DATE: 8-12-13 FIRST PRACTICE Conditions:

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

6 strides/jog home/full stretch

Name	pu	dist	time	pulse	pace	grp	com	Name	pu	dist	time	pulse	pace	grp	com
Hennessey		6	4554	156				Mimlitz		3	2745	176			
Davidson		6	4554	164				Bricker		3	2945	164			
K Murphy		6	4618	168				Ludwig		3	2519	144			
Butler		6	4557	160				Lauer		3	2633	180			
Sullivan		6	4557	164				Conte		3	2833	160			
Jackson		4	3045	180				Kruse		3	2833	148			
Hogan		6	4551	156				Gomez		3	3520	152			
Rubio		6	4557	156	Left	leg	hurting	Powers		3	2833	144			
Gallagher JR		5	4000	140				Kernell		3	2833	160			
Marty		5	4000	168				Siegfried		3	4058	160			
Perryman		5	4000	156				Goodwin		3	3520	152			
Murphy G		5	3931	160				Kelley		3	3133	176			
Fox		5	3931	172				Oster		3	2833	156			
Amsler		5	3931	168				James		3	3137	180			
McIntyre		5	3951	168				Olwig		3	2647	152			
Reuss		5	3931	168				Genovese		3	2647	156			
								Caputa		3	2647	180			
Swan		4	3045	152				Docrack		3	2647	144			
Esswein		4	3045	156				Lally		3	2647	168			
								O'Malley		3	2647	148			
Obermeyer		4	3725	164				Welby		3	2925	176			
Fleming		4	3725	164				Myrick		3	4045	172			
Sextro		4	3252	168				Gallagher, Sc		3	3020	168			
Mungenast		4	3725	156				Chang		3	4500	160			
Thompson		4	3832	150				Klarich		3	3020	164			
Schrock		4	3759	176											
Velmert		4	3315	188											
Thomas		4	3759	172											
Brewer		4	3813	144											
Pitt		4	3813	148											
Booth		4	3521	152											
Blackwell		4	3521	160											
Colvis		4	3605	164											
Quinlivan		4	3605	180											
Blechle		4	3521	168											
M Kasper		4	3813	164											
D Kasper		4	3800	188											
Szatkoski		4	3813	196											
Carron		4	3759	176											
Peraud, Cpt		4	3813	144											
Charles		4	3800	140											
Groesch		4	3813	160											
Rainwater		4	3520	166											
Sit		4	3800	160											

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

Date: 8-13-13 Conditions:
Workout: Drills/Jog 1m to Central Fields/Drills/ Push-ups /Tempo run A=5 B=4 C=3 DE=2
Freshmen=1/4x200 / Full Stretch/ Jog SLUH/ Weights

Group A	Temp	Time	Pulse	2	2	2	2	Com
Rubio	4	2418	180	Limping				
Hennessey	5	3015	176	32	33	32	31	
Sullivan	5	3015	200	32	33	32	31	
Group B								
Gallagher, Jr	3	2137	148	34	36	35	33	
Hogan	4	2421	180	34	35	34	34	
Jackson		INJURED						
Marty	2	1334	168	32	33	34	33	
Murphy, K	3	2145	192	34	35	34	35	
Butler	4	2540	190	36	36	36	36	
Amsler	4	2842	184	36	32	36	35	
Group C								
Carron	3	2321	180	33	34	36	35	
Charles	3	2313	172	32	30	27	30	
Esswein	3	1815	188	ND	29	31	31	30
Kasper, D	3	2438	192	26	32	33	33	
Kasper, M	3	2437	184	32	33	34	30	
Keuss	3	2046	176	35	38	35	37	
Mimlitz	3	2825	176	34	35	35	39	
Mungenast	3	2145	192	34	33	31	30	
Murphy, G	3	2256	172	38	36	35	37	
Obermeyer	3	2354	188					
Oster	3	2732	168	39	32	34	33	
Peraud	3	2351	169	31	33	33	32	
Powers	3	2437	162	39	38	40	38	
Sextro	3	1928	176	32	32	31	31	
Sit	3	2137	204	34	35	34	33	
Swan	3	1842	172					
Szatkowski	3	2518	196	38	40	40	38	
Thomas	3	2155	172	34	35	34	32	
Booth	3	2227	172	38	38	37	36	
Brewer	3	2113	176	37	33	36	36	
Colvis	3	2247	176	39	40	38	38	
Fleming	3	2417	180	33	34	39	34	
Pitti	3	2952	170	39	40	40	45	
Sosa	3	1938	184	32	32	31	31	
Thompson	3	2952	176	39	40	40	45	
Volmert	3	2138	194	32	34	35	36	
Davidson	3	1826	162	29	31	31	30	
Dernlan	3	1928	180	32	32	33	33	
McIntyre	1	7:30	188	32	33	35	34	
Rainwater	3	2354	184	38	43	47	44	
Fox	3	1937	180	32	32	32	31	
Kernell	3	2232	180	34	36	40	39	

Group D	Temp	Time	Pulse	2	2	2	2	Com
Conte	2	1743	168	35	37	37	36	
Lauer	2	1645	184	33	34	39	32	
Schrok	3	2310	188	35	35	34	33	
Blackwell	2	1600	180	38	38	38	38	
Blechle	2	1600	180	38	38	38	38	
James	2	1945	192	41	43	43	45	
Kelley	2	1858	192	42	43	41	40	
Kruse	2	1512	188	36	36	35	34	
Lally	2	1652	184	36	38	38	37	
Perryman	2	1418	176	38	39	36	37	
Quinlivan								
Caputa	2	1645	188	33	29	28	30	
Doorack	2	1640	184	33	32	34	31	
Gallagher, So	2	1743	172	36	38	36	35	
Genovese	2	1512	172	36	35	34	34	
Gomez	2	1907	148	41	41	45	46	
Groesch	2	1624	192	34	35	35	36	
Klarsch	2	1658	170	36	38	36	35	
Lepak	2	1512	192	35	33	33	30	
O'Malley	2	1555	180	36	34	35	35	
Olwig	2	1646	176	36	34	35	35	
Vogt	2	1646	180	35	36	38	40	
Ludwig								

Group E								
Siegfried	2	2357	164	56	55	55	57	
Chang	2	2813	168	49	54	56	64	
Welby	2	2120	176	40	41	42	42	
Bricker								
Goodwin	2	1931	188	34	34	41	40	

