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-~~07~~ 08 FIRST PRACTICE Conditions: COOL, CLEAR, BEAUTIFUL!

Workout: Intake, jog 1m to w.c./push test/dynamics/touchstones/aerobic: 10-8-6-4-3 2nd push /10-8-6 strides/jog home/full stretch

	Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
	Bute C	30	3	23:04	172			COWLEN C						
	Raine D	42	3	23:38	192		+	DAVID A						
	Varty C	43	3	22:14	176			OTTENLIPS A						
	Kujo A	67	8	51:31	160			PEERLES C						
	Bradey C	36	3	22:21	160			FRANEY D						
	Herman B	42	6	41:51	174			MURTH D						
	D Ratterman B	53	6	41:38	164									
	Cannady C	43	4	30:41	160									
	Fleming C	60	64	28:26	176									
	Mulligan C	27	4	29:19	180		+							
	Mellilo B	60	6	41:51	196		+							
C	M. Berkinmeir	41	4	31:19	188		+							
B	A. Baterman	43	6	41:38	184		+							
C	J. Linhares	66	4	30:41	200		+							
A	C. Ford	67	8	51:50	172									
C	Thames	63	4	32:28	188		+							
B	F. Cookson	44	6	39:31	180		+							
A	A. Cookson	45	8	51:31	164									
C	Jablonski	40	4	29:47	160									
C	Kleithermes	40	4	28:26	180		+							
C	Hall	47	4	31:02	186		+							
C	Mcnulty	40	4	31:33	160									
C	Easley	30	4	34:50	180		+							
*A	Clohisy	75	6	39:39	164									
C	Hogan	38	4	29:18	196		+							
A	Gabler	132	8	51:46	140		-							
B	Konzen	53	6	41:31	164									
B	J. Meier	39	6	41:38	168									
C	Lieken brock	33	4	28:26	184		+							
A	Fitzgerald	48	8	51:36	152									
B	Boehm	74	6	41:38	176									
C	Seckfort	42	4	29:26	184		+							
C	Kuensting	60	4	31:52	192		+							
C	Steinhart	50	4	33:50	180		+							
C	N. Becker	45	4	29:15	176									
E	Waters	33	3	23:21	196		+							
D	K. Becker	50	3	23:33	168									
D	Stauder	45	3	23:36	196		+							
B	Stoltze	55	6	41:38	164									
A	Minnick	44	8	52:06	172									
D	W. Linhares	57	4	31:10	168									
C	Kocisak	38	4	33:45	190		+							
C	Schlesinger	45	4	33:45	208		+							
C	Pollack	30	4	29:47	176									
	R. Ford	42	1		160									
RA	Mclaughlin	51	8	52:01	164									
R	Thornberry	58	DNR	—	—									
C	Lewis	56	3	23:05	176									
B	Carron	35	5	34:25	166									
A	Jennings	50	8	51:36	164									
C	McBride	30	3	23:05	188									

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

1

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: 8-12-~~07~~ 08 Conditions:

Workout: jog to w.c./push CORE/dynamics/PLYO/aerobic: 10-8-6-5-4-3 on loops 2nd push/12-10-8 stri /10-8-6 strides/jog home/full stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
(A)		10	66:19	156		D	McBride		3	23:24	172		
Kuzo	K						Cowlen		5	37:25	188		
C. Ford		10	66:19	160			Peeples		6	53:59	180		
A. Cookson		10	66:19	160									
Clohisy		8	48:43	168									
Gabler		10	66:19	140	L								
Fitzgerald		8	55:11	148	L								
Minnick		10	66:19	172			(D)						
Mclaughlin		10	66:19	160			Raino		3	24:24	196	H	
Jennings		10	66:19	168			K. Backer		3	24:25	172		
David		10	66:19	160			Stauder		—	—	—		
Ottenlips		8	58:30	168			W. Linhares		5	37:30	188		
							Franey		6	44:46	180		
(B)							Mueth		3	24:25	196	H	
Herman		8	54:20	172									
D. Ratterman		8	55:45	176									
~~Acetto~~ Melillo		6	44:20	180	H								
A. Ratterman		8	58:41	180	H		(E)						
E. Cookson		6	42:22	172			Waters		3	25:52	192		
Konzen		8	55:45	172									
Meier		8	58:41	164									
Boehm		8	58:41	176									
Stoltze		8	58:41	162									
Carron		8	58:30	154	L								
							(R)						
							B. Ford						
							Thornberry						
(C)													
Bute		4	32:00	168									
D Varty		3	25:00	180	H								
D Brady		3	23:24	168									
Canandy		6	45:57	172									
Fleming		6	44:51	188	H								
D Mulligan		3	23:51	180	H								
M. Berkon		5	42:17	180	H								
P. Linhares		6	48:57	192	H								
Thames		4	31:43	180	H								
Jablonski		5	37:23	160									
Kleithermeos		6	44:20	196	H								
Hall		—	—	—									
McNulty		4	32:30	164									
Easley		4	32:00	188	H								
Horgan		—	—	—									
Lickenbrock		45	36:33	180	H								
Seckfort		5	36:26	160									
D Kyensting		3	23:32	180	H								
D Steinhart		3	25:14	160									
N. Backer		6	44:20	184	H								
Kocisak		6	53:59	172									
Schwinger		6	53:59	184	H								
D Pollack		3	23:24	156									
D Lewis		3	24:25	176									

ADD W. LINHARES

C

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: 8-13-08 Conditions: Cool, clear

Jog 1m/push/dyn/nuero/hard OD on Out and back: 7/6/5/4/3/push/8-6-4 strides/jog 1m

Frosh: jog interview/jog 1m to central/push/dyn/run 1m aero trial/jog 1m/stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A			38:24	176			**D (cont.)**						
Fitzgerald		6	~~[illegible]~~	~~[illegible]~~			Bufe, W		3	23:50	164		
Kujo		~~[illegible]~~ 6	35:38	164			Paino		3	22:24	196		
Jennings		6	37:30	180		☆	Backer, K		2	16:16	168		
Ford, C		6	36:09	184			Varty		3	20:19	164		
Cookson, A		6	35:38	172			Cowlen		4	26:44	180		
McLaughlin, T		6	36:21	168			Pollock		3	19:43	168		
Minnick		6	36:52	184			Lewis		3	22:30	156		
Gabler		6	35:54	156			McBride		3	22:12	196		
David		8	—	—			Peeples		3	24:04	180		
Ottenlips		6	40:22	188			Blackburn		—	—	—		
Carron		6	37:00	184			Mueth		3	23:29	184		
							Jacobi		3	19:43	166		
B													
Boehm		3	19:55	168			**E**						
Minden-Birk		4	32:07	180			Waters, Max		2	16:17	200		
Ford, B		—	—	—									
Cookson, E		4	25:33	196									
Meier		4	26:38	192			**Freshmen**						
Konzen		4	26:34	150			Body, Sam ○						
Raterman, D		~~4~~	26:34	168			Bufe, Sam ✓ ●		50	7:12	164		
Cannady		~~4~~ 5	35:20	164			Cooley, Matt ✓ ●		20	7:58	164		
Kliethermes		—	—	—			Dodd, Alex ○						
Herrmann		4	28:49	160			Floros, Willie ✓ ●		40	7:05	160		
Melillo		4	28:50	192			Franz, Matt ✓ ●		50	7:04	160		
Fleming		4	26:15	188			Gardner, Tyler ✓ ●		50	7:04	160		
Ratermann		4	26:31	180			Griffard, Jim ✓ ●		51	7:05	148		
							Hagerty, Luke ○						
C							Kinsella, Jake ○						
Hoefel							Madden, Connor ○						
Linhares, P		3	22:00	188			Madden, Kevin ○						
Hagan, C		3	19:55	200			McEnery, Brendan ○						
☆ Stinehart		2	16:46	180			McHenry, Jack ○						
Stoltze		4	26:35	168			McHugh, Ryan ○						
Brady		3	22:03	164			McLaughlin, Mike ○						
Kuensting		3	22:21	194			Murphy, Sean ○						
Hall		4	30:43	176			Rubbelke, Nathan ✓ ●		33	7:05	96		
Backer, N		5	34:24	176			Slaughter, Mike ○						
Kocisak		4	30:52	184			Thornberry, Evan ✓ ●		32	7:48	172		
Seckfort, Nick		4	29:04	180			CARROL	●	45	7:05	~~185~~	140	
Lickenbrock		4	28:50	184			REICHMAN	●	45	7:06	152		
Mulligan		3	22:29	194			KUEHNER	●	20	8:05	212		
							ESSWEIN	●	25	7:04	160		
D							GAINS	●	20	7:04	145		
Linhares, W		3	21:45	166			CHURA	●	34	7:15	180		
Franey		4	29:14	192			FOX	●	50	7:04	160		
Jablonski		~~DP~~	—	—									
McNulty		DP					Coach L			8:05	160		
Easley		3	25:14	184			C						
Thames		3	22:30	180			**Cross/Recover**						
Schlesinger		3	24:31	180			Ford, B (B)		2 1/2	17:40	176	~~176~~	
Stauder		3	23:29	192			Thornberry(B)						

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

CORE STEP-UPS

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+

STRIDES 12- 10-8-6

DATE: 8-14-08 Conditions: Cool, clear LOOP 10 - 8 - 6 - 5/4/3

Jog 1m/push/dyn/~~aero~~/hard OD on ~~out~~ and back: ~~2/3/5/4/3~~/push/8-6-4 strides/jog 1m

Fr~~osh: jog interview/jog 1m to central/push/dyn/run 1m aero trial/jog 1m/stretch~~

Name	pu	dist	time	pulse	pace	com
A						
Clohisy		DD				
Fitzgerald RBB		6	43:47	120		
Kujo RBB		18	67:37	140		
Jennings RBB		8	56:49	164		
Ford, C RBB		10	67:37	160		
Cookson, A RBB		10	67:37	156		
McLaughlin, T RBB		8	56:49	168		
Minnick RBB		8	58:49	160		
Gabler RBB		10	67:37	132		
David RBB		10	67:37	160		
Ottenlips RBB		8	56:49	164		
Carron RBB		6	43:35	154		
B						
Boehm RBB		3	21:34	144		
Minden-Birk RBB		4	30:35	180		
Ford, B BBG R		—	—	—		
Cookson, E RBB		8	56:56	176		
Meier RBB		8	60:00	168		
Konzen RBB		8	60:00	152		
Raterman, D RBB		8	60:00	160		
Cannady RBB		6	44:59	188		
Kliethermes RBB		4	30:17	188		
Herrmann RBB		8	61:22	156		
Melillo RBB		6	44:59	184		
Fleming (R)		6	44:59	180		
Ratermann RBB		8	61:22	180		
C						
Hoefel RBB						
Linhares, P RBB		6	48:35	164		
Hagan, C RBB		4	29:33	192		
Stinehart RBB		4	33:03	180		
Stoltze RBB		8	60:06	156		
Brady RBB		4	29:07	164		
Kuensting RBB		4	30:42	196		
Hall RBB		4	30:36	168		
Backer, N		—	—	—		
Kocisak		6	48:45	180		
Seckfort, Nick (R)		6	45:01	184		
Lickenbrock RBB		6	46:22			
Mulligan RBB		4	30:17	192		
D						
Linhares, W RBB		6	44:30	188		
Franey RBB		6	44:39	200		
Jablonski		—	—	—		
McNulty RBB		4	30:32	172		
Easley		—	—	—		
Thames (W)		2	15:26	172		
Schlesinger RBB		8	49:32	188		

Name	pu	dist	time	pulse	pace	com
D (cont.)						
Bufe, W RBB		4	30:50	172		
Paino RBB		4	30:50	192		
Backer, K RBB		3	23:03	144		
Varty		4	29:17	164		
Cowlen RBB		4	29:53	180		
Pollock RBB		6	43:41	164		
Lewis (W)		3	23:22	96	2 extra miles	
McBride RBB		3	23:22	192		
Peeples RBB		4	30:32	172		
Blackburn						
Mueth		4	34:41	172		
STANDER RBB		4	34:20	192		
JACOBY RBB		4	34:11	172		
E						
Waters, Max RBB		3	22:20	180		
Umana RBB		3	[illegible]	156		
			25:37			
Freshmen						
Body, Sam ✓						
Bufe, Sam RBB		2	15:14	168		
Cooley, Matt RBB		2	16:04	200		
Dodd, Alex						
Floros, Willie RBB		3	23:22	180		
Franz, Matt RBB		3	23:02	164		
Gardner, Tyler RBB		3	22:39	160		
Griffard, Jim RBB		3	22:41	[illegible]	156	
Hagerty, Luke						
Kinsella, Jake						
Madden, Connor						
Madden, Kevin						
McEnery, Brendan						
McHenry, Jack						
McHugh, Ryan W		2	15:03	160		
McLaughlin, Mike RBB		3	22:21	176		
Murphy, Sean						
Rubbelke, Nathan						
Slaughter, Mike						
Thornberry, Evan						
Carrol RBB		3	23:24	140		
Reichold						
Kuenher RBB		2	17:53	180		
Esswein (R)		3	22:20	176		
Gains RBB		2	15:05	160		
Chura RBB		2	15:12	180		
Fox RBB		3	23:36	192		
Cross/Recover						
Ford, B (B)		3	?	168		
Thornberry(B)						

J. Hagan RBB

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: 8-18-08 Conditions: Cool, clear

Jog 1m/push/dyn/PLYO/ OD on Out and back: 10-8-7-6-5-4-3-2/push/10-8-6 strides/jog 1m

Frosh: jog interview/jog 1m to central/push/dyn/run 1m aero trial/jog 1m/stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A							**D (cont.)**		4	32:01	169		
Clohisy		8	53:12	164			Bufe, W						
Fitzgerald		6	41:00	140	–		Paino		—	—	—		
Kujo		10	1:06:5	164			Backer, K	I	3	22:30	152		
Jennings		8	54:07	156	–		Varty	E	—	—	—		
Ford, C		10	67:52	160			Cowlen		5	37:03	160		
Cookson, A		10	67:29	164			Pollock		6	40:47	168		
McLaughlin, T		8	54:07	160			Lewis		5	37:05	176		
Minnick		8	54:07	150		+	McBride		4	29:38	196		+
Gabler		10	1:06:58	152		–	Peeples		6	47:18	184		+
David		10	1:06:58	164			Blackburn		—	—			
Ottenlips		10	70:57	188		+	Mueth		5	39:55	160		
Carron		10	70:37	148		–	Pollihan		3	23:30	160		
							Ben Thomas		3	TBD			
B							**E**						
Boehm		8	56:35	172		+	Waters, Max		3	24:35	172		
Minden-Birk		4	31:22	184		+	Umana		3	24:51	160		
Ford, B		—	—	—			Jacobi		5	41:47	176		
Cookson, E		10	67:14	176			**Freshmen**						
Meier		8	56:57	172			Body, Sam		3	24:10	160		
Konzen		8	54:42	200		++	Bufe, Sam		3	24:29	180		
Raterman, D		8	54:42	168			Cooley, Matt		2	17:04	168		
Cannady		6	42:30	176			Dodd, Alex		5	42:31	168		
Kliethermes		6	42:29	180		+	Floros, Willie		5	38:54	180		
Herrmann		8	56:58	164			Franz, Matt		3	22:45	164		
Melillo		8	—	180	Threw up?	+	Gardner, Tyler		5	42:31	152		
Fleming		6	42:25	180		+	Griffard, Jim		4	32:01	140		–
Ratermann		6	42:38	172			Hagerty, Luke		—	—	—		
							Kinsella, Jake		—	—	—		
C							Madden, Connor		2	18:00	160		?
Hoefel		5	42:10	180		+	Madden, Kevin		3	20:20	200		?
Linhares, P		6	40:48	168			McEnery, Brendan		3	20:00	160		
Hagan, C		DNF	—	—			McHenry, Jack		—	—	—		
Stinehart		5	42:26	180		+	McHugh, Ryan		—	—	—		
Stoltze		8	54:43	192		+	McLaughlin, Mike		5	38:54	172		
Brady		4	30:22	160			~~Murphy, Sean~~						
Kuensting		—	25:00	—			Rubbelke, Nathan		5	36:30	156		
Hall		6	46:30	188		+	Slaughter, Mike		—	—	—		
Backer, N		6	39:22	176			Thornberry, Evan		2	18:00	184		
Kocisak		6	43:25	184		+	Carrol		4	31:34	156		
Seckfort, Nick		6	42:28	176			Reichold		3	24:10	160		
Lickenbrock		6	42:28	180		+	Kuenher		2	16:39	168		
Mulligan		4	29:15	192		++	Esswein		5	36:16	164		
							Gains		2	15:25	156		
D Steuber		5	39:38	188		+	Chura		2	16:58	160		
Linhares, W		6	48:40	208		++	Fox		3	22:15	176		
Franey		6	47:29	200		++	Fentress		2	14:03	172		
Jablonski		6	46:58	180			Mimlitz		2	17:40	164		
McNulty		4	31:09	164			Zilla		2	20:00	172		
Easley		—	—	—			**Cross/Recover**						
Thames		4	37:44	184		+	Ford, B (B)		Recovery		176		
Schlesinger		6	47:51	188		+	Thornberry(B)	—	—	—			

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

– = LOW PULSE

+ = HIGH PULSE

WORKSHEET FOR WORK GROUPS

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: 8-19-08 Conditions: Cool, clear

Jog 1m CENT/push/full stretch/form/ run tempo pace: A=6-7 B=5 C=4 D=3 E=2 jos bleachers

STEP UPS/jog SLUH/stretch/WEIGHTS

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A							**D (cont.)**						
Clohisy A 1		—	—	—		A1	Paino		—	—	—	D6	
Fitzgerald A2		6	43:09	160		A2	Backer, K		2	15:22	164	D5	7:41
Kujo A1		6	36:49	160		A1	Varty		—	—	—		
Jennings A1		6	39:11	188		A2	Cowlen		3	20:51	184	D4	6:57
Ford, C A1		6	37:27	168		A1	Pollock		3	20:16	184	D4	6:48
Cookson, A A1		6	36:36	184		A1	Lewis		—	—	—		
McLaughlin, T A2		6	38:27	184	6:25	A2	McBride		3	21:05	184	D4	7:02
Minnick A2		6	39:31	176		A2	Peeples		4	30:11	192	D5	7:34
Gabler A1		6	36:40	172		A1	Mueth		3	23:08	176	D6	7:43
David A1		6	36:10	202		A1	Jacoby		3	23:13	180	D6	7:45
Ottenlips A3		5	34:11	192		A3	Umana		2	16:44	196	D6	8:22
Carron A2		6	38:44	180		A2	**E**						
B							Waters, Max B		2	15:30	180		7:45
Boehm B3		5	35:10	180		B3	**Freshmen**						
Minden-Birk B~~4~~5		3	22:19	196		B5	Body, Sam		2	15:32	180	✓	7:46
Ford, B (B)		2	13:52	176			Bufe, Sam		3	15:30	164	✓	7:45
Cookson, E B2		4	26:15	200	6:36	B2	Cooley, Matt E		2	17:2	184		8:46
Meier B3		5	33:39	196	6:43	B2	Dodd, Alex		2	15:01	168	✓	7:31
Konzen B~~4~~2		5	33:50	172	6:46	B2	Floros, Willie		2	16:00	160		8:05
Raterman, D B2		5	33:50	172	6:46	B2	Franz, Matt		2	14:26	160	✓	7:13 D5
Cannady B3		5	34:18	180		B3	Gardner, Tyler		2	14:08	184	✓	7:04 D5
Kliethermes B3		4	27:29	184		B3	Griffard, Jim		3	22:30	184	✓	7:30
Herrmann B3		4	28:17	164		B3	Madden, Connor		2	16:48	184		8:24
Melillo B3		4	27:31	188		B3	Madden, Kevin		2	17:02	168		8:31
Fleming B2		4	27:28	192		B2	McEnery, Brendan						
Ratermann B2		5	35:10	180		B2	~~McHenry, Jack~~		2	21:59	200		11:00
C							~~McHugh, Ryan~~						
Hoefel C5		3	23:14	204		C5	McLaughlin, Mike		2	14:07	164	✓	7:04 D5
Linhares, P C4		4	28:07	196	7:02	C4	Rubbelke, Nathan		3	20:17	168	—	6:46 D4
Hagan, C C4		3	20:45	200		C4	~~Slaughter, Mike~~		—	—	—		
Stinehart C6		2	15:54	180		C6	Thornberry, Evan		2	17:33	184		8:57
Stoltze C2		5	33:50	180	6:46	C2	Carrol		2	14:50	168	✓	7:25 D5
Brady		2	14:44	160	7:22	C5	Reichold		2	15:01	164	✓	7:31
Kuensting		3	22:04	200	7:22	C5	Kuenher		2	17:11	200		8:36
Hall	100	4	30:38	180	7:40	C5	Esswein		3	20:25	164	—	6:48 D4
Backer, N		4	27:10	176	6:48	C3	Gains		2	16:52	172		8:26 D6
Kocisak		4	24:26	188	7:21	C5	Chura		2	16:24	160		8:12 D6
Seckfort, Nick		4	27:24	168	6:51	C3	Fox		2	14:32	180	✓	7:16 D5
Lickenbrock		3	21:29	168	7:10	C4	Pollihan		2	14:55	172	✓	7:28 55
Mulligan		3	20:49	196	6:57	C4	Thomas		2	15:58	176	✓	7:59 D6
							Fentress		3	20:20	164	—	6:47 D4
D							Mimlitz		2	16:44	200		8:22 D6
Linhares, W		4	29:15	164	7:19	D5	Pilla		2	21:30	180		10:45
Franey		4	27:38	200	6:54	D4	Cavallini REID		2	16:01	160		8:01 D6
Jablonski	100	4	28:27	168	7:07	D4	Cannon, SAM		2	16:24	160		8:12
McNulty	100	3	22:47	160	7:36	D5	Keipp, JESSE		2	18:02	160		9:01
Easley		3	24:54	192	8:18	D6	Whitney WILL		2	16:15	150		8:08
Thames		3	20:47	188	6:56	D4	Ghazarian, TONY		2	14:38	170	✓	7:19 D5
Schlesinger		4	32:00	188	8:00	D6	**Cross/Recover**						
Stauder		3	23:21	192	7:47	D6	Thornberry(B)						
Bufe, W		3	22:04	172	7:22	D5	Ford, B (B)						

