					
L	Minnick	85	83	2:47	x	80	82	2:45	x	80	82	78	77	–				
L	Thomas	85	82	2:53	x	81	82	2:52	x	80	82	78	77	–				
	~~Dirnbeck~~																	
L	Fitzgerald	86	83	2:52	x	80	82	2:51	x	79	81	76	77	–				
L	Gabler	86	83	2:49	x	83	83	2:49	x	82	83	78	78	–				
	P. Linhares	84	83	86	87	85	2:56	x	85	83	86	[illegible]	80					
	Holtshauser	84	82	83	82	80	2:50	x	82	77	79	79	79					
	S. Kelly	87	85	88	87	85	2:59	x	83	79	81	80	76					
	M Kelly	89	88	90	90	85	2:55	x	86	78	80	80	76					
	Vicini																	
	C Hagan	89	86	86	89	85	2:55	x	87	83	82	82	79					
	4																	
	P Heagney																	
	Pilla	89	89	89	89	85	2:53	x	86	80	81	81	74					
	Kocsiak	91	91	91	91	89	2:58	x	89	86	84	84	81					
	Lewis	89	89	88	88	86	2:50	x	85	78	81	79	77					
	McLaughlin																	
	Mulligan	90	90	90	89	85	2:50	x	83	78	80	75	78					
	~~Vattorott~~																	
	Cannady	86	85	88	85	84	2:50	x	86	86	86	86	80					
	E Cookson	90	89	91	91	89	2:57	x	89	83	85	84	82					
	Mk McBride	85	86	90	88	86	2:52	x	84	81	81	83	81					
	Backer	90	89	90	91	88	2:57	x	88	83	84	84	82					
	Keuhner	88	88	89	89	85	2:52	x	84	79	80	80	77					
	Carroll	90	89	91	91	88	2:55	x	83	80	81	81	73					
	Pollack	86	86	88	87	86	2:50	x	88	82	82	83	79					
	Melillo	90	90	91	89	88	2:57	x	89	82	84	84	82					
	Hildabrand	85	89	87	89	81	2:50	x	82	75	79	78	75					
	Mike McBride	91	89	90	89	87	2:48	x	86	76	80	79	69					

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

AT WEST CAMP

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: 10-3-06

Jog Cent/extend jog/push/stretch/2xstrides/run 400 repeatw/ 2 x surprise 800's/ 1st phase at goal, 2nd at sub 1m, 3rd at fast float/2nd push/25-20-15 jog/full stretch

Name																	
5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	com
Schmidt	94	90	90	89	87	86	86	84	81	81	82	76	81	✓			14-pace
~~Hagan~~																	
Scott	96	92	92	92	87	90	88	90	87	87	90	90					
Vicini	94	90	90	91	88	87	87	85	82	82	83	80	82	✓			14-pace
~~Meier~~																	
~~Gabler~~																	
Mathis	98	96	95	93	91	93	90	89	89	85							
Kim	101	97	99	95	95	95	92	91	91	87							
~~McBride, Mk~~																	
~~McLaughlin~~																	
K Murphy	92	94	95	91	91	93	89	89	89	85							
Thornberry	94	90	91	91	87	90	88	88	89	89	87	85					
~~Schmidt~~																	
Ottenlips	94	90	91	91	87	89	88	86	86	87	87	83	85				
Blackburn	96	94	94	92	91	91	89	88	88	87							
~~Mathis~~																	
Hof	100	94	95	91	91	93	88	91	90	84							
Merrill	94	94	95	92	90	93	89	91	89	86							
Bufe	97	94	94	94	92	95	93	92	92	91							
Minden-B	97	94	95	91	90	94	90	92	91	88							
~~Kim~~																	
6 Ross	100	97	97	95	94	98											
Hanson	98	97	97	94	93	95	91	93	92	88							
Paino	97	93	94	92	90	94	91	91	91	90							
Carron	100	96	96	95	93	94	92	91	91	89							
Thames	99	98	96	95	95	95	93	93	91	87							
Brennan	98	95	95	93	92	93	91	93	94	88							
Menius	99	97	97	94	92	94	90	91	91	89							
~~Born~~																	
Geoghegan	96	95	96	93	93	95	90	92	92	90							
Orbe	98	96	96	94	93	94	92	94	91	87	90						
~~Scott~~																	
Stoltze	101	97	99	96	95	96	92	95	95	93							
7																	
Floros	98	91	~~1:36~~ 96	92	98	90	87	86	86	86	105						
Shcumacher	97	95	~~1:37~~	95	94	94	91	91	90	90	93						
T Heagney	99	97	99	95	95	97	105	95	100	90							
Conroy	90 ~~1:50~~	101	103	101	103	101	103	100	100	100	98						
Kirchner	106	95	94	94	90	90	87	86	86	85	89						
Schlesinger	90 ~~1:50~~	90	90	107	107	105	105	104	103	102	108						
Brady	100	96	95	96	95	98	92	98	98	93							
~~Digman~~																	
8 (sub 22:30)																	
Gassert	90 ~~1:50~~	101	104	101	101	101	103	100	100	99	97						
Seaton	112	108	111	107	107	106	105	104	103	102	101						

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

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	com
Kickham	107	102	107	100	100	100	99	99	99	100	104						
J Hagan	107	108	107	104	103	104	100	101	100	100	101						
Kuensting	99	97	99	98	96	96	96	95	91	91	108						
Richard	2:02	2:02	2:03	119	116	116	117	113	112	112	114						
Bowe	1:53	1:55	1:54	1:49	1:48	1:46	1:45	1:46	1:44	1:48	1:56						
McCafferty	2:15	2:13	2:13	2:07	2:07	2:06	2:01	2:01	2:01	1:58							
~~Stauder~~																	
Fitzgibbon	2:10	2:09	2:13	2:10	2:15	2:17	2:10	2:12	2:17								
~~Easley~~																	
Heagney, P	96	97	96	95	92	93	92	93	89	87	89	85					
Varty	96	89	94	91	86	91	89	86	88	86	87						

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

☆ = They didn't quite do the whole Bike Path. Probably 5.5 according to them.

