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: 8-6-12 FIRST PRACTICE Conditions:

Workout: Interview, jog to w.c./push test/dynamics/OB aerobic: 6-5-4-3-2 2nd push

6 strides/jog home/full stretch

	Name	pu	dist	time	pulse	pace	grp	com
A	Rubio		6	47:37	152			
	Rackers		6	47:37	160			
	Nicholson	35	6	47:37	156			
	Archer	45	6	47:37	160			
	Peraud	30	5	40:25	160			
	Henressey		6	47:37	160			
	M Sullivan		6	47:37	188			
	Asche Amsler		6	47:37	168			
	Charles		4	31:50	144			
	Arredondo		6	47:37	168			
	Laughlin		6	47:37	164			
	Esswein	44	6	47:37	168			
	Swan	37	6	47:37	192			
B	Keuss	30	5	35:55	176			
	Murphy	35	5	39:59	144			
	Rancilio		4.5	32:35	160			
	Wotawa	45	5	36:40	180			
	Fox	38	5	36:40	156			
	Marty		5	39:59	172			
	Curran	45	5	39:59	160			
	Alex Gresch	45	5	36:40	164			
	Sextro	45	5	35:55	168			
C	Martino		4	33:46	180			
	Bergman		4	34:12	200			
	Volmert		4	35:17	172			
	Vicini	32	4	35:17	168			
	Perryman	31	4	35:17	152			
	Fleming			34:14	180			
	P Mungenast	27	4	35:59	172			
	Mimlitz	25	4	36:34	172			
	Kasper D	26	4	32:15	176			
	Kasper M	32	4	32:01	180			
	Obermayer	40	4	36:34	172			
	Schrock	27	4	34:11	200			
	Ricke	33	4	39:45	160			
	Thomas	37	4	34:40	180			
	Hogan	25	4	31:15	200			
	Carron	33	4	34:00	188			
	Szatkowski	29	4	34:00	184			
	Smith	40	4	33:36	176			
	Belossi	34	4	32:08	160			
	Dernlan	25	4	32:15	132			
	Raeber	36	4	36:21	164			
	Osler	34	4	36:21	168			
	Suhre	33	4	36:21	190			
	GALLAGHER		4	31:50	136			

	Name	pu	dist	time	pulse	pace	grp	com
D	Murphy	30	3	22:53	160			
	Blackwell	35	3	27:10	164			
	Booth	20	3	27:16	164			
	Soto	35	3	27:36	162			
	Kiehl		3	33:06	152			
	Blechle	40	3	28:33	164			
	Kelley	20	3	36:00	190			
	Quinlivan	30	3	29:05	190			
	HoF		3	33:06	169			
	Walsh	27	3	27:06	168			
	Kruse	34	3	27:52	166			
	Thompson	33	3	27:52	162			
	Tahan	30	3	36:30	184			
E	Lally	22	2	18:25	152			
	O'Brien	25	2	18:25	164			
	Phimphavong	20	2	18:25	148			
	Welby	24	2	18:25	164			
F	CONTE	20						
	PITTI	22						
	DOORACK	21						
	RAINWATER	30						
	VOTE	22						
	REDDY	25						
	D LALLY	24						
	SIGFRIED	17						
	STOLZ	25						
	MUNGENAST	24						
	T LALLY	28						
	GRESH	23						
	GALLAGHER	30						
	HUMMENN	24						
	BRICKER	22						

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

Date: 8-7-12 Conditions:

Workout: Push-ups/Dynamics/Tempo Run:A=5 B=4, C=3, D=2 at Central Fields New Guys run aerobic/ Full Stretch

Group A	Mileage	Time	Pulse	Comments
Amsler 7:00	4	27:58	192	Ballpark Time
Archer	5	31:15	176	6:15
Arredondo	5	31:48	188	6:22
Nicholson	5	31:15	176	6:15
Rackers	5	34:48	200	6:58
Rubio	5	31:15	184	6:15
Group B				
Curran	4	29:45	188	7:26
Esswein	4	26:15	200	6:34
Fox	4	26:42	192	6:40
Groesch, Al	4	27:30	176	6:52
Hennessey	4	26:38	180	6:40
Keuss	4	29:14	188	7:19
Laughlin	4	26:29	188	6:38
Marty	4	29:08	188	7:17
Murphy, G	4	28:59	184	7:15
Peraud	4	31:11	176	7:48
Sullivan	4	26:45	196	6:42
Swan 7:00	4	27:45	192	Ballpark Time
Wottowa	4	28:09	200	7:05
Group C				
Balossi				
Bergman	3	25:40	200	8:34
Carron	3	25:40	184	8:34
Charles	3	21:04	184	7:02
Dernlan				
Fleming	3	23:55	186	7:59
Gallagher, so.	3	19:42	160	6:34
Hogan	3	22:29	196	7:30
Kasper, D	3	23:55	160	7:59
Kasper, M	3	24:04	180	8:02
Martino	3	24:00	176	8:00
Mimlitz	3	29:55	192	9:59
Mungenast, P	3	23:32	180	7:51
Obermeyer	3	24:03	184	8:01
Oster	3	24:30	180	8:10
Perryman	3	23:17	172	7:46
Raeber	3	24:33	176	8:11
Rancilio	3	19:17	172	6:26
Schrock	3	25:11	196	8:24
Sextro	3	21:04	144	7:02
Smith	3	24:29	184	8:10
Suhre	3	25:32	184	8:31
Szatkowski				
Thomas	3	24:30	184	8:10
Vicini	3	25:11	168	8:24
Volmert	3	23:54	184	7:58
Jackson	3	24:30	128	8:10

Group D	Mileage	Time	Pulse	Comments
Blackwell	2	16:02	192	8:31
Blechle	2	16:33	184	8:17
Booth	2	16:37	176	8:19
Hof	2	19:06	168	9:53
Kelley	2	20:23	196	10:12
Kiehl	2	19:21	180	9:41
Kruse	2	16:16	186	8:08
Lally, T	2	16:02	180	8:01
Murphy, K	3	22:19	190	mac to C 7:27
O'Brien	2	16:01	184	8:01
Phimphavong				
Quinlivan	2	19:10	180	9:35
Reike	2	—	—	
Soto	2	16:37	192	8:19
Tahan	2	22:23	200	11:12
Thompson	2	16:57	180	8:29
Walsh	2	15:08	184	7:34
Welby	2	17:00	176	8:30
New Guys				
Bricker				
Conte	2	20:26	182	10:13
Doorack				
Gallagher, fr.	2	16:43	180	8:22
Groesch, An	2	19:17	148	9:38
Huhmann	2	—	160	
Lally, D	2	22:18	160	11:09
Lally, Th	2	20:13	180	10:07
Mungenast, H	2	16:49	176	8:25
Pitti	2	17:18	190	8:40
Rainwater	2	17:00	166	8:30
Reddy	2	18:07	180	9:04
Siegfried	2	25:21	184	12:41
Stolz	2	19:16	160	9:38
Vogt	2	19:18	156	9:39
Physical				
Brewer	2	16:58	180	8:29
Colvis	2	19:34	100	9:47
Lauer	2	18:04	196	9:02
Moran	2	16:08	192	8:04
Sosa	3	20:07	188	6:43
Injured				
Kernell				

Date: 8-8-12 Conditions:

Workout: -Jog 1m to West Camp/ Push-ups/Core/Aerobic Run on Loops: A=8 B=6 C=5 D=4

E=3/6 strides, full stretch with a leader/Weights for the weights group

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Amsler	8	62:25	168		Blackwell	4	38:00	176	
Archer	8	62:25	164		Blechle	4	37:00	168	
Arredondo	8	62.25	160		Booth				
Nicholson	8	62:25	152		Hof	4	41:43	168	
Rackers	8	62:25	168		Kelley	4	42:34	180	
Rubio	8	62:25	144		Kiehl	4	42:09	140	
					Kruse	4	36:06	180	
Group B					Lally, T	4	36:06	172	
Curran	6	45:28	184		O'Brien	4	36:06	176	
Esswein	6	45:28	180		Phimphavong				
Fox	6	49:46	162		Quinlivan	4	40:56	188	
Groesch, Al	6	45:28	168		Reike	4	45:45	200	
Hennessey	6	45:28	164		Soto	4	36:06	176	
Keuss	6	47:41	172		Tahan	4	39:41	210	
Laughlin	6	45:28	180		Thompson	4	36:06	164	
Marty	6	45:28	181		Walsh	4	36:06	160	
Murphy, G	6	49:46	148		Welby	4	38:59	172	
Peraud	6	47:13	156		Lauer				
Sullivan	6	45:28	190		Moran	5	43:21	188	
Swan	4	29:29	164		LAUER	4	36:30	172	
Wottowa	6	45:28	181		**New Guys**				
JACKSON	6	45:33	184		Bricker	2	18:30	172	
					Conte	2	18:04	160	
Group C					Doorack	16:44 ↔ 2		124	
Balossi		34:20	160		Gallagher, fr.				
Bergman	5	43:36	196		Groesch, An				
Carron					Huhmann				
Charles	5	38:12	160		Lally, D				
Dernlan		34:20	152		Lally, Th	2	19:05	188	
Fleming	4	43:22	180		Mungenast, H	4	36:30	170	
Gallagher, so.	5	40:11	132		Pitti	2	19:06	184	
Hogan	5	39:18	188		Rainwater	4	36:35	164	
Jackson					Reddy	2	17:10	160	
Kasper, D	5	43:22	184		Siegfried	2	26:06	168	
Kasper, M	5	44:20	140		Stolz	4	36:35	168	
Martino	5	43:46	172		Vogt	2	17:20	168	
Mimlitz	5	43:22	180		Brewer	2	19:07	188	
Mungenast, P	5	43:21	172		Colvis	2	18:05	160	
Murphy, K	5	38:41	160						
Obermeyer	5	43:21	176						
Oster	5	43:21	172						
Perryman	5	43:22	164						
Raeber									
Rancilio	5	36:04	160		**Injured**				
Schrock	5	43:22	196		Kernell				
Sextro	5	38:12	176						
Smith	5	43:36	168						
Suhre									
Szatkowski									
Thomas	5	43:22	188						
Vicini	5	43:21	164						
Volmert	5	41:18	180						
Sosa	5	40:11	160						

Date: 8-9-12 Conditions:

Workout: Jog 1m to West Camp/Push-ups, Plyos/Aerobic Run on Loops: A=8 B=6 C=5 D=4 E=3/4x flying 200s/full stretch with a leader/jog to SLUH

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Archer	8	60:17	156		O'Brien	4	37:48	182	
Arredondo	8		168		Tahan	4	41:09	200	
Nicholson	—	—	—		Moran	5	43:40	176	
Amsler	8		168		Lally, T	4	36:30	156	
Rackers	8		168		Phimphavong	4	36:34	156	
Rubio	8		144		Reike	4	36:34	186	
					Lauer	4	37:39	172	
Group B					Blackwell	4	37:18	184	
Curran	6	45:15	172		Blechle	4	37:18	188	
Groesch, Al	6	45:13	160		Booth	4	39:45	168	
Wottowa	6	45:14	172		Hof	4	41:07	168	
Esswein	6	45:14	164		Kelley	4	43:46	180	
Keuss	6	46:42	172		Kiehl	4	46:02	152	
Laughlin	6	45:15	168		Kruse	4	35:19	164	
Murphy, G	6	53:12	152	backpain	Quinlivan	4	40:41	192	
Peraud	6	46:14	152		Soto	4	35:19	168	
Swan	4	28:19	148		Thompson	4	35:19	164	
Fox	6	45:15	172		Walsh	4	35:19	164	
Hennessey	6	45:15	164		Welby	4	40:47	172	
Marty	6	45:15	176		Mungenast, H				
Sullivan	6	45:15	180		Rainwater				
					Stolz	4	32:19		
Group C									
Bergman	5	40:02	176		**Group E**				
Martino	5	39:49	170		Bricker	3	30:32	168	
Raeber	4	43:30	164		Conte	3	31:33	164	
Rancilio	[illegible]	27:24	140	knee pain	Doorack	3	27:55	188	
Smith	5	39:45	184		Gallagher, fr.	3	27:34	188	
Suhre	5	43:40	160		Groesch, An	3	27:36	168	
Vicini	5	43:20	152		Huhmann	3	30:54	150	
Carron	5	44:01	152		Lally, D	3	30:25	148	
Charles					Lally, Th	3	31:33	160	
Kasper, D	5	44:01	162		Pitti	3	27:30	200	
Kasper, M	5	44:55	172		Reddy				
Mimlitz	4	40:48	172		Siegfried	2	26:35	180	
Mungenast, P	5	44:52	172		Vogt	3	27:39	184	
Obermeyer	5	39:43	176		Brewer	3	27:30	184	
Oster	5	43:40	168		Colvis	3	27:29	188	
Schrock	5	44:53	192						
Sextro	5	39:08	164						
Szatkowski	5	44:53	176						
Thomas	5	40:48	176						
Fleming	6	44:53	156						
Gallagher, so.	5	39:08	136		**Injured**				
Hogan	5	40:11	180		Kernell				
Jackson	6	45:15	160						
Murphy, K	5	39:30	192						
Perryman	5	40:48	164						
Volmert	5	43:13	172						
Sosa	5	39:08	164						
Balossi	5	40:05	168						
Dernlan	5	40:05	148						

Date: 8-10-12 Conditions:

Workout: Jog to Central Fields near Alumni Race Starting Line/Aerobic Run on Course: A=6 B=5 C=4 D=3 E=2/6 Strides/ Full Stretch /Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Archer	7	50:56	140	
Arredondo	7	50:56	152	
Nicholson	7	50:56	148	
Amsler	7	50:56	156	
Rackers	7	50:56	152	
Rubio	7	50:56	132	
Group B				
Curran				
Groesch, Al	6	49:36	132	
Wottowa				
Esswein	5	38:50	148	
Keuss	6	49:30	158	
Laughlin	5	38:33	–	
Murphy, G	6	49:30	144	
Peraud	6	49:30	120	
Swan	3	35:27	140	
Fox	6	49:36	136	
Hennessey	6	49:36	140	
Marty	6	49:36	148	
Sullivan	6	49:36	144	
Group C				
Bergman	5	42:32	148	
Martino	5	42:32	144	
Raeber	5	44:17	148	
Rancillo	5	35:27	140	
Smith	5	37:32	144	
Suhre				
Vicini	5	46:52	160	
Carron	5	44:38	152	
Charles				
Kasper, D	5	44:38	152	
Kasper, M	5	44:04	172	
Mimlitz	4	30:00	144	
Mungenast, P	4	[illegible]	170	
Obermeyer	4	39:01	164	
Oster	5	49:12	148	
Schrock	5	44:04	184	
Sextro	5	38:50	160	
Szatkowski	5	44:04	188	
Thomas	5	44:04	156	
Fleming	5	47:39	160	
Gallagher, so.	5	46:00	140	
Hogan	5	47:54	152	
Jackson	4	38:50	148	
Murphy, K	4	30:00	136	
Perryman	5	46:52	160	
Volmert	5	48:18	148	
Sosa	5	42:39	156	
Balossi	4	35:00	140	
Dernlan	4	35:00	120	

Group D	Mileage	Time	Pulse	Comments
O'Brien	4	34:00	168	
Tahan				
Moran	5	46:32	172	
Lally, T	4	34:00	164	
Phimphavong				
Reike	5	44:04	168	
Lauer	5	44:04	164	
Blackwell	4	34:30	160	
Blechle	4	34:30	164	
Booth	4	34:12	144	
Hof	4	37:58	176	
Kelley	4	38:38	176	
Kiehl	4	38:38	140	
Kruse	4	34:00	168	
Quinlivan	4	35:49	164	
Soto				
Thompson	4	34:00	160	
Walsh	4	34:00	160	
Welby	5	44:08	164	
Mungenast, H	4	34:00	171	
Rainwater	4		160	
Stolz				
Group E				
Bricker	6½	56:27	162	
Conte				
Doorack	3		160	
Gallagher, fr.	3	31:00	164	
Groesch, An	6½	56:27	158	
Huhmann	3	37:13	–	
Lally, D	3		148	
Lally, Th	4		160	
Pitti	✓		168	
Reddy	4	36:38	180	
Siegfried	3	44:01	164	
Vogt				
Brewer	✓		168	
Colvis	✓		164	
Injured				
Kernell				

Date: 8-13-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups, Core, dynamic stretch routine/Plyos/Aerobic Run on Loops: A=10 B=8 C=5 D=4 E=3/New guys with Coach Porter/ 6 strides/ Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Archer	10	1:07	152	
Arredondo		[illegible]	168	
Nicholson	10	1:07:33	152	
Amsler	10	70:56	168	
Rackers	8	62:36	160	Knee
Rubio	10	1:07:33	156	
Group B				
Curran	8	62:46	152	
Groesch, Al	8	62:42	140	
Wottowa	8	62:52	176	
Esswein	8	59:40	168	No stop
Keuss	8	63:43	172	
Laughlin	8	59:30	164	No stop
Murphy, G	8	63:43	160	
Peraud	8	62:40	162	
Swan	5	36:16	156	
Fox	8	62:46	168	
Hennessey	8	62:36	156	
Marty	8	62:52	176	
Sullivan	8	62:36	160	
Group C				
Bergman	5	41:26	184	
Martino	5	36:35	180	
Raeber	5	42:19	164	
Rancilio	5	36:26	160	
Smith	5	36:35	168	
Suhre	5	42:19	164	
Vicini				
Carron	5	41:24	164	
Charles	5	36:37	156	
Kasper, D	5	41:50	160	
Kasper, M	4	34:51	168	
Mimlitz	5	42:11	172	
Mungenast, P	5	42:06	164	
Obermeyer	5	42:06	164	
Oster	5	42:19	160	
Schrock	5	41:50	184	
Sextro	5	36:37	164	
Szatkowski	5	42:11	176	
Thomas	5	41:24	164	
Fleming	5	40:56	156	
Gallagher, so.	5	36:37	148	
Hogan	5	37:46	172	
Jackson	6	53:40	144	DON'T EAT HONEY BUNS
Murphy, K	5	39:34	164	
Perryman	5	42:25	160	
Volmert	5	41:35	168	
Sosa	5	37:58	156	
Balossi	4	38:00	152	
Dernlan	4	33:00	140	
Me				

Group D	Mileage	Time	Pulse	Comments
O'Brien	4	36:46	176	
Tahan	4	46:56	136	
Moran	5	42:19	176	
Lally, T				
Phimphavong	4	38:52	184	
Reike	4	34:51	136	
Lauer	4	34:51	148	
Blackwell	4	34:51	172	
Blechle	4	34:51	164	
Booth	4	34:13	156	
Hof	4	38:18	168	
Kelley	4	36:35	172	
Kiehl	4	36:35	140	
Kruse	4	34:50	168	
Quinlivan	4	36:31	184	
Soto	3	28:30	164	
Thompson	4	37:46	160	
Walsh	4	34:50	160	
Welby	4	40:32	172	
Mungenast, H	4	34:30	160	
Rainwater	4	34:30	162	
Stolz	4	34:30	164	
Group E				
Bricker	4	37:52	172	
Conte	3	40:32	140	
Doorack	3	28:26	164	
Gallagher, fr.	4	38:05	180	
Groesch, An	4	37:46	168	
Huhmann				
Lally, D	3	28:40	148	
Lally, Th	3	28:38	188	
Pitti	3	32:33	162	
Reddy	3	28:19	160	
Siegfried	3	41:30	164	
Vogt				
Brewer	3	28:33	192	
Colvis	3	28:09	164	
Injured				
Kernell				
Murck Chris				
Jack Schroeder				
Ryan Grady				
Sam Rudder				
Stephen Fanel				
Joe Butler				
Blake Kiertley				
Pete Genovese				
John Zetzman				
Stephen Olwig				
Thomas Capuda				
Ethan McIntyre				

Where Race Shirts/Results Rankings

Pulse

2

36

4

144

A 10
B 9
C 7

Date: 8-14-12 Conditions:
Workout: Warm-up Drills/Central Fields/Drills/ Group 1: 6-8x1k at tempo pace with 200 jog/3 Muny Hills/ Group 2: Tempo Run B=4 C=3 DE=2/ Hurdle Mobility/ Stretch and Recover

B=

Group 1	Pace	1K	1K	1K	1K	1K	1K	1K	1K	Comments
Archer	3:38	341	338	339	336	337	333	335	35	
Nicholson	3:38	341	338	339	336	337	333	335	35	
Rubio	3:46	344	339	342	337	338	335	336	35	
Esswein	3:46	344	339	342	337	338	335	—		
Rackers	3:50	346	344	346	342	345	335	343	42	
Swan	3:50	346	345	346	342	345	338			
Jackson	3:50	346	345	346	342	345	336			
Arredondo	3:50	346	345	346	342	345	335	343	42	
Hennessey	3:54	349	346	349	350	353	349			
Sullivan	3:54	348	346	349	350	353	349			
Rancilio	3:54	349	346	348	347	346	342			
Groesch, Al	3:57	351	348	341	345	345	342			
Laughlin	3:57	347	346	341	340	337	334			
Amsler	3:57	351	349	348	347	348	345			
Sextro	4:02	355	400	355	400	354	354			
Marty	4:02	355	400	356	401	355	350			
Sosa	4:02	355	400	356	401	353	354			
Wottowa	4:02	352	400	356	400	352	352			
Charles	4:02	355	400	345	350	350	350			
Gallagher, so.	4:02	349	348	345	348	342	350			
Curran	4:13	406	413	402	411	406	413			
Hogan	4:13	354	359	348	357	347	351			
Keuss	4:13	406	416	403	412	407	414			
Mungenast, P	4:13	405	409	404	408	406	408			
Fox	4:13	355	400	349	357	347	349			
Balossi	4:13	406	413	403	411	404	412			
Dernlan	4:13	404	411	402	408	402	407			
Stolz	4:13	406	411	402	410	405	414			
Group 2										

Group C	Pace	Tempo	Time	Pulse	Comments
Murphy, G	7:30	4	29:57	176	
Peraud	7:25	4	30:54	164	
Bergman	7:40	4	33:50	196	
Martino	7:50	4	31:24	180	
Raeber	7:40	4	32:09	180	
Kasper, D	7:15	4	30:54	188	
Kasper, M	?	—		—	Injured
Mimlitz	8:05	3	26:08	172	Bathroom
Obermeyer	7:30	4	30:24	188	
Oster	7:40	4	32:09	184	
Schrock	8:00	4	33:50	192	
Szatkowski	8:15	4	31:50	192	
Thomas	7:15	4	31:54	188	
Fleming	7:20	4	30:54	188	
Smith	7:40	4	31:24	184	
Suhre	7:55	4	31:57	184	
Vicini	7:35	3	23:30	192	Breathing issues
Carron	7:35	3	23:49	192	
Murphy, K	7:30	4	29:11	176	
Perryman	7:20	4	30:23	176	
Volmert	7:30	4	31:37	180	
Group D	**Pace**	**Tempo**	**Time**	**Pulse**	**Comments**

Date: 8-14-12 Conditions:

Workout: Warm-up Drills/Central Fields/Drills/ Group 1: 6-8x1k at tempo pace with 200 jog/3 Muny Hills/ Group 2: Tempo Run B=4 C=3 DE=2/ Hurdle Mobility/ Stretch and Recover

O'Brien	8:00	3	28:00	180	
Tahan	9:30	2	35:17	210	
Moran	7:50	3	22:35	116	
Lally, T	7:45	3	23:39	192	
Phimphavong	8:50	3	27:12	184	
Reike	8:15	3	27:03	172	
Lauer	8:05	3	25:06	196	
Blackwell	8:20	3	25:55	184	
Blechle	7:50	3	23:40	180	
Booth	7:40	3	24:51	176	
Hof	8:50	3	28:44	172	
Kelley	8:35	3	27:45	188	
Kiehl	8:50	3	27:45	128	
Kruse	7:35	3	24:28	188	
Quinlivan	8:40	3	26:31	188	
Soto	?	2	17:18	176	
Thompson	8:05	3	26:29	184	
Walsh	7:20	3	23:15	174	
Welby	8:20	3	27:45	164	
Mungenast, H	7:10	3	24:10	183	
Rainwater	7:50				
Jamie		3	26:15		
Group E	**Pace**	**Tempo**	**Time**	**Pulse**	**Comments**
Bricker	8:15	2	17:15	172	
Conte	8:20	2	17:02	174	
Doorack	8:05	2	16:01	176	
Gallagher, fr.	8:15	2	17:14	180	
Groesch, An	7:15	2	14:35	184	
Huhmann	9:55	2			
Lally, D	8:40	2	18:25	160	
Lally, Th	9:40	2	18:15	188	
Pitti	8:00	2			
Reddy	7:40	2	15:11	170	
Siegfried	12:05	2	24:50	192	
Vogt	8:00	2	17:00	180	
Brewer	?	2	15:05	172	
Colvis	8:00	2	15:54	172	
Myrick	?	2			
Schroeder	?	2	14:13	150	
Brady	?	2	19:54	160	
Rudder	?				injured
Farel	?	2	14:06	150	
Butler	?	2	14:07	168	
Kiertley	?	2	17:56	172	
Genovese	?	2	13.56	168	
Zetzman	?	2	15:02	174	
Olwif	?	2	16:20	160	
Caputa	?	2	17:40	160	
McIntyre	?				