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: 8-20-08 Conditions: Cool, clear

Jog 1m WC/push/dyn/PLYO Aero on OS Loops: A=10 B=8 C=6 D=4(5) E=3 / push/strides 12-10-8-6

jog SLUH/stretch

Name	pu	dist	time	pulse	pace	com
A1						
Clohisy						
C Ford		10	69:58	164	Really (x3) heavy	
Kujo		10	69:43	160		169.5
A Cookson		10	69:35	152		
David		10	69:58	168		
Gabler		10	69:35	136		
A2						
Fitzgerald		6	47:40	156		
T McLaughlin		8	58:02	168		
Minnick		8	58:02	167		
Carron		8	58:02	156		
~~Carron~~ Jennings		8	58:02	160		
A3						
Ottenlips		10	69:58	176		
B2						
E Cookson		10	69:43	184		
R Konzen		8	58:30	160		
D Raterman		8	58:30	168		
~~Konzen~~						
~~Raterman, D~~						
Meier		6	45:44	160		
Fleming		6	44:58	188		
A Ratermann		6	45:12	172		
B3						
Boehm		6	45:11	160		
Cannady		8	58:20	180		
Kliethermes		6	44:47	188		
Herrmann		6	45:04	164		
Mellilo		6	45:04	184		
C2						
Stoltze		8	58:30	164		
C3						
N Backer		6	44:50	168		
Seckfort		6	45:04	172		
C4						
P Linhares		6	51:12	196		
* C Hagan		4	30:57	160		
Lickenbrock		6	44:56	172		
Mulligan		5	37:26	180		
C5						
Hoeful		6	49:32	192		
Brady		4	29:58	164		
Kuensting		—	—	—		
Hall		6	49:11	172		
Kocisak		6	48:32	180		
D4						
* Franey		6	45:13	184		
W Linhares		4	33:01	187		
Jablonski		6	49:08	160		
McNulty		4	33:00	160		
W Bufe		4	33:21	156		
Cowlen		5	39:26	160		
Thames		4	29:30	180		
Varty	ex					
~~McBride~~						
Pollock		—	—	—		

Name	pu	dist	time	pulse	pace	com
D4 (cont.)						
Lewis		4	32:20	160		
McBride		4	30:51	188		
Rubbelke		4	29:30	140		
Esswein		4	29:30	164		
Fentress		4	29:30	152		
D5						
K Backer		3	24:03	152		
Peeples CS?		6	48:32	184		
Franz		5	39:55	156		
Gardner		5	39:26	152		
M McLaughlin		5	39:49	152		
Carroll		4	31:14	180		
Fox		5	39:26	160		
~~Pollihan~~						
Ghazarian		3	25:38	180		
D6						
Easley		4	34:57	176		
Schleshinger		4	35:22	176		
Stauder		4	35:22	180		
Paino		—	—	—		
Mueth		4	34:36	168		
Jacoby		4	33:41	156		
Umana		2	[illegible]	160	21:38	
Waters		3	26:02	160		
Griffard		4	32:20	184		
E6						
Body		3	26:54	188		
S Bufe		3	25:45	168		
Dodd D		5	39:29	156		
Floros		3	23:05	160		
Reichold		3	24:20	168		
Pollihan		3	24:05	168		
Chura		2	17:18	184		
Thomas		3	25:25	160		
Cavallini		2	17:05	184		
Pilla						
~~Cavallini~~ Cahill		2	17:05	168		
Cannon		2	17:18	160		
Whitney		2	17:25	170		
E7 Glass		2	17:18	164		
Cooley		3	26:10	192		
C Madden		2	16:48	184		3
K Madden		3	29:49	180		
McEnery		2	21:32	168		
E Thornberry		3	29:57	184		
Keuhner		2	20:00	180		
Gains		2	15:01	176		3
Mimlitz		3	25:33	184		
Pilla						
Klepp		2	20:01	176		
Stinehart C6		4	34:46	180		
Minden-Birkenmeier		6	50:54	180		
Cross/Recover						
Thornberry(B)						
Ford, B (B)						

~~314 965~~

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+

21 MERO Lewis

DATE: 8-~~20~~-08 Conditions: Cool, clear 4 6 5 10 8-6

Jog 1m WC/push/dyn/~~PLYO~~ Aero on ~~08~~ Loops: A=~~10~~ B=~~8~~ C=~~6~~ D=4(5) E=3 / push/strides 12-10-8-6

jog SLUH/stretch

Name	pu	dist	time	pulse	pace	com
A1						
Clohisy		—	—	—		
C Ford		8	47:36	168		yellow jersey
Kujo		8	47:36	168		
A Cookson		8	47:36	148		
David		—	—	—		
Gabler		8	47:36	136		
A2						
Fitzgerald		6	36:12	112		
T McLaughlin		7	44:40	144		
Minnick		8	49:36	164		
Carron		8	50:08	172		
~~Carron~~						
A3						
Ottenlips		8	50:38	164		
B2						
E Cookson		8	49:36	172		
~~R Konzen~~						
~~D Raterman~~						
Konzen		6	39:10	152		
Raterman, D		6	39:10	156		
Meier		5	33:00	168		
Fleming		—	—	—		
A Ratermann		5	32:56	176		
B3						
Boehm		5	31:55	176		
Cannady		—	—	—		
Kliethermes		—	—	—		
Herrmann		5	34:01	164		
Mellilo		5	32:56	160		
C2 M Bink		5	38:44	176		
Stoltze		5	32:27	158		
C3						
N Backer		5	32:48	168		
Seckfort		5	32:48	168		
C4						
P Linhares		6	39:10	168		
C Hagan		4	25:12	176		
Lickenbrock		5	33:03	160		
Mulligan		4	27:48	184		
C5						
Hoeful		—	—	—		
Brady		4	30:33	156		
Kuensting		3	23:58	196		
Hall		4	30:19	176		
Kocisak		—	—	—		
D4						
Franey		4	28:55	180		
W Linhares		4	29:35	144		
Jablonski		4	30:19	160		
McNulty		4	31:10	172		
W Bufe		4	33:02	156		
Cowlen		4	28:28	176		
Thames		4	29:37	184		
Varty		4	30:23	184		
~~McBride~~						
Pollock			OK			

Name	pu	dist	time	pulse	pace	com
D4 (cont.)						
Lewis	—	—	—	—		
McBride		4	32:27	148		
Rubbelke		4	26:55	168		
Esswein		4	26:55	168		
Fentress		4	26:55	172		
D5						
K Backer		3	24:01	160		
Peeples		4	32:02	180		
Franz		4	30:33	[illegible]		
Gardner		4	28:19	172		
M McLaughlin		4	30:43	172		
Carroll		4	30:33	168		
Fox		4	28:32	164		
~~Pollihan~~						
Ghazarian		4	30:40	184		
D6 Steinhart		4	32:32	160		
Easley		4	[illegible]	[illegible]		
Schleshinger		4	34:25	184		
Stauder		4	34:15	180		
Paino						
Mueth		4	28:27	168		
Jacoby		4	33:03	180		
Umana		—	—	—		
Waters		—	—	—		
Griffard		—	—	—		
E6						
Body		3	26:23	192		
S Bufe		3	26:01	164		
Dodd		4	30:20	164		
Floros		4	33:02	166		
Reichold		3	24:10	180		
Pollihan		3	24:01	170		
Chura		3	26:23	162		
Thomas		4	30:40	176		
Cavallini		3	26:30	168		
Pilla		—	—	—		
~~Cavallini~~		—	—	—		
Cannon		3	24:30	168		
Whitney		3	24:20	190		
E7						
Cooley		3	26:27	192		
C Madden		3	24:19	196		
K Madden		3	26:26	180		
McEnery		3	33:12	200		
E Thornberry		3	29:02	188		
Keuhner		3	28:33	200		
Gains		3	22:53	164		
Mimlitz		3	26:[illegible]	207		
~~Pilla~~		—	—	—		
~~Kiepp~~	3	~~[illegible]~~	~~[illegible]~~	~~160~~		
Glass		3	22:30	168		
Cahill		3	27:10	164		
Cross/Recover						
Thornberry(B)						
Ford, B (B)						

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

(8-23) 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+

SAT

DATE: 8-23-08 Conditions:

Jog Cent Fields/push/dyn/2 strides/Fartlek on1k Loop: A=7 B=6 C=5 D=4 E=3/2 at aero/push/stepup

jog SLUH/stretch/WEIGHTS

Name	pu	dist	time	pulse	pace	com
A1						
Clohisy		4	28:07	172	AERO	
C Ford		6	37:24	176	+	good day
Kujo		7	42:53	180	++	
A Cookson		6	37:24	188	+	
David		6	38:10	184	✓	
Gabler		6	37:24	152	+	
A2						
Fitzgerald		6.5	44:59	164	AERO	
T McLaughlin		7	45:34	184	+	
Minnick		7	45:34	188	+	
Jennings		~~7~~	~~45:34~~	~~184~~		
Carron		7	45:34	184	+	
A3						
Ottenlips		6	41:07	180	✓	
B2						
E Cookson		7	45:26	204	+	
Konzen		3	20:15	BONK		
Raterman, D		6	37:14	184	+	
Meier		5	34:14	188	+	
Fleming		6	42:16	200	✓	
A Ratermann		6	42:16	188	✓	
B3						
Boehm		5	34:20	172	✓	
Cannady		5	34:20	188	✓	
Kliethermes		4	28:05	176	✓	
Herrmann		4	28:15	160	✓	
Mellilo		5	34:20	200	✓	
C2						
Stoltze		5	33:56	176	+	
C3						
N Backer		5	34:53	188	✓	
Seckfort		5	34:54	180	✓	
C4						
P Linhares		5	36:07	196	✓	
C Hagan		5	36:07	208	✓	
Lickenbrock		5	36:07	192	✓	
Minden-Birk		5	35:47	192	✓	
Mulligan		3.5	25:52			
C5						
Stinehart		1.5	12:29	180	+	
Hoefel		5	39:30	208	✓	
Brady		4	29:57	160	+	
Kuensting		3	24:41	196	8:13	
Hall		5	36:34	192	✓	
Kocisak		5	36:34	192	✓	
D4						
Franey		4	27:39	196	✓	
W Linhares		4.6	29:20	187	✓	
Jablonski		4	28:55	100	✓	
McNulty		4	~~22:45~~ *	192	?	
W Bufe		4	32:10	176	+	
Cowlen		4	28:53	180	✓	
Thames		4	29:41	192	✓	
Varty		4	27:37	196	+	
Pollock	E					
Lewis	E					

Name	pu	dist	time	pulse	pace	com
D4 (cont.)						
McBride		4 ✓	28:53	188		
Rubbelke		4.6	29:15	176		
Esswein		4 ✓	28:01	160	7:00	
Fentress	A					?
D5						
K Backer		4 ✓	31:31	172		
Peeples		4 ✓	30:15	196		
Franz		4 ✓	30:45	172		
Gardner		4 ✓	30:15	172		
M McLaughlin		4 ✓	30:35	172		
Carroll		4 ✓	31:30	156		
Fox		4 ✓	30:33	196		
Ghazarian		3.5	—	—		
D6						
Easley		4 ✓	33:03	192		
Schlesinger		2 —	15:34			?
Stauder		4 ✓	32:52	188		
Paino	4	3 —	25:18	200		
Mueth		4 ✓	32:59	184		
Jacoby		4 ✓	32:48	180		
Umana	A					?
Waters	A	EXCUSED				
Pollihan		4 ✓	32:43	164		
Griffard	A					?
E6						
Body		3 —	27:19	188	TOO SLOW	
S Bufe		3 —	30:20	180		MUCH TOO SLOW
Dodd		4 ✓	32:30	144		
Floros		3 ✓	25:13	160		
Reichold		3 ✓	25:13	168		
Chura		3	27:15	168	TOO SLOW	
Thomas		3 ✓	26:01	164		
Cavallini		3	27:18	160	TOO SLOW	
Cannon		3	27:18	176	TOO SLOW	
Whitney		3 ✓	26:33	176		
E7						
Cooley		3	29:10	196	TOO SLOW	
C Madden	A					?
K Madden	A					?
McEnery		3 ✓	27:20	160		
E Thornberry		3	28:18	184	TOO SLOW	
Keuhner		3	29:47	154	TOO SLOW	
Gains		3 ✓	25:08	168		
Mimlitz		2 ✓	17:37	172	8:50	
Pilla	A				EXCUSED	
Kiepp		2 ✓	19:50	168	TOO SLOW	
Glass	A					?
Cahill	A					?
Cross/Recover						
Thornberry (B)						
Ford, B (B)						

* 30

& 9,523:45 —

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-~~23~~ 25-08 Conditions: OD 12-10-8-6-5-4-3-2

Jog Cent Fields/push/dyn/~~2 strides/Rartlek~~ on1k Loop: ~~A=7 B=6 C=5 D=4 E=3/2 at aero/push/stepup~~

jog SLUH/stretch/~~WEIGHTS~~

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy	E						McBride		5	36:21	196	7:16	
C Ford		12	84:31	176	7:08		Rubbelke		6	42:25	176	7:04	
Kujo		12	79:50	152			Esswein		6	42:25	184	7:04	
A Cookson		12	79:50	168			Fentress		6	42:20	168	7:03	
David		12	80:00	168			**D5**						
Gabler		12	83:30	132	6:58		K Backer		4	30:46	144	7:41	
A2			69:23				Peeples		5	41:53	188		
Fitzgerald		12	79:50	160			Franz		5	40:45	160		
T McLaughlin		10	[illegible]	160			Gardner		5	38:45	160		
Minnick		10	69:36	166			M McLaughlin		6	49:20	160		
Jennings		10	69:23	168			Carroll		6	49:18	132		
Carron		10	69:10	164			Fox		5	38:40	168		
A3							Ghazarian		4	34:56	180		
Ottenlips		10	69:10	164			**D6**						
B2							Easley		5	43:45	196		
E Cookson		12	84:45	172			Schlesinger		5	43:22	180		
Konzen		10	69:10	164			Stauder		5	42:21	180		
Raterman, D		10	69:10	156			Paino		5	41:27	204		
Meier		8	58:13	168			Mueth		6	50:24	176		
Fleming		8	57:18	186			Jacoby		6	50:07	160		
A Ratermann		8	57:53	172			Umana	A					
B3							Waters	E					
Boehm		8	57:25	168			Pollihan		4	32:39	168	8:10	
Cannady		8	55:22	188			Griffard		4	31:31	176	7:53	
Kliethermes		8	57:20	180			**E6**						
Herrmann		8	59:10	160			Body		2	19:17	120	9:38	
Mellilo		8	57:03	188			S Bufe		3	27:30	176	9:10	
C2							Dodd		5	38:45	164	7:45	
Stoltze		8	57:02	156	7:08		Floros		3	21:33	140	7:11	
C3							Reichold		4	31:26	184	7:52	
N Backer		8	55:25	168			Chura		3	24:36	164	8:12	
Seckfort		8	57:37	196			Thomas		4	34:76	176	8:44	
C4							Cavallini	A					
P Linhares		6	50:04	200			Cannon		3	24:36	188	8:12	
C Hagan		6	41:15	176			Whitney		3	25:02	170	8:21	
Lickenbrock		8	58:40	188			**E7**						
Minden-Birk		8	1:02:06	176			Cooley		3	25:50	196	8:36	
Mulligan		8	1:02:01	172			C Madden	A					
C5							K Madden	A					
Stinehart		6	50:06	160			McEnery		2	24:55	160	12:27	
Hoefel		6	50:04	188			E Thornberry		3	27:21	196	9:07	
Brady		5	38:37	156			Keuhner		3	27:37	192	9:13	
Kuensting		8	77:11	168			Gains		4	31:22	168	7:51	
Hall		8	59:00	184			Mimlitz		3	25:05	200	8:22	
Kocisak		6	44:42	180			Pilla		2	19:12	148	9:36	
D4							Kiepp		2	19:44	172	9:52	
Franey		5	40:28	180	8:06		Glass		3	27:30	164	9:10	
W Linhares		5	38:00	178	7:36		Cahill		3	27:22	168	9:07	
Jablonski		8	57:07	160			**Cross/Recover**						
McNulty		5	38:30	180	7:42		Thornberry(B)						
W Bufe		5	40:36	160			Ford, B (B)						
Cowlen		6	41:47	180	6:58								
Thames		6	42:35	188	7:06		Stoeppler		6	49:37	164		
Varty		6	41:59	184	6:59								
Pollock		3	20:15	164	6:45								
Lewis	E												

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

PUSH/DYN/RECOVERY TO CENT FIELDS & BACK PUSH/
A/B=3 C=2 D=1 E=BACK

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+

26 RECOVERY DAY RECORD PULSE ONLY

SPRINTS 8-6 STRIDES

DATE: 8-~~23~~-08 Conditions:

~~Jog Cent Fields/push/dyn/2 strides/Fartlek on1k Loop: A=7 B=6 C=5 D=4 E=3/2 at aero/push/stepup jog SLOW/stretch/WEIGHTS~~

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy				140			McBride				156		
C Ford				168			Rubbelke				136		
Kujo				132			Esswein				144		
A Cookson				160			Fentress				160		
David CROSS				~~56~~			**D5**						
Gabler				120			K Backer				140		
A2							Peeples				160		
Fitzgerald				128			Franz				144		
T McLaughlin				140			Gardner				136		
Minnick				148			M McLaughlin				160		
Jennings				144			Carroll				160		
Carron				148			Fox				140		
A3							Ghazarian				180		
Ottenlips				152			**D6**						
B2							Easley				180		
E Cookson				148			Schlesinger				144		
Konzen				160			Stauder				164		
Raterman, D				140			Paino				164		
Meier				136			Mueth				148		
Fleming				168			Jacoby				156		
A Ratermann				164			Umana				144		
B3							Waters						
Boehm				152			Pollihan				156		
Cannady				164			Griffard				172		
Kliethermes							**E6**						
Herrmann				164			Body						
Mellilo				156			S Bufe				164		
C2							Dodd				144		
Stoltze				156			Floros				140		
C3							Reichold				140		
N Backer				144			Chura				188		
Seckfort				140			Thomas				160		
C4							Cavallini				184		
P Linhares				160			Cannon				168		
C Hagan				156			Whitney				168		
Lickenbrock				156			**E7**						
Minden-Birk				172			Cooley				172		
Mulligan				156			C Madden						
C5							K Madden						
Stinehart				172			McEnery				164		
Hoefel				140			E Thornberry				168		
Brady				152			Keuhner				176		
Kuensting				~~7~~			Gains				160		
Hall				144			Mimlitz				194		
Kocisak				172			Pilla				180		
D4							Kiepp				176		
Franey				156			Glass				184		
W Linhares				132			Cahill				160		
Jablonski				144			**Cross/Recover**						
McNulty				160			Thornberry(B)						
W Bufe				156			Ford, B (B)						
Cowlen				160			Andrews						
Thames				172			Navaro				160		
Varty				152									
Pollock				160									
Lewis													

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

COACHING SHIRT

L	SHIRT ENKE
XL	JACKET

GOLMONE

M SHIRT

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: 8-27-08 Conditions:

Jog Cent Fields/push/short static +dyn/2 strides/TEMPO on 1m Loop: A=6 B=5 C=4 D=3 E=2 /push/ stepups/jog/FULL STRETCH

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy		—	—	—			McBride		2	14:45	180		
C Ford		5	29:59	188			Rubbelke		3	20:05	190		
Kujo		6	34:19	180			Esswein		3	20:06	160		
A Cookson		5	30:19	188			Fentress		3	20:07	164		
David		4	24:43	188			**D5**						
Gabler		4	23:37	152			K Backer		3	21:41	160		
A2							Peeples		3	23:02	180		
Fitzgerald		4	24:32	180			Franz		3	23:40	160		
T McLaughlin		5	29:58	192			Gardner		3	21:42	168		
Minnick		5	31:04	184			M McLaughlin		3	20:45	180		
Jennings		4	23:57	188			Carroll		2	15:21	172		
Carron		5	30:26	184			Fox		3	21:48	168		
A3							Ghazarian		2	14:36	184		
Ottenlips		4	26:29	200			**D6**						
B2							Easley		3	23:27	192		
E Cookson		4	25:00	204			Schlesinger		3	23:36	188		
Konzen		5	31:45	172			Stauder		3	23:36	184		
Raterman, D		[illegible]	[illegible]	[illegible]	5	31:35	176		Paino		3	23:26	204
Meier		4	26:02	192			Mueth		3	22:12	184		
Fleming		4	25:15	204			Jacoby		3	22:51	172		
A Ratermann		4	26:32	198			Umana		2	17:24	192		
B3							Waters		—	—	—		
Boehm		4	26:55	180			Pollihan		3	23:10	184		
Cannady		5	33:34	196			Griffard		3	21:57	176		
Kliethermes		4	20:20	196			**E6**						
Herrmann		4	27:52	184			Body		2	17:02	192		
Mellilo		4	27:38	200			S Bufe		2	15:30	184		
C2							Dodd D5		3	22:21	176		
Stoltze		4	25:43	168			Floros		2	14:15	160		
C3							Reichold		2	15:24	180		
N Backer		4	25:41	176			Chura		2	15:16	168		
Seckfort		4	29:13				Thomas		2	14:42	180		
C4							Cavallini		2	16:04	184		
P Linhares		3	23:46	192			Cannon		2	15:46	184		
C Hagan		3	19:59	204			Whitney		2	15:27	192		
Lickenbrock		4	28:02	196			**E7**						
Minden-Birk		4	29:00	192			Cooley		2	16:40	192		
Mulligan		3	20:47	188			Andrews		2	19:08	188		
C5							Navarro		2	19:06	192		
Stinehart		3	23:11	190			McEnery		2	20:15	192		
Hoefel		4	30:17	200			E Thornberry		2	17:11	196		
Brady		3	21:57	168			Keuhner		2	18:15	192		
Kuensting		3	23:38	204			Gains		2	15:21	172		
Hall		4	28:20	192			Mimlitz		2	16:03	200		
Kocisak		4	29:09	192			Pilla		—	—	—		
D4							Kiepp		2	18:06	184		
Franey		3	20:48	200			Glass		2	15:57	170		
W Linhares		3	21:10	196			Cahill		2	16:04	168		
Jablonski		3	20:35	160			**Cross/Recover**						
McNulty		3	23:00	170			Thornberry(B)						
W Bufe		3	22:10	176			Ford, B (B)						
Cowlen		3	20:05	184			Hogan		2	15:45	180		
Thames		3	21:14	192									
Varty		3	22:00	196									
Pollock		3	19:40	164									
Lewis		—	—	—									