DATE: 10-4-06

Jog WC/push dyn/ AB=BP perimeter C=S4/ DE=JA3 6 moderate strides/cal/stretch/jog/WEIGHTS

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Cookson, E	3	22:32	180			
Lawder ☆	5	37:27	144				Goeghegan	3	22:30	160			
Clohisy ☆	5	2.2.	164				Carrol	4	30:04	168			
Kujo ☆	5	37:27	160				Fitzgerald	4	28:53	164			
Banet ☆	5	37:27	168				Lewis	4	27:14	140			
Viox ☆	5	37:27	148				Minden-B	3	22:32	160			
McCafferty	4	28:26	152				McBride, Mi	4	28:26	188			
B1							**D5**						
Murphy ☆	5	37:27	156				Stoltze	3	23:19	172			
Ford, B ☆	5	40:16	152				Brennan	3	23:35	160			
Ford, C ☆	5	40:16	148				Heagney, T						
Schumacher ☆	5	40:16	176				Orbe	3	22:36	168			
Cookson ☆	5	40:16	156				Menius	3	23:37	160			
B2							Kickham	3	25:32	180			
Emery ☆	5	42:21	152				Carron	3	23:10	160			
Half	3	25:10	→ Hurting Bad.				Merrill	3	23:06	172			
McBride, Ma	5	38:22	164				Kociak	3	22:40	168			
Kliethermas	5	40:28	168				Murphy, K	3	23:35	160			
B3							Melillo	3	21:15	168			
Linhares							Ross						
Warner	5	38:22	156				**D6**						
Watt	2.	25:31	208		Felt dizzy & short.		Floros	3	22:20	160			
C2							Kirchner	3	25:51	160			
Jennings	4	28:53	160				Schmidt	4	29:41	160			
Thomas	4	28:54	156				Schlesinger	3	25:03	182			
Gabler	4	28:54	148				Born						
Minnick	4	28:53	176				Hof	3	23:05	168			
C3							Paino	3	21:43	180			
Heagney	4	29:41	156				Thames	3	22:29	172			
Mulligan	4	29:06	184				Varty	3	21:05	180			
Dirnbeck	4	28:53	176				Brady	3	23:19	156			
Cannady	4	30:23	168				Digman	3	22:32	168			
Kelly, M	4	28:43	168				Blackburn	3	22:19	160			
Kelly, S.	4	28:59	180				Seaton	3	24:51	148			
Pilla	4	29:41	160				Schumacher, F	3	23:19	192			
Hilderbrand	4	28:45	172				**D7**						
Holtshauser	4	30:47	168				Brady						
Margherio	4	29:55	168				Gassert	3	24:40	140			
Keuhner	4	29:00	188				Kuensting	3	23:19	200			
Linhares, P	4	32:03	192				Conroy	3	24:40	160			
Backer	3	21:48	156				Richard	3	26:46	196			
Ottenlips	4	30:14	164				Stauder	3	25:32	196			
Thornberry	4	28:52	172				Bowe	3	27:21	144			
Hagan	3	21:48	168				J Hagan	3	24:51	172			
McLaughlin							McCafferty	3	29:30	184			
Vicini	4	29:41	184				Easley						**Cross**
D4							Fitzgibbon	3	29:45	172			Parr
Mathis	3	22:30	168										David
Kim	3	22:43	160										Vattterot
McBride, Mk	3	21:04	196										
Pollack	4	28:59	160										
Hanson	3	23:58	172										
Scott	4	30:12	160										
Meier													

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

5x 1 Mile (3 min recovery) at Goal Race Pace

Lander = 5:04 (15:45)

Vieux, Barnett, Kujo, McCafferty = 5:20 (16:30)

Clohisy, Murphy, Ben Ford, Caleb Ford, Cookson, Schumacher = 5:30 (17:10)

Emery, McBride, Kliethermes, Warner, Jennings, Thomas, Minnick, Halt = 5:43 (17:45)

Gabler, Fitzgerald, S. Kelly, Holtshauser, Ben Schmidt, ?:?, =

✓

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: 10-5-06

Jog WC/push SHORT CORE/dyn/ AB=40 min C=OB4/ DE=OB3/ AB 8 strides CDE 6 strides/cal/stretch/jog

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Bufe	3	21:26	164			
Lawder		30:58	128				Cookson, E	3	21:17	168			
Clohisy		30:52	144				Goeghegan	3	20:36	180			
Kujo		30:52	140				Carrol	4	32:49	160			
Banet		25:00	132				Fitzgerald	4	31:19	120			
Viox		25:00	108				Lewis	4	31:01	112			
McCafferty		25:00	136				Minden-B	3	21:32	172			
B1							McBride, Mi						
Murphy		25:00	120				**D5**						
Ford, B		24:00	112				Stoltze	3	25:40	160			
Ford, C		24:00	112				Brennan	3	21:55	164			
Schumacher		24:00	136				Heagney, T	3	26:15	132			
Cookson		24:00	128				Orbe	3	22:36	172			
B2							Menius	3	23:28	160			
Emery		24:00	??				Kickham	3	23:43	172			
Half							Carron	3	22:29	160			
McBride, Ma							Merrill	3	23:18	160			
Kliethermas		24:00	128				Kociak	4	28:55	176			
B3							Murphy, K	3	22:10	160			
Linhares							Melillo	3	21:42	176			
Warner							Ross	3	23:35	164			
Watt		24:00	112				**D6**						
C2							Floros	3	25:30	120			
Jennings	4	31:21	152				Kirchner	3	25:36	160			
Thomas	4	31:23	148				Schmidt	3	25:30	132			
Gabler	4	28:50	144				Schlesinger	3	26:15	184			
Minnick	4	31:19	116				Born						
C3							Hof	3	23:35	160			
Heagney	4	28:53	156				Paino	3	21:23	172			
Mulligan	4	31:21	152				Thames	3	21:30	168			
Dirnbeck	4	30:11	148				Varty	4	28:56	168			
Cannady	4	31:48	160				~~Brady~~						
Kelly, M	4	30:4	164				Digman	3	21:10	186			
Kelly, S.	4	28:56	164				Blackburn	3	21:29	144			
Pilla	4	30:11	152				Seaton	3	26:13	164			
Hilderbrand	4	30:11	144				Schumacher, F	3	21:44	172			
Holtshauser	4	28:57	168				**D7**						
Margherio	4	28:59	156				Brady	3	21:42	164			
Keuhner	4	29:33	176				Gassert	3	25:30	140			
Linhares, P	4	32:19	140				Kuensting	3	23:48	184			
Backer	4	28:53	168				Conroy	3	25:30	160			
Ottenlips	4	29:13	168				Richard	3	25:14	172			
Thornberry	4	29:32	168				Stauder	2	16:17	188			
Hagan							Bowe	3	25:26	160			
McLaughlin							J Hagan	3	24:57	160			
Vicini	4	32:17	168				McCafferty	3	29:30	184			**Cross**
D4							Easley	3	26:52	164			Parr
Mathis	3	21:52	168				Fitzgibbons	3	29:40	160			David
Kim	3	22:48	160										Vattterot
McBride, Mk	3	26:36	176										
Pollack	4	28:48	152										
Hanson	3	23:33	168										
Scott	4	29:40	168										
Meier													

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: 10-9-06

EXPRESS Jog WC/push-dyn/ O&B loops: A=12 B=10 min C=8 D=6 AB 10 strides CD 8 cal/stretch/jog