Jacob Longinette
Jeric George 2 21:01 158

Date: 8-15-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups, Core, dynamic stretch routine/Plyos/Aerobic Run on Loops: A=8 B=6 C=5 D=4 E=3/New guys with Coach Porter/ 6 strides/ Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Archer	8	58:47	168		O'Brien	4	32:28	176	
Arredondo	9	62:24	172		Tahan				
Nicholson	8	58:47	164		Moran	4	34:04	188	
Amsler	8	62:24	168		Lally, T	4	32:28	164	
Rackers	8	62:24	168		Phimphavong	3	36	164	Left Knee
Rubio	6	45:13	152	Right Foot	Reike	4	36	160	
					Lauer	4	37:54	168	
Group B					Blackwell	4	40:56	160	Left ankle
Curran	6	46:30	164		Blechle	4	33:40	168	
Groesch, Al					Booth	4	33:40	168	
Wottowa	4	28:57	184	Dr. App.	Hof	4	43:16	174	
Esswein	6	46:30	160		Kelley	4	40:32	180	
Keuss	6	47:35	176		Kiehl	4	41:02	140	
Laughlin	6	46:30	156		Kruse	4	37:56	156	
Murphy, G	6	46:30	156		Quinlivan	4	40:31	184	
Peraud	6	52	140	Shin splints	Soto	3	31:05	164	
Swan	4	28:57	160		Thompson	4	37:56	156	
Fox	6	46:30	156		Walsh	4	37:56	160	
Hennessey	6	45:43	160		Welby	4	40:32	180	
Marty	6	46:30	168		Mungenast, H	4	34:00	164	
Sullivan	5	40:19	160	Felt bad	Rainwater	4	34:00	168	
Jackson	5	46:30	160		Stolz	4	34:00	168	
					Schroder	3	26:20	144	
Group C					Farel	4	33:15	170	
Bergman	4	37:07	164	Felt sick	Butler	3	25:50	140	
Martino	5	42:32	168		Genovese	4	34	164	
Raeber	5	44	168		Zetzman				
Rancilio	5	37:08	168		**Group E**				
Smith	5	42:38	176		Bricker	3	28:15	172	
Suhre	3	26:39	192		Conte	3	36	168	
Vicini	4	33:39	168		Doorack	2			
Carron	5	41:34	164		Gallagher, fr.	3	31	160	
Charles	5	38:38	172		Groesch, An	3	?	?	
Kasper, D	5	41:34	164		Huhmann				
Kasper, M					Lally, D	3	34:00	148	
Mimlitz	5	43:55	176		Lally, Th	1	17:34	132	
Mungenast, P	5	41:34	164		Pitti	3	34:15	180	
Obermeyer	5	43:58	168	Ankle pain	Reddy	3	27:05	180	
Oster	5	44	164		Siegfried	3	38:51	180	
Schrock	5	41:34	192		Vogt				
Sextro	5	38:38	168		Brewer	3	26:20	176	
Szatkowski	5	44:05	188		Colvis	3	27:07	164	
Thomas	5	35:50	156		~~Buckler~~				
Fleming	5	41:34	160		Myrick	3	29:45	160	
Gallagher, so.	5	41:31	132		Brady	3	27:25	156	
Hogan	5	39:37	180		Kiertley	3	30:17	172	
Murphy, K	4	32:39	160	Heel	Olwig				
Perryman	5	44:05	164		Caputa	3	26:20	124	
Volmert	5	47:18	160		McIntyre	3	30	140	
Sosa	5	38:38	164		Longinette				
Balossi	4	40	148		George	3	36	188	
Dernlan	4	40	110		O'Mallen				
					Injured				
					Kernell				
					Rupp				

Jack Sperkowski
Ray Gomez
Sergio Goodwin

Date: 8-17-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups/ dynamic stretch routine/Aerobic Run on Loops: A=6 B=5 C=4 D=3 E=2/6 strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	6	46:02	164	
Archer	6	44:20	160	
Arredondo	6	46:02	164	
Nicholson	6	44:16	148	
Rackers	5,5			
Rubio	6	46:02	124	Tool
Group B				
Curran	5	38:58	152	
Esswein	5	36:35	144	Because I am
Fox	5	40:24	156	
Groesch, Al	5	36:35	156	
Hennessey	5	40:24	156	
Jackson				
Keuss	5	38:58	164	
Laughlin	5,5			
Marty	5	40:24	164	
Murphy, G	5	36:35	160	
Peraud	5	38:50	144	
Sullivan	5	40:24	164	
Swan	3	23:03	140	
Wottowa	5	36:35	164	
Group C				
Balossi	3	25:00	152	
Bergman	4	34:12	172	
Carron	4	28:18	192	
Charles	4	28:18	152	
Dernlan	3	25:00	143	
Fleming	4	32:25	154	
Gallagher, so.	4	31:46	128	
Hogan	4	30:39	140	
Kasper, D	4	31:30	164	
Kasper, M	4	30:39	176	Ankle No Bueno
Martino	4	34:11	160	
Mimlitz	4	34:15	148	
Mungenast, P	4	34:17	152	
Murphy, K	5	40:24	172	
Obermeyer	4	34:17	168	
Oster	4	34:26	160	
Perryman	3	24:00	156	Hip [illegible]
Raeber	4	34:26	172	
Rancilio	4	28:45	156	
Schrock	4	34:17	180	
Sextro	4	29:15	156	
Smith	4	34:12	160	
Sosa	4	34:15	148	
Suhre	4	34:46	168	
Szatkowski	4	31:30	188	
Thomas	4	31:30	168	
Vicini	4	31:46	152	
Volmert	4	32:38	160	

Group D	Mileage	Time	Pulse	Comments
Blackwell	3	25:58	160	
Blechle	3	24:33	168	
Booth	3	24:32	152	
Butler	2	16:05	156	
Farel	3	24:16	171	
Genovese	3	24:32	172	
Hof	3	28:19	164	
Kelley	3	28:29	168	
Kiehl	3	28:21	160	
Kruse	3	25:58	168	
Lally, T	3	25:58	160	
Lauer	3	24:32	176	
Moran	3	25:04	172	
Mungenast, H	3	24:32	164	
O'Brien	3	27:03	176	
Phimphavong	3	28:30	164	
Quinlivan	3	24:33	188	
Rainwater	3	24:32	168	
Reike	3	24:32	156	
Schroder	3	24:10	160	
Soto	2	17:24	164	
Stolz	3	24:10	140	
Tahan	3	28:52	208	
Thompson	3	25:34	160	
Walsh	3	25:58	140	
Welby	3	25:58	180	
Group E				
Brady	2	21:30	153	
Brewer	2	16:03	176	
Bricker	3	25:00	172	
Caputa	2	16:00	172	
Colvis	2	16:05	164	
Conte	2	16:55	168	
Doorack	2	18:44	160	
Gallagher, fr.	2	17:24	180	
George	2	21:30	164	
Gray	2	16:39	180	
Groesch, An	3	25:03	172	
Huhmann				
Kiertley	2	15:57	167	
Klarsch	2	16:10	160	
Lally, D	2	18:20	152	
Lally, Th				
Longinette	2	17:50	157	
McIntyre	2	16:22	180	
Myrick	2	22:38	172	
Olwig	2	17:28	156	
Pitti	2	21:30	153	
Reddy				
~~Rudder~~				
Siegfried	2	25:06	164	
Vogt				
Injured				
Kernell				
Rupp	2	17:24	168	
Spurkowski	2	15:08	180	
Gomez	2	17:06	158	
O'Mally	2	17:15	157	
Goodwin	2	22:37	154	

notable best

Date: 8-18-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups/ Warm-up Drills/8k and 6k group: Fartlek 3 on/2 off/ Groups 1,2,3: 6x800/ Full Stretch/ Jog SLUH

8K Group	Distance	Time	Pulse	Average	Comments
Archer	8K	30:06	190	6:01	
Arredondo	8K	31:02	188	6:12	
Nicholson	8K	29:38	184	5:55	
Rackers	8K	32:08	200	6:25	
Rubio	8K	29:38	176	5:55	
6K Group					
Amsler	6K	23:35	184	6:21	
Balossi	6K	25:43	180	6:54	
Charles	6K	24:04	192	6:29	
Curran	6K	24:25	180	6:34	
Dernlan	6K	25:46	170	6:55	
Esswein	6K	22:50	196	6:08	
Fox	6K	22:55	196	6:10	
Gallagher, so.	6K	23:30	164	6:19	
Groesch, Al	6K	23:19	176	6:16	
Hennessey	6K	23:18	184	6:16	
Jackson	6K	23:21	?	6:17	
Keuss	6K	25:32	184	6:49	
Laughlin	6K	23:23	184	6:17	Legs Hurt
Marty	6K	23:42	192	6:22	
Mungenast, P	6K	25:23	184	6:49	
Rancilio	6K	23:27	188	6:18	
Sextro	6K	23:32	196	6:20	Shin Splints
Sosa	6K	23:52	192	6:25	
Stolz	6K	25:25	192	6:50	
Sullivan	6K	23:19	196	6:16	
Swan	6K	22:33	196	6:03	
Wottowa	6K	24:22	188	6:33	
Hogan	6K	23:54	196	6:25	

Group 1	800	800	800	800	800	800	Comments
Bergman	3:11	3:11	3:11	3:09	3:03	3:00	
Carron	3:03	2:54	2:53	2:48	2:48	2:47	
Fleming	3:00	2:57	3:00	3:01	3:02	2:57	
~~Hogan~~							6K group
Kasper, D	2:56	2:49	2:53	2:52	2:51	2:50	
Kasper, M							Ankle
Martino	3:08	3:03	3:07	3:08	3:06	3:06	
Mimlitz	3:03	3:00	3:02	3:02	3:12	2:56	
Murphy, G	2:58	2:55	2:56	2:58	2:59	2:55	
Murphy, K	2:58	2:52	2:52	2:51	2:49	2:50	
Obermeyer	2:54	2:49	2:52	3:02	3:10	3:02	
Oster	3:04	3:11	3:11	3:08	3:08	3:15	
Peraud	3:00	3:00	3:00	3:00	3:00	2:55	
Perryman	3:00	2:47	2:57	2:59	3:01	2:57	
Raeber	3:05	3:11	3:11	3:08	3:05	2:44	
Schrock	3:20	3:21	3:23	3:23	3:22	3:19	
Smith	3:06	3:02	3:01	3:00	2:56	2:54	
Suhre	3:17	3:11	3:11	3:10	3:18	3:16	
Szatkowski	3:06	3:01	3:02	3:03	3:06	3:05	
Thomas	2:58	2:54	2:53	2:55	2:55	2:51	
Vicini	2:58	2:54	2:53	2:55	2:55	2:51	
Volmert	3:09	3:06	3:07	3:11	3:09	3:07	
Sperkowski	2:55	2:47	2:57	3:01	3:06	3:12	

Date: 8-18-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups/ Warm-up Drills/8k and 6k group: Fartlek 3 on/2 off/ Groups 1,2,3: 6x800/ Full Stretch/ Jog SLUH

Group 2	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Blackwell	3:29	3:26	3:26	3:28	3:32	3:25	
Blechle	3:23	3:09	3:08	3:05	3:08	3:08	
Booth	3:22	3:06	3:07	3:08	3:07	3:06	
Brewer	3:22	3:03	2:55	2:57	3:04	2:59	
Butler	3:30	3:10	3:10	3:10	3:08	2:48	
Colvis	3:23	3:10	3:07	3:06	3:20	3:13	
Farel	3:20	3:05	3:01	3:00	3:08	3:03	
Genovese	3:20	3:00	2:57	2:54	2:54	2:52	
Hof	3:40	3:40	3:35	3:40	3:45	3:47	
Kelley	3:38	3:37	3:32	3:31	3:38	3:37	
Kiehl	3:35	3:37	3:32	3:33	3:48	3:42	
Kruse	3:21	3:04	3:02	3:03	3:04	3:01	
Lally, T	3:20	3:07	3:08	3:06	3:07	2:58	
Lauer	3:27	3:13	3:13	3:13	3:10	3:07	
McIntyre	3:25	3:11	3:10	3:15	3:20	3:22	
Moran	3:20	2:59	2:59	2:57	3:04	2:59	
Mungenast, H	3:21	2:59	2:55	2:50	3:00	2:57	
O'Brien	3:20	3:07	3:08	3:08	3:07	3:10	
Phimphavong	3:36	3:42	3:38	3:40	3:48	3:48	
Quinlivan	3:35	3:33	3:26	3:28	3:32	3:25	
Rainwater	3:24	3:08	3:08	3:02	3:09	3:16	
Reike	3:20	3:07	3:11	3:12	3:17	3:16	
Schroder	3:21	3:00	2:58	2:55	2:55	2:53	
Soto	3:23	3:11	3:15	3:12	3:23	3:08	
Tahan	3:56	3:55	4:06	3:58	4:06	4:09	
Thompson	3:25	3:11	3:12	3:11	3:18	3:16	
Walsh	3:20	2:59	2:55	2:52	2:53	2:48	
Welby	3:37	3:42	3:36	3:40	3:48	3:40	
Caputa	3:31	3:25	4:09	2:50	3:19	3:31	
Group 3	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Brady	3:22	3:31	3:36	3:35	3:38	3:34	
Bricker	3:20	3:37	3:30	3:30	3:29	3:28	
Gomez	3:02	3:12	3:18	3:17	3:23	3:17	
O'Malley	2:58	3:15	3:25	3:11	3:29	3:07	
Conte	3:28	3:38	3:49	3:46	3:44	3:38	
Doorack	—	—	—	—	—	—	Knee
Gallagher, fr.	—	—	—	—	—	—	
George	—	—	—	—	—	—	
Gray	—	—	—	—	—	—	
Groesch, An	2:48	3:00	2:58	3:01	3:05	2:58	
Huhmann	—	—	—	—	—	—	
Kiertley	3:20	3:33	3:56	3:40	3:35	3:48	
Klarsch	3:06	3:22	3:10	3:28	3:29	3:06	
Lally, D	3:34	3:32	3:26	3:32	3:29	3:24	
Lally, Th	—	—	—	—	—	—	
Longinette	3:21	3:34	3:48	3:38	3:38	3:38	
Goodwin	3:28	3:32	4:28	4:04	3:50	3:48	
Myrick	—	—	—	—	—	—	
Olwig	3:14	3:20	3:22	3:15	3:22	3:18	
Pitti	3:49	—	—	—	—	—	Knee
Reddy	—	—	—	—	—	—	
Siegfried	4:20	4:41	—	4:33	—	4:32	
Vogt	—	—	—	—	—	—	Ankle
Injured							
Kernell							
Rupp							

Date: 8-20-12 Conditions:

Workout: Jog 1mi to West Camp/ Push-ups Core/dynamic stretch routine/Aerobic Run on Loops:

A=10 B=8 C=5 D=4 E=3/6-8 strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	10	75:44	164	
Archer	10	71:50	164	
Arredondo	6	46:23	152	Still sore
Nicholson	10	71:50	156	
Rackers	10	75:48	160	
Rubio	10	71:50	160	
Group B				
Curran	8	58:23	160	
Esswein	8	55:15	156	Sig. good work
Fox	8	58:23	180	
Groesch, Al	8	58:23	164	
Hennessey	8	58:23	164	
Jackson	—	—	—	
Keuss	8	66:31	164	
Laughlin	8	58:23	164	
Marty	8	66:31	164	
Murphy, G	8	59:09	164	
Peraud	8	66:19	136	
Sullivan	8	58:23	180	
Swan	4	28:20	140	
Wottowa	8	58:23	180	
Group C				
Balossi	4	34:45	142	
Bergman	5	41:19	176	
Carron	5	37:24	152	
Charles	5	36:18	152	
Dernlan	4	34:45	135	
Fleming	5	36:58	154	
Gallagher, so.	5	43:07	160	
Hogan	5	36:33	164	
Kasper, D	5	38:00	164	
Kasper, M	3	32:32	156	
Martino	5	41:19	164	
Mimlitz	4	34:46	168	
Mungenast, P	5	43:12	140	
Murphy, K	5	37:09	172	add 5 for Sun
Obermeyer	4	33:46	164	injured
Oster	5	43:17	168	
Perryman	5	43:12	140	
Raeber	5	43:07	164	
Rancilio	5	37:49	152	
Schrock	5	43:07	176	
Sextro	5	39:45	162	shin splints
Smith	5	41:20	156	
Sosa	5	36:58	160	
Suhre		43:07	164	
Szatkowski	5	38:15	192	
Thomas	5	38:00	172	
Vicini	5	43:07	160	
Volmert	5	43:54	172	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	34:30	172	ankles
Blechle	4	34:36	160	
Booth	4	33:06	152	
Butler	4-	27:00	160	
Farel	4-	26:56	180	
Genovese	4	34:45	[redacted]	156
Hof	4	41:22	168	
Kelley	4	45:51	152	
Kiehl	4	41:22	160	
Kruse	4	33:46	176	
Lally, T	3	28:00	172	ankle
Lauer	4 ~~3~~	34:20	168	
Moran	~~4~~ 5	43:07	180	
Mungenast, H	4	34:45	144	
O'Brien	4	35:15	160	
Phimphavong	~~4~~ 3	32:32	164	right calf
Quinlivan	4	34:30	180	
Rainwater	4	35:00	160	
Reike	4	33:46	172	
Schroder	4-	26:50	165	
Soto	4	38:00	164	
Sperkowski	4-	26:50	180	
Stolz	4	34:45	156	
Tahan	4	44:36	210	
Thompson	4	33:46	164	
Walsh	4	33:46	160	
Welby	4	42:22	168	
Group E				
Brady	3			
Brewer	3	23:30	160	move to D
Bricker	~~4~~	38:00	160	heel bleeding
Caputa	3	26:00	162	
Colvis	3	35:15	160	~~[illegible]~~ calf
Conte	3	32:32	160	
Gallagher, fr.	3 ~~[illegible]~~	27:40	192	
George	3	35:15	168	
Gomez	3	27:40	168	
Goodwin	3	29:00	160	
Gray	~~4~~	34:45	160	
Groesch, An	3	23:32	152	move to D
Kiertley	~~3~~	—	—	
Klarsch	3	27:00	160	
Lally, D	3	28:50	150	
Lally, Th	~~3~~	—	—	
Longinette	3	28:45	175	
McIntyre	~~3~~	—	—	
Myrick	~~3~~	—	—	
O'Malley	3	27:00	156	
Olwig	3	27:00	164	
Pitti	3	35:15	160	
Reddy	3	25:00	160	
Siegfried	3	39:44	160	
Vogt	~~3~~	—	—	
Injured				
Kernell				
Rupp	4	33.46	164	
Huhmann				
Doorack				

Date: 8-21-12 Conditions:

Workout: Jog 1m toCentral Fields/ Push-ups/Warm-up Drills/ 12=3 mile tempo and 6 hills 34= 3 mile tempo 56= 2 mile tempo/Hurdle Mobility/Cool-down (extended for 12 / Full Stretch/ Jog SLUH

Group 1	Mileage	Time	Pulse	Comments
Archer	3	17:25	196	
Arredondo	3	16:18	196	
Nicholson	3	17:11	192	
Rackers	3	19:19	200	
Rubio	3	17:33	196	
Hennessey	3	18:02	184	
Esswein	3	18:01	196	
Fox	3	18:61	192	
Groesch	~~3~~	~~18:01~~	~~196~~	
Jackson	3	18:13	166	
Swan	3	18:00	180	
Group 2				
Amsler	3	18:40	172	
Balossi				
Charles				
Curran	3	19:55	172	
Dernlan	3	20:09	180	
Gallagher, so.	3	19:29	160	
Keuss	3	19:55	180	
Laughlin	3	19:09	192	
Marty	3	19:49	170	
Mungenast, P	3	20:09	186	
Rancilio	3	19:10	180	
Sextro	3	20:08	166	
Sosa	3	19:29	160	
Stolz	3	20:10	180	
Sullivan	3	18:28	200	
Wottowa	3	19:55	192	
Hogan	2 1/2	17:55	164	back pain
Group 3				
Carron	3	22:11	176	
Flmeing	3	21:59	180	
Kasper, D	3	14:50	204	
Mimlitz	3	22:50	188	
Murphy, G	3	21:06	172	
Murphy, K	3	20:15	184	
Peraud	3	21:59	172	
Perryman	3	21:59	176	
Thomas	3	21:49	184	
Vicini	3	20:56	184	
Farel				
Genovese	3	22:14	164	
Mungenast, H	3	22:11	169	
Schroder	3	19:52	190	
Walsh	3	22:14	164	
Sperkowski				
Groesch, An	3	21:54	172	
Group 4				
Bergman	3	22:41	196	
Martino	3	22:24	190	
Obermeyer	2	16 44	168	injured
Oster	3	23 25	188	
Raeber	3	23 25	186	
Smith	3	22:24	176	
Szatkowski	3	22:26	188	
Volmert				
~~Sperkowski~~				
Brewer	3	22:51	176	

Group 4	Mileage	Time	Pulse	Comments
Kruse				
Moran	3	22:55	192	
O'Brien	3	23:49	192	
Olwig				
Rainwater	3	22:10	184	
Soto	3	23:15	184	
Group 5				
Schrock	3	23:57	192	move to 4
Suhre	2	15:48	188	
Blechle	2	14:50	176	
Booth	2	14:44	180	
Butler	2	14:25	—	
Colvis	2	15:35	160	ankel hurt
Lally, T	2	15:13	192	
Lauer	2	15:20	196	
McIntyre	2	16:02	180	
Reike	2	15:26	184	
Thompson	2	15:13	172	
Caputa	2	15:55	184	
Bricker	2	16:20	180	
Gomez	2	15:34	186	
O'Malley	2	15:05	172	
Gallagher, fr.	2	15:34	192	
Gray				
Klarsch	2	15:57	176	
Lally, D	2	15:24	160	
Pitti	2	15:36	164	
Reddy	2	15:54	180	
Group 6				
Blackwell	2	16:48	172	
Hof	2	15:13	176	
Kelley	2	16:51	188	
Kiehl	2	17:59	172	
Phimphavong	2	17:30	172	
Quinlivan	2	16:47	180	
Tahan	2	18:24	186	
Welby	2	17:54	176	
Brady	2	16:18	182	
Conte	2	18:30	192	dry heave
George	2	20:56	196	shin splints
Kirtley	2	17:12	178	
Longinette				
Goodwin	2	19:54	136	
Myrick				
Siegfried	2	22:33	184	
Injured				
Kernell				
Rupp				
Huhmann				
Doorack				
Kasper, M	2	16:44	186	
Lally, Th				

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Date: 8-22-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/ Playos/ Aerobic Run on

Loops: A=8 B=6 C=5 D=4 E=3/6-8 strides / Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Amsler	8	61:24	168	
Archer	8	58:50	164	
Arredondo	[redacted]	47:50	156	
Nicholson	6	36:36	156	
Rackers	8	61:24	168	
Rubio	6	46:27	148	legs sore
Group B				
Curran	6	50:13	152	
Esswein	6	42:50	140	
Fox	6	48:46	152	meow
Groesch, Al	6	50:11		
Hennessey	6	48:46	160	
Jackson				
Keuss	6	48:02	172	
Laughlin	5	46:34	156	
Marty	6	46:15	180	
Murphy, G	6	45:00	160	
Peraud	48:00	6	144	
Sullivan	6	48:46	168	
Swan	5	36:17	164	
Wottowa	6	46:15	180	
Group C				
Balossi	5	42:50	166	
Bergman	5	44:33	168	
Carron	5	41:19	156	
Charles	3	25:30	128	
Dernlan	~~0~~	~~0~~	~~0~~	Injured
Fleming	5	41:02	172	
Gallagher, so.	5	46:10	174	
Hogan	5	43:36	176	
Kasper, D	5	41:17	188	
Kasper, M	3	27:00	164	
Martino				
Mimlitz	4	36:33	168	shin splints
Mungenast, P	5	42:58	164	
Murphy, K	5	40:11	172	
Obermeyer	3	28:08	156	injured
Oster	5	46:38	164	
Perryman	5	44:08	164	
Raeber	5	46:34	156	
Rancilio	5	39:31	160	
Schrock	5	44:00	188	
Sextro	5	47:33	157	shin splints
Smith				
Sosa	5	41:02	168	
Suhre	5	42:34	164	
Szatkowski	5	42:38	188	
Thomas	5	41:19	164	
Vicini	5	40:11	164	
Volmert	5	46:05	180	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	36:48	180	
Blechle	4	35:13	168	
Booth	4	38:30	164	
Brewer	4	35:13	172	
Butler	4	40:00	168	
Farel	5	42:15	200	
Genovese	2	17:30	140	sprained ankle at start
Groesch, An	4	33:30	164	
Hof	4	42:19	176	
Kelley	4	40:00	172	
Kiehl	4	41:06	160	
Kruse	3	27:02	156	Dizzy, dehidrated
Lally, T	3	27:00	172	
Lauer	4	34:20	164	
Moran	4	36:48	184	
Mungenast, H	5	42:00	172	
O'Brien	4	33:30	176	
Phimphavong	3	28:22	172	
Quinlivan	4	36:09	184	
Rainwater	5	42:00	180	
Reike	3	28:10	164	stomach
Schroder	5	41:00	180	
Soto	4	[redacted]	188	[redacted] Time=35.27
Sperkowski	5	41:00		
Stolz	5	42:00	172	
Tahan				
Thompson	[redacted] 4	~~48:44~~	160	[redacted] Time=35:27
Walsh	3	27:02	160	[redacted] dehidrated
Welby	4	41:06	176	
Group E				
Brady	2	26:40	164	shin splints
Bricker	3	27:50	172	
Caputa	3	27:02	172	
Colvis	[redacted] 2	19:20	160	ankle hurt
Conte	3	27:50	200	
Gallagher, fr.	3	28:10	180	
George	2	26:40	176	shin splints
Gomez	2	17:15	170	
Goodwin	2	26:24	140	
Gray	2	16:58	168	
Kiertley	[redacted] 2	18:59	179	knee hurt
Klarsch	3	25:00	180	
Lally, D	2 [redacted]	16:40	160	shins hurt
Lally, Th				
Longinette				
McIntyre	3	28:38	176	
Myrick				
O'Malley	3	25:35	176	
Olwig	4	36:47	184	
Pitti	[redacted] 2	19:20	164	
Reddy	3	25:30	160	
Siegfried	3	30:33	164	
Vogt	2	17:05	180	ankle flared at end
Injured				
Kernell				
Rupp	3	27:02	164	leg
Huhmann				
Doorack				

Date: 8-23-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/ Plyos/ Aerobic Run on Loops: A=8 B=6 C=5 D=4 E=3/Flying 200s / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	8	6519	168	
Archer	8	6110	160	
Arredondo	6	4931	156	
Nicholson	XT			
Rackers	8	6519	152	
Rubio	8	6110	148	
Group B				
Curran	6	4931	156	
Esswein	✓			
Fox	6	4931	160	
Groesch, Al	6	4931	164	
Hennessey	6	4931	160	
Jackson	6	6229	120	
Keuss	✓			
Laughlin	6	4300	168	
Marty	6	5015	168	
Murphy, G	6	4939	160	
Peraud	5	4100	136	
Sullivan	6	5229	160	
Swan	3	23:	136	
Wottowa	6	4931	164	
Group C				
Balossi	4	3212	156	
Bergman	5	4316	172	
Carron	5	4211	152	
Charles	5	3730	144	
Dernlan	HURT			
Fleming	5	4238	168	
Gallagher, so.	5	3750	156	
Hogan	5	4426	168	
Kasper, D	5	4238	164	
Kasper, M	2	1630	160	
Martino	5	4316	180	cramping
Mimlitz	4	3815	188	
Mungenast, P	5	4230	164	
Murphy, K	5	36:50	160	
Obermeyer	3	26:35	168	
Oster	5	44:48	164	
Perryman	5	4300	164	
Raeber	5	44:30	156	
Rancilio	5	3750	160	
Schrock	5	4238	180	
Sextro	5	4726	158	
Smith	5	4316	168	
Sosa	5	3750	160	
Suhre	5	4430	160	
Szatkowski	5	4146	188	
Thomas	5	4235	160	
Vicini	5	4230	164	
Volmert	5	4406	152	

Group D	Mileage (MI)	Time	Pulse	Comments
Blackwell	4	3647	172	
Blechle	4	3340	168	
Booth	4	3336	168	
Brewer	4	3622	168	
Butler	4	3330	172	
Farel	4	33:30	192	
Genovese	HURT			
Groesch, An	3.5	32:10	✓	
Hof	4	37:28	168	
Kelley	4	4002	176	
Kiehl	4	4002	128	
Kruse	4	3622	164	
Lally, T	2	1630	172	
Lauer	4	3629	168	
Moran	5	4430	180	
Mungenast, H	4	33:30	168	
O'Brien	3.5	32:10	✓	
Phimphavong	3	29:00	154	calf hurts
Quinlivan	4	3647	180	
Rainwater	4	3333	180	
Reike	4	36:00	172	
Schroder	3	36:00	90	hurt leg
Soto	4	3815	180	
Sperkowski	5	4146	190	
Stolz	4	3330	164	
Tahan	HURT			
Thompson	4	3622	160	
Walsh	4	3622	168	
Welby	4	4522	176	
Group E				
Brady	✓			
Bricker	3	28:40	162	
Caputa	3	26:35	176	
Colvis	3	30:48	160	
Conte	3	28:40	176	
Gallagher, fr.	3	30:53	212	
George	3	36:48	184	
Gomez	3	28:40	172	→ 3 | 37:32 | 140
Goodwin	↳			
Gray	3	30:54	183	
Kiertley	3	30:20	176	
Klarsch	3	27:30	176	
Lally, D	3	32:38	160	shin hurts
Lally, Th	3	36:12	112	knees
Longinette	3	30:20	✓	
McIntyre	HURT			
Myrick				
O'Malley	3	26:05	160	
Olwig	HURT			
Pitti	3	30:48	164	
Reddy	HURT			
Siegfried	3	3648	184	
Vogt	HURT			
Injured				
Kernell				
Rupp	2	1630	164	
Huhmann				
Doorack				

Date: 8-24-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/ Aerobic Run on Loops: A=6 B=5 C=4 D=3 E=2/6-8 Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	6	47:25	152	
Archer	6	47:25	152	
Arredondo	5	40:21	152	
Nicholson	6	47:25	148	
Rackers	6	47:25	152	
Rubio	6	47:25	144	
Group B				
Curran	3	23:15	157	
Esswein	XT			
Fox	5	42:36	144	
Groesch, Al	5	40:59	120	
Hennessey	5	40:43	156	
Jackson	5	42:x	128	
Keuss	5	41:04	152	
Laughlin	4	31:47	144	
Marty	5	40:45	164	
Murphy, G	5	41:52	148	
Peraud	5	40:45	136	
Sullivan	5	42:36	152	
Swan	3+	24:00	140	
Wottowa	3	23:15	164	
Group C				
Balossi	3	23:14	160	
Bergman	4	34:23	168	
Carron	4	30:04	172	
Charles	4	30:03	152	
Dernlan	3	24:13	168	
Fleming	4	32:23	176	
Gallagher, so.	5	31:47	144	
Hogan	4	34:19	160	
Kasper, D	4	32:23	172	
Kasper, M	2	16:52	168	
Martino	2	17:30	176	ill
Mimlitz	3	26:05	164	
Mungenast, P	4	32:16	164	
Murphy, K	5	42:36	160	
Obermeyer				
Oster	4	34:40	168	
Perryman	4	35:12	166	
Raeber	3	29:37	148	
Rancilio	4	28:40	160	
Schrock	4	35:12	176	
Sextro	4	35:12	159	
Smith	4	34:23	152	
Sosa	4	32:23	152	
Suhre	3	28:06	152	
Szatkowski	4	30:04	196	
Thomas	4	33:27	152	
Vicini	4	32:15	164	
Volmert	4	34:35	156	