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

+1

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: 8-28-08 Conditions:

Jog WC/push/dyn/PLYO/Run Aero Loops A=10 (8) B=8 (6) C=6 (5) D=4 E=3 (2) /push/

10-8-6 strides/stretch/ jog SLUH

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy							McBride		4	3125	200		
C Ford		8	5742	164			Rubbelke		4	3501	140		
Kujo		10	6544	156			Esswein		4	2745	144		
A Cookson		10	7010	164			Fentress		4	3007	160		
David		4	2800	172			**D5**						
Gabler		10	6524	140			K Backer		4	3207	156		
A2							Peeples		4	3615	180		
Fitzgerald		10	7010	140			Franz ✓		3	2640	160		
T McLaughlin		8	5742	160			Gardner		3				felt sick
Minnick		8	5641	156			M McLaughlin		4	3031	132		
Jennings		8	5741	164			Carroll		4	3210	136		
Carron		8	5918	160			Fox		4	3114	196		
A3							Dodd		3				stomach cramp
Ottenlips		8	5918	180			Ghazarian		4	3125	188		
B2							**D6**						
E Cookson		8	5641	176			Easley		4	3127	184		
Konzen		8	5918	156			Schlesinger		4	3436	180		
Raterman, D		6	4444	152			Stauder		4	3556	188		
Meier		5.5	4124	152			Paino		4	3534	188		
Fleming		6	4544	176			Mueth		4	3354	160		
A Ratermann		6	4506	180			Jacoby		4	3352	160		
B3							Umana –		3	2847	156		
Boehm		6	4510	180			Waters						
Cannady		6	4317	176			Pollihan		4	3243	168		
Kliethermes		6	4510	184			Griffard		4	3301	174		
Herrmann		6	4444	156			**E6**						
Mellilo		6	4603	196			Body		2	1832	192		
C2							S Bufe ✓		3	2450	178		
Stoltze		6	4506	164			Floros		3	2413	128		Poop
C3							Reichold		4	3248	176		
N Backer		6	4510	180			Chura –		3	2753	160		
Seckfort		6	4515	180			Thomas		4	3207	180		
C4							Cavallini		3	2857	152		
P Linhares		5	3904	160			Cannon –		3	2732	172		
C Hagan							Whitney –		3	2400	180		
Lickenbrock		5	3510	180			**E7**						
Minden-Birk		6	4753	172			Cooley –		3	2753	180		
Mulligan		6	4804	184			Andrews –		2	2005	204		
C5							Navarro			[illegible]	168		turned back
Stinehart		5	4442	160			McEnery –		2	2245	168		
Hoefel		5	4045	192			E Thornberry –		3	2856	184		
Brady		4	3126	156			Keuhner –		3	3305	176		
Kuensting		4	3151	208			Gains		2	1728	172		
Hall							Mimlitz		3	2520	164		
Kocisak		5	3904	172			Pilla –		2	2173	160		
D4							Kiepp –		2	2205	172		
Franey		4	3009	184			Glass –		2	2009	152		
W Linhares		4	3043	184			Cahill –		3	2847	172		
Jablonski		5	3510	160			**Cross/Recover**						
McNulty		4	3630	170			Thornberry(B)						
W Bufe		4	3510	156		though	Ford, B (B)						
Cowlen		5	3429	180									
Thames		4	2951	184									
Varty		4	3432	164			Hogan		2	1840	196		
Pollock													
Lewis													

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: 8-30-08 Conditions:

Jog CENT/push/full str/2 x strides/Run repeat 800's at race then negative: A/B=7 C=6 D=5 E=4 (3)

push/ext jog 20 min/15/10/full stretch

Name	1	2	3	4	5	6	7
A1							
Clohisy							
C Ford							
Kujo							
A Cookson							
David							
Gabler							
A2							
Fitzgerald							
T McLaughlin							
Minnick							
Jennings							
Carron							
A3							
Ottenlips							
B2							
E Cookson							
Konzen							
Raterman, D							
Meier							
Fleming							
A Ratermann							
B3							
Boehm	2:59	2:50	2:59	2:55	2:53	2:44	188
Cannady							
Kliethermes							
Herrmann	3:00	2:57	2:57	2:56	2:55	2:53	188
Mellilo	2:54	2:49	2:57	2:51	2:52	2:38	
C2							
Stoltze							
C3							
N Backer	2:00	2:48	2:57	2:51	2:52	2:47	188
Seckfort							
C4							
P Linhares	3:06	2:53	2:57	2:55	2:52	2:43	
C Hagan							
Lickenbrock	2:59	2:49	2:57	2:51	2:52	2:30	216
Minden-B	3:06	3:04	3:03	3:02	2:51	2:53	192
Mulligan	3:06	3:04	2:59	2:51	2:53	2:45	184
C5							
Stinehart	3:14	3:13	3:13	3:11	3:11	3:07	196
Hoefel	3:19	3:17	3:27	3:18	3:12	3:03	192
Brady	3:00	3:02	3:07	3:10	2:58	176	
Kuensting							
Hall	2:58	2:53	2:57	3:07	3:08	3:06	180
Kocisak	3:00	2:57	2:58	2:56	2:55	2:47	184
D4							
Franey	2:59	2:55	2:52	2:46	2:46	196	
W Linhares	2:59	2:57	3:02	3:02	2:57	172	
Jablonski	2:44	2:42	2:50	2:46	2:43	164	
McNulty	3:02	3:00	3:03	3:03	3:03	170	
W Bufe	3:02	3:00	3:01	3:07	3:02	180	
Cowlen	2:47	2:44	2:53	2:52	2:46	188	
Thames	3:00	2:59	2:59	2:56	2:57	192	
Varty	2:44	2:41	2:50	2:47	2:46	188	
Pollock	3:00	2:50	2:57	2:55	2:51	2:50	172
~~Lewis~~							

Name	1	2	3	4	5	
D4 (cont.)						
McBride	253	254	2:57	3:03	2:57	196
Rubbelke	248	249	2:50	2:55	2:44	168
Esswein	244	246	2:50	2:45	2:47	160
Fentress	246	247	2:56	2:52	2:45	180
D5						
K Backer	314	313	3:10	3:09	3:02	180
Peeples	258	255	2:52	2:52	2:56	212
Franz	329	313	3:13	3:08	3:10	162
Gardner	254	251	2:50	2:48	2:44	172
M McLaughlin	306	251	3:00	2:57	3:06	162
Carroll	316	300	3:07	3:17	3:10	180
Fox	254	253	3:02	3:00	2:56	186
Dodd	254	254	3:01	3:05	3:02	188
Ghazarian	246	246	2:50	2:50	2:57	180
D6						
Easley	309	254	3:16	3:15	3:15	192
Schlesinger	324	318	3:18	3:17	3:08	192
Stauder	326	318	3:18	3:18	3:15	192
Paino	324	318	3:18	3:18	3:15	204
Mueth	314	318	3:08	3:12	3:04	184
Jacoby	304	305	3:03	3:07	2:59	188
~~Umana~~	3:43	3:35	3:36	~~3:33~~	32	
~~Waters~~						
Pollihan	313	305	3:06	3:06	3:04	176
Griffard	302	300	2:58	2:57	3:00	188
E6						
Body	—					
S Bufe	3:46	3:25	3:20	3:11		
Floros	3:48	3:25	3:18	3:01		
Reichold	3:39	3:33	3:26	3:07		
Chura	3:39	3:31	3:29	3:23	188	
Thomas	3:39	3:26	3:33	3:25		
Cavallini	3:49	3:25	3:25	3:20		
Cannon	3:39	3:31	3:33	3:25		
Whitney	3:46	3:37	3:36	3:31		
E7						
Cooley	3:39	3:36	3:36	3:41		
Andrews	—	—				
~~Navarro~~ HOGAN	~~3:38~~	3:25	3:18	3:04		
McEnery	4:24	3:54	3:56	3:57		
E Thornberry	3:57	3:46	3:43	3:26		
Keuhner	3:39	3:32	3:32	3:25		
Gains	3:38	3:25	3:19	3:14		
Mimlitz	3:39	3:25	3:26	3:11		
Pilla	4:13	3:49	4:08	4:10		
Kiepp	4:12	3:21	3:33	3:33		
Glass	3:40	3:25	3:19	3:31		
Cahill	3:49	3:27	3:28	3:31		
Cross/Recover						
Thornberry(B)						
Ford, B (B)						

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: 9-2-08 Conditions:

Name	1	2	3	4	5	6	7
A1	2:00						
Clohisy							
C Ford	43	40	37	38	36	34	33
Kujo	45	38	35	35	33	28	25
A Cookson	43	39	35	37	34	28	30
David	44	41	41	48	37	45	
Gabler	43	39	36	37	36	34	34
A2							
Fitzgerald	45	42	41	42	41	45	
T McLaughlin	45	43	40	39	37	55	
Minnick	46	43	40	42	42	42	
Jennings	45	42	34	39	39	46	
Carron	46	43	39	39	39	37	
A3							
Ottenlips	48	50	51	51	3:01	52	
B2							
E Cookson	45	43	42	47	45	33	
Konzen	47	43	42	45	47	50	
Raterman, D	47	42	37	37	34	31	
Meier	50	47	49	53	3:00	59	
Fleming	48	44	44	48	48	47	
A Ratermann	44	44	46	50	55	53	
B3	44						
Boehm							
Cannady	48	47	49	58	3:00	59	
Kliethermes							
Herrmann							
Mellilo							
C2							
Stoltze	49	45	45	43	40	37	
C3							
N Backer							
Seckfort							
C4							
P Linhares							
C Hagan		ALL	TIMES				
Lickenbrock		ARE	2 MIN +				
Minden-B							
Mulligan							
C5							
Stinehart							
Hoefel							
Brady							
Kuensting							
Hall							
Kocisak							
D4							
Franey							
W Linhares							
Jablonski							
McNulty							
W Bufe							
Cowlen							
Thames							
Varty							
Pollock							
Lewis							

Name	1	2	3	4	5
D4 (cont.)					
McBride					
Rubbelke					
Esswein					
Fentress					
D5					
K Backer					
Peeples					
Franz					
Gardner					
M McLaughlin					
Carroll					
Fox					
Dodd					
Ghazarian					
D6					
Easley					
Schlesinger					
Stauder					
Paino					
Mueth					
Jacoby					
Umana					
Waters					
Pollihan					
Griffard					
E6					
Body					
S Bufe					
Floros					
Reichold					
Chura					
Thomas					
Cavallini					
Cannon					
Whitney					
E7					
Cooley					
Andrews					
Navarro					
McEnery					
E Thornberry					
Keuhner					
Gains					
Mimlitz					
Pilla					
Kiepp					
Glass					
Cahill					
Cross/Recover					
Thornberry(B)					
Ford, B (B)					

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: 9-2-08 Conditions:

Jog CENT/push/dyn/Static/ 2x strides SPLIT PRAC: AB: Run Race Pace 800's 7-6/ext recovery/WEIGHT

C-E: Run TEMPO 4-3-2/recover SLUH/Stretch

Name	pu	dist	time	pulse	pace	com
A1						
Clohisy						
C Ford						
Kujo						
A Cookson						
David						
Gabler						
A2						
Fitzgerald						
T McLaughlin						
Minnick						
Jennings						
Carron						
A3						
Ottenlips						
B2						
E Cookson						
Konzen						
Raterman, D						
Meier						
Fleming						
A Ratermann						
B3						
Boehm	~~4~~	~~3~~	2055	196		
Cannady						
Kliethermes		4	27:05	184		
Herrmann		4	28:10	172		
Mellilo		3 ~~4~~	2203	172		
C2						
Stoltze						
C3						
N Backer		4	26:16	184		
Seckfort		4	26:21	180		
C4						
P Linhares		3 ~~4~~	2233	180		
C Hagan		3 ~~4~~	2150	172		
Lickenbrock		3 ~~4~~	2156	192		
Minden-Birk		4	31:40	192		
Mulligan		4	28:51	180		
C5						
~~Stinehart~~		4				
Hoefel		4	2049	204		
Brady		3 ~~4~~	2320	156		
~~Kuensting~~		4				
Hall		—				
Kocisak		3 ~~4~~	2209	200		Foot
D4						
Franey		3	2003	196		
W Linhares		3	2102	172		
Jablonski		3	2100	160		
McNulty		3	22:30	168		
W Bufe		3	2157	176		
Cowlen		3	~~27:00~~	192	20:01	
Thames						
Varty		3	1856	204		
Pollock		3	1914	172		
Lewis		—	3202	180		
		4				

Name	pu	dist	time	pulse	pace	com
D4 (cont.)						
McBride		3	2014	204		
Rubbelke		3	2025	176		
Esswein		3	2038	180		
Fentress		3	2051	184		
D5						
K Backer		3	2306	160		
Peeples		3	2234	196		
Franz		3	24:00	172		
Gardner		—				
M McLaughlin		—				
Carroll		3		172		
Fox		3	21:25	184		
Dodd		3	22:14	184		
Ghazarian		3	21:56	180		
D6						
Easley		3	24:45	192		
Schlesinger		3	24:22	196		
Stauder		3	2343	196		
Paino		3	2355	208		
Mueth		3	2233	184		
Jacoby		3	2321	176		
Umana		—	18:18	184		
Waters		—				
Pollihan		3	2213	176		
Griffard		3	2308	192		
E6 GLASS		2 ~~3~~	17:27	152		
Body		3	24:04	200		
S Bufe		3	2450	178		
Floros		3	2330	200		
Reichold		3	2255	172		
Chura		2	17:15	188		
Thomas		3	17:26	184		
Cavallini		3	17:37	148		
Cannon		3	2501	180		
Whitney		3	2605	200		
E7 GAINES		3	2348	172		
Cooley		2	16:14	184		
Andrews		2	17:18	164		
~~Navarro~~		2				
McEnery		2	2012	200		
E Thornberry		2	16:44	200		
Keuhner		2	18:23	196		
~~Gains~~						
~~Mimlitz~~		—				
Pilla		2	18:03	182		
Kiepp		2	18:17	172		
~~Glass~~ HAGAN		2	15:50	176		
Cahill		2	16:39	160		
Cross/Recover						
Thornberry(B)						
Ford, B (B)						

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

09/03/08

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:	Conditions:												
Name	pu	dist	time	pulse	pace	com	**Name**	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy				—			McBride				180		
C Ford				148			Rubbelke				138		
Kujo				132			Esswein				136		
A Cookson				160			Fentress				168		
David				144			**D5**						
Gabler				[illegible]	108		K Backer				—		
A2							Peeples				180		
Fitzgerald				144			Franz				140		
T McLaughlin				144			Gardner				132		
Minnick				140			M McLaughlin				180		
Jennings				140			Carroll				128		
Carron				152			Fox				168		
A3							Dodd				160		
Ottenlips				160			Ghazarian				180		
B2							**D6**						
E Cookson				168			Easley				172 ?		
Konzen				152			Schlesinger				✓		
Raterman, D				140			Stauder				172		
Meier				148			Paino				170		
Fleming				168			Mueth				148		
A Ratermann				160			Jacoby				152		
B3							Umana				160		
Boehm				160			Waters				—		
Cannady				128			Pollihan				140		
Kliethermes				✓			Griffard				✓		
Herrmann				160			**E6**						
Mellilo				108			Body				170		
C2							S Bufe				164		
Stoltze				152			Floros				180		
C3							Reichold				132		
N Backer				168			Chura				150		
Seckfort				152			Thomas				184		
C4							Cavallini				120		
P Linhares				146			Cannon				172		
C Hagan				156			Whitney				200		
Lickenbrock				148			**E7**						
Minden-Birk				164			Cooley				184		
Mulligan				126			Andrews				200		
C5							~~[illegible]~~				—		
Stinehart				—			McEnery				144		
Hoefel				176			E Thornberry				140		
Brady				152			Keuhner				132		
Kuensting				180			Gains				168		
Hall				—			Mimlitz				172		
Kocisak				160			Pilla				172		
D4							Kiepp				152		
Franey				164			Glass				✓		
W Linhares				—			Cahill						
Jablonski				120			**Cross/Recover**						
McNulty				164			Thornberry(B)						
W Bufe				144			Ford, B (B)						
Cowlen				148			Hogan				170		
Thames				—									
Varty				160									
Pollock				156									
Lewis				132									

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: 9-3-08 Conditions:

AERO DIST CORE/WEIGHTS REST OF TEAM PRE RACE ON COURSE

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy	—						McBride						
C Ford		8	57:20	144			Rubbelke						
Kujo		8	57:20	128			Esswein						
A Cookson		8	5720	148			Fentress						
David		8	5720	156			**D5**						
Gabler		8	5720	120			K Backer						
A2							Peeples						
Fitzgerald		8	5720	140			Franz						
T McLaughlin		6	43:18	144			Gardner						
Minnick		8					M McLaughlin						
Jennings		6	43:16	148			Carroll						
Carron		8	57:20	138			Fox						
A3							Dodd						
Ottenlips		8	5720	152			Ghazarian						
B2							**D6**						
E Cookson		8	5720	156			Easley						
Konzen		5	43:29	148			Schlesinger						
Raterman, D		5	43:42	144			Stauder						
Meier		5	43:48	160			Paino						
Fleming		5	43:29	180			Mueth						
A Ratermann		5	43:47	164			Jacoby						
B3							Umana						
Boehm							Waters						
Cannady		6	42:40	184			Pollihan						
Kliethermes							Griffard						
Herrmann							**E6**						
Mellilo							Body						
C2							S Bufe						
Stoltze		6	42:40	148			Floros						
C3							Reichold						
N Backer							Chura						
Seckfort							Thomas						
C4							Cavallini						
P Linhares							Cannon						
C Hagan		3	22:40	160			Whitney						
Lickenbrock							**E7**						
Minden-Birk							Cooley						
Mulligan							Andrews						
C5							Navarro						
Stinehart							McEnery						
Hoefel							E Thornberry						
Brady							Keuhner						
Kuensting							Gains						
Hall	300	X	X	X	X	X	Mimlitz						
Kocisak							Pilla						
D4							Kiepp						
Franey							Glass						
W Linhares							Cahill						
Jablonski							**Cross/Recover**						
McNulty							Thornberry(B)	3	22:43	164			
W Bufe							Ford, B (B)						
Cowlen													
Thames													
Varty													
Pollock													
Lewis		4	31:19	164									

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: 9-6-08 Conditions:

Jog CENT/push/dyn/Static/ AB: Recovery Pace 60 or 50 min/strides/step-ups/WEIGHTS

C-E: TIME TRIAL

Name	pu	dist	time	pulse	pace	com	**Name**	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy							McBride						
C Ford							Rubbelke						
Kujo							Esswein						
A Cookson							Fentress						
David							**D5**						
Gabler							K Backer						
A2							Peeples						
Fitzgerald							Franz						
T McLaughlin							Gardner						
Minnick							M McLaughlin						
Jennings							Carroll						
Carron							Fox						
A3							Dodd						
Ottenlips							Ghazarian						
B2							**D6**						
E Cookson							Easley						
Konzen							Schlesinger						
Raterman, D							Stauder						
Meier							Paino						
Fleming							Mueth						
A Ratermann							Jacoby						
B3							Umana						
Boehm							Waters						
Cannady							Pollihan						
Kliethermes							Griffard						
Herrmann							**E6**						
Mellilo							Body						
C2							S Bufe						
Stoltze							Floros						
C3							Reichold						
N Backer							Chura						
Seckfort							Thomas						
C4							Cavallini						
P Linhares							Cannon						
C Hagan							Whitney						
Lickenbrock							**E7**						
Minden-Birk							Cooley						
Mulligan							Andrews						
C5							Navarro						
Stinehart							McEnery						
Hoefel							E Thornberry						
Brady							Keuhner						
Kuensting							Gains						
Hall							Mimlitz						
Kocisak							Pilla						
D4							Kiepp						
Franey							Glass						
W Linhares							Cahill						
Jablonski							**Cross/Recover**						
McNulty							Thornberry(B)						
W Bufe							Ford, B (B)						
Cowlen													
Thames													
Varty													
Pollock													
Lewis													

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: 9-8-08 Conditions:

Jog CENT/push/dyn/CORE/ PLYO/OS loops: A10, B8, C6, D5, E4(3) push/strides 12-6/jog stretch