Name	dist	time	pulse	pace	com	com
A1						
Lawder	12	81:33	160			
Clohisy	8	54:24	180			
Kujo	12	81:33	160			
Banet	12	81:33	192		Very Tired Today	
Viox	12	81:33	156			
McCafferty	5.5	37:32	152		Sick	
B1						
Murphy	10	68:49	168			
Ford, B	8	55:41	180			
Ford, C	8	55:18	156			
Schumacher	10	68:49	180			
Cookson	10	73:00	156			
B2						
Emery						
Half						
McBride, Ma	10	68:49	188			
Kliethermas	8	58:12	160			
B3						
Linhares	8	57:11	172			
Warner	8	54:00	172			
Watt	8	55:02	128			
C2						
Jennings	8	56:32	160			
Thomas	8	56:23	152			
Gabler	8	55:20	164			
Minnick	8	58:18	180			
C3						
Heagney	8	61:23	156			
Mulligan	8	57:32	184			
Dirnbeck	8	60:39	164			
Cannady	8	60:39	180			
Kelly, M	8	60:39	164			
Kelly, S.	8	59:30	172			
Pilla	8	60:39	164			
Hilderbrand	8	58:12	148			
Holtshauser	8	54:10	180			
Margherio	8	58:25	152			
Keuhner	8	58:52	176			
Linhares, P	8	56:11	172			
Backer	8	56:56	192			
Ottenlips	8	60:16	176			
Thornberry	8	58:58	188			
Hagan						
McLaughlin						
Vicini	8	57:22	188			
D4						
Mathis	6	43:04	180			
Kim	6	44:58	170			
McBride, Mk	6	42:43	200			
Pollack	8	58:36	160			
Hanson	6	48:50	168			
Scott	8	61:23	176			
Meier						

Name	dist	time	pulse	pace	com	com
Bufe	6	46:33	156			
Cookson, E	6	42:41	184			
Goeghegan	6	43:15	180			
Carrol	8	60:03	168			
Fitzgerald	8	57:20	164			
Lewis	8	61:00	132			
Minden-B	6	43:40	172			
McBride, Mi						
D5						
Stoltze	6	46:03	172			
Brennan	6	46:25	164			
Heagney, T	6	49:31	140			
Orbe	6	48:59	176			
Menius	6	46:27	164			
Kickham	6	51:16	180			
Carron	6	43:22	188			
Merrill	6	43:45	172			
Kociak	8	56:56	212			
Murphy, K	6	41:42	180			
Melillo	6	46:27	178			
Ross	6	55:40	120		hurt	
D6						
Floros	6	45:19	172			
Kirchner	6	47:37	184			
Schmidt	8	55:34	176			
Schlesinger	6	51:16	182			
Born						
Hof	6	44:45	160			
Paino	6	43:54	176			
Thames	6	44:05	180			
Varty	6	41:58	172			
Brady	6	43:40	176			
Digman	6	44:44	168			
Blackburn	6	43:52	160			
Seaton	6	48:06	168			
Schumacher, F	6	44:52	192			
D7						
Brady						
Gassert	6	48:10	180			
Kuensting	6	48:23	204			
Conroy	6	46:25	160			
Richard	6	54:11	156			
Stauder	2	17:26	188			
Bowe	6	51:16	180			
J Hagan	6	49:51	184			
McCafferty	5	51:15	172			
Easley	6	58:39	172			

Cross
Parr
David
Vattterot

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: 10-10-06

SPLIT PRACTICE: (t7+ timed run)Jog Cent/push/CORE/dyn/MEETING/run BC 4 x 1m D 3 x 1m begin at race go neg last at faster than m1 pace/4-5 min rest/2nd push/ext jog SLUH/stretch/weights

Name	GRp	1	2	3	4	com
1 (sub 17)						
Lawder 15:50						
Clohisy 15:50						
Kujo						
Banet						
McCafferty						
Viox						
~~Caleb Ford~~						
A Cookson		5:24	5:24	5:26	5:26	
~~Schumacher~~						
~~G Murphy~~						
2 (sub 17:30)						
B Ford		5:24	5:24	5:36	5:46	
Mt McBride		5:25	5:28	5:41	5:30	
~~Jennings~~		5:34	5:29	5:28	5:26	
Kliethermas		5:50	5:48	5:58	5:46	
~~Emery~~		5:50	5:44	5:39	5:14	
3 (sub 18:00)						
Dirnbeck		6:03	5:57	5:50	5:40	
~~Mi McBride~~ M. McBride		6:11	[redacted] 6:00	5:43		
Warner		5:23	5:20	5:18	5:13	
~~Half~~						
D. Linhares		6:03	6:02	6:06	6:14	
Margherio		6:02	5:55	5:48	5:45	
Watt		5:55	5:48	5:38	5:30	
Minnick		5:53	5:48	5:46	5:36	
Thomas		5:48	5:40	5:40	5:35	
~~Dirnbeck~~						
Fitzgerald		5:53	5:47	5:39	5:35	
Gabler		5:50	5:41	5:36	5:26	
P. Linhares		5:57	6:02	6:05	5:57	
Holtshauser		5:54	5:52	5:46	5:36	
S. Kelly		5:56	5:49	5:42	5:37	
M Kelly		5:59	5:55	5:48	5:39	
Vicini		6:04	—	—		
~~Gallagher~~						
4 (sub 18:30)						
P Heagney		6:12	6:05	5:42		
Pilla		6:03	5:55	5:47	5:40	
Kocsiak		6:02	5:57	5:53	5:48	
Lewis		6:06	5:56	5:52	5:46	
McLaughlin						
Mulligan		6:06	5:55	5:52	5:38	
~~Vatterott~~						
Cannady		5:49	5:55	5:47	5:37	
E Cookson		6:07	5:58	5:56		
Mk McBride		6:08	5:59	6:02		
Backer		5:58	5:50	5:48	5:47	
Keuhner		5:58	5:52	5:44	5:46	
Carroll		6:12	6:02	6:02	5:50	
Pollack		5:58	5:50	5:48	5:46	
Melillo		6:20	6:08	5:59	168	
5 (sub 19:30)						
Schmidt		5:40	5:47	5:42	5:39	
Hildabrand		5:50	5:51	5:51		