Freshmen		Time	Pulse	2	2	2	2	Com
Boxdorfer	2	1845	168					
Cox	2	1809	160	ND	43	43	44	43
Gale	2	1744	128	33	35	36	38	
Hennes	2	1825	170	39	44	43	45	
Hughes	2	1800	152	32	33	35	36	
Kelly	2	1652	164	36	34	35	35	
Laughlin	2	1742	176	36	37	38	36	
Leeker	2	1742	172	36	38	38	35	
Ludwig	2	12:28	164	34	33	32	31	
Meissner	2	1843	188	34	33	33	36	
Schwartz	2	1804	160	41	42	41	41	
Shorey	2	1825	200	41	42	41	39	
Spence	2	2022	168	43	41	44	41	
Spezia								
Stelzer	2	1825	160	42	42	42	41	
Swyers	2	1800	148	33	33	35	38	
Thornberry	I	NJURED						
Wagner	2	1825	152	41	41	42	39	

Date: 8-14-13 Conditions:
Workout: Jog to West Camp/ Core/ Push-ups/ Aerobic run on loops A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch with leader/ Hurdle Mobility/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Hennessey	8	1hr.56	156	
Rubio	5	36	152	
Sullivan	8	1hr.50	168	
Group B				
Amsler	6	49.30	168	
Butler	6	46.37	160	
Gallagher, Jr	6	49.30	164	
Hogan	6	46.37	144	
Marty	6	49.30	164	
Murphy, K	6	49.30	168	
Group C				
Booth	5	42.30	156	
Brewer	5	42.30	168	
Carron	5	40.05	148	
Charles	5	38.40	160	
Colvis	5	42.47	168	
Davidson	5	36	148	
Dernlan	5	38.40	142	
Esswein	5	36	168	
Fleming	5	39.36	164	
Fox	5	38.07	172	
Jackson	5	36	156	
Kasper, D	5	39.36	164	
Kasper, M	5	35.40	164	
Kerneil	5	40.51	160	
Keuss	5	38.07	168	
McIntyre	5	40	172	
Mimlitz	4	36.50	168	
Mungenast	5	40.36	168	
Murphy, G	4	35.45	144	
Obermeyer	4	36.45	148	
Oster	5	40.51	156	
Peraud	5	45.58	140	
Pitti	5	42.30	160	
Powers	5	40.51	160	
Rainwater	5	41.48	168	
Schrock	5	38.51	180	
Sextro	5	38.40	164	
Sit	5	38.40	176	
Sosa	5	38.40	160	
Swan	5	36.	152	
Szatkowski	5	39.36	192	
Thomas	5	39.36	160	
Thompson	5	42.30	156	
Volmert	5	40.06	172	

Group D	Mileage	Time	Pulse	Comments
Blackwell	5	42.30	164	move to C
Blechle	5	42.30	160	move to C
Caputa	4	33.55	188	
Conte				
Doorack	4	33.55	148	
Gallagher, So	4	36.09	184	
Genovese	4	38.02	132	
Gomez	4	42.37	152	
Groesch	4	33.55	152	
James	4	42.37	164	
Kelley	4	42.43	164	
Klarsch	4	33.55	158	
Kruse	4	33.55	136	
Lally	4	35.40	172	
Lauer	4	36.27		
Lepak	4	32.02	128	
Ludwig				
O'Malley	4	33.55	176	
Olwig	4	33.55	152	
Perryman	5	42.30	156	
Quinlivan	5	42.47	172	move to C
Vogt	4	33.55	164	
Group E				
Boxdorfer	3	26.19	160	
Bricker	4	42.30	152	
Chang	3	29.50	160	
Cox	3	27.40	160	
Gale	3	27.40	160	
Goodwin	3	27.40	156	
Hennes	3	31.23	170	
Hughes	3	26.03	156	
Kelly	3	24.33	136	
Laughlin	3	23.06	176	
Leeker	3	27.29	172	
Meissner	3	23.32	156	
Schwartz	3	23.39	156	
Shorey	3	27.40	170	
Siegfried	3	38.14	164	
Spence	3	30.25	180	
Stelzer	3	31.23	170	
Swyers	3	23.45	152	
Wagner	3	31.23	158	
Welby	3	32.36	172	
IR				
Thornberry				

Date: 8-15-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run on loops A=8 B=6 C=5 D=4 E=3/ Plyos/ Flying 200s/ Stretch with leader/ Jog SLUH/ Stability for weights group

Group A	Mileage	Time	Pulse	Comments
Hennessey	8	58.06	156	
Rubio	6	45.21	132	
Sullivan	8	58.06	156	
Group B				
Amsler	6	45.21	156	
Butler	6	45.21	160	
Gallagher, Jr	6	45.21	160	
Hogan	6	44.07	156	
Marty	5.5	46.26	172	
Murphy, K	6	45.21	172	
Group C				
Blackwell	5	41	160	
Blechle	5	41	164	
Booth	5	41	152	
Brewer	4	[illegible]	[illegible]	Injury
Carron	5	43.27	156	
Charles	5	40.02	160	
Colvis	5	41.54	160	
Davidson	5	37.30	148	
Dernlan	5	38.36	140	
Esswein	5	37.30	144	
Fleming	5	43.27	140	
Fox	5	36.42	168	
Jackson	5	37.30	136	
Kasper, D	5	43.27	152	
Kasper, M	4	35.37	164	
Kernell	5	45.03	164	It's all for fin
Keuss	5	40.26	160	
McIntyre	5	38.36	168	
Mimlitz	4	34.40	162	
Mungenast	5	41.35	160	
Murphy, G	5	39.45	144	
Obermeyer	5	39.45	168	
Oster	5	45.03	168	Finley 2013
Peraud	5	41.30	146	
Pitti	5	44.01	168	
Powers	5	45.03	164	Finley 2013
Quinlivan	5	41.54	188	
Rainwater	5	39.46	184	
Schrock	5	40.02	184	
Sextro	5	36.46	160	
Sit	5	40.03	124	
Sosa	5	36.40	148	
Swan	5	37.30	148	
Szatkowski	5	43.03	196	
Thomas	5	40.23	160	
Thompson	5	42.56	164	
Volmert	5	39.46	168	

Group D	Mileage	Time	Pulse	Comments
Caputa	4	35.37	148	
Conte	4	34.45	176	
Doorack	4	35.20	144	
Gallagher, So	4	38.04	188	
Genovese	4	32.35	156	
Gomez	3	31.25	124	
Groesch	4	38.04	148	
James	4	42.54	160	
Kelley	4	44.33	168	
Klarsch	4	35.37	160	
Kruse	4	34.45	172	
Lally				
Lauer	4	35.40	168	
Lepak	4	32.35	190	
Ludwig	4	32.25	164	
O'Malley	4	32.25	184	
Olwig	4	35.37	148	
Perryman	5	41.35	160	
Vogt	4	35.37	160	
Group E				
Boxdorfer	3	24.32	168	
Bricker	3	31.25	132	
Chang	3	36.37	160	
Cox	3	26.03	156	
Gale	3	26.09	162	
Goodwin	3	27.45	148	
Hennes	3	27.45	154	
Hughes				
Kelly	3	24.22	124	
Laughlin	4	35.37	152	
Leeker	3	24.29	188	
Meissner	3	23.17	148	
Schwartz	3	24.32	160	
Shorey	3	26.03	172	
Siegfried	3	37.01	160	
Spence	3	31.25	180	
Stelzer	3	25.30	172	
Swyers	3	23.20	156	
Wagner	3	25.18	162	
Welby	3	36.51	152	
IR				
Thornberry				

Date: 8-16-13 Conditions:

Workout: Jog toCentral Fields/ Push-ups/ Aerobic run on alumni race course A=6 B=5 C=4 D=3 E=2/ Strides/ Stretch with leader/ Jog SLUH

47:59 ?