Name	pu	dist	time	pulse	pace	com
A1						
Clohisy						
C Ford		10	6720	156		start early
Kujo		10	6730	148		
A Cookson		10	6730	160		
David		8	5443	160		
Gabler		10	6730	152		
A2						
Fitzgerald		10	6730	140		
T McLaughlin		8	5443	160		
Minnick		8	5445	160		
Jennings		8	5443	180		sick
Carron		6	4338	164		
A3						
Ottenlips		8	5610	172		
B2						
E Cookson		~~8~~				
Konzen		8	5543	168		
Raterman, D		8	5443	164		
Meier		6	4403	160		
Fleming		8	4553	172		
A Ratermann		~~8~~	5921	180		
B3						
Boehm		6	4403	172		
Cannady		8	~~180~~	160		
Kliethermes		6	4409	188		
Herrmann		6	4408	148		
Mellilo		8	5929	192		
C2						
Stoltze		8	5538	168		
C3						
N Backer		6	4410	164		
Seckfort		6	4353	180		
C4						
P Linhares		6	4338	184		
C Hagan		6	4338	188		
Lickenbrock		6	4353	188		
Minden-Birk		6	4015	180		
Mulligan		6	4453	184		
C5						
Stinehart		3	2527	172		
Hoefel		6	4751	168		
Brady	+	4	2450	156		
Kuensting		6	4731	208		
Hall	170	—	—	—	—	
Kocisak		6	4445	188		
D4						
Franey		5	3525	188		
W Linhares						
Jablonski		6	4358	160		
McNulty		5	3640	166		
W Bufe		5	3558	160		Crime
Cowlen		5	3333	180		
Thames		5	4223	192		
Varty		5	3526	180		
Pollock		6	4044	168		
Lewis		5	3724	160		

Name	pu	dist	time	pulse	pace	com
D4 (cont.)						
McBride		5	3333	200		
Rubbelke		5	3525	148		
Esswein		5	3320	176		
Fentress						DR.
D5						
K Backer						
Peeples		5	3717	196		
Franz		5	3630	172		
Gardner		5	3654	160		
M McLaughlin		5	3581	180		
Carroll		4	3145	136		
Fox		5	3652	160		
Dodd		5	3654	164		
Ghazarian		5	3729	184		
D6						
Easley		5	4023	188		
Schlesinger		5	3705	180		
Stauder		5	4235	184		
Paino		5	4234	192		
Mueth		5	3937	176		
Jacoby		5	4123	172		
Umana		4	3320	180		
Waters			5435	174		Cross Train
Pollihan		5	7141	164		
Griffard		~~5~~ 4	3200	172		Lost
E6						
Body						shoes
S Bufe		5	4420	160		
Floros		5	4000	120		Cops
Reichold		5	3852	172		
Chura		4 ish	3258	174		
Thomas		5	3850	188		
Cavallini		3	3104	148		
Cannon		4 ish	3258	174		
Whitney		4	3353	200		
E7						
Cooley		4	3223	180		
Andrews						
Navarro						
McEnery		3	25:26	180		
E Thornberry						
Keuhner		4	41:39	172		
Gains		5	4230	196		
Mimlitz		4	3350	180		
Pilla		~~5~~	~~2450~~	166		
Kiepp		3	25:26	180		
Glass		3	3104	144		
Cahill		3	26:43	160		
Cross/Recover						
Thornberry(B)						
Ford, B (B)						
Gilmore		3 ish	3034	156		
Hogan		4	3350	144		

people dont know loops

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: 9-9-08 Conditions:

Jog CENT/push/dyn/static/ HYBRID/TEMPO: A5, B4, C3, D3, E2 push/stepups/jog stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy							McBride		3	19:00	192		
C Ford		5	28:57	188			Rubbelke		3	18:47	172		
Kujo		5	28:23	172			Esswein		3	19:32	164		
A Cookson		5	28:22	188			Fentress		3	18:42	160		
David		4	23:57	184			**D5**						
Gabler		5	28:57	172			K Backer		3	21:01	172		
A2							Peeples		3	21:25	188		
Fitzgerald		5	30:15	176			Franz		3	21:17	160		
T McLaughlin		5	30:18	180			Gardner		3	20:10	168		
Minnick		5	30:15	188			M McLaughlin		3	20:13	176		
Jennings		4	27:46	156			Carroll		3	22:04	160		
Carron		5	30:35	176			Fox		3	20:50	168		
A3							Dodd		3	21:49	152		
Ottenlips		5	31:43	200			Ghazarian		3	20:12	181		
B2							**D6**						
E Cookson							Easley		3	21:48	196		
Konzen		4	24:28	164			Schlesinger		3	21:25	196		
Raterman, D		4	24:15	164			Stauder		3	22:16	188		
Meier		4	24:58	184			Paino		3	22:16	208		
Fleming		4	24:46	172			Mueth		3	21:25	180		
A Ratermann		4	24:48	180			Jacoby		3	22:16	180		
B3							Umana		2	16:53	196		
Boehm		3	19:22	172			Waters						
Cannady		4	25:14	180			Pollihan		3	22:03	172		
Kliethermes		3	19:13	172			Griffard		3	21:14	160		
Herrmann		3	19:56	172			**E6**						
Mellilo							Body		3	23:14	164		
C2							S Bufe		3	22:40	184		
Stoltze		4	24:50	172			Floros		3	22:30	180		
C3							Reichold		3	20:54	164		
N Backer		3	18:34	176			Chura		3	23:07	164		
Seckfort		3	18:43	164			Thomas		3	22:01	160		
C4							Cavallini		3	24:30	164		
P Linhares		3	20:31	184			Cannon		3	22:56	188		
C Hagan		3	18:51	188			Whitney		3	21:57	196		
Lickenbrock		3	19:26	184			**E7**						
Minden-Birk		3	20:56	186			Cooley		3	25:02	184		
Mulligan		3	20:36	192			Andrews		2	16:18	184		
C5							~~Navarro~~						
Stinehart		3	24:54	164			McEnery		2	18:53	200		
Hoefel		3	21:57	188			E Thornberry						
Brady		3	21:24	168			Keuhner		2	16:35	172		
Kuensting		3	22:03	208			Gains		3	21:01	172		
Hall							Mimlitz		3	24:54	196		
Kocisak		3	19:20	180			Pilla		3	24:44	176		
D4							Kiepp		2	17:21	184		
Franey		3	18:31	180			Glass		3	24:57	178		
W Linhares		3	20:20	181			Cahill		3	23:28	160		
Jablonski		3	19:34	156			**Cross/Recover**						
McNulty		3	21:00	168			Thornberry(B)		3	20:33	184		
W Bufe		3	20:53				Ford, B (B)						
Cowlen		3	18:57	170			Hogan		3	22:42	184		
Thames		3	21:57	192									
Varty		3	19:20	176									
Pollock		3	18:32	168									
Lewis		3	20:36	196									

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: 9-10-08 Conditions: Sunny, 75°

Jog WC/push/dyn/CORE/ O and B: A8, B6, C5, D4, E3 push/strides 8-6/jog stretch

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
C Ford		8	55:17	168			McBride C		5	36:56	200		
Kujo		1	55:17	148			Rubbelke		4	29:04	148		
A Cookson		8	55:43	152			Esswein		4	27:11	156		
David							Fentress		4	29:05	152		
Gabler		8	55:17	132			**D5**						
A2							K Backer		3	20:14	156		
Fitzgerald		8	55:17	152			Peeples		4	31:11	176		
T McLaughlin		6	42:05	164			Franz		4	29:17	164		
Minnick		8	55:17	160			Gardner		4	32:12	156		
Jennings		8	55:17	160			M McLaughlin C		5	37:00	160		
Carron		6	42:05	148			Carroll		4	31:25	160		
A3							Fox		4	32:12	164		
Ottenlips							Dodd		4	32:12	136		
B2		6	42:05	164			Ghazarian		4	29:05	188		
E Cookson							**D6**						
Konzen		6	43:00	160			Easley		4	33:40	180		
Raterman, D		6	42:06	152			Schlesinger		4	31:20	176		
Meier		5	36:49	148			Stauder		4	32:29	180		
Fleming		5	35:48	172			Paino		4	32:50	192		
A Ratermann		6	42:06	166			Mueth		4	32:37	172		
B3							Jacoby		4	32:51	136		
Boehm		5	36:38	160			Umana		4	34:59	152		
Cannady		5	35:47	156			Waters	B	3	26:36	184		In F
Kliethermes		6	43:00	184			Pollihan		4	32:12	176		
Herrmann		5	36:38	166			Griffard		4	32:12	160		
Mellilo		6	43:22	192			**E6**						
C2							Body		3	25:40	200		
Stoltze							S Bufe		4	34:29	168		
C3							Floros		4	32:11	164		
N Backer		5	35:48	172			Reichold		4	32:11	160		
Seckfort		5	35:48	164			Chura		3	24:14	172		
C4							Thomas D		4	31:20	168		
P Linhares		5	35:30	180			Cavallini		4	37:29	136		
C Hagan		4	28:17	176			Cannon		3	24:15	168		
Lickenbrock		5	35:48	172			Whitney D		4	30:56	200		
Minden-Birk		5	36:55	172			**E7**						
Mulligan		5	36:04	184			Cooley D		4	35:12	184		
C5							Andrews		3	26:04	196		
Stinehart		3	26:32	172			~~Navarro~~ HOGAN		3	32:14	180		
Hoefel		5	38:57	180			McEnery		3	30:50	180		
Brady		4	30:44	156			E Thornberry						
Kuensting		5	37:35	208			Keuhner D		4	35:36	200		
Hall							Gains D		4	30:43	168		
Kocisak		5	36:45	176			Mimlitz D		4	34:59	178		
D4							Pilla		3	25:20	180		
Franey		4	29:32	176			Kiepp		3	30:46	178		
W Linhares		4	29:07	148			Glass		4	37:29	188		
Jablonski		5	35:34	160			Cahill		3	25:04	156		
McNulty		4	30:32	160			**Cross/Recover**						
W Bufe		4	32:17	164			Thornberry(B)						
Cowlen		4	29:02	160			Ford, B (B)						
Thames		4	29:52	188			Clohisy						
Varty		4	27:11	184			Hall	100		55:00	176		
Pollock		5	34:11	160									
Lewis		5	36:58	180									

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

9-11-08

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+

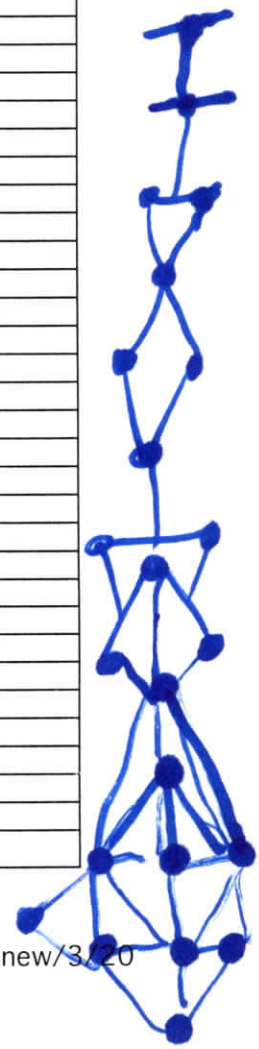
5K+15 05K 3K

DATE: 9-~~10~~-08 Conditions:

Jog WC/push/dyn/CORE/ Q and B: ~~A8, B6, C5, D4, E3~~ push/strides 8-6/jog stretch

CENT

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
A1							**D4 (cont.)**						
Clohisy							McBride			24:42	180		
C Ford							Rubbelke			24:40	96		
Kujo							Esswein			24:40	96		
A Cookson							Fentress			24:40	128		
David		2/17					**D5**						
Gabler							K Backer						
A2							Peeples			24:42	168		
Fitzgerald							Franz			24:40	172		
T McLaughlin	1	29:4					Gardner			24:40	158		
Minnick	4	29:6					M McLaughlin			24:40	152		
Jennings	4	29:6					Carroll						
Carron							Fox						
A3							Dodd						
Ottenlips							Ghazarian			24:40	188		
B2							**D6**						
E Cookson		7K	33:02	168	Bike		Easley			25:41	152		
Konzen							Schlesinger			24:42	180		
Raterman, D							Stauder			24:42	184		
Meier							Paino			25:24	180		
Fleming							Mueth			24:40	176		
A Ratermann							Jacoby			25:09	164		
B3							Umana			26:09	176		
Boehm							Waters			25:09	172		
Cannady		7K	—	190			Pollihan			24:40	164		
Kliethermes							Griffard						
Herrmann							**E6**						
Mellilo							Body						
C2							S Bufe			24:42	164		
Stoltze							Floros			28:35	120		
C3							Reichold			24:40	152		
N Backer							Chura			27:33	180		
Seckfort							Thomas			24:40	168		
C4							Cavallini			28:35	160		
P Linhares		7	32:00	180			Cannon			28:35	168		
C Hagan							Whitney			28:35	168		
Lickenbrock							**E7**						
Minden-Birk		7	33:39	172			Cooley			28:37	172		
Mulligan		7	32:39	168			Andrews			27:33	146		
C5							~~Navarro~~						
Stinehart			45:41	172			McEnery			30:46	180		
Hoefel			25:29	172			~~E Thornberry~~						
Brady			25:24	148			Keuhner			28:35			
Kuensting		7	36:58	186			Gains			24:40	160		
Hall							Mimlitz			28:35	188		
Kocisak		7	33:39	168			Pilla						
D4							Kiepp			28:35	172		
Franey		7	30:08	180			Glass			28:35	164		
W Linhares		5	29:40	148			Cahill			28:35	160		
Jablonski		7	32:08	146			**Cross/Recover**						
McNulty		5	24:42	160			Thornberry(B)						
W Bufe		5	24:27	156			Ford, B (B)						
Cowlen		5	24:42	160			Hogan			28:35	130		
Thames		5	24:42	180									
Varty		5	23:44	164									
Pollock													
Lewis													



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: 9-15-08 Conditions: 70°F, 16:38

Name	pu	dist	time	pulse	pace	com
A1						
C Ford		10	69:34	148		
Kujo		10	65:34	144		
A Cookson		10	69:36	168		
David						
Gabler		10	69:19	132		
A2						
Fitzgerald		10	65:39	140		
T McLaughlin		8	56:12	144		
Minnick		8	56:40	164		Blue
Jennings		8	55:10	148		
Carron		8	55:20	158		
A3						
Ottenlips		10	69:36	152		
B2						
E Cookson		10	69:19	168		
Konzen						
Raterman, D		8	55:57	148		
Meier						
Fleming		8	56:06	164		
A Ratermann		6	42:2	160		Knee hurt
B3						
Boehm		6	40:56	172		
Cannady		6	42:2	180		
Kliethermes		8	56:05	184		
Herrmann		6	41:56	152		
Mellilo		8	56:27	192		
C2						
Stoltze		8	55:54	156		
C3						
N Backer		8	54:46	160		
Seckfort		8	54:03	160		
C4						
P Linhares		6	41:00	168		
C Hagan						
Lickenbrock		8	54:58	180		dog in the [illegible]
Minden-Birk		6	45:06	176		
Mulligan		6	45:11	168		
C5						
Stinehart		6	52:10	172		
Hoefel		6	50:33	164		Disres
Brady		4	29:54	152	7:25.5	Obama
Kuensting		6	49:03	180		
Hall						
Kocisak		8	56:06	172		
D4						
Franey		8	54:08	184		
W Linhares		6	44:20	168		Pig
Jablonski		8	56:07	160		
McNulty		4	30:19	160	7:[illegible]	Knee
W Bufe		6	52:35	140		
Cowlen		6	42:21	160		
Thames		6	43:32	184	7:15.3	
Varty		6	43:19	164		
Pollock		4	27:[illegible]	168		Liberal
Lewis		5	37:16	164		

Name	pu	dist	time	pulse	pace	com
D4 (cont.)						
McBride		6	44:10	184		Sister-Son
Rubbelke		6	43:10	156	[illegible]	
Esswein		6	41:00	160		
Fentress		6	42:30	160		
D5						
K Backer		4	32:14	164	8:03.5	
Peeples		4	29:07	176	[illegible]	Healthy
Franz		5	37:60	160		
Gardner		5	[illegible]	152		
M McLaughlin		6	[illegible]	158		
Carroll						
Fox		4	29:[illegible]	156	7:27	Healthy
Dodd		6	44:[illegible]	164		
Ghazarian						
D6						
Easley		4	30:43	172		Good
Schlesinger		4	30:32	184	[illegible]	
Stauder		4	29:14	174	7:19.5	OK
Paino		4	32:23	180	8:03.5	Awe
Mueth		6	[illegible]	160		WR
Jacoby		6	[illegible]	DNF		
Umana		5	44:[illegible]	176		
Waters		4	33:60	176		Fun
Pollihan		5	48:47	156		
Griffard		5	38:18	160	7:39	
E6						
Body		4	34:02	200	[illegible]	Green Eyes
S Bufe		4	33:00	168	8:45	Dad
Floros		5	37:16	164		
Reichold		6	44:53	144		
Chura		4	33:45	160	8:26.5	~~Go~~ Fun
Thomas (D)		5	38:08	148		More to D"
Cavallini		4	36:38	144		
Cannon		4	[illegible]	160		Blonds
Whitney		4	[illegible]	200	[illegible]	Go Be.
E7						
Cooley		4	33:47	172	8:26.5	Good
Andrews						
Navarro						
McEnery		4	38:45	180		
E Thornberry		4	36:36	184	[illegible]	Red-Head
Keuhner		4	35:41	182		Brother
Gains		4	30:[illegible]	160	7:36	satisfied
Mimlitz		4	33:47	188		Blonde
Pilla		4	35:15	180	8:48.75	Pla
Kiepp		4	38:05	140		Kitty
Glass		4	36:38	168		Solid water
Cahill		4	34:31	156		Brother
Cross/Recover						
Thornberry(B)		4	26:58	184	6:44.5	Good!
Ford, B (B)						
Clohisy						

Disrespect!

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: 9-16-08 Conditions: Cool, sunny, perfect! a bit on the warm side actually HOT is not out of question

SPLIT PRACTICE: ABC= 800 reps/DE=TEMPO Hybrid (see workout notes)

Name	1	2	3	4	5	6	7	8
A1								
C Ford	2:41	2:33	2:29	2:30	2:30	2:31	2:31	2:25
Kujo	2:41	2:33	2:29	2:29	2:29	2:28	2:28	2:25
A Cookson	2:41	2:32	2:28	2:28	2:26	2:25	2:27	2:24
David	2:42	2:34	2:30	2:32	2:30	2:34	2:39	2:41
Gabler	2:42	2:34	2:31	2:32	2:32	2:33	2:32	2:29
A2								
Fitzgerald	2:53	2:45	2:43	2:41	2:42	2:41	2:41	
T McLaughlin	2:44	2:39	2:36	2:36	2:35	2:35	2:34	2:30
Minnick	2:44	2:39	2:36	2:36	2:36	2:35	2:34	2:30
Jennings	2:44	2:38	2:36	2:36	2:35	2:35	2:34	2:27
Carron	2:47	2:40	2:37	2:36	2:35	2:35		
A3								
Ottenlips	2:56	2:51	2:48	2:46	2:45	2:44	2:44	2:43
B2								
E Cookson								
Konzen	2:48	2:44	2:42	2:41	2:41	2:40		
Raterman, D	2:47	2:40	2:40	2:39	2:37	2:29		
Meier	ex.							
Fleming	2:49	2:43	2:43	2:41	2:42	2:39		
A Ratermann	2:56	2:53	2:46	2:46	2:36			
B3								
Boehm	ex							
Cannady	2:51	2:45	2:44	2:42	2:44	2:41		
Kliethermes	2:55	2:47	2:47	2:45	2:49	2:41		
Herrmann	3:06	3:04	3:04	3:07	3:06	3:01		
Mellilo	2:59	2:54	2:52	2:50	2:51	2:48	3:22	2:47
C2								
Stoltze	2:49	2:42	2:41	2:39	2:39	2:35		
C3								
N Backer	2:50	2:45	2:44	2:42	2:41	2:40		
Seckfort	2:44	2:40	2:38	2:37	2:43	2:42		
C4								
P Linhares	3:02	2:55	2:57	2:57	2:55	2:52		
C Hagan								
Lickenbrock	2:59	2:46	2:40	2:50	2:51	2:44		
Minden-B	3:08	3:09	3:01	3:03	3:10	3:02		
Mulligan	3:07	3:06	3:04	3:02	2:56	2:48		
C5								
Stinehart	3:22	3:22	3:19	3:18	3:17	3:16		
Hoefel	3:24	3:22	3:19	3:17	3:15	3:09		
Brady								
Kuensting	3:21	3:21	3:18	3:17	3:15	3:06		
Hall	ex							
Kocisak	3:02	2:57	2:55	2:54	2:53	2:46		
D4								
Franey	3:02	2:48	2:42	2:42	2:43	2:43		
W Linhares								
Jablonski								
McNulty								
W Bute								
Cowlen								
Thames								
Varty	ex.							
Pollock	ex							
Lewis								

6mi. 21:11 on sig 188

Name	tempo	800	800
D4 (cont.)			
McBride			
Rubbelke			
Esswein			
Fentress			
D5			
K Backer			
Peeples			
Franz			
Gardner			
M McLaughlin			
Carroll			
Fox			
Dodd			
Ghazarian			
D6			
Easley			
Schlesinger			
Stauder			
Paino			
Mueth			
Jacoby			
Umana			
Waters			
Pollihan			
Griffard			
E6			
Body			
S Bute			
Floros			
Reichold	ex		
Chura			
Thomas			
Cavallini			
Cannon			
Whitney			
E7			
Cooley			
Andrews			
Navarro			
McEnery			
E Thornberry			
Keuhner			
Gains			
Mimlitz			
Pilla			
Kiepp			
Glass			
Cahill			
Cross/Recover			
Thornberry(B)			
Ford, B (B)			
Clohisy			

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+

9-17-08

DATE: ~~9-16-08~~ Conditions: Cool, sunny, perfect!