Name	grp	1	2	3	4	com
K Murphy		6:09	5:54	5:45		
Thornberry		6:02	5:53	5:54	601	
~~Schmidt~~						
Ottenlips		6:09	6:00	6:03	6:04	
Blackburn		6:13	6:00	6:43		
Mathis		6:16	6:06	5:49		
Hof		6:27	6:07	5:45		
Merrill		6:16	6:07	5:52		
Bufe		6:23	6:19	6:12		
Minden-B		6:27	6:19	6:12		
Kim		6:25	6:16	6:14	130	
6 (sub 20:30)						
Hanson		6:24	6:16	6:33		
Paino		6:22	6:16	6:11		
Carron		6:22	6:14	6:13		
Thames		6:30	6:27	6:21		
Brennan		6:30	6:27	6:28		
Menius		6:23	6:16	6:10	184	
Born						
Geoghegan		6:15	6:08	5:59		
Orbe		6:23	6:16	6:10	184	
Scott		6:22	—	—		
Stoltze		6:28	6:22	6:13	188	
7 (sub 21:30)						
Floros		6:39	6:34	6:40	172	
Shcumacher		6:36	6:19	6:06	168	
T Heagney		6:35	6:17	6:07	148	
Conroy		6:42	6:35	6:28	164	
Kirchner		6:41	6:35	6:33	204	
Schlesinger		7:10	7:00	6:58	208	
Brady		6:30	6:29	6:29	184	
Digman		6:46	6:37	6:21	164	
8 (sub 22:30)						
Gassert		7:03	6:49	6:36	180	
Seaton		7:11	7:02	6:28	180	
Kickham		6:42	6:35	6:31	170	
J Hagan		7:02	6:49	6:33	192	
Kuensting PM		6:44	6:42	6:35	210	
Richard		7:23	7:16	6:53	164	
Bowe		7:24	7:21	7:04	154	
McCafferty		9:01	8:37	8:16		
~~Stauder~~	2	15:07	188			
Fitzgibbon						
Easley		7:58	8:03	7:29	156	
Adds:						
Varke		6:06	5:58	5:54		
						Parr

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: 10-11-06

SPLIT PRACTICE: All Jog CENT/Timed Run for Lg Grp B40 C35 D30 end at CENT 8 x strides/Jog SLUH/stretch

T7 +: Run 5 x 1m 1st at goal, then neg, last at sub 1st m pace/rest 4-5 min/2nd cal/extended cool/stretch

Name	com	1	2	3	4	5	Name	grp	1	2	3	4	com
1 (sub 17)							K Murphy						
Lawder 15:50		5:09	5:06	5:05	5:00	4:57	Thornberry						
Clohisy 16:15		5:33	5:22	5:22	5:16		Schmidt						
Kujo 16:45		5:19	5:17	5:11	5:10	5:09	Ottenlips						
Banet 16:30		5:24	5:17	5:13	5:10	5:04	Blackburn						
McCafferty16:15		5:33	5:17	5:11	—		Mathis						
Viox 16:15		5:19	5:17	5:13	5:12		Hof						
Caleb Ford 17		5:34	5:23	5:22	5:16		Merrill						
A Cookson							Bufe						
Schumacher17:15		5:25	5:34	5:40	5:40		Minden-B						
C Murphy 17		5:25	5:20	5:18	5:15		Kim						
2 (sub 17:30)							**6 (sub 20:30)**						
B Ford							Hanson						
Mt McBride							Paino						
Jennings							Carron						
Kliethermas							Thames						
Emery							Brennan						
3 (sub 18:00)							Menius						
Dirnbeck							Born						
Mi McBride							Geoghegan						
Warner							Orbe						
Half							Scott						
D. Linhares							Stoltze						
Margherio							**7 (sub 21:30)**						
Watt							Floros						
Minnick							Shcumacher						
Thomas							T Heagney						
Dirnbeck							Conroy						
Fitzgerald							Kirchner						
Gabler							Schlesinger						
P. Linhares							Brady						
Holtshauser							Digman						
S. Kelly							**8 (sub 22:30)**						
M Kelly							Gassert						
Vicini							Seaton						
C Hagan							Kickham						
4 (sub 18:30)							J Hagan						
P Heagney							Kuensting						
Pilla							Richard						
Kocsiak							Bowe						
Lewis							McCafferty						
McLaughlin							Stauder						
Mulligan							Fitzgibbon						
Vattterott							Easley						
Cannady													
E Cookson							**Adds:**						
Mk McBride													
Backer													
Keuhner													
Carroll													
Pollack													Parr
Melillo													
5 (sub 19:30)													
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: 10-13-06

Jog WC/cal/dyn SPLIT: Borgia: run JA 3/8x strides 4 easy-4 crisp/ B and C; Run 12 x 400 3@race 6@1m 3#fast/ext

ext jog/stretch T7+ run aero 8/8 x strides/jog/stretch

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	com
1																	
Lawder 16	X	10	68:40	148													
Clohisy (tempo)	X	10	68:40	164													
Kujo 16:30	X	10	68:40	148													
Banet "	X	10	68:40	144													
McCafferty "	X	10	68:40	152													
Viox "	X	10	68:40	140													
Caleb Ford 17	X	8	55:42	152													
A Cookson 17:15	X	3	20:33	152													
Schumacher "	X	8	55:42	168													
C Murphy 17	X																
2																	
Warner	X	3	73:15	4:6[illegible]													
B Ford 17:30	X																
Mt McBride 18	X	3	22:04	148													
Jennings 17:45	X	3	22:42	128													
Kliethermas 18	✓	4	29:00	156													
Emery 17:30	X																
3																	
Dirnbeck 18:15	X	3	21:57	164													
Half 17:45	X																
D. Linhares 18:15	X	3	23:57	144													
Margherio	X	3	21:57	148													
Watt	X	3	20:23	120													
Minnick	X	3	22:35	132													
Thomas	✓																
Dirnbeck	X																
Fitzgerald	✓																
Gabler	✓																
P. Linhares	✓																
Holtshauser	X	3	23:30	160													
S. Kelly	X	3	21:57	164													
M Kelly	X	3	21:57	160													
Vicini	X	3	20:10	176													
C Hagan	X																
4																	
P Heagney	X	3	23:57	136													
Pilla	X	3	21:57	152													
Kocsiak	✓																
Lewis	✓																
McLaughlin	X																
Mulligan	✓																
~~Vattterott~~																	
Cannady	✓																
E Cookson	✓																
Mk McBride	✓																
Backer	✓																
Keuhner	X	3	21:57	168													
Carroll	✓																
Pollack	X																
Melillo	✓																
VARTY																	

Kent Meier 3 20:43 172
Mike McBride 3 22:[illegible] 168

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: 10-13-06

Jog WC/cal/dyn SPLIT: Borgia: run JA 3/8x strides 4 easy-4 crisp/ B and C; Run 12 x 400 3@race 6@1m 3#fast/ext

ext jog/stretch T7+ run aero 8/8 x strides/jog/stretch

	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	com
	5																	
	Schmidt	X	3	21:57	160													
	~~Hagan~~ ✓																	
	Scott	X																
	Vicini	X																
	Meier	X																
	~~Gabler~~																	
2	Mathis ✓																	
3	Kim ✓																	
	~~McBride, Mk~~																	
	~~McLaughlin~~																	
2	K Murphy ✓																	
2	Thornberry ✓																	
	~~Schmidt~~																	
2	Ottenlips ✓																	
2	Blackburn ✓																	
	~~Mathis~~																	
2	Hof ✓																	
3	Merrill ✓																	
2	Bufe ✓																	
3	Minden-B ✓																	
	~~Kim~~ Ross (recovery) = 4mile run; 32:13, pulse: 160																	
	6																	
	Hanson	X	3	24:11	160													
3	Paino ✓																	
3	Carron ✓																	
3	Thames ✓																	
3	Brennan ✓																	
	Menius	X	3	22:29	160													
	Born	X																
3	Geoghegan ✓																	
	Orbe	X	3	22:14	160													
	~~Scott~~																	
3	Stoltze ✓																	
	7																	
	Floros	X	3	20:40	160													
	Shcumacher ✓	X																
3	T Heagney ✓																	
3	Conroy ✓																	
	Kirchner	X	3	25:30	168													
4	Schlesinger ✓																	
3	Brady ✓																	
4	Digman ✓																	
	8 (sub 22:30)																	
3	Gassert ✓																	
4	Seaton ✓																	