Group D	Mileage	Time	Pulse	Comments
Blackwell	3	25:15	172	
Blechle	3	25:15	164	
Booth	3	24:43	156	
Brewer	3	25:10	176	
Butler	3	23:15	152	
Farel	3	23:14	180	
Genovese	3	23:15	164	
Groesch, An	3	23:14	160	
Hof	3	33:33	168	congestion, sore throat
Kelley	3	29:03	160	
Kiehl	3	29:04	140	
Kruse	3	25:25	160	
Lally, T	2	16:52	168	
Lauer	3	25:10	160	
Moran	4	34:14	172	
Mungenast, H	3	23:45	156	
O'Brien	3	26:05	176	
Phimphavong	2	19:15	152	calf
Quinlivan	3	25:15	188	
Rainwater	3	23:30	160	
Reike	3	25:50	160	
Schroder	4	31:54	169	
Soto	3	25:25	176	
Sperkowski	4	31:54	188	
Stolz	3	23:15	164	
Tahan	XT			
Thompson	3	25:25	156	
Walsh	3	25:25	160	
Welby	3	33:30	164	
Group E				
Brady				
Bricker	3	27:00	172	
Caputa	3	26:00	162	
Colvis	2	18:40	160	
Conte	2	16:52	160	
Gallagher, fr.	3	27:00	180	
George	2	20:40	172	
Gomez	3	26:10	168	
Goodwin	3	29:27	164	
Gray	2	26:20	172	
Kiertley	3	27:20	169	
Klarsch	3	23:14	168	
Lally, D	3	27:50	160	
Lally, Th				
Longinette				
McIntyre	3	25:20	160	
Myrick				
O'Malley	3	23:14	168	
Olwig	3	26:11	144	
Pitti	2	[illegible]	160	18:40 ← Time
Reddy	3	24:20	180	
Siegfried	2	26:03	164	
Vogt	3	28:06	176	
Injured				
Kernell				
Rupp	2	16:52	172	
Huhmann				
Doorack				

Date: 8-25-12 Conditions:

Workout: Warm-up Drills/ Push-ups/Fartlek for everyone(1:30 on/3:30 off) 12=35 minutes 34= 30 minutes 56= 25 minutes/Hurdle Mobility/Cool-down (extended for 12) / Full Stretch/ Jog SLUH

First Capital - 2x5K fartlek

Group 1	Mileage	Time	Pulse	Comments
Archer	1851	1842		
Arredondo	1854	1843		
Nicholson	1851	1842		
Rackers	1910	2110		
Rubio	1857	1841		
Hennessey	1853	1845		
Esswein	—	—		
Fox	18:55	2313		
Groesch	20:28	18:43		
Jackson	20:50	—		
Swan	18:57	—		
Group 2				
Amsler	2006	2211		
Balossi	2050	2035		
Charles	1949	—		
Curran	2050	2059		
Dernlan	2049	—		
Gallagher, so.	—	—		
Keuss	2053	2125		
Laughlin	1907	2158		
Marty	1957	—		
Mungenast, P	2050	2142		
Rancilio	2219	2031		
Sextro	2049	2055		
Sosa	2049	2055		
Stolz	2050	2139		
Sullivan	1900	1912		
Wottowa	2050	2058		
Hogan	2043	2058		
Group 3				
Carron				
Flmeing	7 laps	30:00	172	
Kasper, D	7 laps	30:00	172	
Mimlitz	4.5	20:00	DNF	
Murphy, G	7 laps	30:00	164	
Murphy, K	7 laps	30:00	160	
Peraud		30:00	164	
Perryman		30:00	160	
Thomas	7 laps			
Vicini	7.4 laps	30:00	176	
Farel				
Genovese	7.5 laps	30:00	164	
Mungenast, H				
Schroder		25:00	170	
Walsh	7 laps	30:00	164	
Sperkowski	7	30:00		
Groesch, An				
Group 4				
Bergman		25:00	164	
Martino	4K	23:45	172	
Obermeyer	3K		156	injured
Oster	30:00		192	
Raeber	25		184	
Smith	30:00	140		
Szatkowski	30:00	7.4	180	
Volmert	25:00	30:00	DNK	
Sperkowski				
Brewer		30:00	152	

17:22

Group 4	Mileage	Time	Pulse	Comments
Kruse		30:00		
Moran		36	??	
O'Brien				
Olwig		30	150	
Rainwater				
Soto				
Group 5				
Schrock				
Suhre		30:00	180	
Blechle	25:00			
Booth	25:00	25:00	168	
Butler	25:00	25	180	
Colvis	25:00		160	
Lally, T				
Lauer	25:00	25:00	180	
McIntyre		25:00	160	
Reike				
Thompson				
Caputa				
Bricker				
Gomez				
O'Malley				
Gallagher, fr.				
Gray	3K	17:25	176	
Klarsch		25:00	178	
Lally, D		25:00	160	
Pitti				
Reddy		24	155	
Group 6				
Blackwell	25 min	25:00	160	
Hof	23 min	25:00	168	congestion
Kelley		25 min	168	
Kiehl	25 min	25:00	160	
Phimphavong	25 min	25:00	172	
Quinlivan	25 min	25:00	160	
Tahan				
Welby				
Brady				
Conte	25 min	5.05		
George	25 min		176	
Kirtley				
Longinette				
Goodwin				
Myrick				
Siegfried	25 min	25:00	184	
Bricker		25 min	172	
Injured				
Kernell				
Rupp	3K	17:22	152	
Huhmann				
Doorack				
Kasper, M	3K		170	
Lally, Th	3K	17:23	168	
Vogt	3K	17:22	156	

17:22

Date: 8-27-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/ Aerobic Run on Loops: A=10 B=8 C=6 D=5 E=4/6-8 Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	8	58:49	164	Hard-Asked
Archer	10	72:16	160	
Arredondo	2	60:21	164	Backhurt
Nicholson	10	72:10	156	
Rackers	10	76:14	160	2014156@5
Rubio	10	72:16	152	
Group B				
Curran				
Esswein				
Fox	8	60:21	172	
Groesch, Al	8	62:13	160	
Hennessey	8	59:27	160	
Jackson		60:21	150	
Keuss	8	60:00	176	
Laughlin	8	57:49	156	
Marty	8	55:16	172	
Murphy, G	8	61:00	160	
Peraud	6	49:11	148	
Sullivan		60:21	168	
Swan				
Wottowa	8	58:16	172	
Group C				
Balossi	5	46:00	148	
Bergman	6	51:34	174	
Carron	6	49:11	148	
Charles				
Dernlan	5	41:57	160	
Fleming	5.5	44:39	152	wrong turn
Gallagher, so.	6	46:04	164	
Hogan	6	55:55	172	problems w/map
Kasper, D	6	51:10	148	
Kasper, M	4	36:30	164	
Martino	6	51:34	146	
Mimlitz				
Mungenast, P	6	46:20	172	
Murphy, K	6	46:51	150	Add 5 for Sun
Obermeyer				
Oster	6	51:35	176	
Perryman	8	57:50	172	
Raeber	10	51:35	172	
Rancilio	8	55:45	164	
Schrock	8	51:10	154	
Sextro	6	51:35	164	Shin Splints
Smith	6	51:36	164	
Sosa				
Suhre	6	51:30	164	
Szatkowski	6	51:10	148	
Thomas	6	51:10	154	
Vicini	6	46:20	160	Cut the laces
Volmert	6	57:49	172	not fast enough

Group D	Mileage	Time	Pulse	Comments
Blackwell	5	42:40	180	
Blechle	5	42:40	168	
Booth	5	43:44	164	
Brewer	5	42:20	172	
Butler	5	42:40	154	
Farel	5	42:40	192	
Genovese	5	42:40	168	
Groesch, An	5	46:30	168	
Hot	5	52:20	164	Stuffy nose
Kelley	5	48:49	166	
Kiehl	5	52:20	156	
Kruse	5	42:20	176	
Lally, T	3	24:40	172	
Lauer	5	41:57	154	
Moran	6	51:35	192	
Mungenast, H	5	41:57	172	
O'Brien	5	46:30	154	
Phimphavong	4	35:02	176	
Quinlivan	4	31:59	154	
Rainwater	5	41:57	168	
Reike	5	48:43		
Schroder	5.5	44:39	175	
Soto	5	42:20	150	
Sperkowski	9.5	44:39	120	
Stolz	5	41:57	164	
Tahan				
Thompson	5	42:00	168	
Walsh	5	42:20	164	
Welby	5	50:20	150	
Group E				
Brady				Need driven home back
Bricker	4	36:00	172	
Caputa	4	31:08	180	
Colvis	4	40:14	164	
Conte	4	36:30	152	
Gallagher, fr.	4	38:23	150	
George	4	44:20	180	
Gomez	4	35:14	180	
Goodwin	4	40:20	144	
Gray	4	39:58	176	
Kiertley	4	40:20	176	
Klarsch	4	35:00	180	
Lally, D	4	40:15	168	
Lally, Th				
Longinette				
McIntyre	4	35:19	150	
Myrick				
O'Malley	4	31:08	160	
Olwig	4	31:08	164	
Pitti	4	39:58	150	
Reddy	4	36:00	170	
Siegfried	4	32:14	164	
Vogt	4	38:23	180	
Injured				
Kernell				
Rupp	3	24:40	176	
Huhmann				
Doorack				

Date: 8-28-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=2k-16-12-8-4 3456= 16-12-8-4/Hurdle Mobility/Cool-down (extended for 12) / Full Stretch/ Jog SLUH

Group 1	2k P	2k	1600 P	1600	1200 P	1200	800 P	800	400 P	400	Com
Archer	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	72	
Arredondo	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	72	
Nicholson	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	72	
Rubio	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	72	
Hennessey	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	72	
Esswein	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	72	
Fox	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	72	
Groesch	7:28	7:26	5:44	5:47	4:12	4:25	2:43	2:39	78	72	
Jackson	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	80	
Swan	7:28	7:26	5:44	5:47	4:12	4:12	2:43	2:39	78	72	

Group 2	2k P	2k	1600 P	1600	1200 P	1200	800 P	800	400 P	400	Com
Amsler	8:00	7:40	6:18	6:16	4:40	4:41	3:00	2:54	86	82	
Balossi	8:00	7:40	6:18	6:18	4:40	4:50	3:00	3:05	86	88	
Charles	8:00	—	6:18	—	4:40	—	3:00	—	86	—	
Curran	8:00	7:43	6:18	6:20	4:40	4:50	3:00	2:56	86	86	
Dernlan	8:00	7:40	6:18	6:30	4:40	—	3:00	—	86	—	
Gallagher, so.	8:00	7:40	6:18	6:16	4:40	4:40	3:00	2:55	86	90	
Hogan	8:00	7:58	6:18	6:23	4:40	4:41	3:00	2:57	86	87	
Keuss	8:00	7:50	6:18	6:26	4:40	4:48	3:00	2:56	86	88	
Laughlin	8:00	7:40	6:18	6:16	4:40	4:40	3:00	2:53	86	82	
Marty	8:00	7:40	6:18	6:16	4:40	4:40	3:00	2:54	86	83	
Mungenast, P	8:00	7:56	6:18	6:19	4:40	4:52	3:00	2:55	86	86	
Rackers	8:00	7:40	6:18	6:16	4:40	4:40	3:00	2:53	86	82	
Rancilio	8:00	7:41	6:18	6:16	4:40	4:40	3:00	2:54	86	83	
Sextro	8:00	7:40	6:18	6:18	4:40	4:40	3:00	2:54	86	84	
Sosa	8:00	7:41	6:18	6:16	4:40	4:40	3:00	2:54	86	84	
Stolz	8:00	8:35	6:18	—	4:40	—	3:00	—	86	—	
Sullivan	8:00	7:40	6:18	6:16	4:40	4:40	3:00	2:54	86	82	
Wottowa	8:00	7:40	6:18	6:18	4:40	4:40	3:00	2:55	86	84	

Group 3	1600	1200	800	400	Comments
Carron	6:04	4:34	3:10	81	
Flmeing	6:02	4:32	3:11	86	
Kasper, D	6:10	4:36	3:15	81	
Mimlitz	—	—	—	—	
Murphy, G	5:58	4:40	3:10	90	
Murphy, K	6:00	4:23	3:04	81	
Peraud	6:12	4:53	3:26	67	
Perryman	6:09	4:40	2:49	86	
Thomas	—	—	—	—	
Vicini	6:04	4:25	2:40	77	
Farel	6:06	4:47	3:25	93	
Genovese	6:11	4:47	3:20	90	
Mungenast, H	6:07	4:37	3:23	86	
Schroder	6:09	4:29	2:45	77	
Walsh	6:10	4:49	2:51	90	
Sperkowski	6:06	4:29	3:07	72	
Groesch, An	6:24	—	—	—	

Group 4	1600	1200	800	400	Comments
Bergman	6:42	4:54	3:07	77	
Martino	6:42	4:54	3:07	79	
Obermeyer	—	—	—	—	
Oster	6:48	5:04	3:16	72	
Raeber	6:48	5:04	3:16	69	
Smith	6:42	4:54	3:09	79	
Szatkowski	6:33	4:48	3:02	81	
Volmert	6:44	4:43	3:02	75	
Sperkowski	—	—	—	—	
Brewer	6:42	4:59	3:10	83	
SUHRE	6:48	5:04	3:25	98	

Date: 8-28-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=2k-16-12-8-4 3456= 16-12-8-4/Hurdle Mobility/Cool-down (extended for 12) / Full Stretch/ Jog SLUH

Group 4	1600	1200	800	400	Comments
Kruse	6:49	4:59	3:12	79	
Moran	6:49	5:04	3:16	72	
O'Brien	6:50	5:07	3:15	78	
Olwig	6:51	5:06	3:23	85	
Rainwater	6:45	5:01	3:15	85	
Soto	6:49	5:00	3:14	80	
Group 5	**1600**	**1200**	**800**	**400**	**Comments**
(4) Schrock	7:01	5:12	3:25	90	
Suhre	—	—	—	—	
Blechle	6:55	5:05	3:18	80	
Booth	6:51	5:06	3:22	85	
Butler	6:37	4:55	3:15	94	
Colvis	—	—	—	—	
Lally, T	6:50	5:09	3:20	82	
Lauer	6:37	4:47	3:02	74	
McIntyre	6:50	5:00	3:20	87	
Reike	6:45	5:20	3:27	1:43	
Thompson	6:56	5:10	3:22	84	
Caputa	6:33	5:05	3:20	73	
Bricker	6:58	5:30	3:30	95	
Gomez	6:58	5:05	3:22	76	
O'Malley	6:46	5:08	3:08	74	
Gallagher, fr.	6:52	5:00	3:12	82	
Gray	6:41	4:46	—	—	
Klarsch	6:52	5:04	3:45	82	
Lally, D	7:00	5:20	—	—	
Pitti	7:01	5:31	3:50	75	
Reddy	7:00	5:09	3:17	87	
Group 6	**1600**	**1200**	**800**	**400**	**Comments**
Blackwell	7:18	5:23	3:29	85	
Hof	8:13	6:15	4:04	1:46	
Kelley	7:49	5:49	3:50	96	
Kiehl	7:51	5:59	3:53	94	
Phimphavong	7:46	6:09	4:04	1:44	
Quinlivan	7:18	5:23	3:29	85	
Tahan	—	—	—	—	
Welby	7:00	5:18	3:18	86	
Brady	—	—	—	—	
Conte	7:34	5:51	3:51	89	
George	8:37	7:08	4:44	1:50	
Kirtley	7:49	5:55	3:50	1:39	
Longinette	7:39	5:53	3:46	93	
Goodwin	7:39	6:09	6:05	96	
Myrick	—	—	—	—	
Siegfried	10:03	8:07	6:13	2:04	
Injured	**1600**	**1200**	**800**	**400**	**Comments**
Kernell					
Rupp					
Huhmann					
Doorack					
Kasper, M					
Lally, Th					

Date: 8-29-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/ Core/Aerobic Run on Loops: A=8 B=6 C=5 D=4 E=3/6-8 Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	8	5921	168	
Archer	8	5921	160	
Arredondo	6	4737	156	
Nicholson				
Rackers				
Rubio	8	5921	152	
Group B				
Curran	6	4736	164	
Esswein	—			
Fox	6	4736	145	
Groesch, Al	6	4736	164	
Hennessey	6	4736	152	
Jackson	4	40	160	
Keuss	6	5013	172	
Laughlin	6	4965	140	
Marty	6	4921	176	
Murphy, G	6	4820	160	
Peraud	5	4130	140	Congested
Sullivan	6	4800	168	
Swan	5	3656	156	
Wottowa	6	4736	172	
Group C				
Balossi	4	3041	136	
Bergman	5	4206	176	
Carron	5	3815	168	
Charles	5	3804	164	
Dernlan	3	2445	144	
Fleming	5	4238	160	
Gallagher, so.	5	3909	148	
Hogan	5	3909	160	
Kasper, D	5	4238	168	
Kasper, M	4	3359	160	
Martino	5	4133	172	
Mimlitz	1300m	7130	140	Immediate Shin Pain
Mungenast, P	5	3851	168	
Murphy, K	2	1503	140	
Obermeyer	2			
Oster	5	4313	172	
Perryman	5	4313	160	
Raeber	5	4313	160	
Rancilio	6	4921	160	
Schrock	5	4256	180	
Sextro	5	4110	161	
Smith	5	4137	164	
Sosa	5	3650	160	
Suhre	5	4313	160	
Szatkowski	5	4030	168	
Thomas	5	4238	156	
Vicini	5	3851	160	
Volmert	5	4160	172	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	3258	180	
Blechle	4	3252	168	
Booth	4	3255	160	
Brewer	4	3235	168	
Butler	4	3248	144	
Farel	4	3243	185	
Genovese	4	3245	160	
Groesch, An	4	3140	162	
Hof	4	3807	172	
Kelley	4	3948	172	
Kiehl	4	3809	160	
Kruse	4	3142	168	
Lally, T	X	X	X	Knee lump
Lauer	4	3337	156	
Moran	5	4313	160	
Mungenast, H	4	3240	162	
O'Brien	4	3310	184	
Phimphavong	3	3212	190	IT Pain
Quinlivan	4	3256	180	
Rainwater	4	3240	156	
Reike	4	3251	164	
Schroder	6	3845	168	
Soto	3.5	3745	168	
Sperkowski	5	3950	170	
Stolz	4	3240	156	
Tahan				
Thompson	4	3414	156	
Walsh	4	3414	160	
Welby	4	3618	172	
Group E				
Brady	INJ	—		
Bricker	3	2950	168	Nature
Caputa	3	2500	180	
Colvis	3	3212	166	
Conte	3	2631	168	
Gallagher, fr.	3	2937		
George	INJ	15—		
Gomez	3	2950	160	Chafing
Goodwin	3	2950	160	
Gray	3	26:05	176	
Kiertley	3	2931	170	
Klarsch	3	2510	170	
Lally, D	3	30:00	160	
Lally, Th	2	15:00	172	Bad Day
Longinette	3	2900	162	
McIntyre	3	2907	160	
Myrick				
O'Malley	3	2857	160	
Olwig	3	2418	156	
Pitti	3	3212	180	
Reddy	3	2945	170	
Siegfried	3	4003	164	
Vogt				
Injured				
Kernell				
Rupp	3	2510	156	
Huhmann	Inj	2	18:04	164
Doorack	INJ			

Date: 8-30-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/Plyos/Aerobic Run on Loops: A=6 B=5 C=4 DE=3 /Flying Stides for non-racers / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	5	41:43	164	
Archer	6	45:49	168	Beat college kids
Arredondo	5	40:[illegible]	152	
Nicholson	4	45.49	168	
Rackers	5	42:[illegible]	152	
Rubio	4	31:35	152	
Group B				
Curran	5	41:42	156	
Esswein				
Fox	5	41:42	160	
Groesch, Al	5	41:42	160	
Hennessey	5	41:24	152	
Jackson	5	41:42	148	
Keuss	5	42:30	164	
Laughlin				
Marty	5	42:30	172	
Murphy, G	5	42:20	152	
Peraud	5	41:44	164	
Sullivan	5	41:41	164	
Swan	4	31:35	148	
Wottowa	5	41:42	176	
Group C				
Balossi	3	2515	152	
Bergman	4	3352	180	
Carron	4	3439	164	
Charles	4	3441	164	
Dernlan	3	2530	154	
Fleming	4	3449	172	
Gallagher, so.	4	3256	152	
Hogan	4	3353	160	
Kasper, D	4	3439	168	
Kasper, M	3	2530	172	
Martino	4	3352	172	Thigh injured
Mimlitz				
Mungenast, P	4	3420	164	
Murphy, K				
Obermeyer	INJURED!!!!			12K
Oster	5	3601	160	
Perryman	4	3420	156	
Raeber	4	3601	156	
Rancilio	4	3225	160	
Schrock	4	3439	192	
Sextro	4	3524	162	
Smith	4	3352	168	
Sosa	4	3136	176	
Suhre	4	3601	172	
Szatkowski	4	3141	184	
Thomas	4	3140	162	
Vicini	4	3620	160	
Volmert	5	2723	168	

Group D	Mileage	Time	Pulse	Comments
Blackwell	3	2455	176	
Blechle	3	2455	172	
Booth	3	2420	156	
Brewer	3	2452	176	
Butler	3	2515	154	
Farel	3	2534	180	
Genovese	3	2534	160	
Groesch, An	3	2418	164	
Hof	3	2802	176	
Kelley	3	2812	180	
Kiehl	3	2814	160	
Kruse	3	2723	160	
Lally, T				
Lauer	3	2541	168	
Moran	4	3601	184	
Mungenast, H	3	2515	164	
O'Brien	3	2455	160	
Phimphavong	3	3015	152	
Quinlivan	3	2631	180	
Rainwater	3	2515	156	
Reike	3	2544	160	
Schroder				
Soto	3	2814	168	
Sperkowski	4	3343	180	
Stolz	3	2530		
Tahan				
Thompson	3	2559	160	
Walsh				
Welby	3	3057	160	
Group E				
Brady				
Bricker	3	2931	161	Calf
Caputa	3	2540	172	
Colvis	3	2454	172	
Conte	3	2449	164	Help Lally
Gallagher, fr.	3	2520	196	
George	injured	Did Not Speak to Me		
Gomez	3	2520	176	
Goodwin	3	3030	160	
Gray	3	3001	172	
Kiertley	3	2931	174	
Klarsch	3	2520	178	
Lally, D	3	3008	160	
Lally, Th				
Longinette	3	2926	168	
McIntyre	3	2515	168	
Myrick				
O'Malley	2	18:30	156	Hyper extended knee
Olwig	3	2600	168	
Pitti	3	3015	184	
Reddy	3	2420	175	
Siegfried				
Vogt				
Injured				
Kernell				
Rupp	3	2723	168	
Huhmann	3	3154	172	
Doorack				

Lally Does not seem Hurt.

Date: 9-3-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/Core/Aerobic Run on Out-and-Back A=6 B=5 C=4 DE=3 /Strides / Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Amsler	5	39:20	166	Sick
Archer	6	44:33	160	
Arredondo	~~6~~ 5	40:05	152	Back pain
Nicholson	6	44:33	156	
Rackers	6	44:33	152	
Rubio	6	44:33	148	
Group B				
Curran	5	40:05	148	
Esswein				
Fox	5	39:13	168	
Groesch, Al	5	40:05	132	
Hennessey				
Jackson	5	46:05	164	
Keuss	5	39:20	168	
Laughlin	5	38:00	156	
Marty	5	40:05	164	
Murphy, G	5	42:[illegible]	156	Back hurt
Peraud	5	38:15	152	
Sullivan	5	39:13	160	
Swan	4	29:39	152	
Wottowa	5	40:05	172	
Group C				
Balossi	3	26:30	152	
Bergman	4	3515	164	
Carron	4	3351	164	
Charles	~~3~~ 4	31:30	164	
Dernlan	3	26:30	150	
Fleming	4	3352	160	
Gallagher, so.	3	26:34	128	
Hogan	4	31:22	180	
Kasper, D	4	3352	180	
Kasper, M	3	24:41	166	
Martino	3	25:00	172	
Mimlitz	3	24:05	172	
Mungenast, P	4	3303	160	
Murphy, K	4	3203	160	
Obermeyer				
Oster	4	33:30	172	
Perryman	4	3303		
Raeber	4	3330	176	
Rancilio	4	29:37	164	
Schrock	4	3352	192	
Sextro	4	3303	156	
Smith	4	3520	160	
Sosa	4	3303	156	
Suhre	4	3330	160	
Szatkowski	~~4~~ 4	~~29:35~~	~~160~~ 188	31:30
Thomas	4	3252	152	
Vicini	4	3307	160	
Volmert	4	3454	192	

Group D	Mileage	Time	Pulse	Comments
Blackwell	3	24:24	172	
Blechle	3	24:24	164	
Booth	3	24:24	160	
Brewer	2	17:57	176	
Butler	3	23:23	160	
Farel	3	23:23	192	
Genovese	3	23:23	160	
Groesch, An	3	23:23	164	
Hof	3	26:48	172	
Kelley	3	27:06	172	
Kiehl	3	26:30	160	
Kruse	3	24:24	164	
Lally, T				
Lauer	3	24:19	176	
Moran	4	3330	172	
Mungenast, H	3	23:22	172	
O'Brien	3	25:17	184	
Phimphavong	3	28:59	172	
Quinlivan	3	24:23	180	
Rainwater	3	23:23	164	
Reike	3	24:45	144	
Schroder				
Soto	3	26:26	168	
Sperkowski	4	29:39	186	
Stolz				
Tahan				
Thompson	3	26:00	164	
Walsh	3	26:26	164	
Welby	3	26:31	176	
Group E				
Brady				
Bricker	3	26:28	160	hit by bike
Caputa	3	26	176	
Colvis	3	24:23	160	
Conte				
Gallagher, fr.	3	23:52	176	
George				
Gomez	3	24	172	
Goodwin	3	3250	140	
Gray				
Kiertley				
Klarsch	3	26	168	
Lally, D	3	26	140	
Lally, Th				
Longinette	3	26:49	172	
McIntyre	3	23:23	168	
Myrick				
O'Malley	3	24:18	164	
Olwig	3	24:28	168	
Pitti	3	2400		
Reddy	3	2405	170	
Siegfried	3	3512	164	
Vogt				
Injured				
Kernell				
Rupp				
Huhmann				
Doorack				

Date: 9-4-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/Plyos/Aerobic Run on Out-and-Back AB=5 C=4 DE=3with 3 x 1 min. pickups /Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	5	37:30	160	
Archer				
Arredondo	5	38:07	164	
Nicholson	5	36:27	164	
Rackers	5	37:52	160	
Rubio	5	36:27	156	
Group B				
Curran	6	38:14	166	
Esswein				
Fox	5	38:57	168	
Groesch, Al	5	38:05	164	
Hennessey	5	38:57	164	
Jackson	3	29:12	160	
Keuss	5	38:52	172	
Laughlin	5	37:50	164	
Marty	5	38:47	164	
Murphy, G	5	42:00	152	back pain
Peraud	5	38:57	164	
Sullivan	5	39:12	172	
Swan	3	22:39	146	
Wottowa	5	35:06	166	
Group C				
Balossi	3	23:52	164	
Bergman	4	34:36	176	
Carron	4	34:22	160	
Charles	4	30:50	160	
Dernlan	3	28:04	160	Diabetic
Fleming	4	34:27	176	
Gallagher, so.	4	33:05	140	
Hogan	4	31:21	172	
Kasper, D	3	24:54	160	
Kasper, M	4	34:27	168	
Martino	4	34:36	180	
Mimlitz	3	27:36	178	
Mungenast, P	4	33:10	164	
Murphy, K	4	30:50	168	
Obermeyer				
Oster	4	33:40	160	
Perryman	4	33:10	164	
Raeber	4	33:46	172	
Rancilio	3	32:05	160	
Schrock	4	34:32	188	
Sextro	4	33:46	160	Plays THOR
Smith	4	34:36	168	
Sosa	4	30:50	166	
Suhre	4	33:20	172	
Szatkowski	4	34:27	188	
Thomas	4	34:27	160	
Vicini	4	33:10	164	
Volmert	3	26:07	180	

Group D	Mileage	Time	Pulse	Comments
Blackwell	3	25:35	168	
Blechle	3	25:22	168	
Booth	3	23:22	156	
Brewer	3	26:49	156	
Butler	3	23:35	190	
Farel	3	23:25	190	
Genovese	3	22:49	164	
Groesch, An	3	23:35	148	
Hof	3	27:25	168	
Kelley	3	27:50	176	
Kiehl	3	28:00	168	
Kruse	3	26:27	164	
Lally, T				
Lauer	3	22:49	168	
Moran	4	23:30	176	
Mungenast, H	3	26:55	144	
O'Brien	3	27:00	168	
Phimphavong	3	24:02	172	
Quinlivan	3	25:19	164	
Rainwater	3	23:04	164	
Reike	3	24:20	156	French Fries
Schroder				
Soto	3	26:49	164	
Sperkowski	4	30:50	180	
Stolz	3	26:55	140	
Tahan				
Thompson	3	26:27	164	
Walsh	3	25:12	176	
Welby	3	28:48	172	
Group E				
Brady				
Bricker	3	26:27	160	
Caputa	3	25:47	172	
Colvis	3	25:21	156	
Conte	3	26:49	174	
Gallagher, fr.	3	26:01	188	
George	3	25:00	160	
Gomez	3	26:27	168	
Goodwin	3	23:00	156	
Gray	3	24:45	156	
Kiertley	3	26:31	172	
Klarsch	3	26:27	168	
Lally, D	3	29:50	148	Feels like crap
Lally, Th				
Longinette	3	23:07	174	
McIntyre	3	23:57	172	
Myrick				
O'Malley	3	24:00	164	Diabetic
Olwig	3	24:25	168	
Pitti	3	28:45	164	
Reddy	3	24:20	170	
Siegfried				
Vogt				
Injured				
Kernell				
Rupp	3	25:12	172	
Huhmann	3	31:51	172	
Doorack				

Move Sperkowski to C!