SPLIT PRACTICE: ~~ABC=800 reps/DE=TEMPO Hybrid (see workout notes)~~

Name	1	2	3	4	5	6	7	8
A1								
C Ford	10	29:00	160					
Kujo		~~6400~~						
A Cookson	10	9:48	172	NO GLYCOGEN				
David	10	6900	152					
Gabler	10	6400	128					
A2								
Fitzgerald	4	24:30	156					
T McLaughlin	8	57:41	156					
Minnick	8	57:41	148					
Jennings	8	57:41	152					
Carron	4	29:30	150					
A3								
Ottenlips	8	56:35	164					
B2								
E Cookson	6	43:33	164					
Konzen	4	29:30	150					
Raterman, D	4	29:30	148					
Meier								
Fleming	4	29:30	164					
A Ratermann	6	43:40	172					
B3								
Boehm	5	39:40	180					
Cannady	6	42:15	156					
Kliethermes	6	42:30	172					
Herrmann	4	32:15	140					
Mellillo	5	38:47	188					
C2								
Stoltze	4	29:30	152					
C3								
N Backer	5	42:40	164					
Seckfort	4	29:30	148					
C4								
P Linhares	6	42:40	168					
C Hagan								
Lickenbrock	6	42:30	172					
Minden-B	6	41:36	172					
Mulligan	6	41:36	172					
C5								
Stinehart								
Hoefel	6	48:44	172					
Brady	5	35:18	156					
Kuensting	6	49:36	200					
Hall								
Kocisak	6	48:14	160					
D4								
Franey	6	46:02	174	✓				
W Linhares								
Jablonski	6	42:30	160					
McNulty	5	41:29	132					
W Bufe	6	44:28	160					
Cowlen	5	36:15	160					
Thames	5	37:15	180					
Varty	6	42:30	184					
Pollock								
Lewis	5	37:40	168					

Name	tempo	800	800
D4 (cont.)			
McBride	5	32:36	180
Rubbelke	5	36:15	156
Esswein	5	36:15	152
Fentress	5	36:15	156
D5			
K Backer	4	32:34	164
Peeples	5	41:42	180
Franz	5	39:15	172
Gardner	5	37:14	152
M McLaughlin	5	37:14	152
Carroll	5	37:34	152
Fox	5	39:15	180
Dodd	5	37:14	164
Ghazarian			
D6			
Easley	5	41:27	172
Schlesinger	5	41:27	168
Stauder	5	41:27	176
Paino	5	41:27	188
Mueth	5	40:26	172
Jacoby	5	40:26	168
Umana	5	41:27	176
Waters			
Pollihan	5	41:27	172
Griffard	6	37:12	168
E6			
Body	4	31:23	180
S Bufe	4	41:27	168
Floros	5	41:02	160
Reichold	5	37:12	160
Chura	4	32:41	160
Thomas	5	41:02	164
Cavallini	4	32:42	168
Cannon	4	32:42	168
Whitney	6	37:35	184
E7			
Cooley			
Andrews	3	38:22	164
~~Navarro~~			
McEnery	4	30:45	184
E Thornberry	4	29:32	188
Keuhner	4	30:18	180
Gains	5	41:02	160
Mimlitz	4	32:34	188
Pilla	4	36:42	172
Kiepp	4	34:27	164
Glass	4	32:42	172
Cahill	4	32:42	160
Cross/Recover			
Thornberry(B)	5	37:33	168
Ford, B (B)			
Clohisy			
~~Hogan~~	4	32:20	180

Plyo + Aerobic

10

8

6

5

4

• TODD A

• Tenkborn @ Hazelwood schools.org

TODD Akenbrand

✓

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 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: 9/22 Conditions: 5 by 1 Mile Repeats

	1	2	3	4	5
A. Cookson	5:16	:00	:01	:59	:56
C. Ford	5:17	:06	:10	:08	:01
D. Kujo	5:17	:08	:07	:05	00
C. David	5:20	:10	:25	:26	X
B. Gabler	5:19	:10	:12	:09	06
T. Minnick	5:30	:22	:28	:26	X
T. McLaughlin	5:24	:21	:22	:19	:12
T. Jennings	5:31	:22	:30	:26	X
D. Raterman	5:29	:23	:23	:19	:01
B. Carron	5:28	:23	:25	:22	:17
N. Seckfort	5:32	:33	:45	:29	X
D. Fleming	5:34	:34	:38	:30	X
C. Stoltze	5:34	:32	:34	:29	:18
C. Fitzgerald	5:31	:32	:33	:29	:33

75-80° CLEAR HUMID

A WORKOUT FOR THE "BENCHMARK FILE"

JOG WEST CAMP / MEETING / CORE / JOG CENT / STATIC / 2+ STRIDES / REPEAT MILES

- BEGIN AT RACE PACE
- GO NEGATIVE
- LAST ONE INTENSE

RIM ROCK

(V)
A COOKSON
C. FORD
D. KUJO
C. DAVID
B. GABLER
T. MINNICK
T. MCLAUGHLIN

& 1 ALT
T. JENNINGS
D. RATERMAN
B. CARRON
N. SECKFORT
D. FLEMING
C. STOLTZE
C. FITZGERALD

R. KONZEN
E. COOKSON

E. COOKSON
FOR VARSITY
R. KONZEN
CANNADY
FRANEY
RUBBELKE
BACKER
A. RATERMAN
~~[illegible]~~
M. OTTENLIPS

OUT EARLY FRIDAY 9.26

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

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: 9-22-08 Conditions:

Name	pu	dist	time	pulse	pace	com
A1						
C Ford						
Kujo						
A Cookson						
David						
Gabler						
A2						
Fitzgerald						
T McLaughlin						
Minnick						
Jennings						
Carron						
A3						
Ottenlips		8	56 01	172		
B2						
E Cookson		6	41 10	176		
Konzen		8	53 20	160		
Raterman, D						
Meier		6	42 49	172		
Fleming						
A Ratermann		8	43 26	180		
B3						
Boehm	X					
Cannady		6	41 05	172		
Kliethermes		6	42 38	176		
Herrmann		6	44 07	164		
Mellilo		8	55 24	192		
C2						
Stoltze						
C3						
N Backer		6	41 10	168		
Seckfort						
C4						
P Linhares		5	36 10	180		
C Hagan		5	35 24	196		
Lickenbrock		6	42 14	168		
Minden-Birk		6	43 57	180		
Mulligan	X					
C5						
Stinehart		6	50 47	180		
Hoefel		6	50 40	188		
Brady						
Kuensting		6	49 44	188		
Hall	112	2	17 46	160		
Kocisak		6	43 27	172		
D4						
Franey		6	42 14	176		
W Linhares		5	36 44	166		
Jablonski ✓		6	44 07	160		
McNulty		5	36 30	160		
W Bufe		6	49 12	160		
Cowlen		5	35 24	172		
Thames		6	42 19	184		
Varty		6	40 36	192		
Pollock		8	53 20	164		
Lewis		5	35 25	176		

Name	pu	dist	time	pulse	pace	com
D4 (cont.)						
McBride		5	36 36	204		
Rubbelke		5	35 30	160		
Esswein		5	35 30	164		
Fentress		N/A				
D5						
K Backer		5	36 26	168		
Peeples		N/A				
Franz		N/A				
Gardner		5	38 30	152		
M McLaughlin		5	35 12	172		
Carroll		5	39 26	128		
Fox		5	39 17	160		
Dodd		5	38 30	164		
Ghazarian		5	35 39	192		
D6						
Easley ✓		5	44 21	188		
Schlesinger		5	36 26	188		
Stauder		5	37 50	172		
Paino		5	43 15	184		
Mueth		5	41 11	168		
Jacoby		5	41 11	160		
Umana		5	NT	156		
Waters		DNF 4				Right leg
Pollihan		5	38 14	180		
Griffard		5	36 44	160		
E6						
Body		4	37 54	192		
S Bufe		5	43 11	168		
Floros		5	39 50	152		
Reichold		5	39 20	148		D
Chura		4	34 30	160		
Thomas		5	38 50	188		D
Cavallini		2	NT	—		
Cannon		4	30:40	168		
Whitney		5	39:20	180		
E7						
Cooley		4	35 45	180		
Andrews		4	36 32	156		
~~Navarro~~ HOGAN						
McEnery		4	39 41	180		
E Thornberry		4	35 23	192		
Keuhner		4	39 37	176		
Gaines		5	39 10	160		D
Mimlitz		4	35 16	192		
Pilla		4	38 10	184		
Kiepp Kiepp		4	39 57	176		
Glass ✓		4	38 15	186		
Cahill ✓		4	35 16	168		
Cross/Recover						
Thornberry (B)		5	35 20	156		
Ford, B (B)		1/2	?	≈156		Idk
Clohisy						

Coach - we need to reconsider these workgroups

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: 9-23-08	Conditions:					
Name						
A1						
C Ford	8	5:38	160			
Kujo	8	5:58	144			
A Cookson	8	5:58	160			
David	X					
Gabler	8	5:38	174			
A2						
Fitzgerald	8	5:58	148			
T McLaughlin	8	5:41	168			
Minnick	8	5:38	164			
Jennings	6	42:00	140			
Carron	6	42:00	152			
A3			2:39			
Ottenlips	5:36	5:33	2:39	2:50	2:40	2:47
B2						
E Cookson	5:19	5:18	2:31	2:43	X	2:38
Konzen	5:20	5:19	2:32	2:43	2:30	2:42
Raterman, D	6	42:00	160			
Meier	5:43	5:33				
Fleming	6	42:00	172			
A Ratermann	5:26	5:27	2:34	2:45	2:32	2:42
B3						
Boehm	5:49	6:09	2:48	X		
Cannady	5:26	5:31	2:36	2:48	2:37	2:47
Kliethermes	5:44	5:38	2:41	2:46	2:32	
Herrmann	5:53	6:02	2:47	2:57	2:35	
Mellilo	5:51	5:40	2:40	2:55	2:43	2:59
C2						
Stoltze	6	42:00	160			
C3						
N Backer	5:28	5:28	2:35	2:42		
Seckfort	6	43:11	168			
C4						
P Linhares	6:05	5:58	2:38	2:51	2:38	
C Hagan	5:36	5:34	2:45	2:56	2:42	
Lickenbrock	5:36	5:30	2:39	2:49	2:26	
Minden-Birk	6:22	6:19	2:58	3:06	2:49	
Mulligan	6:21	6:09				
C5						
Stinehart	6:56	6:49	3:12	3:13	3:04	
Hoefel	6:53	6:44	2:59	3:10	2:51	
Brady	6:07	6:25	2:52	3:12		
Kuensting	6:55	6:44	3:10	3:11		
Hall 2	6:56	6:00				
Kocisak	5:46	5:49	2:50	2:49	2:37	
D4						
Franey	X					
W Linhares	X					
Jablonski	5:42	5:35	2:30	2:40		
McNulty	6:32	6:24	2:53	3:07		
W Bufe	6:05	6:14	2:48	3:00	2:45	
Cowlen	5:36	5:40	2:43	2:59	X	
Thames	6:19	6:05	2:50	2:51		
Varty	5:40	5:40	2:41	2:47	2:38	
Pollock	5:40	5:38	2:38	2:50		
Lewis	6:20	6:12	2:54	3:04		

Name						
D4 (cont.)						
McBride	5:42	5:47	2:38	3:06		
Rubbelke	5:40	5:33	2:41	2:49	2:36	
Esswein	5:40	5:25	2:42	2:49	2:35	
Fentress	5:51	5:43	2:40	2:51		
D5						
K Backer	6:03	6:09	2:46	3:11		
Peeples	X					
Franz	X					
Gardner	5:51	5:43	2:39	2:47		
M McLaughlin	5:53	5:50	2:45	2:50		
Carroll	6:37	6:40	3:03	3:36		
Fox	5:58	5:56	2:50	3:11		
Dodd	5:45	6:06	2:48	3:07		
Ghazarian	5:49	5:51	2:36	3:06		
D6						
Easley	6:54	7:03	3:20	3:35		
Schlesinger	6:25	6:36	2:56	3:14		
Stauder	6:47	6:19	3:02	3:16		
Paino	6:54	6:41	3:19	3:33		
Mueth	6:24	6:39	3:05	3:20		
Jacoby	6:27	6:28	3:04	3:13		
Umana	7:17	7:12	3:59	4:02		
Waters (Ae10)	8:06	180	→	7:54	3:39	3:49
Pollihan	6:28	6:23	3:03	2:57		
Griffard	6:24	6:02	2:48	3:12		
E6						
Body	6:51	7:04	3:08	3:16		
S Bufe	6:50	6:37	3:04	3:20		
Floros	6:27	6:27	3:07	3:17		
Reichold	6:2	6:07	2:52	3:06		
Chura	6:36	6:42	3:11	3:30		
Thomas	6:16	6:20	2:56	3:08		
Cavallini	7:40	7:37	3:36	3:59		
Cannon	6:55	6:45	3:13	3:16		
Whitney	6:25	6:31	3:29	3:17		
E7						
Cooley	7:05	7:26	3:35	4:00		
Andrews	6:58	7:29	3:29	4:01		
~~Navarro~~ HOGAN	6:20	6:58	X	X		
McEnery	8:29	9:06	4:30	4:44		
E Thornberry	6:55	7:06	3:16	3:38		
Keuhner	7:22	7:31	3:40	4:15		
Gains	6:22	6:18	3:05	3:18		
Mimlitz	7:04	7:03	3:15	3:28		
Pilla	7:19	7:19	3:35	3:54		
Kiepp	7:57	8:15	4:05	4:38		
Glass	7:05	7:02	3:38	3:39		
Cahill	7:04	7:05	3:28	3:38		
Cross/Recover						
Thornberry(B)	5:35	5:29	2:40	2:48	2:34	
Ford, B (B)	X					
Clohisy	X					

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: 9-24-08 Conditions:

4 mi. Tempo w/Surges

Name	1	2	3	4	Pulse
A1					
C Ford	5:58	12:03	17:53	23:34	180
Kujo	5:58	12:03	17:53	23:34	160
A Cookson	5:58	12:03	17:49	23:30	184
David	5:58	12:03	18:00	X	
Gabler	5:58	12:03	17:53	23:34	144
A2					
Fitzgerald	6:05	12:33	18:44	24:43	148
T McLaughlin	5:58	12:03	17:53	23:34	188
Minnick	5:58	12:03	17:53	23:34	184
Jennings	6:05	12:33	18:44	24:43	172
Carron	6:10	12:33	18:44	24:43	176
A3					
Ottenlips					
B2					
E Cookson					
Konzen					
Raterman, D	6:10	12:33	18:44	24:43	164
Meier					
Fleming	6:10	12:33	18:44	24:43	200
A Ratermann					
B3					
Boehm					
Cannady					
Kliethermes					
Herrmann					
Mellilo					
C2					
Stoltze	6:10	12:33	18:44	24:43	172
C3					
N Backer					
Seckfort	6:10	12:33	18:44	24:43	172
C4					
P Linhares					
C Hagan					
Lickenbrock					
Minden-Birk					
Mulligan					
C5					
Stinehart					
Hoefel					
Brady					
Kuensting					
Hall					
Kocisak					
D4					
Franey					
W Linhares					
Jablonski					
McNulty					
W Bufe					
Cowlen					
Thames					
Varty					
Pollock					
Lewis					

Name
D4 (cont.)
McBride
Rubbelke
Esswein
Fentress
D5
K Backer
Peeples
Franz
Gardner
M McLaughlin
Carroll
Fox
Dodd
Ghazarian
D6
Easley
Schlesinger
Stauder
Paino
Mueth
Jacoby
Umana
Waters
Pollihan
Griffard
E6
Body
S Bufe
Floros
Reichold
Chura
Thomas
Cavallini
Cannon
Whitney
E7
Cooley
Andrews
Navarro
McEnery
E Thornberry
Keuhner
Gains
Mimlitz
Pilla
Kiepp
Glass
Cahill
Cross/Recover
Thornberry(B)
Ford, B (B)
Clohisy

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: 9-24-08 Conditions:

Name			
A1			
C Ford	X		
Kujo	X		
A Cookson	X		
David	X		
Gabler	X		
A2			
Fitzgerald	X		
T McLaughlin	X		
Minnick	X		
Jennings	X		
Carron	X		
A3			
Ottenlips	6	43:14	160
B2			
E Cookson	6	43:15	164
Konzen	6	43:15	156
Raterman, D	X		
Meier	5	36:00	152
Fleming	X		
A Ratermann	6	40:31	160
B3			
Boehm	5	36:08	172
Cannady	6	40:30	172
Kliethermes	5	35:[illegible]	168
Herrmann	5	35:06	144
Mellilo	6	41:56	168
C2			
Stoltze	X		
C3			
N Backer	6	41:52	152
Seckfort	X		
C4			
P Linhares	5	34:29	180
C Hagan	5	35:39	172
Lickenbrock	5	33:21	168
Minden-Birk	5	36:10	180
Mulligan	5	36:24	168
C5			
Stinehart	5	39:29	172
Hoefel	5	39:17	168
Brady	5	34:53	156
Kuensting	5	37:39	196
Hall			
Kocisak	5	34:52	160
D4			
Franey	5	34:47	168
W Linhares			
Jablonski	5	35:00	160
McNulty	4	29:24	160
W Bufe	5	40:55	148
Cowlen	5	35:39	156
Thames	5	37:02	172
Varty	5	35:49	160
Pollock			
Lewis	4	29:26	128

Name			
D4 (cont.)			
McBride	4	27:05	192
Rubbelke	4	27:50	156
Esswein	4	27:50	144
Fentress	4	28:31	164
D5			
K Backer	4	33:36	148
Peeples			
~~Franz~~			
Gardner	4	28:38	156
M McLaughlin	4	28:10	144
Carroll	4	30:12	152
Fox	4	28:35	176
Dodd	4	29:38	164
Ghazarian	4	27:21	188
D6			
Easley	4	32:50	168
Schlesinger	4	31:15	164
Stauder			
Paino	4	32:47	180
Mueth	4	31:46	180
Jacoby	4	31:45	172
Umana	4	33:36	160
Waters	4	34:23	176
Pollihan	4	32:12	168
Griffard	4	30:12	156
E6			
Body			
S Bufe	4	32:12	168
Floros	4	31:30	140
Reichold	4	28:31	132
Chura	4	33:47	160
Thomas			
Cavallini	4	39:47	172
Cannon	4	33:10	164
Whitney	4	30:07	164
E7			
Cooley	4	34:04	172
Andrews	4	38:36	172
~~[illegible]~~			
McEnery	4	39:41	184
E Thornberry	4	34:31	188
Keuhner	4	34:41	192
Gains	4	30:12	156
Mimlitz	4	34:20	184
Pilla	4	39:47	182
Kiepp	4	38:10	168
Glass	4	39:47	168
Cahill	4	33:16	148
Cross/Recover			
Thornberry(B)	X		
Ford, B (B)	X		
Clohisy	X		
Hogan	4	33:10	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: 9-25-08 Conditions:

Name			
A1			
C Ford	156		
Kujo	136		
A Cookson	136		
David	156		
Gabler	~~[illegible]~~	112	
A2			
Fitzgerald	128		
T McLaughlin	160		
Minnick	140		
Jennings	136		
Carron	~~[illegible]~~	140	
A3			
Ottenlips	140		
B2			
E Cookson	152		
Konzen	152		
Raterman, D	146		
Meier	160		
Fleming	160		
A Ratermann	120		
B3			
Boehm	156 ✓		
Cannady	✓		
Kliethermes	156		
Herrmann	156		
Mellilo	146		
C2			
Stoltze	156		
C3			
N Backer	152		
Seckfort	144		
C4			
P Linhares	164		
C Hagan	160		
Lickenbrock	128		
Minden-Birk	156		
Mulligan	1~~[illegible]~~2		
C5			
Stinehart	164		
Hoefel	1~~[illegible]~~0		
Brady	140		
Kuensting	1~~[illegible]~~2		
Hall	—		
Kocisak	148		
D4			
Franey	168		
W Linhares	~~[illegible]~~		
Jablonski	160		
McNulty	150		
W Bufe	160		
Cowlen	✓		
Thames	168		
Varty	160		
Pollock	156		
Lewis	112		

Name			
D4 (cont.)			
McBride	152		
Rubbelke	136		
Esswein	100		
Fentress	140		
D5			
K Backer	140		
Peeples	—		
Franz	—		
Gardner	128		
M McLaughlin	✓		
Carroll	128		
Fox	120		
Dodd	~~[illegible]~~	128	
Ghazarian	144		
D6			
Easley	160 ✓		
Schlesinger	✓		
Stauder	—		
Paino	152		
Mueth	140		
Jacoby	124		
Umana	152		
Waters	164		
Pollihan			
Griffard	✓		
E6			
Body			
S Bufe	156		
Floros	140		
Reichold	104		
Chura	—		
Thomas	152		
Cavallini	152		
Cannon	152		
Whitney	160		
E7			
Cooley	✓		
Andrews	148		
~~Navarro~~			
McEnery	✓		
E Thornberry	172		
Keuhner	140		
Gains	124		
Mimlitz	164		
Pilla	178		
Kiepp	✓		
Glass	✓		
Cahill	144		
Cross/Recover			
Thornberry(B)	152		
Ford, B (B)	✓	168	
Clohisy			
Hogan	152		

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: 9-30-08 Conditions:

WORKOUT: jog cent/push/dyn/staic as needed/ 2 x strides/(TEMPO CUT DOWN easy tempo to hard tempo to race pace)