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: 10-13-06

EXPRESS Jog WC/push-dyn/ SPLIT: C, JV LIGHT NUERO/go UP TEMPO 5,4,3/6 strides/jog/stretch

V + go RECOVERY 8 or 6/ 6 FORM strides/jog/stretch/WEIGHTS

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Bufe	3	21:06	164			
Lawder	8	56:57	108				Cookson, E	3	19:53	154			
Clohisy	8	56:57	148				Goeghegan	3	19:54	180			
Kujo	8	56:57	136				Carrol	4	29:21	156			
Banet	8	56:57	148				Fitzgerald	4	26:59	152			
Viox	6+	47:13	120				Lewis	4	26:59	156			
McCafferty	—						Minden-B	3	21:03	160			
B1							McBride, Mi						
Murphy							**D5**						
Ford, B	5	30:21	180				Stoltze	3	21:55	160			
Ford, C	6+	47:13	136				Brennan	3	21:10	164			
Schumacher	6+	47:13	132				Heagney, T	3	23:52	132			
Cookson	5	31:31	176				Orbe	3	20:32	176			
B2							Menius	3	21:59	160			
Emery	5	34:10	156				Kickham	3	22:51	190			
Half	—						Carron	3	20:35	184			
McBride, Ma	5	30:56	184				Merrill						
Kliethermas	4	27:20	172				Kociak	4	26:06	176			
B3							Murphy, K	3	19:49	164			
Linhares	4	35:40	0				Melillo	3	21:36	164			
Warner	5	29:52	168				Ross						
Watt	5	DNF	0				**D6**						
C2							Floros	3	20:55	180			
Jennings	4	27:14	140				Kirchner	3	24:08	168			
Thomas	4	27:27	136				Schmidt	4	25:20	176			
Gabler	4	26:18	160				Schlesinger	3	23:58	154			
Minnick	4	27:14	140				Born						
C3							Hof						
Heagney	4	26:54	156				Paino						
Mulligan	4	26:25	176				Thames	3	20:28	178			
Dirnbeck	4	26:54	184				Varty	3	20:31	160			
Cannady	4	26:10	176				Brady	3	25:20	120			
Kelly, M	4	26:32	168				Digman	3	21:06	160			
Kelly, S.	4	26:31	172				Blackburn	3	19:10	170			
Pilla	4	26:54	172				Seaton	3	23:48	164			
Hilderbrand	4	26:28	168				Schumacher, F						
Holtshauser	4	26:33	176				**D7**						
Margherio	4	30:08	156				~~Brady~~						
Keuhner	4	26:47	184				Gassert	3	23:31	120			
Linhares, P	4	29:12	196				Kuensting	3	23:31	206			
Backer	4	26:05	176				Conroy	3	21:47	120			
Ottenlips	4	26:34	172				Richard	3	24:10	156			
Thornberry	4	27:17	176				Stauder	3	23:29	188			
Hagan							Bowe	3	23:58	168			
McLaughlin		20:00	160				J Hagan	3	21:44	180			
Vicini	4	27:09	168				McCafferty	3	27:00	192			**Cross**
D4							Easley	3	24:10	172			Parr
Mathis	3	19:49	168				Fitzgibbon	3	29:25	160			David
Kim	3	21:10	170										Vattterot
McBride, Mk	3	19:36	192										
Pollack	4	26:25	160										
Hanson	3	23:31	172										
Scott	4	28:00	172										
Meier Hard Aer.	2	13:56	180										

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

SATURDAY 10-14

TOP 7 +

	3M TEMPO	8 HILLS	800	800
LAWDER	16 46		2 23	2 21
BANET	1700		225	2 21
VIOX	17:03		226	2 23
MCCAFFERTY	16 54		225	X
KUJO	16 51		225	222
CLOHESY	16 51		230	231
MURPHY	RAN 2 THEN OUT W/KNEE			
SCHUMACHER	17 47		2 40	243
CALEB POND	17:47		235	234

RAN WARM / STRETCH / FULL STRETCH / 3M TEMPO
8X MUNY HILLS / 2X800 / 20MIN COOL
STRETCH

SLUH CROSS COUNTRY
Study Group Daily Report

Name Ben Merrill Date 10-11

The SLUH Cross Country Study Group is composed of athletes who have asked for extra support and flexibility from the coaching staff in order to be academically successful. **Being a member of the group commits the athlete to filling this report out Monday through Friday and placing the form in Coach Linhares' folder before leaving school.** If you keep this commitment and find that you are in a situation that requires you to miss a meet or a practice in order to keep up with academic work, you will be excused. Our hope is that a daily piece of communication will help you be more aware of what you need to do and will help the coaching staff to support you in your studies. If a pattern of repeated requests for absence develops, the coaches, you and your parents will meet to discuss the situation.

Class/Current Grade	Tonight's Homework	Upcoming work/date	Issues/Problems
1st Period---------- Course: Geometry C	----------	----------	---------- proofs
Current Gr. _____ 2snd Period---------- Course: free period/dance	wkshee	Exam Thurs	~~po~~
Current Gr. ~~Chemcom~~ BT/A 3rd Period---------- Course: Chemcom	Builds skills 5, 6	Exam tuesday	—
Current Gr. C 4th Period---------- Course: Latin	Quiz/paragraph	Exam	declination
Current Gr. A 5th Period---------- Course: History	16.4 notes	Exam	—
Current Gr. B 6th Period---------- Course: English	—	Exam essay	reading quizes
Current Gr. _____ 7th Period---------- Course: free period	—	—	—

Current Gr. _____
Please have teachers initial on Friday)