Date: 9-5-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups /dynamic stretch routine/Core/Aerobic Run on Course A=6 B=5 C=4 DE=3 /Strides / Full Stretch/ Jog SLUH/Weights

Group A	Mileage	Time	Pulse	Comments
Amsler	5	33:00	168	
Archer	10K	45:05	160	
Arredondo	5	38:06	156	
Nicholson	10K	45:09	160	
Rackers	8K	37:30	164	
Rubio	3	22:06	148	Felt like [illegible]
Group B				
Curran	5	36:00	156	
Esswein				
Fox	5	43:12	140	
Groesch, Al	5	38:00	152	
Hennessey	5	40:28	152	
Jackson	5	43:12	148	
Keuss	5	43:19	164	
Laughlin				
Marty				
Murphy, G	5	40:28	157	
Peraud	5	43:12	140	
Sullivan	5	43:12	144	
Swan	3	22:06	144	
Wottowa	5	38:00	180	
Group C				
Balossi				
Bergman	4	33:09	176	
Carron	3	27:21	176	I'm sick
Charles	4	29:15	156	
Dernlan	3	26:11	160	
Fleming	4	33:09	176	
Gallagher, so.	4	31:09	160	
Hogan	4	28:55	180	
Kasper, D				
Kasper, M				
Martino				
Mimlitz	5K	28:02	150	
Mungenast, P				
Murphy, K	4	37:45	160	
Obermeyer				
Oster	4	33:30	160	
Perryman				
Raeber	4	32:30	160	
Rancilio	5	36:45	160	
Schrock	4	33:27	180	
Sextro	4	31:25	152	
Smith				
Sosa	4	28:16	160	
Sperkowski	4	37:45	170	
Suhre	4	33:16	160	
Szatkowski	4	33:09	# 188	
Thomas	4	33:09		
Vicini	3.5K	18:00	X	Hip Socket Pain
Volmert	3mi	25:20	172	

Group D	Mileage	Time	Pulse	Comments
Blackwell	3	26:50	164	
Blechle	3	[illegible]	160	
Booth	3	[illegible]	160	
Brewer	3	[illegible]	156	
Butler	3	[illegible]	180	
Parel	3	26:24	160	
Genovese	3	26:10	164	
Groesch, An	3	[illegible]	160	
Hof	3	28:37	160	
Kelley	3	27:38	172	
Kiehl	3	29:00	160	Sick
Kruse	3	27:46	160	
Lally, T				
Lauer	3	23:58	168	
Moran	4	33:30	160	
Mungenast, H	3	30:30	162	
O'Brien	3	29:46	184	
Phimphavong	3	29:12	169	
Quinlivan	5K	27:05	180	
Rainwater	3	25:04	156	
Reike	3	23:30	148	(pulse taken 1 min a
Schroder				
Soto	3	26:48	168	
Stolz	3	30:28	160	
Tahan	2	11:11	204	
Thompson	3	26:07	164	
Walsh	3	26:01	160	
Welby	3	30:56	172	
Group E				
Brady				
Bricker	3	30:04	168	Bathroom
Caputa	3	22:34	164	
Colvis	3	30:01	160	
Conte	4K	[illegible]	[illegible]	Stop Run Felt Clam
Gallagher, fr.	3	26:34	172	
George	3	29:50	180	
Gomez	3	28:05	160	
Goodwin	3	30:40	168	
Gray	4	34:35	172	
Kiertley	3	28:50	176	
Klarsch	3	28:20	168	
Lally, D				
Lally, Th				
Longinette	3	[illegible]	166	
McIntyre	3	25:01	164	
Myrick				
O'Malley	3	26:26	160	
Olwig	3	26:26	164	
Pitti	3	30:04	180	
Reddy	3	[illegible]	172	
Siegfried	3	26:01	164	
Vogt				
Injured				
Kernell				
Rupp	2	22:01	172	
Huhmann	3	32:03	176	
Doorack				

Date: 9-6-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups /dynamic stretch routine/Plyos/Aerobic Run on Course AB=5 C=4 DE=3 /4xflying 200s / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	✓			
Archer	✓			
Arredondo	✓			
Nicholson	✓			
Rackers	✓			
Rubio	6R ✓	26:05	156	
Group B				
Curran	✓			
Esswein	✓			
Fox	✓			
Groesch, Al	✓			
Hennessey	✓			
Jackson	✓			
Keuss	✓			
Laughlin	✓			
Marty	✓			
Murphy, G	✓			
Peraud	✓			
Sullivan	✓			
Swan	ok ✓	26:05	152	
Wottowa	✓			
Group C				
Balossi	✓			
Bergman	✓			
Carron	✓			
Charles	✓			
Dernlan	✓			
Fleming	✓			
Gallagher, so.	4 ✓	27:48	140	
Hogan	✓			
Kasper, D	✓			
Kasper, M	3 ✓	26:04	160	
? Martino	✓			
Mimlitz	✓			
Mungenast, P	✓			
Murphy, K	✓			
Obermeyer	✓			
Oster	✓			
Perryman	✓			
Raeber	✓			
Rancilio	✓			
Volmert	3 ✓	25:40	164	
Vicini	✓			
Thomas	✓			
Szatkowski	✓			
Suhre	✓			
Sperkowski	✓			
Sosa	✓			
Smith	✓			
Sextro	✓			
Schrock	✓			

Group D	Mileage	Time	Pulse	Comments
Blackwell	✓			
Blechle	3 ✓	25:21	160	
Booth	3	24:56	148	
Brewer	3 ✓	25:51	168	
Butler	3 ✓	24:44	140	
Farel	3 ✓	24:44	150	
Genovese	3 ✓	24:44	164	
Groesch, An	3 ✓	26:10	164	
Hof	✓			
Kelley	✓			
Kiehl	✓			
Kruse	3 ✓	26:05	172	
Lally, T	✓			
Lauer	3 ✓	24:49	180	
Moran	✓			
Mungenast, H	✓			
O'Brien	3 ✓	24:49	188	
Phimphavong	✓			
Quinlivan	✓			
Rainwater	✓			
Reike	3 ✓	24:39		
Schroder	✓			
Soto	3 ✓	25:51	172	
Stolz	3 ✓	26:05		
Tahan	✓			
Thompson	✓			
Walsh	✓			
Welby	✓			
Group E				
Brady	✓			
Bricker	✓			
Caputa	✓			
Colvis	✓			
Conte	3K ✓	NA	NA	ASTHMA, HE'S OK
Gallagher, fr.	✓			
George	✓			
Gomez	✓			
Goodwin	✓			
Gray	✓			
Kiertley	✓			
Klarsch	✓			
Lally, D	✓			
Lally, Th	✓			
Longinette	✓			
McIntyre	3 ✓	25:07	164	
Myrick	✓			
O'Malley	3 ✓	24:41	160	
Olwig	3 ✓	25:05	168	
Pitti	3 ✓	24:31	164	
Reddy	✓			
Siegfried	✓			
Vogt	✓			
Injured				
Kernell	✓			
Rupp	✓			
Huhmann	✓			
Doorack	✓			

314 822 2345
Mike

Date: 9-7-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups /dynamic stretch routine//Aerobic Run on Course

AB=5 C=4 DE=3 /Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler		4230	160	
Archer		3538	160	
Arredondo	4	3140	152	
Nicholson	5	3533	160	
Rackers		4250	152	
Rubio		2138	148	
Group B				
Curran	5	3410	148	
Esswein				
Fox		4250	160	
Groesch, Al		3410	160	
Hennessey		4250	156	
Jackson		4250	160	
Keuss	5	4300	160	
Laughlin		3140	152	
Marty	5	3600	164	
Murphy, G		3223	152	
Peraud	5	4300	170	
Sullivan		4250	160	
Swan		2138	148	
Wottowa	5	3910	176	
Group C				
Balossi		2630	140	
Bergman	4	3628	176	
Carron	3	2605	164	
Charles	4	3128	140	
Dernlan	3	2620	130	
Fleming	4	3205	163	
Gallagher, so.		2944	140	
Hogan		3314	156	
Kasper, D	4	3205	164	
Kasper, M		2604	164	
Martino				
Mimlitz		2830	164	
Mungenast, P	4	2910	168	
Murphy, K		2540	126	
Obermeyer				
Oster		3320	164	
Perryman		2910	164	
Raeber		3320	160	
Rancilio	5	3909	156	
Schrock	4	3903	176	
Sextro	4	3205	164	
Smith				
Sosa		2900	160	
Sperkowski	4	3150	170	
Suhre		3320	160	
Szatkowski		3322	188	
Thomas	4	3205	148	
Vicini	4	2910	160	
Volmert				

Group D	Mileage	Time	Pulse	Comments
Blackwell				
Blechle		2540	160	
Booth		2540	148	
Brewer		2645	180	
Butler		2645	160	
Farel		2610	160	
Genovese		2620	164	
Groesch, An		2535	152	
Hof				
Kelley		2840	172	
Kiehl	C	2835	152	
Kruse		3026	160	
Lally, T				
Lauer		2604	172	
Moran		3530	—	
Mungenast, H		2645	168	
O'Brien		2445	176	
Phimphavong		2912	172	
Quinlivan				
Rainwater		2416	156	
Reike		2650	132	
Schroder		2230	170	
Soto		2620	168	
Stolz		2645	152	
Tahan				
Thompson		2620	160	
Walsh		2612	164	
Welby		3026	172	
Group E				
Brady				
Bricker		2650	162	
Caputa		2840	160	
Colvis				
Conte		2835	160	
Gallagher, fr.		2658	172	
George		3216	172	
Gomez		2830	164	
Goodwin		3530	160	
Gray		2521	172	
Kiertley		3030	172	
Klarsch		2550	170	
Lally, D		1833	—	
Lally, Th				
Longinette		2649	172	
McIntyre		2416	164	
Myrick				
O'Malley		2612	152	
Olwig		2610	164	
Pitti		2826	180	
Reddy		2645	176	
Siegfried		3536	164	
Vogt				
Injured				
Kernell				
Rupp		2620	168	
Huhmann		3216	164	
Doorack				

9-10

Date: ~~8-30~~-12 Conditions: FAST FINISH LONG RUN

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/Plyos/Aerobic Run on Loops: A~~=6 B=5 C=4 DE=3~~/Flying Stides for non-racers / Full Stretch/ Jog SLUH

Groesch
10 miles
78:25
2 mile = ≈ 12:50
??

Group A	Mileage	Time	Pulse	Comments
Amsler	10	79:25	168	12:08
Archer	12	72:36	160	12:03
Arredondo	8		168	11:40
Nicholson	12	72:36	160	12:03
Rackers	12	74:36	160	12:04
Rubio	12	72:36	156	12:03
Group B				
Curran	10	78:25	168	13:26
Esswein				
Fox	10	75:18	184	12:00
Groesch, Al	10			
Hennessey	10	75:18	160	12:00
Jackson	10	68		13:00
Keuss	10	79:25	160	13:26
Laughlin	10	68:00		11:56
Marty				
Murphy, G	10	79:25	160	13:10
Peraud	6	46:54	166	
Sullivan	10	75:18	180	12:00
Swan	6	42:30	156	12:01
Wottowa		78:26	168	13:21
Group C				
Balossi	6	40:00	158	hit by a tree
Bergman	6	50:05	164	
Carron	6	49:52	166	
Charles				
Dernlan	5	44:54	140	
Fleming	6	50:52	154	
Gallagher, so.	6	49:00	160	12:00
Hogan	8	65:00	180	12:48
Kasper, D	6	45:02	172	
Kasper, M	5	41:02	164	
Martino				
Mimlitz	8	57:28	152	
Mungenast, P	6	55:01	164	13:15
Murphy, K	8	1:04:26	190	No time ≈14
Obermeyer				
Oster	6	50:05	164	
Perryman	8	55:01	164	No time
Raeber	6	50:05	180	
Rancilio	8	63:44	152	12:04
Schrock	6	52:28	176	
Sextro	6	[illegible]:01	151	12:52
Smith	6	50:05	160	
Sosa	8	55:01	172	13:02
Suhre	6	50:25	172	
Szatkowski	6	50:52	188	
Thomas				
Vicini	6	46:04	182	13:04
Volmert	4	33:40	172	

Group D	Mileage	Time	Pulse	Comments
Blackwell	5	41:09	172	
Blechle	5	41:18	156	
Booth	5	41:05	156	
Brewer				
Butler	5	39:44	160	
Farel	5	41:08	160	
Genovese	5	41:08	152	
Groesch, An				
Hof	5	40:37	168	
Kelley	5	43:45	168	
Kiehl				
Kruse	5	39:44	164	
Lally, T				
Lauer	5	41:10	172	
Moran	6	50:05	184	
Mungenast, H	5	41:10	178	
O'Brien	5	41:05	178	
Phimphavong	5	44:12	160	
Quinlivan	5	41:05	160	
Rainwater	5	41:09	148	
Reike	5	41:02	164	
Schroder	8	55:01	172	13:15
Soto	5	39:44	164	
Sperkowski	6	46:02	160	
Stolz	5	41:10	156	
Tahan	3	39:47	168	
Thompson	5	41:19	164	
Walsh	5	39:44	160	
Welby	5	46:25	172	
Group E				
Brady				
Bricker	5	49:54	144	borrowed shoes
Caputa	4	33:00	160	
Colvis	4	35:20	164	
Conte				
Gallagher, fr.	4	33:33	168	
George	4	39:15	176	
Gomez	4	33:35	164	
Goodwin	4	49:50	120	
Gray				
Kiertley				
Klarsch	4	39:42	176	
Lally, D	4	36:30	160	
Lally, Th	3	39:48	140	
Longinette	4	39:42	168	
McIntyre	4	32:25	168	
Myrick				
O'Malley	4	31:25	164	
Olwig	4	37:25	172	
Pitti	4	39:15	180	
Reddy	4	33:40	172	
Siegfried	4	48:40	160	
Vogt				
Injured				
Kernell				
Rupp	5	39:44	172	
Huhmann	4	41:30	164	
Doorack				

Date: 9-11-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /Core/ dynamic stretch routine/Aerobic Run on loops

A=8 B=6 C5 D=4 E=3 /6-8 Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	7	50:50	164	
Archer				
Arredondo	5	40:20	152	
Nicholson	8	58:07	164	
Rackers	6	50:50	152	
Rubio	5	58:07	140	
Group B				
Curran	6	42:09	164	
Esswein				
Fox	6	45:20	172	
Groesch, Al	6	45:20	168	
Hennessey	6	45:26	160	
Jackson	6	43:36	160	
Keuss	6	51:03	156	
Laughlin	6	43:36	156	
Marty	6	45:40		
Murphy, G	6	47:28	152	
Peraud	5	38:49	152	
Sullivan	6	45:24	169	
Swan	5	35:20	156	
Wottowa	6	45:40	176	
Group C				
Balossi	4	35:30	148	
Bergman	5	44:00	164	
Carron	x 5	41:05	168	
Charles	5	38:48	160	
Dernlan	4	35:30	130	
Fleming	5	40:20	156	
Gallagher, so.	x 5	42:22	156	
Hogan	5	41:05	164	
Kasper, D	5	41:05	172	
Kasper, M	5	41:29	176	
Martino				
Mimlitz	5	45:00	160	
Mungenast, P	x 5	41:10	160	
Murphy, K	x 6	47:21	166	
Obermeyer				
Oster	BUM	BUM	BUM	Procrastinator
Perryman	x 5	46:00	160	
Raeber	5	44:11	164	
Rancilio	x 5	40:00	160	
Volmert	4	33:09	172	
Vicini	x 5	41:27	160	
Thomas	5	40:17		
Szatkowski	5	38:49	192	
Suhre	5	44:41	160	
Sperkowski	5	41:00	170	
Sosa	x 5	40:23	168	
Smith	5	43:54	164	
Sextro	x 5	41:05	160	
Schrock	5	44:35	172	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	34	172	
Blechle	4	34	160	
Booth	4	34:10	156	
Brewer	3	28:49	162	
Butler	4	32:00	144	
Farel	4	32:00	156	
Genovese	4	32:10	152	
Groesch, An	4	35:30	168	
Hof				
Kelley	4	34:50	180	
Kiehl	4	38:52	160	
Kruse	4	38:24	168	
Lally, T				
Lauer	4	33:00	176	
Moran	5	41:11	180	
Mungenast, H	4	34	156	
O'Brien	4	32:57	188	
Phimphavong	3.5	32:12	176	
Quinlivan	4	33:18	172	
Rainwater	4	32:00	156	
Reike	4	32:57	172	
Schroder	5	40:20	163	
Soto	4	38:52	172	
Stolz	4	34:00	152	
Tahan	3	33:53	200	
Thompson	4	34:42	164	
Walsh	4	38:24	168	
Welby	4	35:26	172	
Group E				
Brady				
Bricker	3	26:26	160	
Caputa	3	25:30	164	
Colvis	3	26:40	156	
Conte	3	26:45	180	
Gallagher, fr.	3	24:14	168	
George	3	31:14	172	
Gomez	3	25:30	168	
Goodwin	3	31:20	160	hips hurt
Gray	3	26:45	176	
Kiertley	3	27:52	176	helped Ser. j.o
Klarsch	3	32:20	168	
Lally, D	3	26:56	148	
Lally, Th	3	28:54	148	
Longinette	3	32:19	168	
McIntyre	4	32:00	168	
Myrick				
O'Malley	3	23:53	164	
Olwig	3	23:53	168	
Pitti	3	31:12	160	Shins hurt
Reddy	3	24:14	173	
Siegfried	3	34:52	164	
Vogt				
Injured				
Kernell				
Rupp	4	38:24	168	
Huhmann	3	36:18	168	
Doorack				

Res Days still needs
Mowts
Butler, Murphy, Schroder

Date: 9-12-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=4-5xmile at tempo pace 3456= 2-4 mile tempo/Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH Parkway Central Racers will have pre-race run

Group 1	Pace	Mile	Mile	Mile	Mile	Mlie	M, L	Comments
Nicholson	5:35	5:41	5:31	5:49	5:44	5:24	5:45	
Archer	5:40	5:46	5:31	5:46	5:51	6:06		
Rubio	5:40	5:46	5:31	5:45	5:43	5:49		
Hennessey	5:40	5:46	5:31	5:45	5:46	5:49		
Jackson	5:50							
Rackers	5:50	5:54	5:57	5:49	6:09			
Sullivan	5:50	5:59	5:57	5:49	5:52	5:55		
Swan	5:50	5:46	5:31	5:49	5:45			
Group 2								
Balossi	6:15	6:30	6:33	6:30	6:32			
Butler	6:15	6:30	6:40					
Charles	6:15							
Groesch	6:15	6:23	6:19	6:22	6:17			
Hogan	6:15	6:20	6:19	6:13	6:22		6:09	
Marty	6:15	6:20	6:22	6:12	6:17		Ankular after mile 2 foot	
Curran	6:20	6:50	6:50					
Dernlan	6:20	6:30	6:50	6:50	7:00			
Schroder	6:20	6:21	6:21	6:31	6:41			
Sextro	6:20	6:19	6:17	6:18	6:14	6:02		
Stolz	6:20						Sick	
McIntyre	6:30	6:31	6:37	7:15	7:10			
Murphy, K	6:30	6:27	6:32	6:36				
Perryman	6:30	6:34	6:32	6:38	6:35			
Thomas	6:30	6:30	6:33	6:29	6:30			
Vicini	6:30	6:30	6:31	6:32	6:35	6:40	MD	
Wottowa	6:30	6:30	6:30	6:32	6:33	6:25		

Group 3	Tempo	Time	Pulse	Comments
Bergman	4	31:10	184	
Brewer	3	30:54	140	
Colvis	2	15:30	168	
Groesch, An	3	29:57	172	
Kasper, D	4	30:12	142	
Keuss	4	27:49	188	
Klarsch	2	17:10	172	
Moran	3	23:55	160	
Mungenast, H	7	22:22	176	
Mungenast, P	4	27:49	180	
Murphy, G				sick
Raeber	3	30:58	176	
Rupp	3	22:31	180	
Sperkowski	4	30:50	180	
~~Sperkowski~~				
Walsh	3	22:33	180	

Mon + TD

Group 4	Tempo	Time	Pulse	Comments
Blechle	4	25:22	168	
Booth	3	23:27	168	
Farel				
Fleming	4	30:12	146	
Gallagher, fr.	2	25:30	180	
Genovese				Ankle
Martino	3	25:03	180	Aerobic run
Mimlitz	4	29:50	170	
Olwig	2	15:52	160	hart ankle
Peraud	4	29:27	160	
Rainwater	3	27:52	176	
Smith	4	31:10	182	
Szatkowski	4	30:12	142	
Volmert	2	14:04	180	

Charles 4 miles 33:00 168

Kasper, M 6:50 6:50

Date: 9-12-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=4-5xmile at tempo pace 3456= 2-4 mile tempo/Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH Parkway Central Racers will have pre-race run

Group 4	Tempo	Time	Pulse	Comments
Blackwell	3	23:30	182	
Gray	3	16:34	176	
Kruse	3	22:30	180	
O'Brien	3	—	—	
Oster	4	30:04	172	
Soto	3	22:35	176	
Group 5	**Tempo**	**Time**	**Pulse**	**Comments**
Caputa	2	15:04	176	Helped Pete for 30 sec.
Carron	~~4~~ 3	22:48	208	
Gomez	2	15:30	164	
Lauer	3	22:32	164	
O'Malley	2	15:52	172	
Pitti	2	DNF	—	Rolled ankle
Quinlivan	3	23:27		
Reddy	2	14:08	172	
Reike	3	20:50	X	
Schrock	4	33:25	188	
Suhre	3	23:56	184	
Thompson	3	23:45	172	
Group 6	**Tempo**	**Time**	**Pulse**	**Comments**
Bricker	—	—	—	
Conte	2	17:26	180	cramps
George	2	21:40	172	
Goodwin	2	22:43	160	
Hof	3	28:35	176	Knee + ankle
Huhmann	2	21:19	176	
Kelley	3	24:20	180	
Kiehl	3	27:41	160	stopped to help DH
Kirtley	—	—	—	
Lally, D	2	16:28	160	
Longinette	3	27:21	188	
Myrick	—	—	—	
Phimphavong	3	27:42	176	
Siegfried	2	23:03	190	
Tahan	1 mile	8:56	172	
Welby	3	24:16	180	
Parkway	**Mileage**	**Time**	**Pulse**	**Comments**
Amsler	4	32:00	148	
Arredondo	4.5	38:00	144	
Fox	4	32:20	160	
Gallagher, so.	4	32:20	144	
Laughlin	4	32:20	160	
Rancilio	4	22:20	136	
Sosa	4	31:57	160	
Injured				
Brady				
Doorack				
Esswein				
Kasper, M				
Kernell				
Lally, T				
Lally, Th	3	28:15	164	aerobic
Obermeyer				

Date: 9-13-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /Core/ dynamic stretch routine/Plyos/Aerobic Run on loops A=8 B=6 C=5 D=4 E=3 /Flying 200s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler				
Archer	8	1:07:09	168	
Arredondo				
Nicholson				
Rackers	2	55:45	160	
Rubio	4	30:02	156	Minor in Left Knee
Group B				
Curran				
Esswein				
Fox				
Groesch, Al	6	45:43	144	
Hennessey	6	48:43	156	
Jackson				
Keuss	6	51:31	160	
Laughlin				
Marty	10	50:35	160	
Murphy, G				
Peraud	5	39:10	132	
Sullivan	6	48:43	176	
Swan	4	39:02	152	
Wottowa	6	48:42	168	
Group C				
Balossi	4	37:10	148	Shin
Bergman	5	43:04	160	Hurt
Carron	x 5	39:20	164	
Charles				
Dernlan				
Fleming	5	40:35	166	
Gallagher, so.	x			
Hogan	5	41:29	152	
Kasper, D	5	40:40	168	
Kasper, M	5	39:35	164	
Martino	5	43:02	172	Hip hurt
Mimlitz	5	40:35	164	
Mungenast, P	x 5	39:42	156	
Murphy, K	x 5	41:24	160	
Obermeyer				
Oster	5	41:11	160	Left Knee
Perryman	x 5	46:24	172	Very Tired/remarked
Raeber	5	41:21	164	
Rancilio	x			
Volmert	5	39:10	170	
Vicini	x 5	39:24	168	Right hip - groin
Thomas	5	40:35	168	
Szatkowski	5	39:10	168	
Suhre	5	42:21	160	
Sperkowski	5	39:24	170	
Sosa	x			
Smith	5	43:04	154	Tired
Sextro	x 5	41:20	157	
Schrock	5	40:39	176	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	32:49	160	
Blechle	4	32:45	156	
Booth	4	32:40	152	
Brewer				
Butler				
Farel				
Genovese				
Groesch, An	4	32:59	144	
Hof	4	38:41	164	
Kelley	4	33:20	176	
Kiehl	4	38:45	160	
Kruse	4	31:46	160	
Lally, T				
Lauer	4	30:25	168	
Moran	5	42:21	180	
Mungenast, H	4	33:21	160	
O'Brien	4	33:40	168	
Phimphavong				
Quinlivan	4	32:35	160	
Rainwater	4	32	156	
Reike	4	33:40	168	
Schroder	5	41:26	150	
Soto				
Stolz	4	33:55	15	
Tahan	2	20:09	188	ankle sore
Thompson	4	31:46	168	
Walsh	4	30:25	160	
Welby	4	34:50	172	
Group E				
Brady				
Bricker	4	36	160	
Caputa	4	36	156	
Colvis	4	32:30	172	
Conte	3	25:35	180	
Gallagher, fr.	4	33:09	156	
George				
Gomez	4	33:09	168	
Goodwin	3	31:50	120	
Gray	3	26:59	176	
Kiertley	3	27:01	176	
Klarsch	3	26:20	180	
Lally, D	3	26:16	160	
Lally, Th	3	29:23	172	
Longinette	3	26:59	168	
McIntyre	4	30:20	164	
Myrick				
O'Malley	4	31:14	168	
Olwig	4	32:00	164	
Pitti	3	25:25	184	Shins
Reddy	4	36	150	
Siegfried	3	38	160	
Vogt				
Injured				
Kernell				
Rupp	4	30:23	152	
Huhmann	3	30:5	172	
Doorack				

Date: 9-14-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/Aerobic Run on loops A=8 B=6 C=5 D=4 E=3 /6-8 strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Amsler	10	85:12	168		Blackwell	5	41:40	144	
Archer	10	74:48	178		Blechle	5	41:40	152	
Arredondo	7	[illegible]	156		Booth	5	41:40	144	
Nicholson	10	74:48	156		Brewer	5	40:00	176	
Rackers	10	85:12	160		Butler	5	47:00	148	
Rubio	7	50:10	144		Farel	5	47:00	150	
					Genovese				
Group B					Groesch, An	5	47:00	164	
Curran					Hof	5	48:00	168	
Esswein					Kelley	5	41:36	176	
Fox	8	60:37	—		Kiehl	5	45:00	140	
Groesch, Al	7	60:41	142		Kruse	5	40:14	160	
Hennessey	8	60:37	—		Lally, T				
Jackson					Lauer	5	36:13	180	
Keuss	7	60:37	144		Moran	6	50:01	172	
Laughlin					Mungenast, H	5	47:00	156	
Marty	8	60:37	—	can more	O'Brien	5	40:14	148	
Murphy, G	7	62:23	144		Phimphavong	5	44:14	164	
Peraud	6	53:08	116		Quinlivan	5	41:40	160	
Sullivan	8	60:37	—		Rainwater	5	40:00	144	
Swan	5	50:10	140		Reike	5	39:50	176	
Wottowa	7	60:41	160		Schroder	6	50:24	150	
					Soto	5	41:20	160	
Group C					Stolz	5	47:00	152	
Balossi	5	47:00	146		Tahan	6	59:41	154	
Bergman	6	53:03	140		Thompson	5	40:35	164	
Carron	6	52:30	160		Walsh	5	41:20	160	
Charles	6	52:50	146		Welby	5	49:00	168	
Dernlan	5	47:00	160		**Group E**				
Fleming	6	50:01	160		Brady				
Gallagher, so.	6	57:14	160		Bricker	5	40:52	160	
Hogan	6	51:20	140		Caputa	5	40:52	160	
Kasper, D	6	52:50	132		Colvis	5	41:40	160	
Kasper, M					Conte	5	42:20	160	
Martino	6	50:43	144		Gallagher, fr.	5	40:00	164	
Mimlitz	6	51:20	160		George	5	48:00	172	
Mungenast, P	6	52:04	144		Gomez	5	47:40	152	
Murphy, K	6	51:20	112		Goodwin	5	48:20	120	
Obermeyer					Gray	5	47:00	168	
Osterle	6	52:14	164		Kiertley	5	47:40	176	
Perryman	6	52:04	144		Klarsch				
Raeber	6	57:14	164		Lally, D	5	44:32	164	
Rancilio		[illegible]			Lally, Th	5	44:36	160	
Volmert	6	51:14	148		Longinette	5	47:30	164	
Vicini	5	40:14	168		McIntyre	5	[illegible]	164	44:30
Thomas	6	50:01	164		Myrick	3		166	
Szatkowski	6	50:07	144		O'Malley	5	40:14	152	
Suhre	6	57:14	160		Olwig				
Sperkowski					Pitti	5	48:00	172	
Sosa	6	48:20	156		Reddy	5	40:00	158	
Smith	6	50:43	140		Siegfried	5	58:07	164	
Sextro	6	51:10	145		Vogt				
Schrock	6	50:01	156		**Injured**				
					Kernell				
					Rupp	5	41:20	144	
					Huhmann	5	48:00	172	
					Doorack				