Group A	Mileage	Time	Pulse	Comments
Hennessey	6		148	
Rubio				
Sullivan	5	42:33	140	
Group B				
Amsler				
Butler	5	35	120	
Gallagher, Jr	5		128	
Hogan	4	34.30	136	
Marty	5	34.01	148	
Murphy, K	5		152	
Group C				
Blackwell	4	32	160	
Blechle	4	32	160	
Booth	4	32	148	
Brewer				
Carron	4	36.16	144	
Charles	6K	29.40	148	
Colvis	4		144	
Davidson	4	26.16	140	
Dernlan	4	26.16	140	
Esswein				
Fleming	4	30.21	172	
Fox	4	29.35	145	
Jackson				
Kasper, D	4	36.40	160	
Kasper, M	3		164	
Kernell	4	42.30	156	Finley Forlife
Keuss	4	35.15	152	
McIntyre	4	26.16	152	
Mimlitz	3	30.32	164	
Mungenast				
Murphy, G	4	30.28	152	
Obermeyer	4	30.30	156	
Oster	4	42:30	146	Feel it Boss
Peraud	4	35.	143	
Pitti	4	42.36	180	
Powers	4	42.30	164	Donald Finley
Quinlivan	4	34.28	180	
Rainwater	4	32	160	
Schrock	4	35.18	172	
Sextro	4	31.01	160	
Sit	6K	29.40	160	
Sosa				
Swan	4	28.44	140	
Szatkowski	4	29.22	198	
Thomas	4	30.21	148	
Thompson	4	40.36	164	
Volmert	4	32	152	

Group D	Mileage	Time	Pulse	Comments
Caputa	5K	25.40	168	
Conte	DNF			Asma
Doorack	5K	25.40	148	
Gallagher, So				
Genovese	5K	25.40	148	
Gomez	3K	18.16	144	
Groesch	5K	23.30	160	
James	5K	22.16	164	
Kelley	3	30.52	168	
Klarsch	5K	26.40	160	
Kruse	5K	26.40	154	
Lally				
Lauer	5K	28.15	126	
Lepak	5K	24.56	128	
Ludwig	2	14.50	136	
O'Malley	3K	15.30	140	
Olwig	3K	15.30	138	
Perryman	4	40.36	136	Feelin' Good :)
Vogt	5K	25.40	152	
Group E				
Boxdorfer	3K	15.27	180	
Bricker	3K	19.50	144	
Chang	3K	24.37	160	
Cox				
Gale	3K	15.37	168	
Goodwin	3K	16.20	148	
Hennes	3K	17.38	145	
Hughes	3K	16	152	
Kelly	3K	15.36	156	
Laughlin	5K	25.40	162	
Leeker	3K	15.27	172	
Meissner	3K	16.10	156	
Schwartz	3K	15.27	164	
Shorey	3K	17.26	160	
Siegfried	3K	23.24	160	
Spence	3K	19.50	160	
Stelzer	3K	18	172	
Swyers	3K	15.30	136	
Wagner	3K	17.26	125	
Welby	3K	20.49	168	
O'toole	3K	15.56	140	
IR				
Thornberry	2.6K			

Date: 8-19-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Core/ Aerobic run onloops A=8 B=6 C=5 D=4 E=3/
Strides/Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Hennessey	8	57.42	160	
Rubio	3	23.16	152	
Sullivan	8	57.41	172	
Group B				
Amsler	6	46.48	156	
Butler	6	46.12	160	
Gallagher, Jr				excused
Hogan	6	46.18	156	
Marty	6	46.48	172	
Murphy, K	6	46.12	172	
Group C				
Blackwell	5	40	168	
Blechle	5	48	172	
Booth	5	48	164	
Brewer				
Carron	5	41.54	154	
Charles	5	41.50	148	
Colvis	5	42.24	164	Twisted ankle
Davidson	5	36.40	164	
Dernlan	5	37.58	160	
Esswein				Cross Training
Fleming	5	41.35	164	
Fox	5	36.40	180	
Jackson	5	36.40	160	
Kasper, D	5	47.35	168	
Kasper, M	5	36.10	172	
Kernell	5	42.25	180	Finley Forum
Keuss	5	39.12	172	
McIntyre	5	37.58	164	
Mimlitz	4	36.10	168	
Mungenast	5	42.10	172	
Murphy, G	5	41.35	164	
Obermeyer	5	41.38	168	
Oster	5	42.25	164	
Peraud	5	41.30	164	
Pitt				
Powers	5	42.26	168	
Quinlivan	5	42.27	164	
Rainwater	5	39.50	184	
Schrock	5	40	188	
Sextro	5	36.40	180	
Sit	9	39.56	172	
Sosa				
Swan	5	36	148	
Szatkowski				Dentist
Thomas	5	40	160	
Thompson	5	41.12	168	
Volmert	5	40.36	180	

Group D	Mileage	Time	Pulse	Comments
Caputa	4	34.55	160	
Conte	4	36.15	164	
Doorack	4	30.40	176	
Gallagher, So	4	34.24	172	
Genovese	4	34.50	152	
Gomez	3	32.01	184	
Groesch	4	32.38	164	
James	4	47.0	168	
Kelley	4	42.36	176	
Klarsch	4	34.24	176	
Kruse	4	36.15	168	
Kelly				
Lauer	5	43.37	176	
Lepak	4	30	188	
Ludwig	4	30	168	
O'Malley	4	34.56	180	
Olwig	4	34.53	156	
Perryman	5	41.35	160	
Vogt	4	36.10	172	
Group E				
Boxdorfer	3	25.20	168	
Bricker	3	32.06	184	
Chang	3	36.31	168	
Fee				
Gale	3	26.30	170	
Goodwin	3	29.50	160	
Hennes	3	27.37	160	
Hughes	3	27.30	156	
Kelly	3	23.00	148	
Laughlin	4	30.33	172	
Leeker	3	25.03	180	
Meissner	3	22.01	140	
Schwartz	3	23.16	152	
Shorey	3	29	160	
Siegfried	3	25.15	164	
Spence	3	35.40	180	
Stelzer	3	24.15	174	
Swyers	3	22.01	160	
Wagner	3	25.12	184	
Welby	3	30.8	172	
O'Toole	3	27.31	168	
IR				
Thornberry	1	7.10	✓	