2nd cal/jog WC stepups/jog SLUH/full stretch

Name	dist	time	pulse	final	com
1 (-16:30)					
Clohisy					
A Cookson	5	28:38	176	511	
C. Ford	5	28:50	176	523	
David	4	23:34	188	552	
Kujo	5	28:50	168	521	
Gabler	5	29:05	160	535	
Minnick	4	24:10	156	550	
5					
2 -17:00)					
T McLaughlin	5	29:29	180	524	
Jennings	5	29:27	188	542	
Carron	6	29:44	184	537	
Seckfort	5	30:50	168	535	
Fleming	5	30:60	176	535	
Fitzgerald	5	31:02	184	558	
Stoltze	5	29:52	172	542	
D Raterman	5	29:39	180	545	
E Cookson	4	23:39	204	537	
Konzen					
3 (-17:30)					
A Ratermann	4	24:42	180	601	
Cannady	4	24:39	180	557	
N Backer	4	24:09	180	538	
Franey	4	24:53	180	554	
Rubbelke	4	24:53	176	551	
Varty	4	24:57	188	556	
Kliethermes	4	25:05	188	603	
Thornberry	3	18:36		605	
Ottenlips	4	24:56	192	625	
Meier	4	24:46	188	605	
4 (-18:30)					
Gardner	4	25:54	172	603	
Pollack					
Kocisak	4	25:32	180	606	
Cowlen	4	25:34	172	608	
Mellilo					
C Hagan	4	25:32	184	550	
Esswein	4	25:05	160	665	
P Linhares	4	25:33	180	554	
Bufe	4	27:31	172	628	
Reichold	4	26:19	160	612	
Hermann	4	26:40	144	630	
McBride	4	27:01	204	640	
Lickenbrock	4	25:55	180	600	
Boehm	3	19:25	172	625	

Name	dist	time	pulse	final	com
5 (-19:00)					
Mk McLaughlin	4	25:37	172	600	
Pollihan	4	27:23	178	617	
Fentress	4	25:33	144	549	
Fox	4	26:25	184	620	
Mulligan	4	26:13	180	616	
Lewis	4	26:40	172	637	
W Linhares	3	13:13	164		
Jablonski	4	25:51	160	602	
Griffard	4	26:28	160	620	
6 (-20:00)					
Schlesinger	3	21:03	192	643	
Thames	3	19:46	184	618	
Dodd	3	20:30	168	650	
Hoeful	3	21:19	188	648	
Brady	4	26:56	168	652	
Mueth	3	21:14	180	650	
Minden-B	3	20:19	188	625	
McNulty	3	20:45	160	650	
Jacoby	3	21:23	184	647	
7 (-21:00)					
Kuensting	3	20:42	184	636	
Thomas	3	20:38	184	640	
Gains	3	20:50	180	641	
Whitney	3	21:45	192	704	
Floros	3	21:45	184	720	
Cannon	3	21:09	192	635	
Carroll	3	21:35	140	719	
Waters	3	21:16	196	648	
BUFE	3	21:35	188	650	
8 (-22:00)					
Chura	3	21:00	160	630	
Paino					
Easley	3	20:45	180	650	
K Backer	3	20:40	188	620	
Body	3	22:15	140	715	
Glass	3	23:38	192	850	
E Thornberry	3	23:19	188	704	
Mimlitz	3	22:51	184	720	
Steinhart	3	21:29	180	658	
Cahill	3	21:45	176	704	
Keipp	3	24:17	156	734	
Cavallini	3	24:39	168	752	
Anders	3	23:10	160	645	
Umana	3	25:58	172	735	
Keuhner	3	24:16	184	746	
Cooley	3	22:54	192	748	
McEnery	3	32:20	180	945	
PILLA	3	29:32	178	755	
LUDGAN	3	21:25	172	705	

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

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: 10-1-08	Conditions:												
Name							**Name**						
A1		62:15	152				**D4 (cont.)**						
C Ford	10	~~[illegible]~~	~~[illegible]~~				McBride	6	42:35	184			
Kujo	10	68:15	148				Rubbelke	5	33:50	156			
A Cookson	10	67:44	148				Esswein	5	33:12	160			
David	65	56:48	140				Fentress	6	43:22	142			
Gabler	10	68:15	136				**D5**						
A2							K Backer						
Fitzgerald	5	36:48	140				Peeples	3	27:55	180			
T McLaughlin	8	56:36	124				Franz						
Minnick							Gardner	6	44:43	156			
Jennings	8	59:03	152				M McLaughlin	5	34:12	160			
Carron	8	56:36	156				Carroll	6	47:09	144			
A3							Fox	6	41:44	140			
Ottenlips	8	56:36	156				Dodd	6	44:43	160			
B2							Ghazarian	3	25:18	148			
E Cookson	7	45:10	186				**D6**						
Konzen	6	40:07	164				Easley	6	47:11	168			
Raterman, D	6	39:40	152				Schlesinger	6	40:34	192			
Meier	6	41:06	156				Stauder						
Fleming	6	39:51	172				Paino						
A Ratermann	8	56:55	160				Mueth	6	47:11	160			
B3							Jacoby	6	47:11	164			
Boehm	6	40:06	168				Umana						
Cannady	6	39:49	160				Waters	6	47:22	176			
Kliethermes	6	40:07	168				Pollihan	6	47:18	144			
Herrmann	6	41:11	156				Griffard	6	42:35	180			
Mellilo				8	56:55	164	**E6**						
C2							Body	5	44:44	200			
Stoltze	8	56:16	160				S Bufe	6	47:18	168			
C3							Floros	6	47:11	164			
N Backer	6	39:49	164				Reichold	6	41:44	140			
Seckfort	6	39:48	168				Chura	5	42:50	180			
C4							Thomas	6	46:14	172			
Thornberry							Cavallini	4	58:25	176			
P Linhares	6	41:09	160				Cannon	5	41:06	164			
C Hagan	8	18:39	140				Whitney	6	42:10	200			
Lickenbrock	6	42:47	160				**E7**						
Minden-Birk	5	41:59	172				Cooley	5	46:40	160			
Mulligan	5	33:16	180				Andrews						
C5							~~Navarro~~						
Stinehart	6	47:18	172				McEnery						
Hoefel	6	47:23	168				E Thornberry	5	44:44	172			
Brady	6	42:17	144				Keuhner	5	44:17	172			
Kuensting	6	46:14	180				Gains	6	46:11	148			
Hall							Mimlitz	5	44:44	170			
Kocisak	6	40:31	152				Pilla	4	38:05	174			
D4							Kiepp	4	34:25	140			
Franey	6	41:09	160				Glass	4	38:25	164			
W Linhares							Cahill	5	41:10	156			
Jablonski	6	39:52	148				**Cross/Recover**						
McNulty	6	41:09	164										
W Bufe	6	46:47	143				Ford, B (B)						
Cowlen	6	46:07	164				Clohisy						
Thames	6	40:03	184				Hogan	5	41:20	180			
Varty	6	41:13	172										
Pollock	3	21:30	176										
Lewis	5	34:45	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+

10-2-08

DATE: ~~9-16-08~~ Conditions: Cool, sunny, perfect!

SPLIT PRACTICE: ABC= 800 reps/DE=TEMPO Hybrid (see workout notes)

Name	1	2	3	4	5	6	7	8
A1								
C Ford	2:29	2:30	28	27	27	26	29	28
Kujo	2:29	2:36	33	31	30	27	27	22
A Cookson	2:28	2:32	28	27	26	23	23	22
David								
Gabler	2:29	2:33	31	34	34	34	38	28
A2								
Fitzgerald								
T McLaughlin								
Minnick								
Jennings	2:29	34	33	33	33	31	30	24
Carron								
A3								
Ottenlips	42	49	48	41	41	41	36	34
B2								
E Cookson								
Konzen								
Raterman, D								
Meier	42	49	48	43	40	38	34	
Fleming								
A Ratermann								
B3								
Boehm								
Cannady	36	41	37	39	37	35		
Kliethermes	38	45	42	41	42	36		
Herrmann								
Mellilo								
C2								
Stoltze	32	41	36	35	34	33	32	
C3								
N Backer	38	43	39	40	38	35		
Seckfort								
C4								
P Linhares								
C Hagan								
Lickenbrock								
Minden-B								
Mulligan								
C5								
Stinehart								
Hoefel								
Brady								
Kuensting								
Hall								
Kocisak								
D4								
Franey	38	45	37	38	38	39		
W Linhares								
Jablonski								
McNulty								
W Bufe								
Cowlen								
Thames								
Varty	36	45	36	40	38	41		
Pollock								
Lewis								

Name	tempo	800	800			
D4 (cont.)						
McBride						
Rubbelke	42	48	43	41	39	36
Esswein						
Fentress						
D5						
K Backer						
Peeples						
Franz						
Gardner						
M McLaughlin						
Carroll						
Fox						
Dodd						
Ghazarian						
D6						
Easley						
Schlesinger						
Stauder						
Paino						
Mueth						
Jacoby						
Umana						
Waters						
Pollihan						
Griffard						
E6						
Body						
S Bufe						
Floros						
Reichold						
Chura						
Thomas						
Cavallini						
Cannon						
Whitney						
E7						
Cooley						
Andrews						
Navarro						
McEnery						
E Thornberry						
Keuhner						
Gains						
Mimlitz						
Pilla						
Kiepp						
Glass						
Cahill						
Cross/Recover						
Thornberry (B)						
Ford, B (B)						
Clohisy						

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: 10-6-08		Conditions:											
Name							**Name**						
A1							**D4 (cont.)**						
C Ford	10	20:44	160				McBride	5	36:36	184			
Kujo	10	20:44	152				Rubbelke	6	39:15	150			
A Cookson	10	20:16	156				Esswein	6	38:40	168			
David	10	20:16	160				Fentress	5	36:00	148			
Gabler	5	40:01	124				**D5**						
A2							K Backer	4	30:26	160			
Fitzgerald	8	58:59	149				Peeples	4	31:32	188			
T McLaughlin	8	57:31	160				Franz	2	—	160			
Minnick							Gardner	5	38:24	152			
Jennings	4	29:17	132				M McLaughlin	6	39:29	172			
Carron	8	58:22	148				Carroll	5	39:15	160			
A3							Fox	5	36:50	176			
Ottenlips	8	58:22	168				Dodd	5	38:24	150			
B2							Ghazarian	4	30:26	188			
E Cookson	6	42:35	180				**D6**						
Konzen	8	58:58	156				Easley	5	39:58	184			
Raterman, D	8	58:17	152				Schlesinger	6	42:31	180			
Meier	6	41:42	160				Stauder						
Fleming	5	35:51	172				Paino	3	25:58	172			
A Ratermann	8	58:17	168				Mueth	6	46:20	180			
B3							Jacoby	4	30:22	164			
Boehm	6	39:23	168				Umana						
Cannady	8	58:15	168				Waters				6	54:20	164
Kliethermes	6	40:25	172				Pollihan	5	36:08	176			
Herrmann	6	42:32	152				Griffard	5	36:00	168			
Mellilo	6	41:19	188				**E6**						
C2							Body	5	40:07	180			
Stoltze	8	51:32	156				S Bufe						
C3							Floros	5	40:03	156			
N Backer	6	38:45	172				Reichold	5	58:24	132			
Seckfort	5	39:51	140				Chura	5	38:47	160			
C4							Thomas	5	36:09	180			
Thornberry							Cavallini	4	36:44	188			
P Linhares	6	39:20	180				Cannon	5	39:30	160			
C Hagan							Whitney	5	35:40	192			
Lickenbrock	6	39:20	184				**E7**						
Minden-Birk	6	43:31	176				Cooley	5	43:00	172			
Mulligan	6	45:34	176				Andrews	5	39:30	132			
C5							~~Navarro~~						
Stinehart	6	51:48	180				McEnery	5	42:50	168			
Hoefel	6	51:48	188				E Thornberry	5	41:35	190			
Brady	5	36:06	144				Keuhner	5	41:35	184			
Kuensting	6	53:03	172				Gains	5	40:03	152			
Hall							Mimlitz	5	40:07	176			
Kocisak	6	42:31	164				Pilla	4	30:22	178			
D4							Kiepp	5	41:35	160			
Franey	6	40:25	174				Glass	4	36:44	188			
W Linhares	5	35:40	160				Cahill						
Jablonski	5	36:51	160				**Cross/Recover**						
McNulty	5	35:46	160										
W Bufe	6.5	50:55	160				Ford, B (B)						
Cowlen	6	40:25	160				Clohisy						
Thames	6	41:19	180				Hogan	5	31:30	148			
Varty	6	[illegible]	[illegible]	40:25	184								
Pollock				3	20:31	168							
Lewis	5	36:56	164										

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: 10-~~19~~ 7-08 Conditions:

Name							Name						
A1							D4 (cont.)						
C Ford	8	168	5756				McBride	5	196	32:27			
Kujo	8	136	61:29				Rubbelke	6	140	4200			
A Cookson	8	160	5756	Happy Birthday			Esswein	6	160	39:17			
David	8	160	6129				Fentress	4	156	27:00			Messed up
Gabler	6	119	4154			recover	D5						
A2							K Backer	4	156	27:12			Recover
Fitzgerald	6	124	3917				Peeples	1	160	none			Recover I died
T McLaughlin	8	116	61:36				Franz	3	160	no match			Recover
Minnick	~~8~~					Hurt	Gardner	4	156	27:00			Messed Up
Jennings	4	28:32	29:22				M McLaughlin	6	156	4174			
Carron	6	140	4400				Carroll	4	148	3010			
A3							Fox	4	156	27:00			Messed up
Ottenlips	8	156	61:29				Dodd	4	156	2700			Messed up
B2							Ghazarian	4	180	27:12			Recovery
E Cookson	8	164	61:36				D6						
Konzen	8	156	61:36				Easley	5	180	3950			
Raterman, D	8	148	61:29				Schlesinger	6	186	4128			
Meier	8	152	4750				Stauder	3	164	25:18			
Fleming	6	172	4114				Paino	4	176	29:42			Sick
A Ratermann	6	168	3942				Mueth	5	160	3753			
B3							Jacoby	5	164	3753			
Boehm	5	156	3126			Recover	~~Umana~~	~~5~~					??
Cannady	6	156	3139				Waters	6	164	4819			
Kliethermes	6	176	4114				Pollihan 5	4	164	3359			
Herrmann	6	146	4204				Griffard	6	148	4250			
Mellilo	6	160	4307				E6						
C2							Body	4	168	2952			
Stoltze	6	140	3950				S Bufe	4.5	168	34:00			
C3							Floros	4.5	156	3317			
N Backer	6	172	3950				Reichold	4.6	132	4226			
Seckfort	D in Physics!!						Chura	4.5	160	34:00			
C4							Thomas	4.5	160	33:42			
Thornberry	~~6~~					Hurt	Cavallini	4	172	3534			
P Linhares	6	168	39:17				Cannon	4	160	3030			
~~C Hagan~~	~~6~~				Hurt	???	Whitney	4.5	184	3210			
Lickenbrock	6	104	4307				E7						
Minden-Birk	6	168	4320				Cooley	4	168	31:07			
Mulligan	6	188	39:27				~~Andrews~~	~~4~~					
C5							~~Navarro~~						
Stinehart	6	172	4619				McEnery	4.5	180	41:45			
Hoefel	6	172	4619				E Thornberry	4.5	160	4210			
Brady	6	160	3955				Keuhner	4.5	124	4310			
Kuensting	6	180	4716				Gains	4.5	160	3317			
Hall						Hurt	Mimlitz	4	180	3022			
Kocisak	6	152	4428				Pilla	4	180	3131			
D4							Kiepp	4.5	136	4157			
Franey	6	168	41:10				Glass	4	174	3524			
W Linhares	6	176	3127				Cahill	4	160	3810			
Jablonski	6	160	3950				Cross/Recover						
McNulty	5	164	3210										
W Bufe	6	188	4317				Ford, B (B)						
Cowlen	6	168	41:00				Clohisy						
Thames	6	180	4210										
Varty	6	160	41:10										
Pollock	3		21:06	170									
Lewis	5		3239	160									

No Shoes

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

10-8 C-5 A-C D-E 10-8

M

5

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+

10-08

DATE: ~~9-23~~-08 Conditions:

Name	Mile	Pulse	Time
A1			
C Ford	10	164	69:20
Kujo		homework	
A Cookson	10	152	69:20
David	8	160	56:24
Gabler	6	156	56:24
A2			
Fitzgerald	10	132	56:24
T McLaughlin	10	152	56:24
Minnick		hurt	
Jennings		140	42:15
Carron	6	144	56:32
A3			
Ottenlips	6	132	5632
B2			
E Cookson	8	176	5628
Konzen	8	168	5624
Raterman, D	8	156	5624
Meier		cross train	
Fleming	6	164	42:29
A Ratermann	6	160	4256
B3			
Boehm	6	160	42:18
Cannady	6	152	4319
Kliethermes	6	176	42:18
Herrmann	6	156	4149
Mellilo	8	180	5624
C2			
Stoltze	8	152	56:24
C3			
N Backer	6	164	4215
Seckfort	6	140	4224
C4			
P Linhares	hurt		
C Hagan	recovery		
Lickenbrock	6	160	4215
Minden-Birk	6	180	42:26
Mulligan	6	180	4239
C5			
Stinehart	6	174	4849
Hoefel	6	180	4845
Brady	6	164	4303
Kuensting	6	164	46:12
Hall	Manager		
Kocisak	6	164	4240
D4			
Franey	6	164	4341
W Linhares	5	176	36:43
Jablonski	6	152	4:44
McNulty	5	160	3650
W Bufe	6	164	4529
Cowlen	6	164	4224
Thames	6	188	4045
Varty	6	184	4042
Pollock	5	~~3483~~	34:23
Lewis	5	176	36:53

Name	Mile	Pulse	Time			
D4 (cont.)						
McBride	5	192	36:53			
Rubbelke	6	140	42:50			
Esswein	6	132	42:15			
Fentress	6	164	4149			
D5						
K Backer	5	166	3641			
Peeples	hurt					
Franz	3	160	2240			
Gardner	5	168	34:28			
M McLaughlin	6	156	42:30			
Carroll	5	140	4053			
Fox	5	172	34:28			
Dodd	6	164	4431			
Ghazarian	5	192	36:36			
D6						
Easley	5	188	3618			
Schlesinger	6	180	4426			
Stauder	3	168	2456			Recover
Paino	5	180	3759			
Mueth	6	164	4543			
Jacoby	6	160	4613			
Umana						???
Waters	6	160	4545			
Pollihan	5	164	36:15			
Griffard	5	138	36:40			
E6						
Body	5	160	~~2443~~	3443		
S Bufe	5	168	3615			
Floros	5	164	3656			
Reichold	8	156	4431			
Chura	5	168	3615			
Thomas	5	180	36:50			
Cavallini	5	172	4406			
Cannon	5	160	3720			
Whitney	5	164	3647			
E7						
Cooley	5	172	42:36			
Andrews	5	160	4306			
Navarro	Not On Team					
McEnery	5	162	4552			
E Thornberry	5	172	4438			
Keuhner	5	176	4448			
Gains	5	160	3651			
Mimlitz	5	172	4053			
Pilla	5	176	4655			
Kiepp	5	164	4243			
Glass	5	hurt				
Cahill	5	164	41:00			
Cross/Recover						
Thornberry(B)						
Ford, B (B)	160	160		Feels slightly bad.		
Clohisy						
Hogan	5	180	3739			
Coach Porter	8	No pulse	5624			

3:32:25

3:34:26

-1:20

3:36:00

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: 10-9-08		Conditions:											
Name	—						**Name**	—					
A1	—						**D4 (cont.)**	—					
C Ford		8		56:50	156		McBride	5	35:21		192		
Kujo		8			148		Rubbelke	6	39:20		148		
A Cookson		8			156		Esswein	6	38:35		168		
David	—						Fentress	5	36:52		160		
Gabler		8			140		**D5**	—					
A2	—				—		K Backer	5	36:40		152		
Fitzgerald		8			136		Peeples						
T McLaughlin		8			164		Franz	—					
Minnick		—			—		Gardner	5	36:52		156		
Jennings		8			152		M McLaughlin	6	39:12		164		
Carron	6	39:20		160			Carroll	—					
A3	—				—		Fox	5	35:37		168		
Ottenlips	6	38:58		152			Dodd	5	38:05		132		
B2	—				—		Ghazarian	5	35:26		188		
E Cookson	6	41:22		184			**D6**	—					
Konzen		8		56:50	164		Easley	5	42:00		164		
Raterman, D		8		56:50	156		Schlesinger	5	35:31		176		
Meier	6	39:01		168			Stauder	3	23:08		160		
Fleming	6	42:04		160			Paino	5	40:20		184		
A Ratermann		17:00		152			Mueth	5	38:56		164		
B3	—						Jacoby	5	38:57		172		
Boehm	6	41:12		160			Umana						
Cannady	6	42:04		152			Waters	5	40:44		176		
Kliethermes							Pollihan	—					
Herrmann	6	41:59		152			Griffard	5	35:37		136		
Mellilo	6	41:50		180			**E6**	—					
C2	—						Body	5	40:20		180		
Stoltze	6	38:41		164			S Bufe	5	40:26		168		
C3	—						Floros	5	38:05		144		
N Backer	6	38:35		172			Reichold	6	52:53		136		
Seckfort	6	41:35		160			Chura	5	39:52		160		
C4	—						Thomas	5	36:52		176		
Thornberry	—						Cavallini	5	43:29		176		
P Linhares	—						Cannon	5	40:30		160		
C Hagan	—						Whitney	5	36:41		172		
Lickenbrock	6	40:54		168			**E7**	—					
Minden-Birk	5	36:48		172			Cooley	5	41:32		164		
Mulligan	5	36:11		160			Andrews	5	41:30		144		
C5	—						~~Navarro~~ HOGAN	5	41:30		160		
Stinehart	5	39:54		164			McEnery	5	44:25		172		
Hoefel	4	37:21		172			E Thornberry	5	43:50		180		
Brady	6	39:54		160			Keuhner	5	44:09		182		
Kuensting	5	36:50		196			Gains	5	36:40		160		
Hall	—						Mimlitz	5	40:07		188		
Kocisak	6	41:15		164			Pilla	5	43:32		168		
D4	—						Kiepp	5	41:47		164		
Franey	6	43:07		172			Glass	5	48:29		188		
W Linhares	5	36:40		160			Cahill	5	39:56		168		
Jablonski	6	42:04		152			**Cross/Recover**	—					
McNulty	5	36:41		160									
W Bufe	6	52:49		150			Ford, B (B)						
Cowlen	6	39:02		168			Clohisy						
Thames	5	37:58		164									
Varty	6	43:07		124									
Pollock	3	22:16		180									
Lewis	5	35:21		152									