Date: 9-17-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /dynamic stretch routine/Aerobic Run on loops A=12 B=10 C=6-8 D=5 E=4 /6-8 strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	6	46:11	156	Bounce Weel
Archer	12	87:22	152	
Arredondo	8	64:53	148	
Nicholson	12	87:22	156	
Rackers	10	76:00	174	
Rubio	8	55:29	144	
Group B				
Curran				
Esswein				
Fox	10	75:41	168	
Groesch, Al	10	81:04	136	
Hennessey	10	73:4	152	
Jackson				
Keuss	8	70:10	148	
Laughlin		42:00	144	
Marty	10	76:00	160	
Murphy, G	10	1:24:00	156	
Peraud	8	64:47	136	
Sullivan	10	73:41	164	
Swan	8	55:30	156	
Wottowa	10	1:21:04	156	
Group C				
Balossi	5	45:30	140	Shin
Bergman	6	48:02	176	
Carron	6	48:49	160	
Charles	8	65:00	160	
Dernlan	5	46:32	124	
Fleming	6	48:49	160	
Gallagher, so.	8	64:53	148	
Hogan	8	65:16	164	
Kasper, D	6	48:49	168	
Kasper, M	6	48:49	184	Dizzyness
Martino	6	48:02	168	
Mimlitz	6	52:28	164	
Mungenast, P	8	1:09:22	164	
Murphy, K	8	1:05:08	164	
Obermeyer	2.5 loos		156	
Oster	52:40	6	156	
Perryman	8	1:09:22	164	
Raeber	6	52:40	168	
Rancilio				
Volmert	6	52:28	164	
Vicini	8	1:09:22	168	
Thomas	6	48:49	156	
Szatkowski	8	65:00	142	
Suhre	6	52:40	160	
Sperkowski	8	65:36	176	
Sosa	8	64:55	168	
Smith	6	48:04	164	
Sextro	8	65:18	159	
Schrock	6	52:40	168	

Group D	Mileage	Time	Pulse	Comments
Blackwell	5	46:21	160	
Blechle	5	40:18	152	
Booth				ankle
Brewer	5	43:06	150	
Butler	5	42:00	150	
Farel	5	42:00	152	
Genovese				
Groesch, An	5	42:00	132	
Hof	5	44:23	164	
Kelley	5	41:49	172	
Kiehl	5	44:23	164	
Kruse	5	46:32	144	
Lally, T				
Lauer	5	43:06	164	
Moran	6	52:40	144	
Mungenast, H	3	31:07		
O'Brien	5	43:00	160	
Phimphavong	4	46:20	168	bathroom
Quinlivan	5	46:11	160	
Rainwater	5	42:00	144	
Reike				
Schroder	4	37:46	130	
Soto	5	45:27	168	
Stolz	5	42:00	132	
Tahan	5	45:32	180	ankle
Thompson	5	43:06	164	
Walsh	5	43:27	154	
Welby	5	46:14	172	
Group E				
Brady				
Bricker	4	41:44	152	
Caputa				
Colvis	5	46:14	168	
Conte	4	35:15	160	
Gallagher, fr.	4	34:00	180	
George	4	42:14	180	
Gomez	4	34:00	168	
Goodwin	4	46:14	148	
Gray	4	46:11	176	
Kiertley	4	46:11	176	
Klarsch	4	31:07	170	
Lally, D	4	32:07	154	
Lally, Th	4	37:40	156	
Longinette	4	34:00	160	
McIntyre	5	40:05	168	
Myrick				
O'Malley	4	30:07	160	
Olwig				
Pitti	4	41:59	180	Shins
Reddy	5	41:58	168	
Siegfried	4	44:18	160	
Vogt				
Injured				
Kernell				
Rupp	5	43:27	152	
Huhmann	4	44:18	156	
Doorack				

Date: 9-18-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=3-4xmile + 2x800 3456= 3-4xmile/Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH Parkway Central Racers will have pre-race run

Group 1	Pace	Mile	Mile	Mile	Mile	800	800	Comments
Nicholson	5:12	5 15	5 14	5 15	5 16	2:28	2:33	
Archer	5:20	5 18	5 16	5 18	5 22	2 29	2 41	
Rubio	5:20	5 18	5 16	5 16	?	2 36	2 38	
Hennessey	5:20	5 19	5 17	5 18	5 22	2 29	2 35	
Jackson	5:20	519	—	—	—	—	—	Knee
Rackers	5:20	538	554	552	—	2:25	2:32	
Sullivan	5:20	5 21	5 17	5:20	—	2:29	2:37	
Swan	5:20	5 18	5 17	5 21	—	2:28	2:31	
Group 2	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**800**	**800**	**Comments**
Arredondo	5:35	5 32	532	537	5 55	2:32	2:41	
Fox	5:35	5 30	5 28	5 33	537	2:32	2:45	
Gallagher, so.	5:35	5 42	542	544	—	2:47	3:00	
Laughlin	5:35	5 36	542	541	—	—	—	hip
Sosa	5:35	5 42	537	548	—	2:40	2:49	
Groesch	5:45	5 34	5:31	537	5:37	2:32	2:40	
Hogan	5:45	5 34	5.51	545	—	2:45	2:49	
Marty	5:45	5 51	544	546	—	2:45	2:45	
Sextro	5:45	5 32	5:45	540	—	2:40	2:48	
Balossi	6:00	5 55	6:04	—	—	—	—	Shin
Butler	6:00	5 56	6:04	6:06	—	2:54	3:06	
Charles	6:00	552	—	—	—	—	—	Heart
Schroder	6:00	555	6:09	—	—	—	—	Knee
Dernlan	6:10	6:01	—	6:05	—	2:50	3:00	helped Charles
McIntyre	6:10	6:01	6:14	6.14	—	2:54	3:05	
Murphy, K	6:10	5:57	6:15	6:18	—	2:55	3:11	
Rupp	6:10	—	—	—	—	—	—	Aerobic 4 miles
Stolz	6:10	—	—	—	—	—	—	sick
Vicini	6:10	6:03	6:32	6:25	—	2:57	2:45	
Group 3	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**Comments**		
Kasper, D	6:15	623	618	623	619			
Keuss	6:15	609	607	611	606			
Perryman	6:15	623	607	614	614			
Sperkowski	6:15	609	619	622	605			
Walsh	6:15	628	629	639	636			
Wottowa	6:15	610	608	616	609			
Mungenast, P	6:20	622	618	614	557			
Bergman	6:30	632	626	622	602			
Colvis	6:30	636	634	650	652			
Groesch, An	6:30	632	637	642	627			
Klarsch	6:30	632	645	657	653			
Moran	6:30	634	636	631	625			
Mungenast, H	6:30	637	650	707	650			
Raeber	6:30	634	638	631	627			
Thomas	6:30	633	629	625	556			
Gallagher, fr.	6:30	636	640	707	653			
Group 4	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**Comments**		
Blechle	6:40	632	641	642	—			
Brewer	6:40	631	645	X	—	hurt		
Carron	6:40	624	603	618	—			
Fleming	6:40	675	620	X	—	redred		
Kruse	6:40	631	625	638	—			
Oster	6:40	634	614	610	—			
Rainwater	6:40	630	634	625	—			
Szatkowski	6:40	624	611	614	—			
Volmert	6:40	630	635	639	—			
Farel	6:45	625	623	626	—			
Murphy, G	6:45	617	604	602	—	554, Extra mile		
Peraud	6:45	645	645	610	—			
Kasper, M		620	613	624	—			

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Date: 9-18-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=3-4xmile + 2x800 3456= 3-4xmile/Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH Parkway Central Racers will have pre-race run

Group 5	Pace	Mile	Mile	Mile	Mile	Comments
Blackwell	7:00	6:52	7:04	7:19		
Gray	7:00	6:22	6:27	6:55		
Martino	7:00	6:23	6:34	6:55		
O'Brien	7:00	~	~	~	~	
Schrock	7:00	6:55	6:46	6:52		
Soto	7:00	6:26	6:33	6:35		
Suhre	7:00	6:48	6:44	6:33		
Caputa	7:10	6:25	7:00	6:55		
Gomez	7:10	6:25	6:33	6:32		
Mimlitz	7:10	6:20	6:27	6:40		
O'Malley	7:10	~	~	~	~	
Pitti	7:10	7:08	7:30	7:50		
Quinlivan	7:10	6:37	6:40	6:35		
Reddy	7:10	6:24	6:23	6:25		
Aerobic — Thompson	7:20	~	~	~	~	3mi, 29:32, 152
Longinette	7:20	6:54	7:23	7:40		
Smith		6:24	6:29	6:30		
Group 6	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**Comments**
Rieke	7:30	6:40	6:46	6:56		
Kirtley	7:30	7:32	7:25	7:42		
Lally, D	7:30	7:23	8:01	7:36		
Welby	7:30	7:14	7:14	7:14		
Conte	7:35	7:07	7:06	7:15		
Hof	7:35	7:35	7:26	7:32		
Kelley	7:40	7:03	7:06	7:15		
Lauer	7:50	6:40	6:37	6:38		
Bricker	8:00	7:32	7:43	7:50		
Phimphavong	8:00	8:04	8:31	8:12		
Aerobic — George	8:15					3mi, 31:24, 177
Kiehl	8:30	7:52	7:48	7:49		
Huhmann	9:00	8:29	8:29	8:49		
Siegfried	9:20	10:07	10:17	10:05		
Goodwin		8:26	8:50	8:10		
Tahan		8:17	8:30	8:48		"ankle hurts"
Aerobic						
Amsler						
Kasper, M						
Lally, Th	3	27:06	176			
Myrick						
Obermeyer	3	24:48	108			
Curran	4 miles	32:47	156 bpm			
Injured						
Booth						
Brady						
~~Curran~~						
Doorack						
Esswein						
Genovese						
Kernell						
Lally, T						
Olwig						
Rancilio						

Date: 9-19-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /Core/ dynamic stretch routine/Aerobic Run on loops A=8 B=6 C=5 D=4 E=3 /6-8 strides/ Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Amsler	5	38:36	156	Bounce Weel
Archer	8	59:37	148	Fortune
Arredondo	6	45:59	MD	
Nicholson	8	59:37	148	cookies
Rackers	6	45:48	164	
Rubio	5	36:53	156	
Group B				
Curran	5	38:38	160	
Esswein				
Fox	6	45:59	160	
Groesch, Al	6	45:58	148	
Hennessey	6	45:59	160	
Jackson	6	45:59	152	
Keuss	6	57:02	156	
Laughlin	3	21:00	148	
Marty	6	52:30	164	
Murphy, G	6	49:4	152	
Peraud	5	38:37	140	
Sullivan	6	46:24	148	
Swan	5	36:53	152	
Wottowa	8	46:42	188	
Group C				
Balossi	—	—	—	injured
Bergman	5	40:44	140	
Carron	5	38:44	164	
Charles				
Dernlan	3	25:25	127	
Fleming	5	39:17	172	
Gallagher, so.	5	38:36	148	
Hogan	5	38:39	152	
Kasper, D	5	38:56	164	
Kasper, M	5	38:37	164	
Martino	5	40:42	168	
Mimlitz	4	32:55	152	hamstring
Mungenast, P	5	40:14	156	
Murphy, K	5	45:47	156	
Obermeyer	3½ loops	27:35	160	
Oster	5	42:30	172	
Perryman	5	39:59	160	
Raeber	5	40:06	174	
Rancilio	3	22:35	152	
Volmert	5	39:56	164	
Vicini	5	39:56	148	
Thomas	5	50:56	176	stopped bathroom
Szatkowski	5	38:38	188	
Suhre	5	41:30	160	
Sperkowski	5	38:20	164	
Sosa	5	39:17	168	
Smith				
Sextro	5	38:31	160	
Schrock	5	38:56	172	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	31:45	160	
Blechle	4	31:41	160	
Booth	3½ loops	23:44	160	
Brewer				
Butler	4	30:00	156	
Farel	4	30:0	174	
Genovese	3½ loops	23:44	156	
Groesch, An	4	32:55	168	Hello
Hof	4	34:58	164	
Kelley	4	32:56	160	
Kiehl	4	34:55	160	
Kruse	4	32:23	164	
Lally, T				
Lauer	4	30:39	176	
Moran	5	41:30		
Mungenast, H	3	25:25	164	Shins
O'Brien				
Phimphavong	4	38:12	168	
Quinlivan	4	31:37	180	
Rainwater	4	30:08	148	
Reike	4	31:36	164	
Schroder	4	30:06	166	
Soto	4	32:23	168	
Stolz	5	30:00	156	
Tahan	4	39:39	204	
Thompson	4	38:03	164	
Walsh	5	41:31	160	
Welby	4	31:35	172	
Group E				
Brady	3			~~ran 8 weeks~~ ~~and back~~
Bricker	3	25:35	160	
Caputa	3	25:25	142	
Colvis	4	31:38	168	
Conte	3	22:40	184	
Gallagher, fr.	4	36:33	160	
George				
Gomez	3	25:25	157	
Goodwin	3	25:50	184	
Gray	3	25:35	176	
Kiertley	3	27:59	176	
Klarsch	4	38:56	164	
Lally, D	3	25:25	160	
Lally, Th	3	30:20	152	
Longinette	3	26:26	172	
McIntyre	4	30:09	168	
Myrick	3	30:20	168	
O'Malley	3	22:41	164	
Olwig	3	22:40	164	
Pitti	3	25:25	180	
Reddy	4	31:33	165	
Siegfried	3	36:08	160	
Vogt				
Injured				
Kernell				
Rupp	5	41:31	164	
Huhmann	3	26:00	172	
Doorack				

Date: 9-20-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups / dynamic stretch routine/Aerobic Run on loops A=8 B=6 C=5 D=4 E=3 /4xflying 200s/ Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Amsler	5	38:45	152	Bounce Weel
Archer	8	1:02:00	144	
Arredondo	6	47:02	148	
Nicholson				
Rackers	7.5	50:48	156	
Rubio	4	29:45	148	
Group B				
Curran	5	38:41	160	
Esswein				
Fox	6	46:32	156	
Groesch, Al	6	46:32	148	
Hennessey	6	46:32	148	
Jackson	6	46:32	164	
Keuss	6	49:46	166	
Laughlin	6	46:32	144	
Marty	6	49:00	168	
Murphy, G	6	47:32	156	
Peraud	5	38:30	152	
Sullivan	6	46:32	168	
Swan	4	29:45	152	
Wottowa	6	46:32	172	
Group C				
Balossi				
Bergman	5	40:39	148	
Carron	5	38:17	160	
Charles				
Dernlan				
Fleming	5	38:49	160	
Gallagher, so.	5	38:42	156	
Hogan	5	38:43	156	
Kasper, D	5	39:11	164	
Kasper, M	5	38:17	160	
Martino	5	40:39	160	
Mimlitz	5	38:17	156	
Mungenast, P	5	3800	164	
Murphy, K	5	39:11	164	
Obermeyer	2 laps			tight calf
Oster	5	41:51	168	
Perryman	5	40:21	164	
Raeber	5	41:51	166	
Rancilio	3	22:12	164	
Volmert	5	38:53	160	
Vicini	5	38:00	152	
Thomas	5	38:17	168	
Szatkowski	5	38:43	184	
Suhre	5	41:51	160	
Sperkowski	5	39:25	170	
Sosa	5	39:26	160	
Smith	5	40:39	156	
Sextro	5	40:10	160	
Schrock	5	39:58	180	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	31:20	160	
Blechle	4	31:20	156	
Booth	3	23:04	152	
Brewer				
Butler	4	30:00	148	
Farel	4	29:30	180	
Genovese	3	22:56	160	
Groesch, An	4	30:25	172	
Hof	4	34:58	160	
Kelley	4	31:36	172	
Kiehl	4	31:36	172	
Kruse	4	33:23	164	
Lally, T				
Lauer	4	30:06	164	left knee
Moran	5	41:51	—	
Mungenast, H				
O'Brien				
Phimphavong	4	34:22	156	
Quinlivan	4	31:20	172	
Rainwater	4	30:06	156	
Reike	4	33:22	152	
Schroder				
Soto	4	33:22	164	
Stolz	4	29:30	152	
Tahan				
Thompson	4	33:13	160	
Walsh	5	39:26	168	
Welby	4	33:14	172	
Group E				
Brady				
Bricker	3	25:48	148	
Caputa	3	25:48	148	
Colvis				
Conte	3	22:50	164	
Gallagher, fr.	4	30:25	180	
George	3	31:27	172	
Gomez	3	22:50	160	
Goodwin	3	26:00	144	
Gray	3	23:15	168	
Kiertley	3	23:23	176	
Klarsch	3	22:30	160	
Lally, D	3	27:50	148	
Lally, Th	3	25:47	148	
Longinette	3	27:50	164	Difficulty Breath.
McIntyre	4	30:06	164	
Myrick	3	34:43	168	
O'Malley	3	22:38	160	
Olwig	3	22:38	172	
Pitti	3	27:50	168	
Reddy	3	25:48	150	
Siegfried	3	34:53	160	
Vogt				
Injured				
Kernell				
Rupp	5	39:26	164	
Huhmann				
Doorack				

Date: 9-24-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups / Core/ dynamic stretch routine/Aerobic Run on loops

A=10 B=8 C=6 D=5 E=4 /6-8 strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler (8)				
Archer ✓				
Arredondo (1)	8	65:07	152	
Nicholson ✓				
Rackers (7)	8	61:57	160	
Rubio ✓	6	42:30	148	
Group B				
Curran NR				
Esswein NR				
Fox	8	61:32	156	
Groesch, Al (3)	8	65:07	152	
Hennessey ✓	8	61:52	144	
Jackson ✓	8	61:57	148	
Keuss (10)	5	42:30	150	
Laughlin (4)				
Marty	8	65:07	156	
Murphy, G	6	48:17	152	
Peraud	6	48:17	132	Light headed tight
Sullivan ✓	8	61:57	156	
Swan ✓	6	41:13	148	
Wottowa	8	65:07	136	
Group C				
Balossi				XT
Bergman	6	46:27	168	
Carron	6	48:01	140	
Charles (9)	6	48:01	156	
Dernlan	5	38:12	160	
Fleming	6	48:17	160	
Gallagher, so	6	48:50	140	
Hogan	6	47:28	168	
Kasper, D	6	48:01	176	
Kasper, M	6	48:01	164	
Martino	6	46:27	160	
Mimlitz	5	36:13	164	
Mungenast, P	6	46:50	164	
Murphy, K	5	41:30	148	Stomach Hurt
Obermeyer	3	24:37	172	
Oster	6	50:50	164	
Perryman	3	25:10	176	
Raeber	XT	E:L	MLX	
Rancilio (5)	5	36:20	140	
Volmert	5	49:16	164	
Vicini (2)	6	46:50	152	
Thomas		48:01	172	
Szatkowski	6	47:28	188	
Suhre	6	50:56	160	
Sperkowski	6	50:50	160	
Sosa	6	48:17	164	
Smith	6	48:20	164	
Sextro (7)	6	38:10	160	
Schrock	6	48:57	176	

Group D	Mileage	Time	Pulse	Comments
Blackwell	5	34:55	164	
Blechle	5	39:55	160	
Booth	3 laps (2½)	21:37	156	
Brewer	✓			
Butler	5	38:12	156	
Farel				
Genovese	5	38:20	156	
Groesch, An				
Hof	5	44:16	168	
Kelley	5	40:22	172	
Kiehl	5	40:22	172	
Kruse	5	40:22	172	
Lally, T				
Lauer	5	38:49	176	
Moran	6	50:50		
Mungenast, H	4	33:35	148	
O'Brien	5	35:02	144	
Phimphavong	5	39:50	172	
Quinlivan	5	39:50	164	
Rainwater	5	38:02	156	
Reike	5	40:22	172	
Schroder	✓			
Soto	5	40:22	172	
Stolz	5	38:12	152	
Tahan	5	45:59	292	ankle
Thompson	5	38:20	170	
Walsh	6	48:01	156	
Welby	5	40:53	172	
Group E				
Brady				
Bricker	4	33:35	162	
Caputa	4	33:35	152	
Colvis	5	39:50	164	
Conte	4	33:35	140	
Gallagher, fr.	4	33:55	160	
George				
Gomez	4	33:35	156	
Goodwin	4	39:50	160	
Gray	✓			ankle
Kiertley	4	33:55	168	
Klarsch	4	33:35	156	
Lally, D	4	33:55	160	
Lally, Th	4	33:27	140	
Longinette	4	33:55	172	
McIntyre	5	38:12	164	
Myrick				
O'Malley	5	40:22	160	
Olwig	5	40:22	160	
Pitti				
Reddy	4	33:35	152	
Siegfried	4	44:16	160	~~went fast~~ felt
Vogt				
Injured				
Kernell				
Rupp				
Huhmann				
Doorack				

speedy
want to
move up
to group
A-C.S.

Date: 9-26-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=8x800 3456= 6x800/Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Group 1	800	800	800	800	800	800	800	800	Comments
Nicholson	2:34	2:33	2:32	2:31	2:28	2:30	2:25	2:25	Avg 2:29.75
Archer	2:38	2:35	2:33	2:33	2:31	2:32	2:32	2:34	Avg 2:33.2
Rubio	2:34	2:34	2:32	2:31	2:30	2:31	2:33	2:31	Avg. 2:32.0
Hennessey	2:35	2:35	2:33	2:33	2:30	2:31	2:26	2:25	Avg 2:31.0
Jackson	2:34	2:34	2:33	2:31	2:29	2:29	2:36	2:30	Avg 2:32.0
Rackers	2:38	2:39	2:38	2:41	X	2:37	2:33	2:41	Avg 2:38.2
Sullivan	2:35	2:35	2:33	2:32	2:31	2:32	2:33	2:34	Avg 2:33.2
Swan	2:37	2:40	—	—	—	—	—	—	2 mile aerobic
Group 2	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Arredondo	2:42	2:40	2:38	2:40	2:41	2:40	2:38	2:35	
Fox	2:42	2:40	2:38	2:48	2:40	2:39	2:38	2:36	
Gallagher, so.	2:45	2:43	2:43	2:49	2:55	2:55	2:55	2:57	
Laughlin	—	—	—	—	—	—	—	—	24:18 - Tempo 4mi (170 pulse)
Sosa	2:49	2:45	2:45	2:45	2:49	2:49	2:56	2:49	(6:07, 6:05, 6:08, 55 last legs
Groesch	2:43	2:40	2:38	2:48	2:40	2:39	2:38	2:40	
Hogan	2:54	2:50	2:52	2:51	2:52	2:50	2:54	2:44	
Marty	2:44	2:41	2:38	2:41	X	X	X	X	
Sextro	2:53	2:51	2:51	2:53	2:53	2:50	2:44	2:44	
Balossi	—	—	—	—	—	—	—	—	
Butler	2:52	2:49	2:49	2:50	2:59	2:59	2:57	2:50	
Charles	2:45	2:43	2:43	2:44	X	X	X	X	
Schroder	—	—	—	—	—	—	—	—	
Dernlan	2:55	2:52	2:53	2:59	2:59	X	X	2:56	rolled ankle
McIntyre	2:54	2:52	2:50	2:59	3:01	X	2:57	2:59	
Murphy, K	2:48	2:46	2:47	2:51	2:56	3:12	X	X	told G
Rupp	2:54	2:51	2:53	2:56	2:58	3:03	X	X	told G
Stolz	2:56	2:52	2:53	2:57	2:57	2:59	2:56	2:55	
Vicini	2:52	2:51	2:53	2:54	2:52	3:00	3:03	2:56	
Rancilio	2:44	2:41	2:40	2:44	2:45	X	2:41	2:40	
Amsler	2:46	2:43	2:44	2:45	2:47	2:47	2:45	2:45	

Date: 9-26-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=8x800 3456= 6x800/Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Group 3	800	800	800	800	800	800	Comments
Kasper, D							
Keuss						3:01	
Perryman	2:50	2:50	2:50	2:52	2:58	~~2:45~~	
Sperkowski	245	255	3:13	258	247	2:42	
Walsh	264	254	2:58	301	2:54	2:49	
Wottowa							
Mungenast, P	248	247	246	2:45	243	241	
Bergman	303	257	257	253	243	2:45	
Colvis	255	250	2:53	2:54	255	255	
Groesch, An	246	2:40	2:47	4:05		239	
Klarsch	308	2:57	2:52	2:55	300	256	
Moran	307	305	305	304	303	302	
Mungenast, H	248	258	248	2:56	256	247	
Raeber	307	305	305	304	303	303	
Thomas	301	3:00	2:59	257	257	251	
Gallagher, fr.							
Kasper, M	258	250	2:51	254	3:10	256	
Group 4	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Blechle	304	300	3:00	3:00	2:59	301	
Brewer							
Carron	248	248	2:50	252	251	256	
Fleming	249	251	252	253	254	251	
Kruse	304	264	305	302	303	303	
Oster	308	305	305	304	303	303	
Rainwater	250	250	2:50	253	257	252	
Szatkowski	302	258	251	255	2:51	251	
Volmert	305	302	301	258	258	257	
Farel	251	251	250	252	2:52	252	
Murphy, G.	247	249	2:51	3:00	308	258	
Peraud	310	308	304	301	259	2:46	
Obermeyer	3:00	257	303	3:00	300	2:55	
Caputa	244	253	257	252	258	301	
Booth	304	300	259	3	300	301	

Date: 9-26-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ 12=8x800 3456= 6x800/Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Group 5	800	800	800	800	800	800	Comments
Blackwell	3:05	3:08	3:09	3:09	3:13	3:10	
Gray							
Martino	3:06	3:01	3:09	3:04	3:05	2:51	
O'Brien	2:57	2:58	2:57	2:57	2:59	2:50	
Schrock	3:10	3:11	3:17	3:19	3:23	3:12	
Soto	2:54	3:01	3:05	3:03	3:24	2:56	CRAMP on 5
Suhre	3:43	3:43	3:47	3:23	~~3:53~~	2:53	
Gomez							
Mimlitz	2:45	2:45	2:45	2:48	2:48	2:49	
O'Malley	2:47	2:50	3:05	3:15	3:08		
Pitti	3:10	3:18	3:29	3:30	3:25	3:09	
Quinlivan	3:06	3:09	3:05	3:09	3:13	3:06	
Reddy	2:53	2:53	2:54	2:55	2:59	2:47	
Thompson	3:01	3:04	3:05	3:09	3:13	3:07	
Longinette	3:30	3:28	3:30	3:30	3:34	3:16	
Smith	3:06	3:01	3:09	3:04	3:05	2:49	
Olwig	3:00	2:59	3:01	3:03	3:11	3:00	
Genovese							
Group 6	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Rieke	2:50	2:58	2:57	2:58	3:05	3:00	
Kirtley	3:11	3:20	3:26	3:30	3:27	3:19	
Lally, D	3:13	3:15	3:30	3:24	3:20	3:11	
Welby	3:11	3:17	3:22	3:25	3:23	3:11	
Conte	2:57	3:05	—	3:13	—		
Hof	3:27	3:25	3:29	3:34	3:35	3:25	
Kelley	3:07	3:12	3:10	3:13	3:18	3:09	
Lauer	2:47	2:53	2:50	2:50	2:54	2:45	
Bricker	3:07	3:16	3:20	3:25	3:31	3:20	
Phimphavong	3:35	3:42	3:47	3:49	3:52	3:34	
~~George~~							
Kiehl	3:16	3:26	3:30	3:37	3:37	3:24	
Huhmann							
Siegfried	4:15	4:30	4:34	4:34	4:39	4:24	
Goodwin							
Tahan	3:47	3:47	3:47	4:00	4:19	4:09	
Lally, Th	3:10	3:20	3:28	3:30	3:33	3:30	
Myrick	—						
Injured							**Comments**
Booth							
Brady							
Curran							
Doorack							
Esswein							
Kernell							
Lally, T							