Date: 8-20-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 1: 6-8x1k Group 2:6-8x800/ Cooldown Stretch with leader/ Jog SLUH/ Weights for weights group

	Group 1	Pace	1K	1K	1K	1K	1K	1K	1K	1K	Comments
A 1	Hennessey	3:30	3 41	3 30	3 27	3 29	3 30	3 27	3 22	—	
A 1	Rubio	3:30	3 41	3 30	3 27	—	3 30	3 35	—	—	IT
A 1	Sullivan	3:30	3 41	3 30	3 27	3 29	3 30	3 27	3 22	—	
B 1	Butler	3:30	3 41	3 30	3 27	3 29	3 42	3 39	—	—	
B 1	Hogan	3:30	3 41	3 30	3 27	3 29	3 30	3 27	—	—	
C 1	Jackson	3:30	3 41	3 30	3 27	3 29	3 30	3 27	—	—	
		Pace	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
B 2	Amsler	3:45	345	350	345	345	345	344	340	—	
D 2	Ludwig	3:45	345	350	355	405	4 22	4 15	—	—	
C 2	Fox	3:45	—	—	—	—	—	—	—	—	Sick 4mile Aerobic
C 2	Dernlan	3:45	345	350	350	403	422	DNF	—	—	Ankle Rolled
C 2	Charles	3:45	345	350	345	343	—	345	345	—	
B 2	Marty	3:45	345	350	410	—	405	450	—	—	Breathing Issues
C 2	Sextro	3:45	345	350	345	345	345	344	—	—	
		Pace	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
B 2	Gallagher, Jr	3:55	345	350	355	403	405	411	—	—	
B 2	Murphy, K	3:55	345	350	355	407	439	—	—	—	
C 2	Keuss	3:55	347	354	354	4:00	405	—	—	—	
C 2	Mungenast	3:55	—	—	—	—	—	—	—	—	
	Group 2	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**			**Comments**
C 1	Swan	2:45	2:34	2:38	2:37	2:38	2:38	2:33			
C 1	Davidson	2:45	2:34	2:38	2:37	2:38	2:38	2:33			
C 1	Esswein	2:45	2:34	2:38	2:37	2:38	2:38	2:33			
		Pace	**800**	**800**	**800**	**800**	**800**	**800**			**Comments**
C 2	Thomas	3:10	3:08	3:05	3:02	3:07	3:10	3:06			
C 3	Sit	3:10	3:09	3:01	3:01	3:00	3:01	2:58			
C 3	Booth	3:10	3:10	3:10	3:03	3:04	3:07	3:06			
C 2	McIntyre	3:10	2:58	2:57	2:49	2:56	2:57	2:58			
C 3	Genovese	3:10	3:00	2:58	2:55	2:57	2:56	2:58			
C 3	Fleming	3:10	3:04	3:05	2:48	2:56	2:54	2:55			
C 3	Szatkowski	3:10	3:04	2:58	2:54	2:57	2:58	2:58			
C 3	Murphy, G	3:10	3:09	3:10	3:00	3:10					
C 3	Colvis	3:10	3:11	3:10	3:04	3:06	3:06	3:06			
C 3	Obermeyer	3:10	3:04	3:03	3:01	3:10	3:03	3:03			
D 3	Lepak	3:10	2:58	2:57	2:58	3:05	3:10	3:04			
C 3	Carron	3:10	3:08	3:01	3:01	3:00	3:01	3:59			
C 3	Blechle	3:10	3:12	3:11	3:04	9:00	3:08	3:07			
D 3	Meissner	3:10	3:06	3:00	2:59	2:57	2:56	2:56			
D 3	Laughlin	3:10	3:09	3:11	2:56	2:57	2:56	2:58			
		Pace	**800**	**800**	**800**	**800**	**800**	**800**			**Comments**
C 2	Groesch	3:15	2:58	2:56	2:49	2:56	2:58	2:55			
C 3	Volmert	3:15	3:10	3:13	3:00	3:01	3:04	3:02			
C 3	Perryman	3:15	3:12	3:11	3:09	3:10	3:10	3:11			
C 3	Klarsch	3:15	3:05	3:09	3:02	3:10	3:06	3:07			
C 3	Kasper, D	3:15	3:15	3:09	3:09	3:18	3:09	3:00			
C 3	Schrock	3:15	3:12	3:09	3:10	3:10	3:10	3:09			
C 3	Blackwell	3:15	3:14	3:13	3:11	3:11	3:11	3:08			
D 3	Kelly	3:15	3:08	3:09	2:56	2:59	3:04	3:06			
D 3	Caputa	3:15	3:12	3:12	3:09	3:10	3:02	2:43			
C 3	Doorack	3:15	3:12	3:11	3:01	3:08	3:07	3:05			
C 3	Rainwater	3:15	3:15	3:11	3:06	3:01	3:06	3:06			
C 3	Kasper, M	3:15	3:11	3:11	3:09	3:09	3:04	2:00			
C 3	Peraud	3:15	3:15	3:15	3:15	3:16	3:15	3:15			

Date: 8-20-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 1: 6-8x1k Group 2:6-8x800/ Cooldown Stretch with leader/ Jog SLUH/ Weights for weights group