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

Mind-Birk
Paino
Lewis

Varty
Thames

PSAT

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: 10-13-08 Conditions:

Name				
A1				
C Ford	4	5605	160	
Kujo	10 LATER			
A Cookson	10	6930	168	
David	10	6801	157	
Gabler	4	5605	136	
A2				
Fitzgerald	10	6757	148	
T McLaughlin	10	6801	164	
Minnick	4	3150	160	
Jennings	4	3150	156	
Carron	4	2837	120	
A3				
Ottenlips	10	6801	180	
B2				
E Cookson	4	5653	168	
Konzen				
Raterman, D	8	5724	156	
Meier	6	4206	168	
Fleming	8	5614	176	
A Ratermann	8	5614	180	
B3				
Boehm	8	5650	164	
Cannady	8	5614	180	
Kliethermes				
Herrmann	6	4646	157	
Mellilo	8	5718	192	
C2				
Stoltze	8	5545	156	
C3				
N Backer	8	5724	164	
Seckfort	8	5614	177	
C4				
Thornberry				
P Linhares				
C Hagan	X	X	X	
Lickenbrock	8	5614	184	
Minden-Birk	6	4617	172	
Mulligan	6	4113	168	
C5				
Stinehart	8	6540	180	
Hoefel	8	6540	180	
Brady	6	4139	156	
Kuensting	8	6741	176	
Hall				
Kocisak	8	5724	172	
D4				
Franey	6	4159	176	
W Linhares	X	X	X	HURT ANKLE
Jablonski	5	39	160	
McNulty	5	3714	160	
W Bufe	6	4755	152	
Cowlen	8	5614	164	
Thames	6	4334	188	
Varty	8	5515	188	
Pollock	6	4155	160	
Lewis	6	4356	168	

Name				
D4 (cont.)				
McBride	6	4309	184	
Rubbelke	6	4218	156	
Esswein	6	4155	172	
Fentress	5	3700	136	
D5				
K Backer	5	3710	152	
Peeples	2	1933	156	
Franz				
Gardner	6	4617	156	
M McLaughlin	6	4157	160	
Carroll				
Fox	6	4235	180	
Dodd	6	4617	160	
Ghazarian	5	3615	160	
D6				
Easley	5	3940	168	
Schlesinger	5	3730	176	
Stauder	3	2557	157	
Paino	5	4155	168	
Mueth	6	4734	168	
Jacoby	6	4822	168	
Umana	5	4149	180	
Waters	8	6540	184	
Pollihan	5	3903	172	
Griffard	5	4003	164	
E6				
Body	5	4149	180	
S Bufe	5	4038	168	
Floros				
Reichold	6	4617	156	
Chura	5	3839	160	
Thomas	5	3821	168	
Cavallini	5	3950	180	
Cannon	5	3940	160	
Whitney	5	3714	200	
E7				
Cooley	5	4400	160	
Andrews	5	3740	200	
~~Navarro~~				
McEnery	5	4726	156	
E Thornberry				
Keuhner	5	4339	184	
Gains	5	3851	160	
Mimlitz	6	4617	180	
Pilla	HURT KNEE			
Kiepp	5	4439	172	
Glass	5	3950	196	
Cahill	5	4038	164	
Cross/Recover				
Ford, B (B)				
Clohisy	4	2837	156	

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

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

DATE: 10/14/08 Conditions:

Workout: Groups 3-6: jog cent/cal-stretch/instructions/7-6-5 x 800 faster than race going negative/2nd cal/15-20 cool/full stretch/WEIGHTS

Name 7th	8	8	8	8	8	8
1 (-16:30)						
Clohisy						
A Cookson						
C. Ford						
David						
Kujo						
Gabler						
Minnick						
2 -17:00)						
T McLaughlin						
Jennings						
Carron						
Seckfort						
Fleming						
Fitzgerald 34	242	239	37	33	33	33
Stoltze 19	242	38	33	33	33	27
D Raterman						
E Cookson						
Konzen 25	242	38	33	33	33	30
3 (-17:30)						
A Ratermann						
Cannady						
N Backer	243	40	38	36	34	28
Franey	244	41	37	35	34	25
Rubbelke	250	41	38	36	34	27
Varty	—					
Kliethermes	250	42	43	38	34	26
Thornberry						
Ottenlips 31/31	249	44	41	39	36	34
Meier 30	248	43	39	37	35	31
Boehm 34	249	48	46	[illegible]	40	42
Brock	256	50	40	38	37	36
Herman	55	53	49	47	43	42
Brady	[illegible]	49	47	49	51	47
4 (-18:30)						
Gardner	253	51	46	44	39	31
Pollack	248	40	37	37	35	
Kocisak						
Cowlen	53	52	48	45	39	29
Mellilo 37	254	51	49	46	40	33
C Hagan	4	2858	172			
Esswein	250	45	43	46	36	30
P Linhares						
Bufe	301	53	52	52	51	46
Reichold	258	54	48	46	39	

5 (-19:00)	8	8	8	8	8	
Mk McLaughlin	255	50	43	42	38	38 +
Pollihan	309	57	56	53	44	+
Fentress	255	51	46	43	35	+
Fox	300	57	55	53	46	+
Mulligan						
Lewis						
W Linhares						
Jablonski	249	39	38	40	35	+
Griffard	302	54	48	45	40	+
6 (-20:00)						
Schlesinger	300	57	56	53	49	+
Thames						
Dodd	251	53	48	47	47	51/38 +
Hoeful	324	309	307	301	58	+
Brady	250					
Mueth	308	300	58	55	52	+
Minden-B						
McNulty	300	57	55	51	46	+
Jacoby	307	303	59	56	46	+
7 (-21:00)						
Kuensting	308	306	303	301	58	39 +
Thomas	310	303	259	53	48	+
Gains	308	257	56	52	48	+
Whitney						
Floros	319	309	307	301	51	+
Cannon	320	319	304	304	55	+
Carroll						
Waters	310	308	307	302	58	58/44
						+
8 (-22:00)						
Chura	318	314	307	302	53	+
Paino						
Easley	320	316	310	304	44	51 —
K Backer	312	310	307	301	38	+
Body	324	320	317	309	55	+
Glass	327	326	319	321	300	+
E Thornberry	316	312	307	306	300	+
Mimlitz	324	319	318	310	305	+
Steinhart	313	309	308	305	300	302/584
Cahill	322	317	314	308	55	+
Keipp	327	320	319	318	304	+
Cavallini	339	332	325	323	304	+
Anders	309	311	307	308	300	—
Umana	320	318	312	311	308	+
Keuhner	341	340	324	313	257	+
Cooley	315	310	306	306	310	—
McEnery	331	329	325	325	322	+
Pillar	330	324	315	320	304	—
Gazharian	257	48	47	250	256	—
Bufe	318	315	314	309	300	+

A=500/10 **B**=300/8 **C**=200/6 **D**=base/4 **E**=start-up/3

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: 10-15-08 Conditions:

Name	Dist	time	Pulse	Last mile Lactate	Aver Pace
A1					
C Ford	4	23:12	189	4:57	5:48
Kujo	4	23:35	168	5:02	5:55.5
A Cookson	4	23:[illegible]	190	5:02	5:55.[illegible]
David	4	[illegible]	194	6:05	
Gabler	4	24:16 25:11	168	—	6:17.75
A2					
Fitzgerald					
T McLaughlin		[illegible]:59	188	5:13	5:59.5
Minnick Aerobic	NA	—	164	—	—
Jennings					
Carron	4	24:14	184	5:30	604.75
A3					
Ottenlips					
B2					
E Cookson	2mi	12:[illegible]	196	—	6:18
Konzen					
Raterman, D	4	24:[illegible]	184	5:21	6:03.75
Meier					
Fleming	4	25:22	192	5:36	6:19.5
A Ratermann					
B3					
Boehm					
Cannady					
Kliethermes					
Herrmann					
Mellilo					
C2					
Stoltze					
C3					
N Backer					
Seckfort	4	25:[illegible]	168	5:23	6:15
C4					
Thornberry					
P Linhares					
C Hagan					
Lickenbrock					
Minden-Birk					
Mulligan					
C5					
Stinehart					
Hoefel					
Brady					
Kuensting					
Hall					
Kocisak					
D4					
Franey					
W Linhares					
Jablonski					
McNulty					
W Bufe					
Cowlen					
Thames					
Varty					
Pollock					
Lewis					

Name					
D4 (cont.)					
McBride					
Rubbelke					
Esswein					
Fentress					
D5					
K Backer					
Peeples					
Franz					
Gardner					
M McLaughlin					
Carroll					
Fox					
Dodd					
Ghazarian					
D6					
Easley					
Schlesinger					
Stauder					
Paino					
Mueth					
Jacoby					
Umana					
Waters					
Pollihan					
Griffard					
E6					
Body					
S Bufe					
Floros					
Reichold					
Chura					
Thomas					
Cavallini					
Cannon					
Whitney					
E7					
Cooley					
Andrews					
Navarro					
McEnery					
E Thornberry					
Keuhner					
Gains					
Mimlitz					
Pilla					
Kiepp					
Glass					
Cahill					
Cross/Recover					
Ford, B (B)					
Clohisy	5mi	33:01	192		6:36.2

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+

10-16-08

incl pushs
strides
stretch

DATE: Conditions:												
Name	1	2	3	4	5	6	7	8	**Name**	tempo	800	800
A1									**D4 (cont.)**			
C Ford	10	6759	156						McBride	6	4236	192
Kujo	10	6745	144						Rubbelke	6	4150	148
A Cookson	10	6745	140						Esswein	8	5225	164
David									Fentress	6	4400	140
Gabler	6	4041	140						**D5**			
A2									K Backer	5	3631	148
Fitzgerald	6	[illegible]	[illegible]	[illegible]	4088	148			Peeples	4	3613	168
T McLaughlin	10	6662	152						~~Franz~~			
Minnick	6	Crossstream			4119	164			Gardner	8	1:00:00	160
Jennings	6	4350	152						M McLaughlin	8	5546	164
Carron	8	5633	164						Carroll			
A3									Fox	6	4342	164
Ottenlips	10	6685	152						Dodd	8	60:09	164
B2									Ghazarian	5	3636	176
E Cookson	10	6745	160						**D6**			
Konzen	6	4350	152						Easley	5	4325	160
Raterman, D	10	6745	140						Schlesinger	6	4340	180
Meier	6	4133	160						Stauder	4	3613	164
Fleming	8	5734	152						Paino	5	4120	172
A Ratermann	8	5703	160						Mueth	6	4541	172
B3									Jacoby	6	4744	168
Boehm	8	5645	156						Umana	5	4024	168
Cannady	8	5633	160						Waters	6	5031	164
Kliethermes	8	5732	168						Pollihan	6	4834	164
Herrmann	6	4400	1-164						Griffard	6	4136	172
Mellilo	8	5625	160						**E6**			
C2									Body ?			
Stoltze	6	4011	156						S Bufe	8	4414	164
C3									Floros	5	4453	120
N Backer	8	5820	176						Reichold (4)	8	60:09	148
Seckfort				Hurdsh					Chura	6	4414	160
C4									Thomas	6	4811	160
P Linhares	6	4409	168						Cavallini	5	4657	176
C Hagan			Crossstream						Cannon	4	35:00	160
Lickenbrock	6	4100	172						Whitney	5	43:18	168
Minden-B	6	4113	176						**E7**			
Mulligan	6	4136	160						Cooley	5	3653	168
C5									Andrews	5	3934	164
Stinehart	6	4504	176						~~Navarro~~			
Hoefel	6	5031	172						McEnery	5	4607	160
Brady	6	4116	152						E Thornberry	5	4519	180
Kuensting	6	4436	188						Keuhner	5	4519	188
Hall				Manager					Gains	5	3845	148
Kocisak	6	4152	160						Mimlitz	5	4449	160
D4									Pilla	5	4647	180
Franey	8	5526	164						Kiepp	5	4009	160
W Linhares	8	5545	164						Glass	5	4657	184
Jablonski	5	4333	156						Cahill	5	3749	168
McNulty	5	3600	152						**Cross/Recover**			
W Bufe	6	4632	152						Thornberry(B)			
Cowlen	8	5622	164						Ford, B (B)			
Thames ?									Clohisy			
Varty	8	5312	220									
Pollock									Hogan	4	35:00	160
Lewis	6	4105	176									

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: 10-17-08	Conditions:		[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]			
Name	1	2	3	4	5	6	7	8	**Name**	tempo	800	800
A1									**D4 (cont.)**			
C Ford	8	5330	148						McBride			
Kujo	8	5321	144						Rubbelke			
A Cookson	8	[illegible]	5330	132					Esswein			
David	6	4140	[illegible]144						Fentress			
Gabler	6	3942	144						**D5**			
A2									K Backer			
Fitzgerald									Peeples			
T McLaughlin	8	5330	144						Franz			
Minnick	6	4140	140						Gardner			
Jennings	6	3947	132						M McLaughlin			
Carron									Carroll			
A3									Fox			
Ottenlips									Dodd			
B2									Ghazarian			
E Cookson	6	5330	164						**D6**			
Konzen									Easley			
Raterman, D	8	5330	144						Schlesinger			
Meier									Stauder			
Fleming	8	5330	160						Paino			
A Ratermann	8	5330	180						Mueth			
B3									Jacoby			
Boehm									Umana			
Cannady									Waters			
Kliethermes									Pollihan			
Herrmann									Griffard			
Mellilo									**E6**			
C2									Body			
Stoltze									S Bufe			
C3									Floros			
N Backer									Reichold			
Seckfort									Chura			
C4									Thomas			
P Linhares									Cavallini			
C Hagan									Cannon			
Lickenbrock									Whitney			
Minden-B									**E7**			
Mulligan									Cooley			
C5									Andrews			
Stinehart									Navarro			
Hoefel									McEnery			
Brady									E Thornberry			
Kuensting									Keuhner			
Hall									Gains			
Kocisak									Mimlitz			
D4									Pilla			
Franey									Kiepp			
W Linhares									Glass			
Jablonski									Cahill			
McNulty									**Cross/Recover**			
W Bufe									Thornberry(B)			
Cowlen									Ford, B (B)			
Thames									Clohisy			
Varty												
Pollock												
Lewis												

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:

10-17-06 (IDEAL CONDITIONS)

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	comment
Kurt Beck	96	95	96	94	92	91	91	92	87	88	82	77			
Jimmy Griffed	93	92	92	88	88	88	87	88	81	82	78	75			
Canton	93	92	96	93	91	91	93	92	89	89	83	81			
Chuck	92	89	92	89	89	90	92	91	85	86	86	79			
Whitney	98	95	97	94	91	84	92	93	87	90	82	79			
Floyd	95	93	96	95	91	91	91	92	85	83	77	77			
Fox	92	90	90	84	82	83	80	80	77	78	75	75			
Ghazarian	91	89	94	87	82	84	83	84	78	79	75	83			
Schlesinger	93	92	93	88	87	87	84	87	83	83	77	75			
Thomas	94	92	92	88	88	88	87	86	84	82	80	79			
Perlman	92	92	92	91	85	85	84	85	80	81	78	75			
Jacoby	95	93	94	90	89	89	89	88	84	85	80	78			
Gaines	92	91	93	89	87	87	87	87	85	83	80	79			
Menth	94	91	92	89	89	89	89	88	84	84	81	77			
Dodd	92	89	90	84	82	83	82	82	79	80	76	76			
Waters	96	92	92	88	87	89	86	88	83	85	78	70			
Steinhart	98	94	97	93	91	91	91	92	87	87	82	80			
Hertel	98	93	97	90	90	91	89	90	83	86	79	75			
Bale	91	91	92	92	89	91	91	91	88	88	86	85			

10-18-06 SATURDAY 40 DOLLARS 9:00 AM

AUSTIN	25	27	26	26	27	28	27	28							
CHARLES	25	26	26	26	27	27	24	25							
KUSO	25	29	30	30	28	30	28	26							
CLIFF	35	27	28	31	34	36	30					ON		CENTRAL	
BILL	36	31	33	32	35	28	X							KILLOS	
EMMETT	38	33	34	36	34	38	33								
DAN	40	36	39	41	45	38	X								
ALAN	42	37	37	39	40	44	33								
TYLER	38	32	35	33	34	32	X								
TIM	34	34	35	33	33	33	33	31							
DAVID	42	39	39	39	39	41	35								
RAY	39	35	35	35	36	38	37	33							
MAX	43	39	41	43	46	45	X								

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

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

DATE: 10-17-08 (IDEAL) (CONDITIONS)

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	comment
Herrmann	86	85	85	85	80	82	81	80	77	77	77	77	72	72	
Gardner	84	84	84	84	80	81	78	79	74	73	74	73	70	69	
Esswein	84	84	84	84	80	80	78	79	73	73	73	73	72	74	
Kliethermes	85	84	83	84	80	80	80	79	76	77	75	71	68	67	
N. Backer	85	84	84	83	79	80	78	78	75	75	75	75	72	70	
Cannady	85	84	83	84	80	81	76	78	74	73	72	73	66	68	
Boehm	86	85	84	84	80	81	79	79	77	77	76	76	69	70	
M. McLaughlin	86	85	84	85	81	82	81	82	81	81	83	82	77	77	
Kocbak	85	84	84	84	81	81	80	79	76	76	75	75	69	66	
P. Linhares	86	85	84	85	81	82	79	80	77	77	77	77	70	70	
Hogan	150	142	139	140	136	133	130	126	120	120					
Boby	150	141	139	141	136	133	130	126	121	120					
Stander	150	141	142	142	137	135	129								
Ander	150	141	140	140	136	133	129	126	123	119					
Umann	150	141	140	141	137	134	129	130	125	125					
Pflic	150	141	144	143	136	135	130	129	123	116					
McHenry	151	141	143	143	140	134	136	134	132	133					
Cahill	150	141	141	142	137	135	129	127	124	119					
Glass	150	141	142	141	136	137	130	128	114	116					
Cavallaro	150	141	143	143	139	136	130	130	126	120					
Meneth	150	141	143	142	137	135	129	126	121	120					
Krepp	150	141	140	140	137	133	130	129	122	121					
Thornberg	150	141	141	142	136	132	131	131	124	122					
Cooley	150	141	141	140	136	134	131	129	127	126					
Kuenker	150	141	144	140	137	136	131	130	124	123					

4442 4422

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

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:	Conditions:														
Name	1	2	3	4	5	6	7	8	**Name**	1	2	3	4	5	6
A1									**D4 (cont.)**						
C Ford	504	22	66	64	65	65	25	506	McBride						
Kujo	510	29	70	69	69	68	26	454	Rubbelke	538	42	76	77	76	238 528
A Cookson	504	22	66	65	64	64	21	455	Esswein						
David	512	26	70	68	67	67	25	503	Fentress						
Gabler	514	28	70	70	68	70	28	512	**D5**						
A2									K Backer						
Fitzgerald	536	39	73	73	73	233	527		Peeples						
T McLaughlin	516	30	71	70	69	69	28	506	Franz						
Minnick	532	[illegible]	[illegible]	540	532	239			Gardner						
Jennings	514	28	70	70	68	68	28	506	M McLaughlin						
Carron	517	31	71	70	69	69	29	[illegible]	Carroll						
A3								512	Fox						
Ottenlips	538	43	75	76	75	233	540		Dodd						
B2									Ghazarian						
E Cookson	517	29	69	67	64	66	43	523	**D6**						
Konzen	522	36	72	73	74	233	522		Easley						
Raterman, D	—								Schlesinger						
Meier	539	40	76	75	75	238	525		Stauder						
Fleming	520	35	72	71	70	70	34	528	Paino						
A Ratermann	—								Mueth						
B3									Jacoby						
Boehm									Umana						
Cannady	527	37	72	73	71	233	534		Waters						
Kliethermes	537	39	74	74	72	235	546		Pollihan						
Herrmann									Griffard						
Mellilo									**E6**						
C2									Body						
Stoltze	518	32	72	71	70	70	30	515	S Bufe						
C3									Floros						
N Backer	534	38	74	74	74	236	534		Reichold						
Seckfort									Chura						
C4									Thomas						
P Linhares									Cavallini						
C Hagan									Cannon						
Lickenbrock									Whitney						
Minden-B									**E7**						
Mulligan									Cooley						
C5									Andrews						
Stinehart									Navarro						
Hoefel									McEnery						
Brady									E Thornberry						
Kuensting									Keuhner						
Hall									Gains						
Kocisak									Mimlitz						
D4									Pilla						
Franey	530	36	71	70	73	236	536		Kiepp						
W Linhares									Glass						
Jablonski									Cahill						
McNulty									**Cross/Recover**						
W Bufe									Thornberry(B)						
Cowlen									Ford, B (B)						
Thames									Clohisy	504	168				
Varty	532	38	72	70	72	236	535			607					
Pollock															
Lewis															