Date: 9-27-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups / dynamic stretch routine/NEURO/Aerobic Run on loops A=10 B=8 C=6 D=5 E=4 /4xFlying 200s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	5	35:24	148	
Archer	10	70:12	160	
Arredondo	8	69:05	148	
Nicholson				
Rackers	8	64:05	160	
Rubio	5	35:49	128	Bottom of foot hurt. A lot.
Group B				
Curran				
Esswein				
Fox		64:02	164	
Groesch, Al				
Hennessey	8	64:02	156	
Jackson	8	64:02	140	
Keuss				
Laughlin	10	70:18	172	
Marty	8	64:52	156	
Murphy, G	6	47:38	152	
Peraud	5	45:00	124	PAIN
Sullivan	8	64:02	140	
Swan				
Wottowa	3	28:42		Pain in Quad
Group C				
Balossi				
Bergman	6	45:34	148	
Carron	6	46:28	164	
Charles				
Dernlan	5	43:10	135	
Fleming	6	47:28	168	
Gallagher, so.	5	39:07	156	
Hogan	6	50:48	156	
Kasper, D				
Kasper, M	6	46:00	156	
Martino	6	45:34	152	
Mimlitz	6	40:28	152	
Mungenast, P	3	46:28	172	
Murphy, K	5	37:14	156	
Obermeyer	4	35:23	156	
Oster	4	34:24	164	
Perryman	6	49:31	156	
Raeber	6	48:29	168	
Rancilio	5	36:04	160	
Volmert	6	57:25	160	
Vicini	5	39:07	132	
Thomas	6	49:32	168	
Szatkowski	6	47:54	140	
Suhre	6	47:44	160	
Sperkowski	3	25:00	150	
Sosa	6	48:06	164	
Smith	4	48:34	144	
Sextro	6	48:29	144	
Schrock	6	49:32	160	
McIntyre	5	40:10		

Group D	Mileage	Time	Pulse	Comments
Blackwell	5	42:15	156	
Blechle				
Booth	6	42:15	156	
Brewer				
Butler	5	35:49	140	
Farel	5	35:49	156	
Genovese	5	39:07	144	
Groesch, An	5	44:20	160	Confuse drive / lasion
Hof	6	44:31	160	
Kelley	5	40:39	168	
Kiehl	5	44:31	168	
Kruse	5	42:33	180	
Lally, T				
Lauer	5	38:32	164	
Moran	6	48:29	180	
Mungenast, H	6	49:10	152	
O'Brien	5	35:30	168	
Phimphavong	4	37:14	160	
Quinlivan	5	42:15	160	
Rainwater	5	40:39	152	
Reike	5	33:42	180	
Schroder				
Soto	5	42:37	168	
Stolz	5	43:40	140	
Tahan	4	41:36	140	
Thompson	5	43:02	164	
Walsh	5	44:42	164	
Welby	5	42:14	172	
McIntyre				
Group E				
Brady				
Bricker	4	35:20	160	
Caputa	4	35:00	148	
Colvis	5	42:15	156	
Conte	4	35:23	174	
Gallagher, fr.	5	42:14	168	
George				
Gomez	4	35:28	156	
Goodwin	4	43:02	140	
Gray				
Kiertley	4	35:21	160	
Klarsch	4	35:00	170	
Lally, D	4	35:21	164	
Lally, Th	4	35:23	160	
Longinette				
Myrick				
O'Malley	2 laps	13:33	160	Sprained hip
Olwig	4	35:35	178	
Pitti	4	33:38	178	Shin
Reddy				
Siegfried	4	46:06	160	
Vogt	4	35:10	156	ankle
Injured				
Kernell				
Rupp	5	42:37	164	
Huhmann				
Doorack	2 laps	12:59	164	aviation

35
4
140

Date: 9-28-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups / dynamic stretch routine/Aerobic Run on loops A=6 B=5 C=4 E=3 /6-8 Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	4	30:45	152	
Archer				
Arredondo	5	40:21	144	
Nicholson	6	46:18	152	
Rackers	6	46:18	168	
Rubio	4	30:07	152	
Group B				
Curran				
Esswein				
Fox	5	40:45	148	
Groesch, Al	5	40:21	136	
Hennessey	5	40:45	136	
Jackson	5	40:45	132	
Keuss				
Laughlin	6	46:18	148	
Marty	5	37:40	160	
Murphy, G	4	33:39	148	
Peraud	3	24:00	136	
Sullivan	5	40:45	152	
Swan	4	30:40	152	OUCH
Wottowa	5	40:21	160	
Group C				
Balossi				
Bergman				
Carron	4	33:13:18	144 bpm	
Charles				
Dernlan	4	35:30	148	
Fleming	4	33:11	156	
Gallagher, so.	4	37:00	152	
Hogan	4	32:51	144	
Kasper, D	4	33:07	160	
Kasper, M	4	33:19:88	156	
Martino	4	34:19	156	
Mimlitz	4	30:10	180	
Mungenast, P	4	30:40	164	
Murphy, K	4	33:07	[illegible]	
Obermeyer	4	31:59	152	
Oster	✓	✓	✓	
Perryman	4	37:00	152	
Raeber	4	34:26	160	
Rancilio	4	30:15	156	
Volmert	4	31:56	156	
Vicini	4	30:40	160	
Thomas	4	33:11	152	
Szatkowski	4	30:15	148	
Suhre	4	34:26	160	
Sperkowski	3	24:00	140	
Sosa	4	31:56	156	
Smith	4	34:19	144	
Sextro				
Schrock	4	34:38	168	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	37:49	152	
Blechle	4	32:00	148	
Booth	4	32:45	148	
Brewer				
Butler	4	35:30	130	
Farel	4	35:30	136	
Genovese	4	35:38	140	
Groesch, An	4	32:30	160	
Hof	4	32:50	172	
Kelley	4	32:29	156	
Kiehl	4	30:11	168	
Kruse	4	34:26	166	
Lally, T				
Lauer	4	30:15	172	
Moran	4	34:26	N/A	
Mungenast, H	4	32:00	148	
O'Brien	4	31:07	160	
Phimphavong	3	28:15	164	
Quinlivan	4	32:40	160	
Rainwater	4	31:07	152	
Reike	4	33:15	160	
Schroder				
Soto	4	30:11	168	
Stolz	4	32:00	144	
Tahan	4	34:55	180	
Thompson	4	31:04		
Walsh	4	32:48	156	
Welby	4	32:50	160	
McIntyre	4	30:49	156	
Group E				
Brady	2 laps	13:46	172	
Bricker	3	26:30	160	
Caputa	3	26:30	172	
Colvis	4	30:40	156	
Conte	3	28:15	150	
Gallagher, fr.	3	[illegible]	168	25:50
George				
Gomez	3	[illegible]	160	[illegible] 25:8
Goodwin	3	29:08	168	
Gray				
Kiertley	3	24:20	176	
Klarsch	3	23:25	170	
Lally, D	3	26:30	144	
Lally, Th	3	23:15	144	Forgot timed 5
Longinette	3	28:55	160	
Myrick	3			
O'Malley	3	23:35	156	
Olwig	3	23:35	172	
Pitti	23:27	3	154	
Reddy				
Siegfried	3	35:13	146	
Vogt	23:27	3	168	
Injured				
Kernell				
Rupp	4	32:00	160	
Huhmann	3	29:08	164	
Doorack	2 laps	13:30	164	
~~Mungenast~~				

Date: 10-1-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups / dynamic stretch routine/Aerobic Run on loops A=10 B=8 C=6 D=5 E=4 Bounce:6 /6-8 Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Amsler	6	4308	148	
Archer	6	4243	152	
Arredondo	6	4308	152	
Nicholson	6	4245	160	
Rackers	6	4240	160	
Rubio	6	4304		
Group B				
Curran				XT
Esswein				XT
Fox	6	4332	168	
Groesch, Al	6	4704	132	
Hennessey	6	4332	156	
Jackson	—	—	—	Doctor
Keuss	4	2803	148	
Laughlin	—	—	—	Dr. Cross
Marty	6	4333		
Murphy, G	7	57:10	160	
Peraud	6	4332	156	
Sullivan	6	4332	164	
Swan	3	—	—	
Wottowa	6	4704	164	
Group C	—	—	—	
Balossi	—	—	—	XT
Bergman	6	4916	172	
Carron	6	4332	164	
Charles	—	—	—	Knee
Dernlan	5	4123	152	
Fleming	6	5019	160	
Gallagher, so.	6	5432	164	
Hogan	6	4828	136	
Kasper, D	6	5019	160	
Kasper, M	6	4332	168	
Martino	6	4913	172	
Mimlitz	6	4500	164	
Mungenast, P	7	1:01		
Murphy, K	5	41:26	132	
Obermeyer	5	40:16	152	
Oster				
Perryman	7	69:51		
Raeber	6	4920	172	
Rancilio	6	4240	156	
Volmert	6	5101	148	
Vicini	6	4627	148	
Thomas	6	5019	164	
Szatkowski	6	5019	172	
Suhre	—	—	—	
Sperkowski	4	3830	160	
Sosa	6	5146	152	
Smith	6	4918	160	
Sextro	6	4813	164	
Schrock	6	4912	180	

Group D	Mileage	Time	Pulse	Comments
Blackwell	5	4215	164	
Blechle	5	4215	152	
Booth	4	3200	160	
Brewer	—	—	—	
Butler	5	4123	120	
Farel				
Genovese	5	4334		
Groesch, An	—	—	—	Service
Hof	5	4123	168	
Kelley	5	4826	160	
Kiehl	5	4334	160	
Kruse	5	4334		
Lally, T	—	—	—	XT
Lauer	5	3934	172	
Moran	6	4920	172	
Mungenast, H	5	4334	156	
O'Brien	5	4302	172	
Phimphavong	4	3922		
Quinlivan	5	4210	160	
Rainwater	—	—	—	
Reike	5	4335		
Schroder	—	—	—	
Soto	5	4518	164	
Stolz	5	4123	132	
Tahan	5	4522	164	
Thompson	5	4333	172	
Walsh	6	5432	160	
Welby	5	4215	172	
McIntyre	5	4123	160	
Group E				
Brady	—	—	—	
Bricker	4	3040	160	
Caputa	4	3540	160	
Colvis	5	4240	156	
Conte	4	3300		
Gallagher, fr.	4	3540	180	
~~George~~	—	—	—	
Gomez	4	3540	164	
Goodwin	4	3640	160	
Gray	—	—	—	
Kiertley	4	3635	172	
Klarsch	4	3540		
Lally, D	4	3604		
Lally, Th	4	3945		
Longinette	4	3604	172	
Myrick	—	—	—	
O'Malley	4	3248	160	
Olwig	4	3848	160	
Pitti	4	3300	164	
Reddy	4	3456	160	
Siegfried	4	4834	160	
Vogt	4	3318		
Injured				
Kernell	—	—	—	
Rupp	6	5432	156	
Huhmann	—	—	—	service
Doorack	1 1/2	13:12		

Date: 10-2-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ Bounce Group = 5 miles with 3x1 min. pickups 23456=10x400 /Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Nicholson	5	36:17	144	
Archer	5	36:17	128	
Rubio	5	37:22	148	
Hennessey	5	36:09	152	
Jackson	5	36:09	120	
Rackers	5	37:37	160	
Sullivan	5	36:09	156	
Swan				
Arredondo				
Fox	5	36:09	148	
Gallagher, so.				
Sosa	5	36:09	176	
Hogan	5	40:12	136	
Marty				
Sextro	5	40:02	151	
Butler	5	43:02	144	
Dernlan	5	41:33	110	
McIntyre	5	43:02	148	
Murphy, K	5	41:32	164	
Rancilio	5	36:37	152	
Amsler	5	37:22	152	a little more than 5
Stolz	5	41:37	144	

Tempo	Mileage	Time	Pulse	Comments
Laughlin	5	36:17	136	

Group 2	400	400	400	400	400	400	400	400	400	400	Comments
Groesch											
Rupp	76	75	76	75	77	80	77	78	79	78	
~~[illegible]~~											
Vicini											

Group 3	400	400	400	400	400	400	400	400	400	400	Comments
Kasper, D	86	76	79	77	80	79	78	78	80	74	
Keuss											
Perryman	77	80	82	83	85	85	84	85	85	77	
Sperkowski	88	74	82	82	85	85					
Walsh	81	81	83	84	87	80	87	89	89	86	
Wottowa	5	36:37	172								
Mungenast, P	79	79	79	79	79	80	78	78	77	87	
Bergman	86	85	84	82	82	79	76	77	77	78	
Colvis	81	83	83	84	80	87	85	85	86	86	
Groesch, An	71	93	96	86	92	104					
Klarsch	84	83	83	84	87	88	86	89	88	86	
Moran	84	86	85	86	84	86	85	85	85	77	
Mungenast, H	79	82	84	81	84	84	86	82	88	80	
Raeber	82	84	84	84	84	84	85	86	87	84	
Thomas	79	78	77	76	79	82	81	80	82	74	
Gallagher, fr.											
Kasper, M	78	74	76	76	81	—	77	81	84	76	

Group 4	400	400	400	400	400	400	400	400	400	400	Comments
Blechle	86	86	85	86	87	88	87	88	88	87	
Brewer											
Carron	80	81	82	79	82	82	80	81	82	82	
Fleming	82	82	83	84	85	85	81	80	84	79	
Kruse	83	81	83	84	87	88	86	86	88	86	
Oster											
Rainwater	85	86	86	87	87	90	88	90	89	85	
Szatkowski	81	81	80	80	82	82	79	81	82	82	
Volmert	81	80	80	81	82	81	82	82	84	79	
Farel											

Essay - 800 2:20 2:36 2:36 2:34

Date: 10-2-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ Bounce Group = 5 miles with 3x1 min. pickups

23456=10x400 /Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Murphy, G	80	79	77	80	79	82	80	90	85	88	
Peraud	80	83	83	83	79	79	77	76	83	84	
Obermeyer	81	82	82	83	83	85	85	88	86	84	
Caputa	80	82	79	85	84	86	86	88	88	87	
Mimlitz	76	74	76	81	82	83	84	84	86	76	
Group 5	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Blackwell	126	123	124	122	124	125	125	[redacted]	125	124	
~~Gray~~ K											
Martino	85	80	74	74	78	75	76	78	76	72	
O'Brien	75	71	71	72	75	74	72	72	73	74	
Schrock	87	87	87	86	87	86	87	87	87	86	
Soto	80	79	79	79	80	86	86	87	86	89	
Suhre	124	124	126	124	124	127	125	124	125	122	
Gomez	115	117	77	75	77	78	77	77	78	80	
Voigt [redacted]z	84	80	84	82	85	85	84	91	—	—	Left Foot
O'Malley	78	78	78	75	82	83	78	82	82	82	
Pitti	82	84	81	82	84	91	89	93	87	82	
Quinlivan	126	123	124	120	124	122	124	127	123	122	
Reddy	80	75	77	76	78	77	77	79	76	76	
Thompson	82	81	80	80	81	81	85	83	85	82	
Longinette	136	134	90	87	95	90	87	85	87	87	
Smith	84	80	74	73	76	76	74	76	75	74	
Olwig	87	81	87	84	87	87	89	91	90	82	
Genovese	76	72	72	73	75	74	72	75	73	74	
Group 6	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Rieke	80	75	74	74	75	76	76	79	80	79	
Kirtley	135	130	85	86	92	98	97	91	95	93	
Lally, D	92	88	85	84	92	—	91	97	93	90	
Welby	87	88	87	83	86	87	85	86	86	80	
Conte	80	80	80	80	78	78	78	80	75	77	
Hof	96	94	91	90	93	90	93	93	92	92	
Kelley	90	85	83	80	90	83	83	85	86	80	
Lauer	76	72	71	72	75	74	72	72	73	74	
Bricker	86	87	86	82	85	82	83	82	82	81	
Phimphavong	95	92	89	92	96	92	94	97	100	94	
George X											
Kiehl	94	90	90	88	89	89	90	94	91	90	
Huhmann 92	[redacted]	[redacted] 90	97	97	97	99	99	101	98	105	
Siegfried	154	[redacted]	104	117	117	113	127	120	120	118	
Goodwin	82	80	80	80	90	90	100	90	93	90	
Tahan	95	104	99	110	109	109	111	115	115	111	
Lally, Th	93	90	88	87	91	89	94	[redacted]	97	83	
Myrick											
Injured											
Booth	86	86	84	85	87	87	87	88	99	86	
Brady											
Curran											
Doorack	80	81	83		81		71		75		
Esswein											
Kernell											
Lally, T											
Balossi											
Charles											
Schroder											

Date: 10-3-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups /Core/ dynamic stretch routine/Aerobic Run on loops A=8 B=6 C=5 D=4 E=3 Bounce:6 /6-8 Strides/ Full Stretch/ Jog SLUH/ Weights

Bounce	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Amsler					Blackwell	4	31:50	160	
Archer	6	45:11	152		Blechle	4	31:40	152	
Arredondo					Booth	4	31:34	148	
Nicholson	6	45:11	136		Farel				
Rackers	6	45:11	164		Genovese	4	31:40	148	
Rubio	6	45:11	156		Groesch, An	4	31:25	164	
Fox	6	46:49	164		Hof	4	32:39	176	
Hennessey	6	46:49	156		Kelley	4	31:42	172	
Jackson	6	46:49	144		Kiehl	4	36:27	160	Ran with injuries.
Marty	6				Kruse	4	33:48	172	
Sullivan	6	46:49	168		Lauer	4	31:25	160	
Swan		49:23	160		Moran	4	42:20	—	
Wottowa	6	47:20	168		Mungenast, H	4	31:40	164	
Gallagher, so.	6	48:40	176		O'Brien	4	33:42	164	
Hogan	6	47:38	148		Phimphavong	4	34:19	168	
Murphy, K	6	49:23	168		Quinlivan	4	31:34	164	
Rancilio	6	46:40	140		Rainwater	4	31:40	148	
Sosa	6	47:35	160		Reike	4	31:40	164	
Sextro	5	40:36	160		Soto	4	36:27	168	Shin-splints
Stolz	5	40:45	144		Tahan				
McIntyre	5	40:42	160		Thompson	4	33:48	164	
Butler	5	40:10	128		Walsh				
Dernlan	X	X	X	X	Welby	4	31:45	172	
Groesch, Al	6	47:20	144						
Group B					**Group E**				
Groesch, Al					Brady	1 Lap	9:50	140	Kernel Gelso
Murphy, G					Bricker	3	25:02	160	17
Peraud					Caputa	3	25:02	172	
Laughlin	6	45:11	148		Colvis	4	31:40	172	
					Conte				
					Gomez	3	25:02	152	
					Goodwin	3	28:38	140	
Group C					Gray				
Bergman	5	39:55	168		Kiertley	3	26:58	172	
Carron	5	38:36	172	I won!	Klarsch	3	25:02	164	
Fleming	5	40:36	160		Lally, D	3	28:36	144	
Kasper, D	5	38:36	172		Lally, Th	3	26:38	164	
Kasper, M	5	38:36	164		Longinette	3	28:12	156	
Martino	5	39:55	148		Myrick				
Mimlitz	5	39:30	156		O'Malley	3	22:48	160	
Mungenast, P	5	41:40	156		Olwig	3	23:14	160	
Obermeyer	5	42:22			Pitti	3	25:39	164	Shin Pain
Oster					Reddy	3	22:48	168	
Perryman	5	41:40	152		Siegfried	3	26:02	168	
Raeber	4	42:20	164		Vogt	3	23:12	168	
Volmert	5	40:14	160		Kernell				
Vicini	5	38:20	168		Huhmann	3	32:15	164	
Thomas	5			40:36 164	Doorack	2 miles	17:16	160	
Szatkowski									
Suhre	4	42:20	160		**XT**				
Sperkowski	28:32	3	140		Curran				
Smith					Esswein				
Schrock	41:05	5	168		Keuss				
Rupp					Schroder				
					Lally, T				
					Balossi				
					Charles				
					IR				
					Brewer				
					Gallagher, fr.				

Date: 10-4-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups /Core/ dynamic stretch routine/Aerobic Run on loops

A=8 B=6 C=5 D=4 E=3 Bounce:5 /4xFlying 200s/ Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Amsler					Blackwell	4	33:05	176	
Archer	35:30	5	168		Blechle	4	33:00	160	
Arredondo	54 rep				Booth	4	33:00	156	
Nicholson	x 7				Farel	4	33:45	176	
Rackers					Genovese	4	33:10	152	
Rubio	3	21:26	144	Stiff o/s abdomen	Groesch, An	3	24:40	148	
Fox	5	40:11	164		Hof	4	35:40	164	
Hennessey	5	40:11	152		Kelley	4	33:58	176	
Jackson	5	40:11	164		Kiehl	4	35:42	168	
Marty	5	39:52	172		Kruse	4	35:42	164	
Sullivan	5	40:11	172		Lauer	4	35:42	156	
Swan					Moran	4	37:22	—	
Wottowa	5	39:31	168		Mungenast, H	4	31:45	158	
Gallagher, so.	5	40:11	148		O'Brien	4	37:25	172	
Hogan	5	39:52	156		Phimphavong	3	28:32	152	
Murphy, K	4	32:27	160	Stomach hurts	Quinlivan	4	33:06	168	
Rancilio	5	35:04	160		Rainwater	4	41:45	152	
Sosa	4	34:49	172		Reike	4	34:36	164	
Sextro					Soto	4	34:20	168	
Stolz	4	32:05	150		Tahan	3	22:57	200	run tempo
McIntyre	4	32:50	156		Thompson	4	35:46	164	
Butler					Walsh	4	33:33	160	
Dernlan	3	29:17	132	Tendinitis	Welby	4	35:25	168	leg hurt
13:08	5	31:31	144						
Group B					**Group E**				
Groesch, Al	5				Brady	2mi	19:14	162	calf pain
Murphy, G	5	40:51	178		Bricker	3	29:20	156	
Peraud					Caputa	3	29:20	136	
Laughlin					Colvis	4	33:07	160	
					Conte	3	24:40	140	poop
					Gomez	3	28:20	148	
					Goodwin	3	31:50	160	
Group C					Gray				
Bergman	5	43:34	166		Kiertley				
Carron	5	43:41	156		Klarsch	2mi	24:60	170	
Fleming	5	39:50	172		Lally, D	3	30:29	Forgot	Ankle pain!
Kasper, D	5	43:41	164		Lally, Th	3	26:58	160	
Kasper, M	5	43:41	156		Longinette		19:38		
Martino					Myrick				
Mimlitz	5	43:41	152		O'Malley				
Mungenast, P					Olwig	3	26:55	160	
Obermeyer	5	40:51	148		Pitti	3	28:15	150	
Oster	3	26:46	160		Reddy	4	3	164	guess 35:20
Perryman					Siegfried	3	37:35	160	
Raeber	4	37:22	164		Vogt				
Volmert	5	40:09	172		Kernell				
Vicini	5	42:32	148		Huhmann				
Thomas	5	43:41	168		Doorack	2	17:26	156	
Szatkowski									
Suhre					**XT**				
Sperkowski	4	32:28	180		Curran				
Smith	5	44:32	168		Esswein				
Schrock	5	43:41	165		Keuss				
Rupp	5	43:51	168		Schroder				
					Lally, T				
					Balossi				
					Charles				
					IR				
					Brewer				
					Gallagher, fr.				

x 39 / 4

1 34 / 4 / 136

Date: 10-5-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups /Core/ dynamic stretch routine/Aerobic Run on loops A=6 B=5 CD=4 E=3 Bounce:4-5 /6-8 Strides/ Full Stretch/ Jog SLUH

2 miles

Bounce	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Amsler	✓				Blackwell	✓			
Archer	✓				Blechle	✓			
Arredondo	✓				Booth	✓			
Nicholson	✓				Farel	✓			
Rackers	✓				Genovese	✓			
Rubio	✓				Groesch, An	✓			
Fox	✓				Hof	✓			
Hennessey	✓				Kelley	✓			
Jackson	✓				Kiehl	✓			
Marty	✓				Kruse	✓			
Sullivan	✓				Lauer	✓			
Swan	✓				Moran				
Wottowa	✓				Mungenast, H	✓			
Gallagher, so.	✓				O'Brien	✓			
Hogan	✓				Phimphavong	✓			
Murphy, K	✓				Quinlivan	✓			
Rancilio	✓				Rainwater	✓			
Sosa	✓				Reike	✓			
Sextro	✓				Soto	✓			
Stolz	✓				Tahan	✓			
McIntyre	✓				Thompson	✓			
Butler	✓				Walsh	✓			
Dernlan	✓				Welby	✓			
Group B					**Group E**				
Groesch, Al	✓				Brady				
Murphy, G	✓				Bricker	✓			
Peraud	✓				Caputa	✓			
Laughlin	✓				Colvis	✓			
					Conte	✓			
					Gomez	✓			
					Goodwin	✓			
Group C					Gray	✓			
Bergman	✓				Kiertley	✓			
Carron	✓				Klarsch	✓			
Fleming	✓				Lally, D	✓			
Kasper, D	✓				Lally, Th	✓			
Kasper, M	✓				Longinette	✓			
Martino	✓				Myrick	✓			
Mimlitz	✓				O'Malley	✓			
Mungenast, P	✓				Olwig	✓			
Obermeyer	✓				Pitti	✓			
Oster	✓				Reddy	✓			
Perryman	✓				Siegfried	✓			
Raeber	✓				Vogt	✓			
Volmert	✓				Kernell	✓			
Vicini	✓				Huhmann	✓			
Thomas	✓				Doorack	✓			
Szatkowski	✓								
Suhre	✓				**XT**				
Sperkowski	✓				Curran				
Smith	✓				Esswein	✓			
Schrock	✓				Keuss				
Rupp	✓				Schroder				
					Lally, T				
					Balossi				
					Charles				
					IR				
					Brewer				
					Gallagher, fr.				