		Pace	800	800	800	800	800	800			Comments
D 3	Swyers	3:30	3.20	3.19	3.14	3.04	2.59	2.53			
D 3	~~Schwartz~~	3:30									Cat Attack
D 3	~~O'Malley~~	3:30									Injured
C 2	Brewer	3:30	3.05	3.04	3.03	3.01	3.09	2.59			
D 4	Leeker	3:30	3.23	3.25	3.25	3.22	3.14	2.54			
D 4	Boxdorfer	3:30	3.30	3.30	3.27	3.20	3.06	3.14			
D 4	Olwig	3:30	3.27	3.24	3.35	3.27	3.21	3.00			
D 4	Vogt	3:30	3	3.25	3.35	3.27	3.21	3.00			
		Pace	**800**	**800**	**800**	**800**	**800**	**800**			**Comments**
C 4	Mimlitz	3:40	3.10	3.15	3.11	3.14	3.16	3.13			
D 4	Lauer	3:40	3.27	3.23	3.25	3.21	3.22	3.18			
E 4	Wagner	3:40	3.37	3.40	3.40	3.32	3.32	3.12			
C 5	Oster	3:40	3.52	3.36	3.40	3.35	3.37	3.42			
C 5	Kernell	3:40	3.52	3.36	3.44	3.47	3.52	3.43			
D 4	Gallagher, So	3:40	3.24	3.22	3.36	3.10	3.26	3.10			
C 5	Powers	3:40	3.52	3.36	3.41	3.37	3.42	3:15			
C 4	Quinlivan	3:40	3.23	3.23	3.21	3.11	3.21	3.17			
E 5	Hughes	3:50	3.54	3.37	3.40	3.37	3.42	3.35			
E 6	Hennes	3:50	3.58	3.40	3.48	3.30	3.59	3:46			
E 5	~~Thompson~~	3:50	3.59	3.43	3.48	3.39	3.56	3:34			
E 5	Gale	3:50	4.01	3.40	3.45	3.42	3.40	3:17			
E 6	Stelzer	3:50	3.58	3.41	4.01	3.50	4:00	3:43			
E D 5	Shorey	3:50	3.55	3.47	3.45	3.35	3:37	3:37			
D 6	Conte	3:50	3.52	3.37	3.46	3.40	3:43	3:35			
D 6	Kelley	3:50	3.55	3.44	3.51	3.50	3:57	3:51			
X	Welby	4:00	4.03	3.49	3.53	3.51	3.50	3:48			
E 6	Gomez	4:00	3.59	3.59	3.56	3.56	4:06	3:56			
E 5	O'Toole	4:00	3.57	3.47	3.38	3.40	3.51	3:38			
E 6	Spence	4:00	3.58	4.02	4.08	5.27	5:47	5:43			
E 6	Siegfried	4:00	4.08	4.15	4.30	4.27	4.40	4:57			
E 6	Chang	4:00	4.08	4.12	4.27	4.31	5:36	5:06			
	Skipped Rac	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**			**Comments**
E 6	Bricker	?	4.03	4.02	4.03	4.09	4.14	4:13			
D 6	Goodwin	?	3.58	3.47	3.50	3.45	3.55	3:42			
E 6	James	?	4.53	5.09							
C 3	Kruse	?	3.10	3.11	3.05	3.03	3.01	2.58			
	New Guys										
D 5	Boyce		3.40	3.38	3.30	3.50	3.38	3:49			
D 4	Coen		3.40	3.38	3.17	3.30	3:45	3:44			
D 4	Coriell		3.51	3.35	3.41	3.43	3:21	3:16			
E 4	Goedeker		3.44	3.38	3.30	3.40	3:48	3:48			
E 4	Heard		3.40	3.38	3.15	3.40	3:13	3:25			
E 6	Hunkins		4.02	3.56	4.11	4.29	—	—			
E 6	Jackson, N		4.09	4.16	4.11	4.39	—	—			
	~~Krause~~										
E 5	Moore		3.40	3.26	3.30	3.40	3.07	3.53			
E 5	Northcott		3.42	3.41	3.38	3.55	3 58	3 48			
	~~O'Toole~~										
	~~Pace~~										
	~~Rueckert~~										
D 4	Spezia		3.40	3.35	3.19	3.27					
C 3	Vienhage		3.37	3.42	3.41	3.37	3.46	3:18			
C D 4	Knight		3.41	3.38	3.43	3.38	3:40	3:45			
D 4	Whitenbrock		3.40	3.38	3.20	3.40	3.46	3:50			
	IR										
	Thornberry										

Date: 8-21-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Core/ Aerobic run onloops A=6 B=5 C=4 DE=3/ Strides/Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	4	29.29	160	
Hennessey				
Sullivan	6	53.15	148	
Group B				
Amsler	5	35.21	160	
Gallagher, Jr	5	35.21	144	
Hogan	5	35.27	152	
Marty	5	38.21	170	
Murphy, K	6	53.15	160	
Butler	5	35.50	144	
Group C				
Carron	4	34.17	168	
Charles	3	24	136	
Kasper, D	4		172	34.17
Kasper, M	3		176	
Kernell	4		160	
Keuss	4		150	
Mimlitz	4		176	
Mngenast	4		168	
Murphy, G	4		148	
Obermeyer	4		144	
Peraud	4		165	
Powers	4		150	
Schrock	4		188	
Sextro	4		160	
Sit	4		136	
Swan	3		144	
Szatkowski	4		192	
Thomas	4		168	
Vienhage	4		168	
Blackwell	4		172	
Blechle	4		178	
Booth	4		152	
Brewer	4		168	
Colvis	4		160	
Fleming	4		164	
Fox	4		172	
Jackson	4		146	
Kruse	4		180	
Perryman	4		156	
Quinlivan	4		176	
Volmert	4		180	
Davidson	4		160	
Dernlan	4		156	
Doorack	3		164	
Genovese	4		160	
Groesch	4		148	
Klarsch	4		176	
McIntyre	4		172	
Rainwater	4		180	

Group D	Mileage	Time	Pulse	Comments
Conte	3			
Esswein	3			
Lauer	3			
Oster	4			
Kelley, L				
Thompson	4			
Caputa	3			24:35
Gallagher, So	3			
Gomez	3			
Lepak	3			
O'Malley	3			
Olwig	3			
Vogt	3			
Boxdorfer	3			
Boyce				
Coen	3			
Coriell	3			
Kelly	3			
Knight				
Laughlin	3			
Leeker	3			
Ludwig	3			
Meissner	3			
Schwartz	3			
Spence	3			
Spezia	3			
Weyers	3			
Uhlenbrock	3			
Group E				
Siegfried	3			
Chang				
James				
Bricker	3			
Goodwin	3			
Moore	3			
Gale	3			
Goedeker	3			
Heard	3			
Hennes	3			
Hughes	3			
Hunkins	3			
Jackson, N	3			
Northcott	3			
O'Toole	3			
Shorey	3			
Stelzer	3			
Wagner	3			
Boyce	3			
?????				
Krause	3			
Pace	3			
Rueckert	3			
IR				
Thornberry				

Date: 8-22-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run on loops A=8 B=6 C=5 D=4 E=3/ Plyos/ Strides/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	3	23:40	148	
Hennessey	8	60:42	144	
Sullivan	8	60:47	146	
Group B				
Amsler	6	49:03	144	
Gallagher, Jr	6	49:03	168	
Hogan	6	45:35	158	
Marty	6	49:03	136	
Murphy, K	3	20:45	154	
Butler	6	50:00	120	
Group C				
Carron	5	45:08	172	
Charles	5	45:10	129	
Kasper, D	5	45:10	145	
Kasper, M	8	45:10	145	
Kernell	5	49:27	156	Findley Forest
Keuss	3	27:00	164	
Mimlitz	5	40:20	168	
Mngenast	5	45:00	164	
Murphy, G	5	39:45	148	
Obermeyer	5	39:43	168	
Peraud	5	45:10	146	
Powers	5	49:00	148	
Schrock	5	40:07	172	
Sextro	4	37:02	134	shins
Sit	5	40:07	132	
Swan	5	36:40	160	
Szatkowski	5	45:10	168	
Thomas	5	40:07	166	
Vienhage	5	47:37	148	Findley
Blackwell	5	47:52	156	
Blechle	5	47:52	160	
Booth	5	47:52	148	
Brewer	5	43:20	160	
Colvis	5	47:52	152	
Fleming	5	39:45	160	
Fox	5	41:28	168	
Jackson	5	36:40	140	
Kruse	3	26:37	180	hip
Perryman	4	43:50		
Quinlivan	5	34:37	160	
Volmert	5	41:28	172	
Davidson	3	23:40	164	
Dernlan	5	38:01	154	
Doorack	3	26:37	160	
Genovese	5	43:00	160	
Groesch	3	23:40	168	
Klarsch	5	38:01	164	
McIntyre	5	38:01	160	
Rainwater	5	43:02	172	