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

10-20-08

Name	Dist	Time	Pulse	Name	Dist	Time	Pulse
McHenry	5	44:45	180	T McLaughlin	7ish	50:23	144
Stoltze	5	33:54	160	Flemming	7ish	51:41	148
Gardner	6	44:29	152	A. Reiterman	7ish	50:23	140
Fentress	6	44:29	150				
Chura	5	38:30	160				
Herrmann	6	44:29	152				
Pollihan	5	40:00	172				
W. Bufe	5	40:20	156				
S. Bufe	5	40:20	168				
Jablonski	5	41:37:00	160				
Easley	5	41:37:45	166				
Hoefel	6	46:52	177				
Stinehart	6	46:52	162				
Pilla	5	47:13	178				
Glass	5	49:10 [redacted]	186				
Cavallini	5	49:08 [redacted]	172				
Gabler	6	45:30	108				
Kujo	6	45:30	120				
C. Ford	6	45:30	136				
E. Cookson	6	45:30	136				
Carron	6	45:30	156				
David	6	45:30	140				
A. Cookson	6	45:30	145				
Jennings	7ish	50:23	152				
Monnick	7ish	50:23	148				
D. Reiterman	7ish	50:23	140				

Name	Dist.	Time	Pulse	Name	Dist.	Time	Pulse
Franz	3	22:04	160	Cooley	5	39:45	172
Stauder	4	30:24	192	E. Thornberry	5	41:47	168
Peeples	4	30:24	196	Cannady	6	42:14	160
W. Linhares	4	31:00	168	Lirkenbrock	6	41:46	160
Hagan	5	34:31	184	Reichold	6	42:28	136
Cannon	4	33:20	152	Konzen	6	38:07	156
Ghazarian	5	34:19	196	Pairno	5	42:25	172
McBride	5	34:25	192	Fitzgerald	6	41:22	188
Lewis	5	37:36	164	Boehm	6	41:27	168
Schlesinger	5	37:36	180	Kuehner	5	44:08	160
Varty	6	38:49	184	Kuenstang	6	44:23	196
Mimlitz	5	39:05	180	Ottenlips	6	43:14	148
Thomas	5	39:05	180	Kocsak	6	43:14	152
Cahill	5	39:05	172	P. Linhares	6	44:14	168
Kliethermes	6	39:45	184	McNulty	5	36:07	158
Brady	6	40:43	160	Floros	5	38:22	168
Esswein	6	40:45	124	Monden-B.	6	43:37	168
Ruebelke	6	42:43	148	Grimes	5	38:22	152
M. McLaughlin	6	41:16	164	Griffard	6	43:37	168
Coulen	6	40:53	168	K. Becker	5	41:31	148
Mueth	5	39:40	164	Kripp	5	42:46	160
N. Becker	6	39:37	168	Umana	5	41:31	164
Franey	6	39:45	164	Body	5	41:31	160
Jacobs	5	39:47	172	Melillo	6	40:27	192
Mullrgan	6	41:36	176	Anders	5	43:02	182
Whitney	5	39:00	176	Thames	6	41:11	180

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: Conditions:

Name	1	2	3	4	5	6	7	8
A1								
C Ford								
Kujo								
A Cookson								
David								
Gabler								
A2								
Fitzgerald								
T McLaughlin								
Minnick								
Jennings								
Carron								
A3								
Ottenlips								
B2								
E Cookson								
Konzen								
Raterman, D								
Meier								
Fleming								
A Ratermann								
B3								
Boehm								
Cannady								
Kliethermes								
Herrmann								
Mellilo	2:56	2:53	2:49	45	44	36		
C2								
Stoltze								
C3								
N Backer								
Seckfort								
C4								
P Linhares	2:49	2:48	2:46	45	41	31		
C Hagan	2:50							
Lickenbrock	2:54	2:57	2:49	44	32	27		
Minden-B	3:00	2:59	2:56	52	51	46		
Mulligan	2:57	2:55	2:54	51	45	32		
C5								
~~Stinchart~~								
~~Hoefel~~								
Brady	2:54	2:53	2:52	53	53	50		
Kuensting	3:06	3:04	3:01	302	256	39		
~~Hall~~								
Kocisak	2:51	2:48	2:37	33	31	26		
D4								
~~Franey~~								
W Linhares	2:50	2:49	2:46	47	46	46		
Jablonski	2:49	2:48	2:46	40	44	38		
McNulty	3:07	3:04	3:00	58	50	45		
W Bufe	3:01	2:51	2:56	56	55	46		
Cowlen	2:52	2:50	2:45	44	40	28		
Thames	2:55	2:54	2:54	54	52	46		
~~Varty~~								
~~Pollock~~								
Lewis	3:00	2:59	2:56	55	54	34		

Name	1	2	3	4	5	6
D4 (cont.)						
McBride	2:52	2:49	2:45	45	45	44
Rubbelke						
Esswein						
Fentress						
D5						
K Backer						
Peeples	Ran	Recovery	4	mi.	3:30	(52
Franz						
Gardner						
M McLaughlin						
Carroll						
Fox						
Dodd						
Ghazarian						
D6						
Easley	3:06	3:05	3:06	59	~~50~~ 49	
Schlesinger	3:01	2:59	2:56	55	49	46
Stauder	3:07	3:07	3:06	3:04	2:58	
Paino	3:05	3:07	3:06	3:06	3:07	
Mueth						
Jacoby						
Umana						
Waters						
Pollihan						
Griffard						
E6						
Body						
S Bufe						
Floros						
Reichold						
Chura						
Thomas						
Cavallini						
Cannon						
Whitney						
E7						
Cooley						
Andrews						
Navarro						
McEnery						
E Thornberry						
Keuhner						
Gains						
Mimlitz						
Pilla						
Kiepp						
Glass						
Cahill						
Cross/Recover						
Thornberry(B)						
Ford, B (B)						
Clohisy						

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: 10-22-08 Conditions: COOL, WINDY, CLEAR
DOG WL / LONG / SCENIC 7, 5, 4 & 4 STRIDES
STRETCH / DOG

Name	1	2	3	4	5	6	7	8
A1	—	—						
C Ford	7	42:10			140			
Kujo	7	42:10						
A Cookson	7	42:10			168			
David		—						
Gabler	7	42:20			124			
A2	—	—						
Fitzgerald	7	43:38			144			
T McLaughlin	5	36:35			152			
Minnick	5	37:40			134			
Jennings	5	36:30			156			
Carron	7	43:25			140			
A3	—	—						
Ottenlips	7	43:35			140			
B2	—	—						
E Cookson	7	42:25			160			
Konzen	5	38:56			160			
Raterman, D	—	—						
Meier	—	—						
Fleming	5	36:56			172			
A Ratermann	—	—						
B3	—	—						
Boehm	—	—						
Cannady	~~6~~ 5	36:30			160			
Kliethermes	5	34:27			168			
Herrmann	—	—						
Mellilo	5	36:48			168			
C2	—	—						
Stoltze	7	43:38			138			
C3	—	—						
N Backer	5	34:27			152			
Seckfort	—	—						
C4	—	—						
P Linhares	5	38:07			158			
C Hagan	—	—						
Lickenbrock	5	36:33			160			
Minden-B	5	36:48			164			
Mulligan	5	41:27			132			
C5	—	—			—			
Stinehart	—	—			—			
Hoefel	—	—			—			
Brady	5	36:18			154			
Kuensting	5	41:28			172			
Hall	—	—						
Kocisak	5	35:07			144			
D4	—	—						
Franey	5	39:50			152			
W Linhares	5	37:50			168			
Jablonski	5	~~[illegible]~~ 42:00			152			
McNulty	5	38:07			154			
W Bufe	5	39:54			148			
Cowlen	5	34:27			152			
Thames	5	39:49			156			
Varty	5	39:54			148			
Pollock	—	—						
Lewis	5	36:05			156			

Name	1	2	3	4	5	6
D4 (cont.)	—	—				
McBride	5	37:09			160	
Rubbelke	5	36:30			140	
Esswein	—	—				
Fentress	—	—				
D5	—	—				
K Backer	—	—				
Peeples	5	38:39			180	
Franz	—	—				
Gardner	—	—				
M McLaughlin	—	—				
Carroll	—	—				
Fox	—	—				
Dodd	—	—				
Ghazarian	—	—				
D6	—	—				
Easley	5	42:00			156	
Schlesinger	5	37:48			176	
Stauder	5	38:39			188	
Paino	5	39:43			172	
Mueth	—					
Jacoby	—					
Umana	—					
Waters	—					
Pollihan	—					
Griffard	—					
E6	—					
Body	—					
S Bufe	—					
Floros	—					
Reichold	—					
Chura	—					
Thomas	—					
Cavallini	—					
Cannon	—					
Whitney	—					
E7	—					
Cooley	—					
Andrews	—					
~~Navarro~~ HOGAN	—					
McEnery	—					
E Thornberry	—					
Keuhner	—					
Gains	—					
Mimlitz	—					
Pilla	—					
Kiepp	—					
Glass	—					
Cahill	—					
Cross/Recover	—					
Thornberry(B)	—					
Ford, B (B)	2	16:30		164		
Clohisy	—					

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+

10·27·08

DATE: Conditions:

Name	D 1	T 2	P 3	4	5	6	7	8
A1								
C Ford								
Kujo								
A Cookson								
David								
Gabler								
A2								
Fitzgerald	7	48:35						
T McLaughlin	6	48:40	150					
Minnick	6	48:40	150					
Jennings								
Carron	6	43:18	152					
A3								
Ottenlips	6	43:18	152					
B2								
E Cookson								
Konzen	5	30:04	172					
Raterman, D	6	41:37	160					
Meier								
Fleming	8	54:33	168					
A Ratermann	54	27:16	140					
B3								
Boehm	5	31:20	156					
Cannady	5	32:25	156					
Kliethermes	5	34:00	176					
Herrmann	5	27:50	160					
Mellilo	4	29:30	160					
C2								
Stoltze	8	54:53	156					
C3								
N Backer	5	33:45	160					
Seckfort								
C4								
P Linhares	4	26:25	176					
C Hagan	4	26:25	168					
Lickenbrock	5	30:04	170					
Minden-B	5	32:42	176					
Mulligan	5	32:08	172					
C5								
Stinehart	5	39:09	148					
Hoefel	5	39:09	164					
Brady	5	31:48	136					
Kuensting	5	33:49	184					
~~Hall~~								
Kocisak	5	33:45	148					
D4								
Franey	5	32:13	152					
W Linhares	4	26:25	172					
Jablonski								
~~McNulty~~								
W Bufe								
Cowlen	5	31:45	140					
Thames	5	32:27	176					
Varty								
Pollock	4	28:36	168					
Lewis	4	28:50	148					

Name	1	2	3	4	5	6
D4 (cont.)						
McBride	4	28:50	152			
Rubbelke	5	33:00	132			
Esswein	5	32:00	152			
Fentress						
D5						
K Backer	4	30:33	156			
Peeples						
Franz	3	24:24				
Gardner	4	30:07	132			
M McLaughlin	5	32:25	164			
Carroll						
Fox	4	28:10	140			
Dodd	4	30:07	136			
Ghazarian	4	28:01	180			
D6						
Easley						
Schlesinger	4	28:10	160			
Stauder	4	31:56	164			
Paino	4	31:56	164			
Mueth	5	35:19	160			
Jacoby	5	35:34	160			
Umana						
Waters	5	39:09	176			
Pollihan	4	30:00	144			
Griffard	4	28:50	152			
E6						
Body	3	24:24				
S Bufe	4	30:00	148			
Floros	4	30:00	152			
Reichold	5	33:49	140			
Chura	4	27:46	160			
Thomas	4	39:00	116			
Cavallini	4	37:26	172			
Cannon	✓					
Whitney	4	29:35	164			
E7						
Cooley	4	29:30	160			
Andrews						
~~Navarro~~ Hagan	4	29:35	164			
McEnery						
E Thornberry	4	32:30	156			
Keuhner	4	32:30	184			
Gains	4	30:07	136			
Mimlitz	4	30:37	160			
Pilla	4	34:39	164			
Kiepp	4	33:03	132			
Glass	4	37:22	188			
Cahill	4	28:50	160			
Cross/Recover						
Thornberry(B)						
Ford, B (B)	4	27:16	176			
Clohisy	6	43:18	128			

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: Conditions: 10-28-08

Name	1	2	3	4	5	6	7	8
A1	—							
C Ford	—							
Kujo	—							
A Cookson	—							
David	—							
Gabler	—							
A2	—							
Fitzgerald	✓							
T McLaughlin	—							
Minnick	—							
Jennings	—							
Carron	—							
A3	—							
Ottenlips	✓							
B2	—							
E Cookson	—							
Konzen	✓							
Raterman, D	✓							
Meier	—							
Fleming	—							
A Ratermann	✓							
B3	—							
Boehm	✓							
Cannady	✓							
Kliethermes	✓							
Herrmann	✓							
Mellilo	✓							
C2	—							
Stoltze	✓							
C3	—							
N Backer	✓							
Seckfort	—							
C4	—							
P Linhares	✓							
C Hagan	✓							
Lickenbrock	✓							
Minden-B	✓							
Mulligan	✓							
C5	—							
Stinehart	✓							
Hoefel	✓							
Brady	✓							
Kuensting	✓							
Hall	✓							
Kocisak	✓							
D4	—							
Franey	✓							
W Linhares	✓							
Jablonski	✓							
McNulty	✓							
W Bufe	✓							
Cowlen								
Thames	✓							
Varty	✓							
Pollock	—							
Lewis	✓							

Name	1	2	3	4	5	6
D4 (cont.)	—					
McBride	✓					
Rubbelke	✓					
Esswein	✓					
Fentress	✓					
D5	—					
K Backer						
Peeples	✓					
Franz						
Gardner	✓					
M McLaughlin	✓					
Carroll	✓					
Fox	✓					
Dodd	✓					
Ghazarian	✓					
D6	—					
Easley	✓					
Schlesinger	✓					
Stauder	✓					
Paino	✓					
Mueth	✓					
Jacoby	✓					
Umana	✓					
Waters	✓					
Pollihan	✓					
Griffard	✓					
E6	—					
Body	✓					
S Bufe	✓					
Floros	✓					
Reichold	✓					
Chura	✓					
Thomas	✓					
Cavallini	✓					
Cannon	✓					
Whitney	✓					
E7	—					
Cooley						
Andrews	✓					
~~Navarro~~ HOGAN	✓					
McEnery	✓					
E Thornberry	✓					
Keuhner	✓					
Gains	✓					
Mimlitz	✓					
Pilla	✓					
Kiepp	✓					
Glass	✓					
Cahill	✓					
Cross/Recover						
Thornberry(B)						
Ford, B (B)	✓					
Clohisy						

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: Monday 11-3-08

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	comment
KUJO	77	77	77	77	73	74	73	74	68	68	67	65			
Austin C.	71	76	75	75	70	71	69	69	63	64	61	62			
Emmett C.	74	78	78	78	73	74	74	75	70	70	70	71			
C Lohisy	71	76	75	—	70	71	69	—	62	63	—	—			
Bill Zabler	74	77	75	75	70	71	71	71	68	68	67	67			
Cliff David	74	77	76	75	71	72	71	71	65	65	63	68			
Tim McLaughlin	75	78	77	77	73	74	73	74	68	68	67	68			
Charlie Stitze	77	80	80	80	75	76	75	75	70	69	68	65			
Ben Carron	79	80	80	80	75	76	75	76	70	70	68	67			
Casey Fitz	77	79	79	79	75	75	74	74	69	69	66	69			
Dan Rat.	78	80	79	79	74	76	74	75	69	69	67	65			
Dave Fleming	76	80	80	80	75	76	75	76	70	71	70	72			
Caleb Ford	71	77	75	75	70	71	69	69	64	64	63	65			

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

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: Conditions:															
Name	1	2	3	4	5	6	7	8	**Name**	**1**	**2**	**3**	4	5	6
A1									**D4 (cont.)**						
C Ford		144							McBride						
Kujo		130							Rubbelke						
A Cookson		128							Esswein						
David									Fentress						
Gabler		124							**D5**						
A2									K Backer						
Fitzgerald		124							Peeples						
T McLaughlin		140							Franz						
Minnick		140							Gardner						
Jennings									M McLaughlin						
Carron		144							Carroll						
A3									Fox						
Ottenlips									Dodd						
B2									Ghazarian						
E Cookson		144							**D6**						
Konzen									Easley						
Raterman, D		✓							Schlesinger						
Meier									Stauder						
Fleming		160							Paino						
A Ratermann									Mueth						
B3									Jacoby						
Boehm									Umana						
Cannady									Waters						
Kliethermes									Pollihan						
Herrmann									Griffard						
Mellilo									**E6**						
C2									Body						
Stoltze		120							S Bufe						
C3									Floros						
N Backer									Reichold						
Seckfort									Chura						
C4									Thomas						
P Linhares									Cavallini						
C Hagan									Cannon						
Lickenbrock									Whitney						
Minden-B									**E7**						
Mulligan									Cooley						
C5									Andrews						
Stinehart									Navarro						
Hoefel									McEnery						
Brady									E Thornberry						
Kuensting									Keuhner						
Hall									Gains						
Kocisak									Mimlitz						
D4									Pilla						
Franey									Kiepp						
W Linhares									Glass						
Jablonski									Cahill						
McNulty									**Cross/Recover**						
W Bufe									Thornberry(B)						
Cowlen									Ford, B (B)	230					
Thames									Clohisy						
Varty															
Pollock															
Lewis															

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:															
	1M	800	400	-	-	-	800	1M		Rotal	1	2	3	4	
Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	comment
Austin	5:05	2:25	1:08	67	66	67	2:24	4:59							
Caleb	5:05	2:26	1:08	67	66	67	2:24	4	51						
Emmett	5:06	2:30	1:11	70	69	70	2:29	5	13						
Kyjo															Dist + strides
BILL	5:20	2:31	1:12	72	71	71	2:31	5	06						
Tyler															Dist + strides
Jim	5:19	2:32	1:12	71	70	72	2:3	5	09						
Tony										24:30	6:10	6:06	6:11	6:09	4 mile tempo Pulse = 164
Flemming	5:21	2:34	1:13	72	72	72	2:37	5	30						
Ben	5:20	2:32	1:11	71	71	72	2:37	5	30						
Cliff	5:06	2:27	1:10	69	69	70	2:30	5	06						

COACH PORTER

741-0202

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:															
Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	comment
Varty	85	86	87	84	79	76	79	77	69	68					
Rubbelke	87	86	85	86	80	79	80	78	72	72					
Buse	92	90	89	89	85	84	85	84	80	79					
Herrmann	89	90	89	89	85	84	84	84	75	73					
Esswein	86	86	82	85	80	79	79	78	71	71					
Brady	85	86	86	85	82	82	83	81	77	74					
Reichold	96	92	92	91	85	83	84	84	77	76					
McBride	86	88	88	88	80	80	80	80	76	76					
M. McLaughlin	93	92	91	92	84	84	85	83	79	74					
Fentress	96	95	94	94	89	89	89	88	90	79					
Mulligan	92	90	89	89	84	84	82	83	70	70					
Pollihan	94	92	91	91	85	83	85	85	78	77					
Boehmer	86	86	85	85	80	80	80	79	71	71					
The Griffard	96	94	94	93	85	84	80	85	78	76					
Lickenbrock	93	90	90	90	85	84	85	85	67	68					
Lewis	96	92	90	90	88	85	85	84	77	76					
Thames	94	93	92	92	88	88	87	86	80	79					
Linhares, Will	88	88	87	88	85	84	84	83	76	75					
Mueth	96	93	91	93	89	90	90	88	82	83					
Ghazarian	92	90	92	90	85	84	86	85	76	75					
Jacoby	94	94	91	91	88	87	87	86	80	78					
Gaines	95	94	94	94	89	88	89	88	86	80					
Hoefel	100	98	99	98	92	91	92	90	82	81					
Stinehart	99	98	98	97	91	91	92	90	82	79					
Q Whitney	97	96	95	95	92	89	89	89	82	81					
Thomas	97	95	95	95	89	87	89	89	81	80					
Waters	100	98	98	98	91	92	91	90	82	81					
Mind-Birk	92	91	89	89	83	81	83	81	75	75					
Franey	91	91	85	85	79	78	79	77	69	66					
Melillo	92	91	89	90	83	83	83	83	72	74					
Paino	97	96	96	96	91	92	90	91	82	82					
~~Hoffman~~															
~~Kotermann~~															
~~Konzen~~															
~~Dabel~~															
Kuenstling	92	92	92	92	88	87	87	86	79	75					

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:															
Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	comment
CLIFF	72	75	75	75	75	73	73	72	73	72	70	70	70	68	
DAN R.	76	79	80	81	82	79	78	79	78	78	74	75	75	75	
ALAN R.	76	79	80	81	82	79	78	79	78	78	74	75	75	75	
RILEY	74	77	80	81	82	79	78	79	76	76	74	75	75	74	
~~[illegible]~~															
Kristin	Scores														
Flores	89	91	91	88	85	82	76	76							
Chura	90	91	91	88	85	82	80	83							
Thornberry	100	96	95	96	90	89	86	85							
Caitli	97	97	95	91	92	91	81	81							
Gamron	100	93	96	92	90	90	81	79							
Minlite	97	96	95	88	91	90	83	85							
Keipp	103	100	99	94	97	97	90	91							
Anders	93	96	96	93	91	93	86	81							
Umana	100	99	98	93	98	93	88	86							
Pila	94	95	93	90	92	91	85	84							
Coley	98	98	92	92	92	92	89	92							
Kneisler	[illegible]	105	105	98	99	99	85	88							
Cavallini	[illegible]	105	110	108	105	105	90	80							
Glass	[illegible]	114	113	105	105	105	90	79							
McEnery	[illegible]	110	105	98	100	100	93	97							
Bute	96	96	96	93	94	94	90	88							
Hogan	94	96	94	88	88	86	84	84							

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