Date: 10-8-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups /Core dynamic stretch routine/Aerobic Run on loops A=10 B=8 C=6 D=5 E=4 /6-8 Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
~~Amsler~~ Jerome	8	63:20	152	
Archer	8	55:56	160	
Arredondo	8	63:20	156	
Nicholson	10	71:38	144	
Rackers	10	71:38	172	
Rubio	8	55:56	156	
Group B				
Curran	—	—	—	XT
Esswein	4			
Fox	8	59:36	168	
Groesch, Al	—	—	—	
Hennessey	8	59:36	152	
Jackson	6	47:25	144	
Keuss				
Laughlin	10	71:38	156	
Marty	8	63:20	168	
Murphy, G	8	61:30	164	
Peraud	6	44:34	156	
Sullivan	8	59:36	176	
Swan	3			
Wottowa	8	63:20	176	
Group C				
Balossi	—	—	—	XT
Bergman	6	44:30	148	
Carron	6	44:34	164	
Charles	—	—	—	
Dernlan	2 laps			
Fleming	6	43:27	156	
Gallagher, so.	6	49:20	156	
Hogan	6	45:53	164	
Kasper, D	6	48:17	172	
Kasper, M	6	48:17	168	
Martino	6	49:30	148	
Mimlitz	6	44:34	160	
Mungenast, P	6	50:17	152	
Murphy, K	6	43:40	168	
Obermeyer	—	—	—	sick
Oster	6	49:20	156	
Perryman	6	50:17	156	
Raeber	—	—	—	Sick
Rancilio	6	44:52	144	
Volmert	6	46:26	172	
Vicini	6	48:40	160	Shins
Thomas	6	56:46	168	
Szatkowski	6	48:17	188	
Suhre	6	49:24	160	
Sperkowski	1	—	—	Knee
Sosa	6	47:23	160	
Smith	6	46:24	160	
Sextro	2 laps			
Schrock	6	52:45	160	

Group D	Mileage	Time	Pulse	Comments
Blackwell	5	39:55	160	
Blechle	5	40:00	152	
Booth	5	39:54	152	
Brewer	—	—	—	
Butler	5	37:55	140	
Farel	5	38:42	180	
Genovese	5	37:55	164	
Groesch, An	—	—	—	
Hof	5	44:38	164	Knee Pain
Kelley	5	40:45	165	
Kiehl	—	—	—	
Kruse	5	41:31	160	
Lally, T	—	—	—	
Lauer	5	38:19	172	
Moran	6	49:20		
Mungenast, H	5	38:42	156	
O'Brien	1	—	—	Fainting concussion
Phimphavong	5	42:31	168	
Quinlivan	5	39:38	152	
Rainwater	5	38:19	156	
Reike	5	39:00	160	
Schroder	—	—	—	
Soto	5	40:05	168	
Stolz	5	37:55	160	
Tahan	5	49:37	184	
Thompson	5	38:38	164	
Walsh	6	49:03	160	
Welby	5	40:48	172	
McIntyre	5	38:42	156	
Group E				
Brady	3			
Bricker	4	34:41	160	
Caputa	4	33:49	168	
Colvis	5	36:58	152	
Conte	4	33:01	160	
Gallagher, fr.	—	—	—	
George	—	—	—	
Gomez	4	33:44	156	
Goodwin	4	38:50	160	
Gray	—	—	—	
Kiertley	4	34:58	176	
Klarsch	4	33:44	160	
Lally, D	4	35:20	160	
Lally, Th	4	33:04	152	
Longinette	4	34:48	160	
Myrick	—	—	—	
O'Malley	4	29:07	156	
Olwig	4	29:07	168	
Pitti	4	35:10	152	
Reddy	4	34:41	160	
Siegfried	4	45:2	160	
Vogt	—	—	—	
Injured				
Kernell	—	—	—	
Rupp	6	49:07	168	
Huhmann	4	—	—	Service
Doorack	4	34:48	160	

Date: 10-9-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ Top 6 + Laughlin 3 mile tempo/1 mile fast 12=8x800 3456=6x800 /Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Tempo Group	Tempo	Time	Pulse	Fast Mile	Comments
Nicholson	3	16:54		5:00	
Archer	3	17:00		5:18	
Rubio	3	16:56		5:15	
Hennessey	3	16:57		5:05	
Jackson	3	17:10		5:28	
Sullivan	3	17:10		5:29	
Laughlin	3	17:01		5:22	

Group 1	800	800	800	800	800	800	800	800	Comments
Rackers	2:40	2:33	2:33	2:33	2:34	2:46	2:38	2:47	
Swan									Trip 1 aerobic total
Arredondo	2:41	2:39	2:40	2:39	2:39	2:40	2:40	2:47	
Fox	2:40	2:37	2:36	2:37	2:36	2:38	2:38	2:47	
Marty	2:40	2:33	2:36	2:41		2:33			
Esswein	2:46	2:37	2:36	2:33	2:34	2:33			
Hogan	2:43	2:42	2:42	2:44	2:47	2:41	2:46	2:48	

Group 2	800	800	800	800	800	800	800	800	Comments
Gallagher, so.	2:53	2:58	2:57	2:58	2:41	2:44	2:53	2:44	
Sosa	2:43	2:39	2:42	2:41	2:44	2:48	2:46		
Butler	2:51	2:46	2:51	2:46	2:53	2:50	2:46		
Dernlan									4 total on day
McIntyre	2:50	2:49	2:51	2:49	2:51	2:54	2:55		
Murphy, K	2:49	2:50							
Rancilio	2:45	2:45	2:47	2:51	2:55				
Amsler	2:42	2:40	2:46	2:42	2:40	2:47	2:45		
Groesch	2:41	2:39	2:40	2:40	2:39	2:40	2:45	2:47	
Rupp	2:51	2:49	2:54	2:52	2:52	2:52	2:54		
Stolz	2:56	2:46	2:46	2:45	2:48	2:50	2:49		
Vicini									

Group 3	800	800	800	800	800	800	800	800	Comments
Kasper, D	2:54	2:48	2:50	2:49	2:49	2:47			
Keuss	2:54	2:54	2:57	2:51	2:55	2:54	2:49		
Perryman	3:09	3:08	3:06	3:04	2:54	2:53			
Sperkowski									Knee
Walsh	3:12	3:04	3:07	3:05	3:06	3:04			
Wottowa	2:53	2:46	2:50	2:49	2:50	2:52			
Mungenast, P	2:52	2:46	2:49	2:47	2:47	2:55			
Bergman	3:07	2:54	2:58	2:54	2:49	2:58			
Colvis	3:09	3:04	3:02	3:01	3:04	3:05			
Groesch, An	3:02	3:15	3:25	3:18	3:40	3:19			
Klarsch	3:16	3:01	3:02	3:04	2:54	3:13			
Moran	3:11	3:07	3:10	3:05	3:04	2:40			
Mungenast, H	3:05	3:08	3:26	3:18					
Raeber	3:11	3:03	3:03	3:06	3:06	2:41			
Thomas	3:15	3:10	3:14	3:10	3:10	3:07			
Gallagher, fr.									
Kasper, M	3:01	2:50	2:49	2:51	3:01	3:01			
Szatkowski	3:07	2:49	2:51	2:51	2:51	2:54			

Group 4	800	800	800	800	800	800	800	800	Comments
Blechle	3:04	3:06	3:05	3:05	3:05	3:06			
Brewer									Hurt
Carron	2:56	2:50	2:53	2:55	2:54	2:59			
Fleming	2:54	2:53	2:51	2:54	2:57	2:54			
Kruse	3:01	3:06	3:05	3:05	3:07	3:06			
Oster									
Rainwater	3:11	3:11	3:09	3:10	3:13	3:07			
Volmert	3:00	2:59	2:58	2:57	2:54	2:56			
Farel	2:58	3:04	3:00	3:11	3:14	3:16			

Date: 10-9-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ Top 6 + Laughlin 3 mile tempo/1 mile fast 12=8x800 3456=6x800 /Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Murphy, G	3:06	2:58	2:53	2:59	2:56	3:09			
Peraud									
Obermeyer									
Caputa	308	309	310	308	311	307			
Booth	304	306	310	310	315	307			
Group 5	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Blackwell	320	314	311	309	316	318			
Gray	302	/	306	/	311	/			
Martino									
O'Brien									
Schrock	306	307	307	307	307	311			
Soto									
Suhre	310	304	256	306	304	305			
Gomez	330	312	307	303	309	311			
Mimlitz	249	251	249	250	254	309			
O'Malley	313	320							
Pitti	330	341	347	350	400	315			
Quinlivan	320	314	310	308	259	326			
Reddy	308	308	301	301	303	256			
Thompson	312	310	312	301	319	256	305		
Longinette	330	330	330	330	330	327			
Smith	300	303	256	357	256	300			
Olwig	313	318	310	309	316	315			
Genovese	258	304	259	302	304	302			
Group 6	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Rieke									
Kirtley	328	324	324	320	329	329			
Lally, D	329	340	331	331	334	327			
Welby	324	325	326	322	326	322			
Conte	316	322	323	325	331	324			
Hof	330	331	329	331	336	336			
Kelley	327	322	314	317	320	321			
Lauer	250	252	251	257	258	259			
Bricker	330	331	331	330	339	331			
Phimphavong	347	357	354	352	400	334			
George	412	401	410	409	420	417			
Kiehl	335	333	334	330	313	343			
Huhmann	400								
Siegfried	410	427	417	422	429	430			
Goodwin	331	341	336	357	407	338			
Tahan	400	351	352	/	400	402			
Lally, Th	330 29	330	338	330	336	335			
Myrick									
Vogt	323	322	323	321	315				
Injured									
Booth									
Brady									
Curran									
Doorack	2 mile	15:26							
Sextro									
Kernell									
Lally, T									
Balossi									
Charles									
Schroder									

Date: 10-10-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups /Core/ dynamic stretch routine/Aerobic Run on loops A=8 B=6 C=5 D=4 E=3 /6-8 Strides/ Full Stretch/ Jog SLUH/ Weights

Bounce	Mileage	Time	Pulse	Comments
Amsler	4	35:00	140	[illegible]
Archer	4	41:23	148	
Arredondo	5	33:44	148	hip hurts
Nicholson	8	55:10	152	
Rackers	8	58:19	160	knee hurt
Rubio	6	41:23	144	FAST
Fox	6	41:02	136	
Hennessey	6	42:26	160	
Jackson	5	40:15	156	
Marty	6	46:02	156	
Sullivan	5	48:16	156	
Swan				
Wottowa	6	46:02	164	
Gallagher, so.	4	35:00	160	
Hogan	5	37:33	160	
Murphy, K	5	34:12	172	
Rancilio	5	37:42	156	
Sosa	5	41:15	168	
Sextro				
Stolz	4	36:11		
McIntyre	4	35:55	144	ankle
Butler	4	32:10	132	
Dernlan	4	36:55	180	ankle hurt
Group B				
Groesch, Al	6	46:02	144	
Murphy, G	4	40:29	152	
Peraud	5	41:30	140	
Laughlin	8	55:10	152	
Group C				
Bergman				
Carron	5	42:21	156	
Fleming	5	40:15	168	
Kasper, D	5	42:21	156	
Kasper, M	5	41:30	148	
Martino	4	35:26	156	
Mimlitz	5	38:40	156	
Mungenast, P	5	40:12	152	
Obermeyer				
Oster	5	39:48	160	
Perryman				
Raeber	5	39:28	164	
Volmert	5	40:15	156	
Vicini	5	39:28	160	
Thomas	5	[illegible]	164	42:21
Szatkowski				
Suhre	5	39:28	160	
Sperkowski				
Smith				
Schrock	5	46:45	172	
Rupp	5	42:20	168	

Group D	Mileage	Time	Pulse	Comments
Blackwell	4	32:45	160	
Blechle	4	30:36	156	
Booth	4	32:45	148	
Farel	4	32:10	160	
Genovese	4	29:45	140	
Groesch, An	4	36:00	152	
Hof	4	35:20	160	
Kelley	4	33:29	156	
Kiehl	4	34:15	160	
Kruse	4	36:11	140	
Lauer	4	32:12	164	
Moran	8	?	196	
Mungenast, H	3	28:04	148	
O'Brien				
Phimphavong	4	36:12	160	
Quinlivan	4	30:40	168	
Rainwater	4	31:58	148	
Reike	4	35:45	164	
Soto	4	31:40	168	
Tahan	4	36:22	176	
Thompson	4	31:53	160	
Walsh	5	42:26	160	
Welby	4	35:45	168	
Group E				
Brady	2 laps	13:11	146	
Bricker	3	28:04	140	sup
Caputa				
Colvis	4	32:45	156	
Conte	3	29:[illegible]	136	
Gomez	3	27:35	132	
Goodwin	3	28:04	160	
Gray	3	26:51	176	
Kiertley	3	25:46	176	
Klarsch	4	30:05	176	
Lally, D	3	26:51	164	
Lally, Th	3	25:26	164	
Longinette	3	28:04	162	
Myrick				
O'Malley				
Olwig	3	25:26	168	
Pitti	3	25:51	164	
Reddy	3			
Siegfried	3	34:05	160	
Vogt	3	25:26	160	
Kernell				
Huhmann	5	35:54	164	
Doorack				
XT				
Curran				
Esswein				
Keuss				
Schroder				
Lally, T				
Balossi				
Charles				
IR				
Brewer				
Gallagher, fr.				

Date: 10-11-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups/ Neuro/ dynamic stretch routine/Aerobic Run on loops A=10 B=8 C=6 D=5 E=4 /4xFlying 200s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Nicholson				
Rackers	10	1:12:24	160	
Group B				
Amsler	6	45:09	160	
Archer	8	54:44	148	
Arredondo	6	45:09	148	
Fox	8	55:24	172	
Hennessey	8	55:24	160	
Hogan	6	46:20	156	
Rubio	8	54:44	148	
Swan?				
Wottowa	8	61:36	172	
Groesch, Al	8	61:36	144	
Murphy, G	6	45:34	160	
Peraud	6	44:00	144	
Laughlin				
Group C				
Butler	5	36:08	140	
Dernlan	3	22:00	X	tendonitis
Gallagher, so.	6	48:09	140	
Jackson	6	47:27	164	
Marty	8	61:36	164	
McIntyre	5	39:12	144	
Murphy, K	6	47:27	156	
Rancilio	6	45:09	152	
Sosa	6	45:09	152	
Stolz	5	39:12	156	
Sullivan	6	47:27	164	
Bergman	6	46:53	160	
Carron	6	45:01	156	
Fleming	6	45:09	160	
Kasper, D				
Kasper, M	6	45:01	164	
Martino	6	46:53	144	
Mimlitz	6	45:34	164	
Mungenast, P	6	46:40	152	
Obermeyer	5	41:34	144	
Oster	6	50:22	160	
Perryman	6	45:09	160	
Raeber	6	50:22	168	
Volmert	6	46:48	156	
Vicini	6	45:08	160	
Thomas	6	44:00	156	
Szatkowski	6	45:31	188	
Suhre	6	50:22	160	
Sperkowski				
Smith	6	46:53	156	
Schrock	6	48:09	180	
Rupp				
Blackwell	5	39:26	160	
Blechle	5	39:30	152	
Booth	5	39:28	148	
Farel				

Group D	Mileage	Time	Pulse	Comments
Genovese	5	39:12	156	
Groesch, An	5	39:09	156	
Hof	5	42:08	168	
Kelley	5	39:35	160	
Kiehl	4	36:38	160	not feeling well
Kruse	5	41:20	168	
Lauer	5	37:53	168	
Moran				
Mungenast, H	2	18:07	148	Hip
O'Brien				
Phimphavong	4	38:12	156	
Quinlivan	4.5	39:28	150	MOVE TO C
Rainwater	4.5	36:08	156	
Reike	5	38:30	160	
Soto	5	47:37	164	
Tahan	5	44:30	162	
Thompson	5	41:14	160	
Walsh	5	41:20	160	
Welby	4	35:42	160	
Group E				
Brady	2 laps	15:29	144	
Bricker	4	38:15	136	
Caputa	5	41:23	160	
Colvis	5	39:30	152	MOVE TO C
Conte	4	33:48	160	
Gomez	4	38:15	136	
Goodwin	4	46:40	160	
Gray	4	37:55	180	
Kiertley				
Klarsch	5	39:12	156	
Lally, D	4	37:30	154	
Lally, Th	3	29:00	156	
Longinette				
Myrick				
O'Malley	4	33:40	160	
Olwig	4	33:40	160	
Pitti	3	29:00	152	
Reddy	5	41:23	159	
Siegfried	4	44:22	160	
Vogt	4	33:40	164	
Kernell				
Huhmann	4	39:30	172	
Doorack				
XT				
Curran				
Esswein				
Keuss				
Schroder				
Lally, T				
Balossi				
Charles				
Sextro				
IR				
Brewer				
Gallagher, fr.				
KERNELL	2 lap	15:29	164	

Date: 10-12-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups/ dynamic stretch routine/Aerobic Run on loops A=6 B=5 CD=4 E=3 /6-8 Strides/ Full Stretch/ Jog SLUH

Top 6= 6xArt Hill Figure 8s

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Nicholson	1			Art Hill	Genovese	4			
Rackers	6				Groesch, An	4			
					Hof	4			
Group B					Kelley	4			
Amsler	5				Kiehl	3			
Archer	1			Art Hill	Kruse	4			
Arredondo	4				Lauer	4			
Fox	5				Moran	4			
Hennessey	1			Art Hill	Mungenast, H	3			
Hogan	4				O'Brien				
Rubio	1			Art Hill	Phimphavong				
Swan?	✓				Quinlivan	4			
Wottowa	5				Rainwater	4			
Groesch, Al	5				Reike	3			
Murphy, G	5				Soto	4			
Peraud	5				Tahan	4			
Laughlin	5				Thompson	4			
					Walsh	4			
Group C					Welby	4			
Butler	4								
Dernlan	4				**Group E**				
Gallagher, so.	4				Brady	2 LAPS			
Jackson	[redacted] 1			Art Hill	Bricker	3			
Marty	4				Caputa	4			
McIntyre	4				Colvis	4			
Murphy, K	4				Conte	3			
Rancilio	4				Gomez	3			
Sosa	4				Goodwin	3			
Stolz	4				Gray	3			
Sullivan	1			Art Hill	Kiertley	3			
Bergman	4				Klarsch	4			
Carron	4				Lally, D	3			
Fleming	4				Lally, Th	3			
Kasper, D	✓				Longinette	4			
Kasper, M	4				Myrick				
Martino	4				O'Malley	3			
Mimlitz	4				Olwig	3			
Mungenast, P	4				Pitti	4			
Obermeyer	4				Reddy	3			
Oster	4				Siegfried	3			
Perryman	4				Vogt	3			
Raeber	4				Kernell				
Volmert	4				Huhmann	3			
Vicini	4				Doorack				
Thomas	4								
Szatkowski	4				**XT**				
Suhre	4				Curran				
Sperkowski	✓				Esswein	3			
Smith	4				Keuss	✓			
Schrock	4				Schroder				
Rupp	4				[illegible]				
Blackwell	4				Balossi				
Blechle	4				Charles				
Booth	4				Sextro				
Farel	4				**IR**				
					Brewer				
					Gallagher, fr.				

Date: 10-15-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups/ dynamic stretch routine/Aerobic Run on loops A=10 B=8 C=6 D=5 E=4 /6-8 Strides/ Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Nicholson	10	69:53	148	
Rackers	10	70:00	164	
Group B				
Amsler	8	56:00	164	
Archer	9.5	64:50	—	Bac
Arredondo	6+	51:23		
Fox				XT
Hennessey	8	56:00	156	
Hogan	6	42:58	176	
Rubio	6	41:34	148	
Swan?				
Wottowa	8	66:18	156	
Groesch, Al	8	66:18	144	
Murphy, G	3	43:20	152	Feeling sick
Peraud	3	26:55	124	
Laughlin	10	70:00	156	
Group C				
Butler	6	45:30	146	
Dernlan				XT
Gallagher, so.	6	49:30	160	
Jackson	8	58:00	156	
Marty				sick
McIntyre	6	45:50	164	
Murphy, K	4.5	34:20	160	
Rancilio	6	45:31	160	
Sosa	5.5	42:59	152	wrong loop
Stolz	6	45:40	164	
Sullivan	8	58:00	166	
Bergman	6	51:55	168	
Carron	6	46:54	160	
Fleming	5	41:14		
Kasper, D	6	46:54	160	
Kasper, M	6	45:30	164	
Martino	6	46:27	160	
Mimlitz	6	42:25	164	
Mungenast, P	6	45:45	156	
Obermeyer	6	45:50	168	
Oster	6	49:30	160	
Perryman	6	49:30	156	
Raeber	6	51:55	168	
Volmert	6	46:49	172	
Vicini	6+	51:23	164	
Thomas	6	46:30	172	
Szatkowski	6	46:30	176	
Suhre	6	51:55	160	
Sperkowski	3	26:20	160	
Smith	6	46:19	160	
Schrock	6	46:48	180	
Rupp	6	49:30	168	
Blackwell	6	47:40	172	
Blechle	6	50:00	162	
Booth	6	47:40	160	
Farel	6	45:30	180	

Group D	Mileage	Time	Pulse	Comments
Genovese	5	41:58	152	
Groesch, An	5	41:58	160	
Hof	5	45:59	168	
Kelley	5	41:45	164	
Kiehl	5	46:30	160	
Kruse	5	41:14	164	
Lauer	5	35:48	180	
Moran	6	49:50	✓	
Mungenast, H	5	41:10	160	
O'Brien				Concussion
Phimphavong	5	45:30	156	
Quinlivan	6	49:38	168	moved to "C"
Rainwater	5	41:10	144	
Reike	4	35:50	120	calves
Soto	5	41:14	168	
Tahan	5	44:54		
Thompson	5	41:53	164	
Walsh	6	49:32	160	
Welby	5	44:23	168	
Group E				
Brady	1 lap		144	slight knee pain
Bricker	4	35:50	160	
Caputa	5	44:28	164	
Colvis	6	49:38	160	moved to "C"
Conte	3		178	
Gomez	4	35:30	156	
Goodwin	4	30:52	156	
Gray	4	37:40	176	
Kiertley				??
Klarsch	5	44:28	156	
Lally, D	4	35:30	160	
Lally, Th	4	34:50		
Longinette	4	36:52	132	
Myrick				
O'Malley	4	35:30	156	
Olwig	4	35:30	156	
Pitti	3	26:55	148	
Reddy	5	44:28	160	
Siegfried	4	46:58	160	
Vogt	4	35:30	152	
Kernell	1 lap		140	sore
Huhmann	3	27:30	164	
Doorack				
XT				
Curran				
Esswein	3	26:55	124	
Keuss				
Schroder				
Lally, T				
Balossi				
Charles	3	26:55	124	
Sextro				
IR				
Brewer				
Gallagher, fr.				

Date: 10-16-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ Clayton 12x400 / District+ 3xmile, 2x800 / Everyone Else 2xmile, 2x800 /Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Clayton	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Rancilio	76	80	79	77	74	78	75	74	73	73	72	70	
Groesch	76	80	79	77	73	77	74	73	68	68	69	67	
Wottowa	80	81	81	80	77	79	78	77	74	74	73	72	
Bergman	87	86	86	86	84	85	84	82	78	77	76	86	
Moran	89	86	86	86	81	84	84	83	81	82	80	74	
Raeber	86	86	85	86	80	84	84	83	80	81	81	77	
Martino	87	87	87	87	85	85	85	84	83	83	82	82	
Suhre	88	88	88	88	86	88	87	86	83	84	84	82	
Smith	87	88	87	89	86	86	85	83	82	82	81	86	
Tahan	98	103	105	108	108	113	–	114	–	–	–	–	
Vicini	85	84	85	81	78	79	83	80	75	75	73	71	

District +	Mile	Mile	Mile	800	800	Comments
Nicholson	5:08	5:05	5:05	2:17	2:32	
Archer	5:15	5:19	5:23	2:27	2:43	
Rubio	5:14	5:12	5:09	2:19	2:34	
Hennessey	5:14	5:12	5:09	2:19	2:34	
Jackson	5:14	5:55	–	2:17	2:48	
Sullivan	5:15	5:21	5:27	2:31	2:48	
Laughlin	5:14	5:25	5:45	2:35	2:59	
Rackers	5:17	5:26	5:27	2:35	2:48	
Swan						
Arredondo						
Fox						
Esswein	5:16	5:35	—	2:22	2:50	
Hogan	5:35	5:34	5:56	2:44	2:58	

Group 2	Mile	Mile	Mile	800	800	Comments
Gallagher, so.	5:59	6:04		2:44	2:59	
Sosa	5:48	5:48		2:34	2:51	
Butler	5:46	5:40		2:45	2:39	
Dernlan	6:46					
McIntyre	6:46					sick
Murphy, K	5:53	5:51		2:46	3:11	
Amsler	5:38	5:36		2:31	2:51	
Rupp	5:59	6:11				stomach issues
Stolz	5:56	5:48		2:44	2:59	
Vicini						

Group 3	Mile	Mile	Mile	800	800	Comments
Kasper, D	6:12	6:10		2:41	2:54	
Keuss	6:10					
Perryman	6:30	7:09				
Sperkowski						
Walsh						injured
Mungenast, P	5:54	5:51		2:35	2:52	
Colvis	6:12	6:21		2:29	3:10	
Groesch, An	6:29	6:54		2:48	3:17	
Klarsch	6:26			3:06	3:17	
Mungenast, H						
Thomas	5:54	6:35				
Gallagher, fr.						
Kasper, M	6:10	6:07		2:41	3:06	
Szatkowski	6:10	6:11		2:46	3:01	
Booth	6:27	6:32		3:08	3:22	
Flemming	6:11	6:32		2:57	3:00	

Date: 10-16-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ Clayton 12x400 / District+ 3xmile, 2x800 / Everyone Else 2xmile, 2x800 /Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Group 4	Mile	Mile	Mile	800	800	Comments
Blechle	6:27	632		7:01	3:10	
Brewer						
Carron	6:10	6:14		2:57	3:03	
Fleming						
Kruse	6:29	6:49		2:53	3:12	
Oster						
Rainwater	6:24	6:20		2:04	318	
Volmert	6:05	6:01		2:47	3:00	
Farel	6:27	6:17				
Murphy, G	5:56	6:38		3:10	3:23	
Peraud	6:33	6:31		3:02	3:20	
Obermeyer	6:17	6:46		3:13	3:30	
Caputa	6:28	7:01		3:03	3:19	
Doorack						
Charles	5:56	5:57				

Group 5	Mile	Mile	Mile	800	800	Comments
Blackwell	6:48	6:34		3:04	3:35	
Gray	6:51	6:42		3:01	3:13	
Schrock	6:26	6:28		2:32	3:14	
Soto	6:24	6:20				
Gomez	6:51	6:41		2:54	3:17	
Mimlitz	5:46	6:00		2:32	2:51	
O'Malley	6:45	6:30		2:55	300	
Pitti	6:18	7:14		3:16	3:24	
Quinlivan	6:46	6:54		3:05	3:22	
Reddy	6:40	6:29		2:52	3:11	
Thompson	6:45	6:20		3:12	3:37	
Longinette	7:40	7:03		3:18	3:40	
Olwig	6:45	6:33		2:55	3:12	
Genovese	6:24					
Brady						
Nicki	6:26					

Group 6	Mile	Mile	Mile	800	800	Comments
Rieke	6:26	6:42		2:55		
Kirtley	8:03	7:40		3:23	337	
Lally, D	7:47	7:24		3:22	337	
Welby	6:18	6:56		310	330	
Conte	8:50	6:54		3:04	330	
Hof	7:48	7:24		3:22	345	
Kelley	7:02	7:02		3:12	3:40	
Lauer	6:20	6:18		2:46	3:00	
Bricker	7:40	8:22				
Phimphavong	8:04	8:50		3:57	3:56	
George						
Kiehl	7:42	7:44		3:23	3:12	
Huhmann	8:22	9:01				
Siegfried	9:30	9:04		4:24	5:07	
Goodwin	7:32	7:37		3:16	3:45	
Lally, Th	7:33	7:26		316	336	
Myrick						
Todd	6:53	6:54		3:44	3:30	

Injured	Mile	Mile	Mile	800	800	Comments
Curran						
Sextro						
Kernell						
Lally, T						
Balossi						
Charles						
Schroder						
Marty						
O'Brien						

Date: 10-17-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups/Core/ dynamic stretch routine/Aerobic Run on loops

A=8 B=6 C=5 D=4 E=3 /6-8 Strides/ Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Nicholson	8	58:59	152	
Rackers	8	58:50	156	
Group B				
Amsler	6	46 55	164	
Archer	8	58 58	148	
Arredondo	5	38 28	168	
Fox	3	25:06	136	
Hennessey	6	46 55	152	
Hogan	5	36:24	156	
Rubio	6	46 55	128	
Swan?	—			
Wottowa				
Groesch, Al				
Murphy, G	5	37:20	152	
Peraud	3	25:39	136	
Laughlin				
Group C				
Butler	5	36 55	148	
Dernlan	3	25:00	140	
Gallagher, so.	5	38 08	160	
Jackson	6	46 55	152	
Marty	—			
McIntyre	5	37 50	164	
Murphy, K	5	38 15	152	
Rancilio	5	37 57	140	
Sosa	5	37 37	152	
Stolz	5	36 55	160	
Sullivan	6	46 55	176	
Bergman	5	40 02	160	
Carron	5	38 08	152	
Fleming	5	37 37	140	
Kasper, D	5	37 37	160	
Kasper, M	5	37 37	156	
Martino				
Mimlitz	5	36:53	144	
Mungenast, P	5	41 59	152	
Obermeyer	5	41 59	164	
Oster				
Perryman	5	42 00	152	
Raeber	5	38 38	164	
Volmert	5	47 53	160	
Vicini	5	41 59	160	
Thomas	5	37 37	148	
Szatkowski	5	36:24	192	
Suhre	5	40 02	160	
Sperkowski	[illegible]	[illegible]	150	
Smith	5	40 02	144	
Schrock	5	39 31	152	
Rupp	5	39 37	164	
Blackwell	5	38 55	164	
Blechle	5	38 55	156	
Booth	5	38 47	152	
Farel	5	39 31	152	

Group D	Mileage	Time	Pulse	Comments
Genovese	4	29:35	156	
Groesch, An	4	37 05	132	
Hof	4	33:55	172	
Kelley	4	34:55	160	
Kiehl	4	35:55	164	
Kruse	3	28:00	166	
Lauer	4	28 38	170	
Moran	3	27:04		
Mungenast, H	3	29:10	136	Hip
O'Brien				
Phimphavong	3	28:00	160	
Quinlivan	5	38 55	156	
Rainwater	4	30:00	148	
Reike	4	28 52	160	
Soto	4	35:55	168	
Tahan	4	36 00	184	
Thompson	4	35:55	164	
Walsh	5	39 37	160	
Welby	4	36:12	164	
Group E				
Brady				
Bricker	3	29 10	140	Injured
Caputa	4	37 05	144	
Colvis switch	3	27:20	140	
Conte	5	38 55	157	
Gomez	3	29:07	156	
Goodwin	3	26:06	160	
Gray	3	26:59	160	
Kiertley	3	28:02	169	
Klarsch	4	37 05	168	
Lally, D	3	28:06	156	
Lally, Th	3	27:50	164	
Longinette	3	25:07	142	
Myrick				
O'Malley	—			
Olwig	3	25:07	168	
Pitti	3	28:00	168	
Reddy	3	29:10	133	
Siegfried	3	35:31	160	
Vogt	3	25:07	164	
Kernell				
Huhmann				
Doorack	3	25:06	160	
XT				
Curran				
Esswein				
Keuss				
Schroder				
Lally, T				
Balossi	—			
Charles	5	36:24	160	
Sextro				
IR				
Brewer	—			
Gallagher, fr.	—			

235
x 4
140

Date: 10-18-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups/Neuro/ dynamic stretch routine/Aerobic Run on loops A=8 B=6 C=5 D=4 E=3 /4xflying 200s/ Full Stretch/ Jog SLUH CLAYTON RACERS: Pre-Race run

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Nicholson	~~8~~	~~[illegible]~~	~~[illegible]~~	~~Fall~~	Genovese	4	34:30	132	
Rackers	4	30:22	148		Groesch, An	4	34:30	128	good
					Hof	4	35:30	160	
Group B					Kelley	4	35:06	172	
Amsler	6	45:57	164		Kiehl	4	35:14	172	
Archer	8	54:08	156	Fall	Kruse	4	38:14	156	
Arredondo	4	32:06	164	sick/hip	Lauer	4	30:37	172	
Fox	4	30:22	156		Moran	4	32:06	—	
Hennessey	6	45:57	152		Mungenast, H	3	26:00	144	Hip
Hogan	6	45:30	160		O'Brien				
Rubio	5	38:31	132	hip feeling better	Phimphavong	3	28:12	164	
Swan	~~6~~ 8	11:26	160	Feeling Better	Quinlivan	~~4~~ 5	~~[illegible]~~ 42:52	~~[illegible]~~	140
Wottowa	4	32:06	156		Rainwater				
Groesch, Al	4	32:06	144		Reike 44	4	[illegible]	172	
Murphy, G	5	40:55	152		Soto	4	35:14	172	
Peraud	3	27:38	136		Tahan	4	34:06	180	
Laughlin	8	54:08	156		Thompson	4	28:14	164	
					Walsh	5	43:48	156	
Group C					Welby	4	38:04	164	
Butler	5	38:52	140						
Dernlan					**Group E**				
Gallagher, so.	5	34:00	160		Brady	3	28:06	154	
Jackson	6	44:17	148		Bricker	3	26:10	152	
Marty					Caputa				
McIntyre	5	38:52	164		Colvis	5	42:52	152	move to "C"
Murphy, K	3	29:11	128		Conte	3	28:03	146	
Rancilio	4	32:06	148		Gomez	3	25:40	144	
Sosa	5	37:32	164		Goodwin	3	29:01	152	
Stolz	5	38:52	156		Gray	3	27:26	172	
Sullivan	6	48:17	144		Kiertley	3	26:13	170	
Bergman	4	34:02	164		Klarsch	4	35:00	168	
Carron	5	42:34	156		Lally, D	3	27:26	168	
Fleming	5	40:55	160		Lally, Th	3	25:15	164	
Kasper, D	5	42:34	164		Longinette	3	26:10	158	
Kasper, M	5	42:34	166		Myrick				
Martino	4	34:02	148		O'Malley	3	25:10	164	
Mimlitz	5	37:40	152		Olwig	3	26:03	156	
Mungenast, P	5	38:15	164		Pitti	3	28:00	164	
Obermeyer	5	40:55	152		Reddy	3	29:20	160	
Oster	3	28:10	176		Siegfried	3	33:46	160	
Perryman					Vogt	3	25:40	168	
Raeber	4	32:06	144		Kernell	3	28:00	176	
Volmert	5	39:55	164		Huhmann	3	28:29	160	
Vicini	4	31:45	156		Doorack	~~2~~ 3	25:00	164	
Thomas	5	42:34	164						
Szatkowski	5	41:30	176		**XT**				
Suhre	4	31:45	160		Curran				
Sperkowski	3	29:00	180		Esswein				
Smith	4	34:02	164		Keuss				
Schrock	5	41:30	168		Schroder				
Rupp	5	43:48	156		Lally, T				
Blackwell		43:00	156		Balossi				
Blechle	5	43:00	144		Charles	5	42:34	160	
Booth	5	42:34	156		Sextro				
Farel	5	38:52	180		**IR**				
					Brewer				
					Gallagher, fr.				