Group D	Mileage	Time	Pulse	Comments
Conte	4	DNF		Helped Thack to camp
Esswein	3	23:40	132	
Lauer	5	45:10	168	
Oster				
Kelley, L	4	41:16	180	
Thompson	4	32:18	164	
Caputa	3	26:42	148	
Gallagher, So	3	25:20	188	
Gomez	3	32:16	144	
Lepak	4	33:48	150	
O'Malley				
Olwig	3	28:05	170	
Vogt	3+	28:30	160	
Boxdorfer	4	40:18	172	
Boyce	4	40:36		
Coen	4	37:02	140	
Coriell	4	41:01	140	
Kelly	4	33:35	156	
Knight				
Laughlin	4	33:15	168	
Leeker	4	33:35	180	
Ludwig	3	23:40	162	
Meissner	4	33:30	138	
Schwartz	4	33:40	160	
Spence				
Spezia	3	26:40	140	
Weyers	4	33:44	144	
Uhlenbrock	3	28:40	143	
Group E				
Siegfried	3	37:48	164	
Chang				
James	8	45:13	134	
Bricker	8	33:30	140	
Goodwin	3	33:35	160	
Moore	3	32:00	160	
Gale	3	25:20	147	
Goedeker	3	28:40	145	
Heard	3	26:27	145	
Hennes	3	29:35	166	
Hughes	3	27:48	160	
Hunkins				
Jackson, N	3	29:35	136	
Northcott	3	29:10	160	
O'Toole	3	25:20	128	
Shorey	3	29:40		
Stelzer	3	31:58	154	
Wagner	3	31:58	144	
?????				
Krause	4	37:02	144	
Pace	3	30:34	185	
Rueckert	3	29:35	140	
IR				
Thornberry	2	15:14	130	

Date: 8-23-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 12: 6-8k fartlek 2on/3off plus 3 Muny Hills Group 3456:Tempo plus 4x200/ Cooldown Stretch with leader/ Jog SLUH

Group 1	Fartlek	Time	Pulse	Comments
Esswein	7 K	27:45	192	
Rubio				
Swan	1.5m			
Hennessey	8K	30 50	172	
Hogan	8 K	30 50	198	
Jackson	7K	26 47	184	
Sullivan	8K	32 11	192	
Butler	8K	33 11	180	
Davidson	6K	24 08	180	
Group 2				
Amsler	5K	20 30		Light headed
Charles	6K	24 08	188	
Keuss				Wire through foot
Mungenast	6K	2850	192	
Sextro				
Thomas	6K	2700	192	
Brewer	6K	24 00	180	
Fox	6K	24 32	198	
Gallagher, Jr	6K	24 57	182	
Marty	7K	29 40	184	
Murphy	6K	25 56	180	
Dernlan	3K	18 14	188	sick
Groesch	6K	29 59	172	
McIntyre	4K	19:01	184	
Ludwig	6K	28 35	182	

Group 3	Tempo	Time	Pulse	200	200	200	200	Comments
Carron	3	22:58	204	35	34	35	34	
Kasper, D	3	25 30	176	33	33	33	33	
Kasper, M	3	23:37	180	35	33	33	33	
Murphy, G	3	22:33	169	41	43	42	41	
Obermeyer	3	23:31	192	44	45	42	44	
Peraud	3	21:07	184	36	37	38	38	
Schrock	3	22:39	196	36	36	34	36	
Sit	3	21:12	200	30	31	32	30	
Szatkowski	3	21:23	194	34	36	34	33	
Vienhage	3	20:24	174					
Blackwell	3	23:07	194	39	42	37	41	
Blechle	3	23:07	176	39	42	36	41	
Booth	3	21:57	172	39	36	36	37	
Colvis	3	21:54	178	41	40	39	40	
Fleming	3	24:31	200	35	34	32	36	
Kruse								
Perryman	3	24:03	176					
Volmert	3	21:50	180	33	36	35	34	
Caputa	2	15:22	188	31	30	29	29	
Doorack	2	15:22	188	32	30	37	33	
Genovese	3	23:32	172	35	38	36	37	
Kalrsch	3	23:43	176	37	42	36	37	
Lepak	3	23:30	172	33	35	33	33	
O'Malley								
Rainwater	3	24:00	172	46	50	46	37	
Kelly	3	22:55	164	30	31	37	32	
Krause	3	23:57	176	35	36	37	35	
Laughlin	3	23:00	176	42	46			Knees
Meissner	3	21:53	180	33	33	34	32	
Schwartz	3	23:27	160	41	41	44	44	
Swyers	3	23:31	172	30	32	32	29	
Sextro	3	21:12	200	34	34	34	34	2½ hours of sleep

Date: 8-23-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 12: 6-8k fartlek 2on/3off plus 3 Muny Hills Group 3456:Tempo plus 4x200/ Cooldown Stretch with leader/ Jog SLUH

Group 4	Tempo	Time	Pulse	200	200	200	200	Comments
Lauer	3	25 19	192	46	45	44	46	
Mimlitz	3	25 51	192	38	37	35	38	
Quinlivan	3	25 24	182	38	39	36	37	
Gallagher, So	3	24 42	188	41	43	42	45	
Olwig	2	16 15	168	38	37	38	39	
Vogt	✓	25 44						Injured
Boxdorfer	3	[illegible]	192	45	46	40	37	
Boyce	2	16 37	180	45	50	50	42	
Coen								
Coriell	2	22 08	✓	36	41	34	36	
Goedeker	3	26 36	172	35	42	45	50	
Heard	✓							Injured
Knight								
Leeker	3	23 35	190	37	38	39	40	
Spezia								
Uhlenbrock	3	24 33	186	33	31	37	36	
Wagner	3	26 34	160	45	48	48	41	