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

MON 10-16

A B C D

DATE: ~~10-13-06~~ RAINY DAY CONE 8 6 5 4

Jog WC/cal/dyn SPLIT: ~~Borgia: run JA 3/8x strides 4 easy-4 crisp/ B and C; Run 12 x 400 3@race 6@1m 3#fast/ext~~

ext jog/stretch 17+ run aero 8/8 x strides/jog/stretch

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	com
1	Dis	Time	Pulse														
Lawder 16	8	52:57	132														
Clohisy (tempo)	8	52:57	148														
Kujo 16:30	8	52:57	144														
Banet "	8	52:57	168														
McCafferty "	8	52:57	152														
Viox "	8	52:57	152														
Caleb Ford 17	6	40:08	156														
A Cookson 17:15	6	40:14	176														
Schumacher "	8	52:57	164														
C Murphy 17																	
2																	
Warner	6	39:56	164														
B Ford 17:30	6	40:08	180														
Mt McBride 18	6	39:56	168														
Jennings 17:45	5	31:23	164														
Kliethermas 18	6	43:00	168														
Emery 17:30																	
3																	
Dirnbeck 18:15																	
Half 17:45																	
D. Linhares 18:15																	
Margherio	5	32:25	164														
Watt	5	DNF	148														
Minnick	5	31:38	116														
Thomas	5	31:22	120														
Dirnbeck																	
Fitzgerald	5	31:43	120														
Gabler	5	31:20	160														
P. Linhares	5	36:30	140														
Holtshauser	5	32:35	176														
S. Kelly	5	32:25	168														
M Kelly	5	32:40	164														
Vicini	5	34:48	152														
C Hagan																	
4																	
P Heagney																	
Pilla																	
Kocsiak	5	31:56	190														
Lewis	5	32:27	150														
McLaughlin																	
Mulligan	5	31:21	172														
Vattterott																	
Cannady																	
E Cookson	4	25:27	188														
Mk McBride																	
Backer	5	32:22	140														
Keuhner																	
Carroll	5	36:30	160														
Pollack																	
Melillo	5	35:17	168														
Hilderbrand	5	32:40	144														
McCafferty	4	32:01	176														
Easley	4	30:40	176														
Richard	4	32:01	164														

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

MON 10-16 RAINY DAY A8 B6 C5 D4

DATE: ~~10-13-06~~

Jog WC/cal/dyn SPLIT: ~~Borgia: run JA 3/8x strides 4 easy-4 crisp/ B and C; Run 12 x 400 3@race 6@1m 3#fast/ext~~

ext jog/stretch T7+ run aero 8/8 x strides/jog/stretch

Name	Dis	Time	Pulse														com
5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Schmidt	5	31:21	168														
Hagan	4	29:40	20														
Scott	5	34:51	160														
Vicini																	
Meier	4	25:19	160														
Gabler																	
Mathis	4	26:20	160														
Kim	4	26:18	170														
McBride, Mk	4	24:16	160														
McLaughlin																	
K Murphy	4	23:40	160														
Thornberry	5	33:27	160														
Schmidt																	
Ottenlips	5	31:50	172														
Blackburn	4	23:55	140														
Mathis																	
Hof	4	30:14	172														
Merrill	4	30:14															
Bufe	4	26:52	156														
Minden-B	4	27:32	168														
Kim																	
6																	
Hanson	4	29:03	156														
Paino	4	26:20	136														
Carron	4	25:51	160														
Thames	4	27:31	176														
Brennan	4	27:25	168														
Menius	4	29:01	156														
Born																	
Geoghegan	4	24	140														
Orbe	4	26:18	156														
Scott																	
Stoltze	4	26:52	172														
7																	
Floros																	
Shcumacher																	
T Heagney																	
Conroy																	
Kirchner	4	29:01	158														
Schlesinger	4	30:40	184														
Brady	4	26:52	160														
Digman	4	26:58	168														
8 (sub 22:30)																	
Gassert																	
Seaton																	
Stauder, Zach	2	15:57	164														

Kuersting 4 miles | 28:30 | 186 | Varty Ross | 4 | 26:18 | 4 | 26:30

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: 10-17-06																	
			3					90				3 MIN					
		800	800	800	800		400	400	400	400		200	200				
Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	com
1																	
Lawder 16																	
Clohisy (tempo)																	
Kujo 16:30																	
Banet "																	
McCafferty "																	
Viox "																	
Caleb Ford 17																	
A Cookson 17:15																	
Schumacher "																	
C Murphy 17																	
2																	
Warner																	
B Ford 17:30 (E)		2:43	2:36	2:34	2:33		71	71	72	69		31	31				
Mt McBride 18 (E)		2:43	2:37	2:41	2:40		74	74	73	69		29	28				
Jennings 17:45 (E)		2:43	2:37	2:36	2:34		71	72	72			30	30				
Kliethermas 18																	
Emery 17:30 (E)		2:43	2:36	2:39	2:34		75	74	78			31	28				
3 B. SCHMIDT		2:42	2:43	2:54													
Dirnbeck 18:15 F		2:47	2:43	2:44	2:44		77	75	75	69		30	30				
Half 17:45																	
D. Linhares 18:15		2:47	2:44	2:45	75		76	81				28	32				
Margherio (P)		2:49	2:45	2:38	75		74	74				32	30				
Watt																	
Minnick (E)		2:45	2:38	2:41	2:40		75	75	74			31	30				
Thomas												35					
~~Dirnbeck~~ FLORES (P)		2:54	2:58	3:02	85		85	87				33					
Fitzgerald																	
Gabler																	
P. Linhares																	
Holtshauser (E)		2:45	2:40	2:43	2:43		77	76	73			30	29				
S. Kelly		2:48	2:47	2:45	75		76	77				30	32				
M Kelly		2:49	2:47	2:40	75		75	72				28	28				
Vicini		2:48	2:44	2:38	74		73	70				31	30				
C Hagan																	
4 S. SCOTT (P)		2:50	2:53		77		81	82				33	32				
P Heagney (R)		2:49	2:45	2:38	74		74	71	83			31	32				
Pilla (R)		2:50	2:47	2:46	75		76	80				29	28				
Kocsiak																	
Lewis																	
McLaughlin																	
Mulligan																	
~~Vatterott~~ KIRCHNER																	
Cannady																	
E Cookson																	
Mk McBride																	
Backer																	
Keuhner (R)		2:49	2:47	2:45	74		74	71				29	30				
Carroll																	
Pollack																	
~~Melillo~~ HASON		3:01	3:02	3:08			84	84				34	34				
K. HANSON (P)																	
D. MENIUS (P)		2:52	2:46	2:41	75		75					31	31				
J. ORBE (P)		2:52	2:49	2:51	77		81	75				32	31				
Hilderbrand		2:47	2:43	2:44	2:44		77					28	28				
Kirchner		3:00	3:00	3:03	86		88	91				34	33				

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

>75

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: 10-19-06

Three Groups: Recovery, Finley focus and District. All run distance with strides according to focus

A=8 B=6 C=5 D=4 strides are 8 and hard for district group and Findley group 4 x easy for recovery