37
4
148

Date: 10-19-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ District=pre-race 123456=12x400 /Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Clayton													
Rancilio													
Groesch													
Wottowa													
Bergman													
Moran													
Raeber													
Martino													
Suhre													
Smith													
Tahan													
Rackers													
Swan													
Arredondo													
Fox													
Esswein													
District	**Mileage**		**Time**		**Pulse**		**Comments**						
Nicholson					144								
Archer			19:30		134								
Rubio					134								
Hennessey					140								
Jackson					148								
Sullivan					176		CAPTAIN KARAOKE						
Laughlin					174								
Group 1/2	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Hogan	85	85	87	87	79	80	79	81	77	77	76	77	
Gallagher, so.	87	86	83	83	80	83	82	82	79	80	81	80	
Sosa	86	86	85	85	83	81	82	84	76	79	81	76	
Butler	87	89	87	87	84	84	85	85	80	82	82	80	
Dernlan	89	88	87	87	87	86	85	85	81	79	83	85	
McIntyre	90	89	89	87	86	86	86	87	87	85	86	84	
Murphy, K	84	85	83	83	81	82	81	82	81	82	85	84	
Amsler	89	89	82	85	81	82	81	81	75	76	76	76	
Rupp	87	89	88	86	82	83	84	84	79	81	82	80	
Stolz													
Vicini													
Group 3	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Kasper, D	92	92	92	89	86	88	87	89	81	82	86	87	
Keuss	89	91	87	87	86	93	96	—	—	—	—	—	
Perryman	86	88	90	90	82	84	84	88	82	83	88	86	
Sperkowski													
Walsh	90	91	93	94	89	92	92	93	89	86	89	87	
Mungenast, P	90	90	90	89	87	87	87	87	86	84	84	82	
Colvis	94	94	94	93	91	92	92	93	88	83	83	87	
Groesch, An	92	91	90	87	83	85	88	90	84	81	81	84	
Klarsch	89	92	93	91	87	87	87	87	88	87	88	86	
Mungenast, H	90	91	93	93	89	93	—	—	—	—	—	—	
Thomas	94	94	95	94	91	92	92	93	89	86	87	86	
Gallagher, fr.													
Kasper, M	95	93	91	90	87	86	86	—	—	—	—	—	
Szatkowski													
Booth	95	95	94	94	91	92	92	93	89	88	88	87	
Murphy Grey	92	93	93	92	89	90	89	92	87	87	87	82	
Charles	95	92	89	87	80	81	82	81	74	78	78	78	
Carron	94	91	90	90	86	87	88	89	84	84	86	84	
Fleming	87	90	88	91	87	88	86	85	83	84	83	83	
Blechle	95	95	94	94	91	92	92	93	88	88	89	87	

Date: 10-19-12 Conditions:

Workout: Warm-up Drills/ Push-ups/ District=pre-race 123456=12x400 /Hurdle Mobility/Cool-down / Full Stretch/ Jog SLUH

Group 4	400	400	400	400	400	400	400	400	400	400	400	400	Comments
~~Blechle~~													
~~Brewer~~													
~~Carron~~													
~~Fleming~~ SZAT	96	90	91	91	86	87	88	87	82	84	83	82	
Kruse	106	97	96	96	93	92	92	91	89	91	88	86	
Oster	105	104	103	102	97	96	97	94	95	93	91	87	
Rainwater	95	95	109	92	89	91	92	88	89	86	88	88	90
Volmert	96	93	93	91	88	89	89	89	86	87	86	86	
Farel	105	96	99	99	97	97	97	97	95	95	94	90	
~~Murphy, G~~													
Peraud	99	97	96	96	93	95	93	92	88	92	88	90	
Obermeyer	95	93	92	92	88	88	89	88	88	88	85	85	
Caputa	95	99	96	99	92	88	91	89	86	84	83	82	
Doorack	97	97	92	91	—	89	—	87	—	84	—	82	
Group 5	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Blackwell	107	100	100	99	95	95	96	92	88	88	88	88	
Gray	108	99	100	99	89	90	89	89	83	85	86	—	
Schrock	99	97	98	98	93	94	96	94	90	91	90	90	
Soto	106	98	97	96	93	92	92	91	89	91	88	86	
Gomez	101	102	104	104	98	100	100	97	93	96	93	86	
Mimlitz	95	90	90	91	87	87	87	87	82	84	83	82	
O'Malley	110	99	97	95	98	97	94	90	86	84	83	87	
Pitti	105	104	106	102	101	102	102	99	101	102	99	91	
Quinlivan	107	100	100	99	95	95	96	93	88	88	86	85	
Reddy	100	99	98	100	96	94	94	92	90	89	87	83	
Thompson	108	101	100	101	96	96	97	94	96	94	91	90	
Longinette	111	110	109	107	101	106	106	101	101	101	101	97	
Olwig	103	101	101	101	99	99	99	99	97	97	97	97	
Genovese	105	96	99	99	97	97	97	97	95	95	94	93	
Brady	110	107	106	108	102	104	105	105	101	101	99	93	
Group 6	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Rieke	96	92	93	91	88	88	89	88	86	86	86	86	
Kirtley	109	105	105	104	99	99	102	104	96	99	99	96	
Lally, D	110	100	105	102	98	98	98	98	96	98	96	94	
Welby	—	—	104	104	99	100	101	99	85	95	92	95	
Conte	109	105	105	103	100	101	99	99	97	96	95	93	
Hof	110	107	106	106	104	104	104	102	100	102	100	98	
~~Kelley~~ VOET	103	101	101	101	100	99	99	99	97	97	97	97	
Lauer	96	94	95	94	90	90	90	88	85	84	84	85	
Bricker	110	107	106	107	100	106	106	101	99	98	96	93	
Phimphavong	112	108	112	115	108	109	112	109	110	112	108	105	
~~George~~													
Kiehl	111	108	109	110	103	105	106	104	101	102	100	97	
~~Huhmann~~													
Siegfried	112	118	125	128	116	124	140	145	118	140	144	144	
Goodwin	103	108	109	110	103	106	107	106	100	103	103	99	
Lally, Th	109	104	102	101	97	98	99	96	97	99	97	92	
~~Myrick~~													
Injured	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Curran													
Sextro													
Kernell	111	107	103	104	107	108	109	110	110	112	111	113	
Lally, T													
Balossi													
Charles													
Schroder													
Marty													
O'Brien													

Date: 10-20-12 Conditions:

Workout: Meet at districts/ Push-ups/ dynamic stretch routine/Aerobic Run on loops AB=6 C=5 D=4 E=3 /6-8 strides/ Full Stretch/

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Nicholson				Districts	Genovese	5	36:51	152	
Rackers	6	46:30	152		Groesch, An	4	33:07	132	
					Hof	5	42:18	164	
Group B					Kelley	4	34:43	160	
Amsler	6	46:30	156		Kiehl	4	34:43	160	
Archer				Districts	Kruse				
Arredondo	6	46:32	164		Lauer	5	40:00	156	
Fox	6	46:32	156		Moran	5	42:19	168	
Hennessey				Districts	Mungenast, H	3	26:3	144	
Hogan	6	46:30	152		O'Brien				
Rubio				Districts	Phimphavong	4	34:12	152	
Swan?	1.5	11:00	140		Quinlivan	5	38:37	160	Move to C
Wottowa	6	46:32	172		Rainwater	4	35:07	148	
☆ Groesch, Al	6	46:32	144		Reike	5	40:00		
Murphy, G	5	42:10	148		Soto	5	40:00	164	
Peraud	4	33:07	140		Tahan	5	45:03	160	
Laughlin				Districts	Thompson	5	42:30	164	
					Walsh	5	40:00	160	
Group C					Welby	5	40:56	164	
Butler	5	36:51	128						
Dernlan	5	36:51	150		**Group E**				
Gallagher, so.	5	36:08	160		Brady	4	34:53	158	
Jackson				Districts	Bricker	6	55:40	140	
Marty					Caputa	4.5	37:10	—	
McIntyre	5	36:51	140		Colvis	5	38:37	152	Move to C
Murphy, K	5	40:00	—		Conte	5	—	—	
Rancilio	6	46:32	156		Gomez	4	33:02	152	
Sosa	5	36:08	156		Goodwin	4	33:07	160	
Stolz	5	36:51	152		Gray	4	33:07	156	
Sullivan				Districts	Kiertley	4	35:11	172	
Bergman	5	45:03	152		Klarsch	4	33:07	142	
Carron					Lally, D	3	26:35	160	
Fleming	5	36:08	160		Lally, Th	3	27:10	164	
Kasper, D	5	40:00	162		Longinette				
Kasper, M	5	45:03	152		Myrick	3	27:10	—	
Martino	5	45:03	148		O'Malley	5	40:11	164	
Mimlitz	5	40:00	148		Olwig	5	40:13	160	
Mungenast, P					Pitti	5	36:08	164	
Obermeyer	5	42:10	156		Reddy	4.5	37:10	—	
Oster	5	42:45	164		Siegfried	3	36:42	160	
Perryman	5	40:00	156		Vogt	5	40:15	156	
Raeber	5	42:45	164		Kernell				
Volmert					Huhmann				
Vicini					Doorack	5	36:51	168	
Thomas	5	40:01	164						
Szatkowski	5	40:00	176		**XT**				
Suhre	5	42:53	160		Curran	1	5:40	152	
Sperkowski	3	27:10	160		Esswein	5			
Smith	5	45:03	156		Keuss				
Schrock	5	40:00	—		Schroder				
Rupp	5	40:00	168		Lally, T				
Blackwell	5	38:37	144		Balossi				
Blechle	5	38:37	148		Charles				
Booth	5	38:37	148		Sextro	4	34:53	—	
Farel	4	33:07	132		**IR**				
					Brewer				
					Gallagher, fr.				
					Kernell	4	34:53	164	

☆ Meow

Date: 10-22-12 Conditions:

Workout: Jog 1m to West Camp/ Push-ups/Core/ dynamic stretch routine/Aerobic Run A=8 B=6 C=5 D=4 E=3 /6-8 Strides/ Full Stretch/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Nicholson	8	56:32	160		Genovese	4	30:23	152	
Rackers	8	57:19	160		Groesch, An	4	32:42	[illegible]	900d
					Hof	4	35:39	160	Knee/foot pain
Group B					Kelley	4	32:59	172	
Amsler	6	45:49	152		Kiehl	4	35:12	160	
Archer	8	56:33	152		Kruse	4	37:10	160	
Arredondo					Lauer	4	32:57	156	
Fox	6	45:40	160		Moran	5	43:22	[illegible]	= ⊙ XC
Hennessey	6	45:49	160		Mungenast, H				
Hogan	6	45:49	160		O'Brien				
Rubio	6	45:49	148		Phimphavong	4	35:49	157	
Swan?					Quinlivan	5	40:28	156	
Wottowa	6	45:43	174		Rainwater				
Groesch, Al					Reike	4	32:37	166	
Murphy, G	6	47:00	152		Soto	4	32:37	164	
Peraud	3	24:00	132		Tahan	4	36:00	140	
Laughlin	8	56:22	156		Thompson	4	32:57	164	
					Walsh	5	42:4	156	
Group C					Welby	4	32:49	164	
Butler	5	37:50	132						
Dernlan	4	32:17	160		**Group E**				
Gallagher, so.	4	32:60	160		Brady	3	27:53	174	
Jackson	4	36:48	144		Bricker	3	27:22	160	
Marty	4	32:20	176		Caputa	4	35:59	160	
McIntyre	5	40:11	160		Colvis	5	40:30	164	
Murphy, K					Conte	3	[illegible]	[illegible]	
Rancilio	5	37:31	140		Gomez	3	25:55	144	
Sosa	5	36:45	152		Goodwin	3	25:55	136	
Stolz	4	15:00	160	Diarrhea	Gray	3	22:45	176	
Sullivan	6	45:42	176		Kiertley				
Bergman	5	39:4	[illegible]		Klarsch				
Carron					Lally, D	3	25:55	152	
Fleming	5	36:48	156		Lally, Th	3	26:15	168	
Kasper, D					Longinette	3	27:37	160	
Kasper, M	5	41:01			Myrick				
Martino	5	39:34	152		O'Malley	3	28:15	156	
Mimlitz	5	39:01	152		Olwig	3	22:25	160	
Mungenast, P	5	39:14	156		Pitti	4	32:00	164	
Obermeyer	5	42:18	164		Reddy	4	35:31	171	
Oster					Siegfried	3	33:40	156	
Perryman	5	39:10	152	Felt like a champ	Vogt	3	27:15	152	
Raeber	5	43:22	156		Kernell				
Volmert	5	38:44	160		Huhmann	3	27:30	160	
Vicini	5	42:18	172		Doorack	4	30:23	164	
Thomas	5	41:14	164						
Szatkowski	5	41:01	160		**XT**				
Suhre	5	43:22	164		Curran	2mi	—	—	
Sperkowski	4	30:20	168		Esswein	3	19:22	176	
Smith	5	34:09	160		Keuss				
Schrock	5	41:14	176		Schroder				
Rupp	5	42:40	152		Lally, T				
Blackwell	5	40:30	160		Balossi				
Blechle	5	38:48	156		Charles	5	39:40	160	
Booth	6	38:48	[illegible]		Sextro				
Farel	5	38:50	152		**IR**				
					Brewer				
					Gallagher, fr.				

Date: 10-23-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups/dynamic stretch routine/6x800, 2x400/ Everyone Else: Pre-race /6-8 Strides/ Full Stretch/ Jog SLUH

Districts	800	800	800	800	800	800	400	400	Comments
Nicholson	2:17	2:33	2:24	2:31	2:22	2:32	64	66	
Archer	2:30	2:42	2:40	2:37	2:30	2:43	67	68	
Hennessey	2:29	2:36	2:25	2:33	2:24	2:34	69	68	
Rubio	2:28	2:36	2:25	2:35	2:24	2:34	69	68	
Laughlin	2:30	2:42	2:26	2:36	2:28	2:40	68	69	
Sullivan	2:30	2:42	2:26	2:38	2:32	2:44	69	70	
Jackson	2:29	2:42	2:26	2:38	2:28	2:40	70	69	

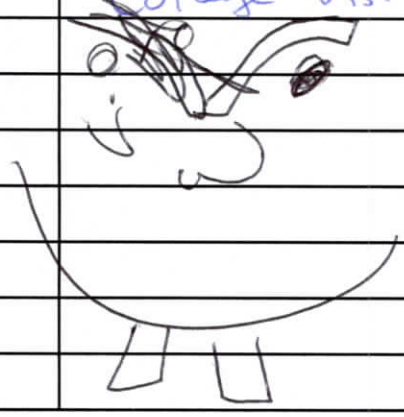
Group A	Mileage	Time	Pulse	Comments
Rackers				
Group B				
Amsler	5	38:46	164	
Arredondo				
Fox				
Hogan	5	38:40	172	
Swan?	2	14:00	144	
Wottowa	3	24:12	150	
Groesch, Al	3	24:02	144	
Murphy, G	3	26:55	148	
Peraud	3	24:00	144	DOPE!
Group C				
Butler	3	24:38	124	
Dernlan				
Gallagher, so.				
Marty	3	26:45	164	
McIntyre				
Murphy, K	3	25:20	174	
Rancilio	5	38:46	156	
Sosa	3	25:20	152	
Stolz	3	25:02	148	
Bergman	3	25:40	160	
Carron	3	26:05	164	
Fleming	3	25:32	164	
Kasper, D	3	26:55	156	
Kasper, M		26:55	156	
Martino	3	25:43	160	
Mimlitz	3	26:55	144	
Mungenast, P	3	24:02	152	
Obermeyer	3	24:02	164	
Oster				
Perryman	3	24:02	164	
Raeber	3	30:57	164	
Volmert	3	24:00	160	
Vicini	3	24:02	176	
Thomas	3	23:10	164	
Szatkowski		26:55	160	
Suhre	3	30:14	160	
Sperkowski	3	26:12	160	
Smith	3	25:43	160	
Schrock	4	26:55	164	
Rupp				
Blackwell	3	24:14	148	
Blechle	3	25:24	160	
Booth	3	24:00	160	
Farel	3	24:24	156	
Group D				
Genovese	3	25:13	144	
Groesch, An				
Hof	3	25:16	156	

Group D	Mileage	Time	Pulse	Comments
Kelley	2/3	19:55	164	cramped
Kiehl	3	27:16	156	
Kruse	3	27:18	156	
Lauer	3	26:55	168	
Moran	3	30:14		why aren't ID?
Mungenast, H	3	27:16	140	HHP
O'Brien				
Phimphavong	3	27:18	152	
Quinlivan	3	24:04	160	
Rainwater	3	23:00	160	Hi
Reike	3	26:55	152	
Soto				
Tahan	3	25:43	9m.	
Thompson	3	25:32	164	
Walsh	3	33:32		
Welby	3	30:16	164	
Group E				
Brady	3	27:42	164	
Bricker	3	27:28	160	
Caputa	3	25:18	160	
Colvis	3	23:27	152	
Conte	3	25:32	164	
Gomez	3	25:42	152	
Goodwin	3	26:07	140	
Gray	3	24:56	164	
Kiertley	3	26:19	140	
Klarsch	3	27:08:44	164	I'm fat.
Lally, D				
Lally, Th	3	26:55	156	
Longinette	3	27:32	158	
Myrick				
O'Malley	3	24:40	156	
Olwig	3	26:17	156	
Pitti	3	25:32	164	
Reddy	3	27:08:41	172	
Siegfried	3	24:27	170	
Vogt	3	26:14	160	
Kernell				
Huhmann	3	27:35	164	
Doorack	3	23:00	166	
XT				
Curran	3	N/A	144	
Esswein				
Keuss				
Schroder				
Lally, T				
Balossi				
Charles	3	28:58	160	dope!
Sextro				
IR				
Brewer				
Gallagher, fr.				

Date: 10-24-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups/dynamic stretch routine/Core/ 7 mile aerobic run /6-8 Strides/ Full Stretch/ Jog SLUH

Sectionals	Mileage	Time	Pulse	Comments
Nicholson	—	—	—	College Visit
Archer	7	49		
Hennessey	7	49		
Rubio	7	49		
Laughlin	7	49		
Sullivan	7	49		
Jackson	7	49		
Porter	100000			



Date: 10-25-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups/dynamic stretch routine/NEURO/ Aerobic Run A=8 B=6 C=5 (part of run should be on the course)/Flying 200s for sectional racers/ Full Stretch/ Jog SLUH

Sectionals	Mileage	Time	Pulse	Comments
Archer ✓	8	56:10	132	
Hennessey ✓	6	42:02	152	
Jackson ✓	5½	39:01	148	
Laughlin	—	—	—	Dr. Cragg
Nicholson ✓	8	56:10	148	Mugged
Rubio ✓	5½	39:01	144	
Sullivan ✓				
Esswein ✓	4½	31:55	156	Good Run
Fox ✓	6	43:30	160	
Hogan ✓	6	47:24	152	
Marty ✓	4½	31:55	160	
Rackers ✓	6	43:30	156	
Rancilio ✓	6	41:34	156	#COLDFRONT
Swan ✓	3	20:50	160	Feelin' Good
NXN	**Mileage**	**Time**	**Pulse**	**Comments**
Murphy K	5	39:25	160	
Stolz	5	39:25	160	
McIntyre	5	39:25	144	
DerNlan	5	39:25	140	
Butler	5	39:25	132	
Amsler	6	43:30		

Date: 10-26-12 Conditions:
Workout: Jog 1m to Central Fields/ Push-ups/dynamic stretch routine/Aerobic Run 5 miles (part of run should be on the course)/6-8 Strides/ Full Stretch/ Jog SLUH

Sectionals	Mileage	Time	Pulse	Comments
Archer	5	34:11	140	
Hennessey	5	34:11	144	
Jackson	5	34:11	132	
Laughlin	5	34:11	132	
Nicholson	5	34:11	146	
~~Rubio~~ MW	5	34 11	132	
Sullivan	5	34 11	136	
Esswein	5	34 11	144	
Fox				
Hogan	5	~~34:42~~	156	actually 5 miles
Marty	3-3.5	24:20	164	
Rackers	5	34 11	152	
Rancilio	5	34 11	140	[redacted]
Swan				
NXN	**Mileage**	**Time**	**Pulse**	**Comments**
Murphy, K	5	34:40	156	"Nipple & weiner chafing"
Stolz	5	40:50	160	[redacted]
McIntyre	5	40:50	140	" "
Dernlan	5	40:50	140	
Butler	5	34 11	140	" "
Amsler	5	34 11	164	Is awesome
Rainwater	5	40:50	156	" "

Date: 10-29-12 Conditions:
Workout: Jog 1m to West Camp/ Push-ups/dynamic stretch routine/Core/ Aerobic Run A=8 B=6 C=5/6-8 Strides/ Full Stretch/ Jog SLUH

Sectionals	Mileage	Time	Pulse	Comments
Archer	8	58:01	130	
? Hennessey				
✓ Jackson	4	:)	:)	HIP/BACK
Laughlin	8	58:01	144	NO comment
✓ Nicholson	8	58:01	144	band aids!
✓ Rubio	5	35:42	148	No comment
✓ Sullivan	6	43:53	168	NO COMMENT!
Esswein	5	35:42	156	
Fox	5	35:42	172	
✓ Hogan	6	44:10	160	
✓ Marty	3	22:40	168	
Rackers	8	58:01	152	
Rancilio	5	35:42	148	
✓ Swan	2	15:00	—	Awful
NXN	**Mileage**	**Time**	**Pulse**	**Comments**
✓ Murphy, K	5	34:41	160	
✓ Stolz	5	41:50	168	Whats a COMMENT?
✓ McIntyre	5	42:30	144	
✓ Dernlan	5	42:30	140	
✓ Butler	5	41:50	140	
✓ Amsler	5	35:42	156	
✓ Rainwater	5	41:50	156	

Date: 10-30-12 Conditions:

Workout: Jog 1m to Central Fields/ Push-ups/dynamic stretch routine/ 2 mile tempo, 6-8 400s (2 at RP, 3 at RP + surge, 3 at surge pace + 2 seconds)/ Cool Down/ Full Stretch/ Jog SLUH

Sectionals	Tempo Pace	Tempo	Time	Pulse	400 P	400	400	400	400	400	400	400	400	Comments
Archer	5:50	2	11:35	172	81	78	79	81	79	79	76	77	74	
Hennessey														Foot
Jackson	5:50	1 ~~5:50~~	5:50		81	78	80	81	78	77	74	76	74	Back
Laughlin	5:50	2	11:35	180	81	78	79	81	77	77	74	77	74	
Nicholson	5:40	2	11:25	176	76	76	77	78	79	73	72	73	73	
Rubio	5:45	2	11:25	176	79	77	78	81	77	76	74	75	73	
Sullivan	5:50	2	11:35	192	81	78	80	81	78	77	74	77	74	
Esswein	6:05	2	12:10	180	86	83	86	84	79	80	76			
Fox	6:05	2	12:10	184	86	83	86	84	80	80	76			
Hogan	6:05	2	12:10	180	86	85	87	84	82	82	76			
Marty	6:05	2	12:10	184	86	85	87	85	80	79	76			
Rackers	6:05	2	12:10	176	86	84	86	84	79	80	76	77	74	
Rancilio	6:05	2	12:11	168	86	86	86	86	81	81	77			
Swan	6:05	1	6:15		86									
NXN	**Tempo Pace**	**~~Tempo~~ ~~Time~~**		**Pulse**	**400 P**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Murphy, K	6:26	~~Time~~	Tempo	—	89									Orthodontist
Stolz	6:23	12:56	2	172	88	86	88	88	83	85	82			
McIntyre	6:26	13:02	2	164	89	86	87	86	83	86	82			
Dernlan	6:26	13:02	2	164	89	86	89	86	89	90	82			
Butler	6:23	12:56	2	160	88	86	88	88	83	86	82			
Amsler	6:19	12:41	2	176	86	85	87	85	83	81	76			
Rainwater	6:26	13:04	2	182	89	86	89	88	83	90	82			

Date: 10-31-12 Conditions:
Workout: Jog 1m to West Camp/ Push-ups/dynamic stretch routine/ Aerobic Run A=6 B=5 C=4/6-8 Strides/ Full Stretch/ Jog SLUH

Sectionals	Mileage	Time	Pulse	Comments
Archer	6	46:24	140	
Hennessey				
Jackson		30:15	132	
Laughlin	6	46:24	152	
Nicholson				
Rubio	5	38:25	116	#Cinderella
Sullivan	5	38:31	160	
Esswein	4	30:15	132	good jokes #101
Fox	4	30:15	144	
Hogan	5	38:25	144	
Marty	4	30:15	152	
Rackers	6	46:24	152	
Rancilio		30:15	176	
Swan				
NXN	**Mileage**	**Time**	**Pulse**	**Comments**
Murphy, K	4	30:41	161	
Stolz				
McIntyre				
Dernlan	4	30:15	140	
Butler	4	30:15	128	
Amsler	4	30:15	152	
Rainwater	4	30:15	160	

-Ms-

[redacted]

Date: 11-1-12 Conditions:
Workout: Jog 1m to West Camp/ Push-ups/dynamic stretch routine/ Neuro/ Aerobic Run AB=5 C=4/Flying 200s/ Full Stretch/ Jog SLUH

Sectionals	Mileage	Time	Pulse	Comments
Archer	5	36:37	152	
Hennessey				
Jackson	4	31:36	124	# DUMB
Laughlin				
Nicholson				
Rubio	5	37:20	120	
Sullivan	5	37:28	152	# MISPELLED
Esswein	4	37:55	124	1st touch.
Fox	5	37:28	152	
Hogan	5	36:37	156	
Marty	4	37:55	120	# cheraits
Rackers	5	36:37	152	
Rancilio	4	30:10	144	
Swan				
NXN	**Mileage**	**Time**	**Pulse**	**Comments**
Murphy, K	4	31:36	152	# INCEB
Stolz				Lax Bro!!!
McIntyre	4	31:54	156	
Dernlan	4	30:55	136	
Butler	4	31:36	136	
Amsler	4	37:55	120	
Rainwater	4	31:58	146	