Group 5	Tempo	Time	Pulse	200	200	200	200	Comments
Kernell	2	18 40	190	36	39	41	45	
Oster	✓							Sick
Powers	2	17 29	176	38	39	41	39	
Thompson	2	17 50	172	38	40	42	49	
Moore	2	17 10	160	38	36	34	34	
Gale	2	17 40	168	35	39	37	39	
Hughes	2	17 14	170	32	36	33	34	
Northcott	2	18 19	180	46	46	43	41	
O'Toole	2	17 20	160	35	37	37	39	
Pace	2	18 41	188	40	52	48	41	
Rueckert	2	17 36	170	36	38	41	35	
Shorey	2	17 24	180	40	41	39	41	
[redacted]								

Group 6	Tempo	Time	Pulse	200	200	200	200	Comments
Conte	2	17 50	184	36	39	41	45	
Siegfried	2	22 24	180	55	56	56	57	
James	✓							Injured
Kelley	2	18 33	180	43	48	47	48	
Bricker	2	✓	✓	43	43	47	47	ankle
Gomez	2	19 03	168	41	43	43	44	
Goodwin	2	17 30	180	35	39	40	38	
Hennes	2	19 31	196	42	46	40	43	
Hunkins	✓							Injured
Jackson, N	2	19 56	180	42	46	40	43	
Stelzer	2	17 24	180	40	38	39	39	
Spence	✓							Injured
IR								
Thornberry	2	14 27	160					

Date: 8-~~23~~24-13 Conditions:

Workout: Jog to West Camp/ Push-ups/ Core/ Aerobic run on loops A=6 B=5 C=4 DE=3/ Strides/ Stretch with leader/ Jog SLUH/ Stability Weights for weights group

Group A	Mileage	Time	Pulse	Comments
Rubio	5	35:16	148	
Hennessey	6	45:15	156	
Sullivan	6	45:15	172	
Group B				
Amsler	5	38:16	156	
Gallagher, Jr	5	38:16	160	
Hogan	5	36:35	160	
Marty	5	38:16	164	
Murphy, K				
Butler	5	38:16	160	
Group C				
Carron	4	36:33	142	
Charles	4	31:40	156	
Kasper, D	4	36:33	142	
Kasper, M	4	36:38	142	
Kernell	4	38:04	160	
Keuss				
Mimlitz	4	37:25	164	
Mngenast	4	33:21	152	
Murphy, G	4	33:14	164	
Obermeyer	✓			
Peraud	4	29:58	136	
Powers	4	38:04	156	
Schrock	4	32:42	176	
Sextro	4	38:04	144	Shins
Sit	4	31:40	148	
Swan				
Szatkowski	4	31:40	188	
Thomas	4	33:14	156	
Vienhage	6	65:00		BIKE PATH
Blackwell	4	33:40	160	
Blechle	4	33:40	156	
Booth	4	36:05	148	
Brewer	4	33:21	160	
Colvis	4	33:40	156	
Fleming	4	33:13	140	
Fox	4	31:00	172	
Jackson	3	22:50	156	
Kruse	4	33:14	172	
Perryman	4	38:04	168	
Quinlivan	4	36:05	180	
Volmert	4	32:20	172	
Davidson	5	36:14	160	
Dernlan	4	31:35	132	
Doorack	4	32:08	172	
Genovese	4	33:21	156	
Groesch	4	33:21	180	
Klarsch	3	25:00	176	
McIntyre	4	31:35	164	
Rainwater	4	32:30	168	
FARTLEK				
Swan	6K	23:28	204	
Keuss	6K	26:09	184	

Group D	Mileage	Time	Pulse	Comments
Conte	3	29:22	156	
Esswein	3	22:50	156	
Lauer	3	28:31	168	
Oster	3	29:22	156	
Kelley, L	3	25:42	164	
Thompson	4	40:00	192	
Caputa	4	32:08	172	
Gallagher, So	3	23:57	192	
Gomez	3	31:27	144	
Lepak	4	32:08	160	
O'Malley	3	26:04	152	
Olwig	3	26:04	148	
Vogt	—	—	—	Right Ankle
Boxdorfer	4	38:56	156	
Boyce	3	26:21	160	
Coen	3	23:03	152	
Coriell	3	26:09	170	
Kelly	3	23:33	156	
Knight	3	24:18	—	
Laughlin	3	24:05	152	
Leeker	3	26:05	172	
Ludwig	3	22:50	144	
Meissner	3	24:37	144	
Schwartz	3	25:20	164	
Spence	3	31:27	184	
Spezia	3	27:56	192	
Weyers	3	27:20	140	
Uhlenbrock	3	27:54	144	
Group E				
Siegfried	3	28:27	164	
Chang				
James				
Bricker	3	31:27	132	Feels Awful
Goodwin	3	26:25	180	
Moore	3	26:04	156	
Gale	3	26:13	168	
Goedeker	3	27:24	140	
Heard				
Hennes	3	28:17	190	
Hughes	3	26:00	142	
Hunkins				
Jackson, N				
Northcott	3	26:44	156	
O'Toole	3	29:22	150	
Shorey	3	31:00	160	
Stelzer				
Wagner	3	25:35	152	
?????				
Krause	3	28:02	144	
Pace	3	27:55	150	
Rueckert	3	24:30	170	
IR				
Thornberry	2	15:30	168	

Date: 8-26-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 12: 3-4 mile tempo plus 6 Muny Hills Group 34: 1600-2x800-4x400 56:4x800-4x400/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 1	Tempo	Time	Pulse	Comments
Esswein	5:15			
Rubio	4	23 53	188	
Swan	5:15			
Hennessey				
Hogan	4	25 15	180	
Jackson				
Sullivan	4	23 53	184	
Butler				
Davidson	5:15			
Group 2				
Amsler	3	19 34	180	
Charles				
Keuss	3	20 49	180	
Mungenast				
Sextro	3	20 10	200	
Thomas				
Brewer	3	21 10	184	
Fox	3	19 22	188	
Gallagher, Jr	3	19 56	140	
Marty	3	21 35	180	
Murphy	3	13 15	180	hip
Dernlan	3	20 58	180	
Groesch	3	22 24	172	
McIntyre	3	21 11	176	
Ludwig	3	19 21	172	