Name	dist	time	pulse	pace	com	com
A1						
Lawder	8	55:40	124			
Clohisy	8	55:30	152			
Kujo	8	55:30	140			
Banet	7	47:10	148			
Viox	8	55:40	132			
McCafferty		55:30	148			
B1						
* Murphy	4.5				Lesh out	
Ford, B	6	41:55	170			
Ford, C	6	41:29	172			
Schumacher	6	41:55	172			
Cookson	6	44:09	166			
B2						
Emery	6	44:06	152			
Half						
McBride, Ma	6	44:06	156			
Kliethermas	6	46:12	172			
B3						
Linhares	6	41:55	168			
Warner	6	41:55	156			
Watt	4	28:33	140			
C2						
Jennings	5	36:11	148			
Thomas	5	39:36	148			
Gabler	5	35:35	152			
Minnick	5	36:03	164			
C3						
Heagney						
Mulligan	5	41:30	148			
Dirnbeck	5	38:30	152			
Cannady	4	32:15	184			
Kelly, M	5	38:30	164			
Kelly, S.	5	36:44	172			
Pilla	5	38:30	166			
Hilderbrand	5	36:11	156			
Holtshauser	5	33:35	180			
Margherio	5	36:03	156			
Keuhner	5	37:06	180			
Linhares, P	4	32:10	120			
Backer	5	36:38	180			
Ottenlips	5	38:36	152			
Thornberry	5	38:36	160			
Hagan						
McLaughlin	2	17:00	120			
Vicini	5	35:00	180			
D4						
Mathis	4	31:43	160			
Kim	4	31:31	160			
McBride, Mk	4	29:53	188			
Pollack						
Hanson	4	33:14	160			
Scott	4	31:11	160			
Meier	4	33:47	104			

Name	dist	time	pulse	pace	com	com
Bufe	4	33:31	152			
Cookson, E	4	31:48	180			
Goeghegan	4	31:40	160			
Carrol	5	38:15	156			
Fitzgerald	5	41:30	192			
Lewis	5	41:30	164			
Minden-B	4	29:53	168			
McBride, Mi	6	44:06	180			
D5						
Stoltze	4	32:58	160			
Brennan	4	33:15	156			
Heagney, T	4	34:29	140			
Orbe	5	37:12	176			
Menius	4	31:15	160			
Kickham	4	32:40	160			
Carron	4	32:20	156			
Merrill						
Kociak	5	36:38	180			
Murphy, K	4	32:20	160			
Melillo	4	32:41	160			
Ross	4	31:43	160			
D6						
Floros	4	31:10	160			
Kirchner	4	33:14	164			
Schmidt	5	36:44	164			
Schlesinger	4	35:39	176			
Born	2	14:08	136			
Hof						
Paino	4	32:40	176			
Thames	4	31:31	160			
Varty	4	33:17	140			
Brady	4	33:57	148			
Digman	4	33:57	130			
Blackburn						
Seaton	4	34:10	160			
Schumacher, F						
D7						
Brady						
Gassert						
Kuensting	4	35:25	196			
Conroy	4	35:25	156			
Richard	4	32:50	154			
Stauder	3	26:56	172			
Bowe	4	35:09	156			
J Hagan	4	32:40	156			
McCafferty	4	36:30	176			
Easley						
Fitzgibon	4	41:50	172			

Cross
Parr
David
Vattterot

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: 10-23-06

PICTURE DAY JV/C T7 + alts: jog WC push/dyn/run OS 8 w/ 5 x firehouse/6 x strides easy/jog SLUH/stretch/weights

Findley Group: BC=SS5/D=S4/ run 10 strides; 4 easy 6 w/ good accel/2nd push/jog SLUH/stretch

Name	dist	time	pulse	pace	com	com	Name	dist	time	pulse	pace	com	com
A1							Bufe	5	34:22	176			
Lawder							Cookson, E	4	27:31	172			
Clohisy	8	56:49	156				Goeghegan	4	27:34	144			
Kujo	8	56:49	136				Carrol	5	37:45	164			
Banet	8	56:49	164				Fitzgerald	5	34:26	160			
Viox	8	56:49	136				Lewis	5	36:55	156			
McCafferty	6	41:40	140				Minden-B	4	28:42	168			
B1							McBride, Mi	5	34:52	144			
Murphy	6	41:40	140				**D5**						
Ford, B	5	33:01	168				Stoltze	4	28:45	156			
Ford, C	8	56:49	156				Brennan	4	30:39	172			
Schumacher	8	56:49	168				Heagney, T	4	29:12	136			
Cookson	5	33:09	142				Orbe	4	30:39	168			
B2							Menius	4	28:20	164			
Emery	5	34:32	152				Kickham	4	33:56	160			
Half							Carron	4	27:36	172			
McBride, Ma	5	36:57	160				Merrill						
Kliethermas	5	34:26	172				Kociak	5	33:57	192			
B3							Murphy, K	4	27:27	176			
Linhares	5	35:5	'				Melillo	4	28:42	172			
Warner							Ross	4	29	172			
Watt	5	33:02	160				**D6**						
C2							Floros	4	29:46	144			
Jennings	5	34:26	156				Kirchner	4	35:14	160			
Thomas	5	36:56	140				Schmidt	4	26:03	180			
Gabler	5	33:03	160				Schlesinger	4	35:14	176			
Minnick	5	34:26	168				Born						
C3							Hof	4	29:00	176			
Heagney	5	34:52	—				Paino						
Mulligan	5	33:41	168				Thames	4	29:28	168			
Dirnbeck	5	36:49	160				Varty	4	27:06	172			
Cannady	5	33:43	176				Brady	4	32:15	160			
Kelly, M	5	36:49	168				Digman	5	34:53	168			
Kelly, S.	5	36:49	172				Blackburn	4	27:30	160			
Pilla	5	36:49	160				Seaton	4	34:18	156			
Hilderbrand	5	34:34	156				Schumacher, F						
Holtshauser	5	33:26	176				**D7**						
Margherio	5	37:07	156				~~Brady~~	~~4~~					
Keuhner	5	36:54	176				Gassert						
Linhares, P	5	37:45	180				Kuensting	4	35:35	184			
Backer	5	32:15	172				Conroy	4	35:35	160			
Ottenlips	5	35:07	164				Richard	4	34:01	144			
Thornberry	5	33:43	176				Stauder	3	24:56	184			
Hagan	4	27:12	192				Bowe						
McLaughlin	–						J Hagan	4	32:19	156			
Vicini	5	33:20	184				McCafferty	4	36:05	180			**Cross**
D4							Easley						Parr
Mathis	4	27:06	172				Fitzgibons	5?	52:33	160			David
Kim	4	29:28	160										Vattterot
McBride, Mk	4	27:43	192										
Pollack													
Hanson	4	31:36	168										
Scott	5	36:45	168										
Meier	3	24:44	100										

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

SLUH XC Attendance'06 Date:

Seniors	pulse	Sophs	pulse		pulse
Banet	✓	Backer	✓	Easley	
Dirnbeck, J	π Present	Bowe	✓	Fitzgerald (S)	✓
Emery	$-\infty$	Brennan	6.022×10^{23}	Fitzgibbon	✓
Floros	✓	Cannady	✓	Ford, Ben	✓
Heagney, P	FR 3/10 8	Carroll	✓	Ford, Caleb	✓
Hilderbrand	YEEARGH	Carron	✓	Geoghegan (S)	60
Kelly, M	$x=\frac{-b\pm\sqrt{b^2-4ac}}{2a}$	Clohisy	48	Gabler (S)	48
Kirchner		Cookson (S)	✓	Gassert	
Lawder	$\sin\frac{\pi}{6}$	David		Hagan	✓
McBride, Mi	$(-\infty,\infty)$	Hagan	64	Hof, DAN	✓
Menius	✓	Half	✓	Jennings	✓
Pilla	49	Heagney	✓	Kim	✓
Schmidt, B	$57.9\overline{63}$	Kickham	✓	Kuensting (S)	✓
Scott	✓	Kliethermes	✓	Lewis (S)	✓
Viox, DAN	$e^{i\pi}=-1$	Kocisak	✓	McBride	✓
Juniors		Kuc.-Kernan	54	McCafferty, T	✓
Hanson, K	✓	Linhares, P	✓	McLaughlin	✓
Holtshauser (S)	✓	Mathis, DAN	✓	Melillo	✓
Kelly, S (S)	✓	~~Merrill~~		Minden-Birken	✓
Kuehner (S)	$x^2+\frac{7}{2}$	Meier	✓	Minnick (S)	✓
Linhares, D	27,331,200 beats/year	Murphy, K Cin	✓	Mulligan	54
(S) Margherio	I never met a number I didn't like	Ottenlips (S)	✓	Paino	✓ R
McBride, Ma (S)	✓	Ross	✓	Pollock	✓
McCafferty	42	Schlesinger	✓	Seaton	✓
Murphy		Stauder	✓	Richard (S)	64
Orbe	✓	Thornberry	58	Schumacher	E
Schumacher	54			Stoltze	60
Vicini	2.71828 ✓	**Freshmen**		Thomas	✓
Warner, DAN		Blackburn	✓	Thames (S)	48
Watt	50	Born		Varty (S)	208
		Brady (S)	✓		
		Bufe, Will (S)	56		
		Conroy	48		
		Cookson, E (S)			
		Digman (S)	56		

A=absent E= Excused U= Unexcused

CLO	Warner	Murphy
3:20	3:31	3:31
3:16	3:21	3:20
3:15	3:21	3:20
3:16	3:27	3:23
3:15	3:34	3:23

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:															
	1K	1K	1K	1K	1K										
Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	comment
CLOTHSY	320														
MURPHY	331														
WARNES	331														
	1K	400	400	400		400	400	400		400	400	400			
LAWDER	318	75	73	73		70	72	71		62	70	69			
VIOX	321		75				72				70				
BANET	322		75				72				70				
MCCAFF	319		73				70				68				
CALEB	331		76				74				72				
KUJO	320		75				72				68				
SCHUMACHE	332		78				76				74				

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

END SEASON

SMALL GROUP WORKOUTS

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:

10/17/06

JOG 1M / STRETCH - FULL / JOG F.P. TO LAKE LOOP 3 X M AT FAST W/ 5 MIN REST / JOG SLUH TRACK 1 X M AT ALL OUT / EXTENDED JOG COOL / FULL STRETCH

	1	2	3		4				
LAWDER	5:05	5:02	5:00		4:43				
VIOX	5:15	5:13	5:12		4:54				
BANET	5:15	5:13	5:12		4:56				
McCAFFERTY	5:12	5:11	5:10		4:57				
KUJO	5:11	5:13	5:17		4:54				
CLOHISY	5:15	5:14	5:17		5:04				
WARNER	5:24	5:21	5:33		5:12				
SCHUMACHER	5:27	5:34	5:47		5:31				
FORD	5:21	5:16	5:17		4:59				
MURPHY	5:37	5:32	5:28						

10.31.06

JOG TO CENT /

	1K	1K	800	800	400	400	H	H	H
LAWDER	318	310	332	333	75	72			
VIOX	320	314	334	334	75	73			
BANET	321	314	334	334	75	74			
McCAFFERTY	319	313	334	X		72			
KUJO									
CLOHISY	319	312	334	334		72			
~~WAR~~									
SCHUMACHER	X								
FORD	324	316	335	338	75	73			
MURPHY	324	316	335	338	75	73			
COOKSON	324	317	335	339	75	74			

11-01-06

LAWDER	48:30	CNF
CLOHISY	48:30	140
BANET	48:30	148
VIOX		136
McCAFFERTY		132
B. FORD		140
MURPHY		128
~~SCHUMACHER~~ KUJO		144
COOKSON		148
JENNINGS	40:31	160
SCHUMACHER	40:31	156

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

EMERY	40:31	136
B. FORD	40:31	136

3:11/3:07 - Lawder

3:18/3:13 - Barnet, Viox, Ohlsey
McCafferty

3:22/3:18 - Caleb, Murphy

2:30 LAWD

2:35 BARNET, VIOX
CLOHIT

2:37 CALEB, MURPHY
COOKSON

38/33

OUT
IN

HOME
IN

United States Anti-Doping Agency
1330 Quail Lake Loop, Suite 260
Colorado Springs, CO 80906
Tel. (719) 785-2000
Fax (719) 785-2099
Website: www.usantidoping.org

Out-of-Competition Doping Control Program – Notification of Selection

Dear Athlete:

You have been selected for doping control through the United States Anti-Doping Agency's (USADA's) Out-of-Competition (OOC) Doping Control Program. A certified and credentialed Doping Control Officer (DCO) from USADA will be collecting your urine Sample and shipping it to a WADA-accredited laboratory for analysis. Now that you have been officially notified of your selection, the DCO or his/her Chaperone must remain with you at all times until your Sample has been collected and processed.

PLEASE NOTE: Refusal to provide a Sample as required will render you subject to at least a 2-year suspension and other consequences of an anti-doping rule violation, including public announcement of the facts and consequences.

Your rights as an Athlete selected for OOC Testing include the following:

- The right to have an Athlete Representative present throughout the testing procedure (except during Sample Collection);
- The right to complete your training session or other activities, while the DCO or Chaperone accompanies you, until you are able to provide a Sample; and
- The right to have this Sample Collection Session thoroughly explained to you and to retain copies of all relevant Sample Collection Documentation for your records.

If you have an emergency situation that affects this collection, contact USADA toll free at:
1-866-601-2632
(8am-5pm Mountain Time)
(After hours, press "9" to be connected to our answering service)

For detailed information about:

- USADA's Doping Control Programs
- Classes of Prohibited Substances
- Results Notification
- *and more...*

Please visit our website at: www.usantidoping.org

USADA thanks you for your continued cooperation in our effort to eliminate doping in sport.