Group 3	1600	800	800	400	400	400	400	Comments
Carron	6:34	3:05	3:20	1:29	1:36	1:41	1:30	
Kasper, D	6:46	3:16	3:16	82	80	86	76	
Kasper, M	6:37	3:05	3:21	86	89	90	77	
Murphy, G	6:30	2:57	3:20	87	90	96	72	
Obermeyer	6:46	3:19	3:21	88	96	94	80	
Peraud	6:50	3:20	3:40	86	89	90	83	
Schrock	6:52	3:13	3:38	93	92	102	92	
Sit	6:35	2:40	2:57	73	85	95	79	
Szatkowski	6:26	2:50	3:10	82	85	90	78	
Vienhage	7:05	3:50	3:47	94	100	98	97	
Blackwell	6:54	3:17	3:29	93	97	108	94	
Blechle	6:53	3:12	3:27	90	92	102	88	
Booth	6:40	3:12	3:27	89	90	100	88	
Colvis	6:47							
Fleming	6:35	3:06	3:28	83	94	90	93	
Kruse	7:14	3:11	3:47	89	99	102	87	
Perryman	7:05	3:13	3:40	86	90	88	93	
Volmert	6:29	2:59	3:17	1:25	1:27	1:29	1:21	
Caputa								
Doorack	7:14	3:13	3:32	92	99	96	92	
Genovese	6:32	3:01	3:15	82	89	90	81	
Kalrsch	6:55	3:07	3:27	90	99	99	90	
Lepak	6:28	2:40	2:55	76	87	97	76	
O'Malley	6:59	3:00	3:40	90	90	92	95	Dehydrated
Rainwater	6:55	3:20	3:28	96	95	98	84	
Kelly	6:35	3:16	3:27	1:24	1:28	1:42	1:29	
Krause	5:12	3:17	3:25	88	88	96	86	
Laughlin	6:35	2:58	3:14	85	89	97	83	
Meissner	6:32	2:50	3:12	77	80	97	83	
Schwartz	7:35	3:25	3:57	1:47	1:42	1:47	1:42	
Swyers	6:40	2:58	3:42	1:30	1:36	1:38	1:30	
Esswein	5:15	2:39	2:34	70	70	75	77	
Swan	5:15		2:58		? ? ?	71	70	
Davidson	5:15	2:32	2:42	70	70	75	75	

Date: 8-26-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 12: 3-4 mile tempo plus 6 Muny Hills Group 34: 1600-2x800-4x400 56:4x800-4x400/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 4	**1600**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Lauer	7:12	3:12	3:46	94	93	104	94	
Mimlitz	6:58	3:20	3:25	90	95	94	79	
Quinlivan	7:35	3:18	3:53	97	99	110	102	
Gallagher, So	7:17	3:20	3:37	96	100	110	90	
Olwig	7:13	3:12	3:35	94	98	99	96	Shins [redacted] Right Ankle
Vogt	—	—	—	—	—	—	—	
Boxdorfer	7:34	3:35	3:55	102	106	125	92	
Boyce								
Coen								
Coriell	6:58	3:22	4:05	1:41	1:45	1:50	1:40	
Goedeker	7:14	3:21	3:44	93	95	99	96	
Heard		3:15	3:54	94	113	145	92	
Knight	6:59	3:16	3:25	90	93	100	86	
Leeker	6:47	3:05	3:27	88	88	1:40	76	
Spezia								
Uhlenbrock								
Wagner								
Rueckert	7:15	3:30	3:40	100	102	106	99	

Group 5	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Kernell									
Oster									
Powers									
Thompson									
Moore									
Gale									
Hughes									
Northcott									
O'Toole									
Pace									
~~Rueckert~~									
Shorey									

Group 6	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Bricker									
Conte									
Gomez									
Goodwin									
Hennes									
Howe									
Hunkins									
Jackson, N									
James									
Kelley									
Siegfried									
Stelzer									
IR									
Thornberry	3mi 12:00		Puke 1168						

Date: 8-26-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 12: 3-4 mile tempo plus 6 Muny Hills Group 34: 1600-2x800-4x400 56:4x800-4x400/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 4	~~1600~~ 800	800	800	~~400~~ 800	400	400	400	400 Comments
Lauer	7 12	3 12	3 46	94	92	104	94	
Mimlitz	6 58	3 20	3 25	90	95	99	79	
Quinlivan	7 35	3 18	3 53	97	99	110	102	
Gallagher, So	7 12	3 20	3 39	96	100	110	90	
Olwig	7 13	3 12	3 35	99	98	99	96	
Vogt								Right ankle
Boxdorfer	734	3 35	3 55	102	104	125	92	
Boyce	3:42	4:06	3:40	4:13	1:35	1:44	1:28	1:41
Coen								
Coriell	6 58	3 42	4 05	101	105	110	100	
Goedeker	7 14	3 21	3 44	93	95	99	96	
Heard		3 15	3 04	94	113	102	92	
Knight	659	3 16	325	90	92	100	86	
Leeker	647	3 05	327	88	88	100	76	
Spezia	3:42	3:40	3:29	3:40	1:25	1:35	1:40	1:20
Uhlenbrock	3:42	3:40	3:47	3:44	1:35	1:4[illegible]	1:50	1:40
Wagner	352	355	3:24	3:51	1:29	1:52	1:54	1:34
Rueckert	715	330	340	100	102	106	99	

Group 5	800	800	800	800	400	400	400	400	Comments
Kernell	3:40	3:42	3:52	4:01	1:50	1:45	1:43	1:37	
Oster	3:40	3:42	3:32	3:35	1:18	1:44	1:32	1:22	
Powers	340	3:55	3:36	4:10	1:48	1:56	2:[illegible]	2:15	
Thompson	340	3:52	3:34	4:05	1:48	1:52	2:07	1:51	
Moore	3:41	3:46	3:25	3:47	1:22	1:46	1:52	1:52	
Gale	3:46	4:05	3:41	3:48	1:40	1:35	2:00	1:37	
Hughes	3:40	3:50	3:30	3:50	1:25	1:45	1:50	1:33	
Northcott	3:51	4:00	3:23	4:05	1:40	1:53	2:05	1:52	
O'Toole	~~3:48~~ 3:48	3:54	3:40	4:37	1:33	1:50	2:22	1:48	
Pace	3:45	4:45	3:45	4:41	1:52	2:13	2:32	1:49	
Rueckert									
Shorey	3:43	3:43	3:24	3:51	1:24	1:50	2:10	1:40	

Group 6	800	800	800	800	400	400	400	400	Comments
Bricker	4:00	4:04	3:48	4:14	1:45	1:55	2:11	1:40	
Conte	3:40	3:42	3:34	400	1:25	1:46	2:07	1:36	
Gomez	3:54	4:00	3:46	4:04	1:46	1:56	2:14	1:38	
Goodwin	3:41	3:[illegible]5	3:24	354	1:25	1:44	2:10	1:28	
Hennes									
Howe	3:40	3:40	320	325	1:20	1:40	1:52	1:27	
Hunkins	~~3:50~~ 3:50	3:55	4:00	4:05					
Jackson, N	4:05	4:09	405	4:09					
James									
Kelley 3:55	~~[illegible]~~	4:21	3:45	4:30	1:48	1:48	2:22	1:50	
Siegfried	4:05	4:40	4:30	5:20	4:05	4:15	4:40	4:25	
Stelzer	3:50	4:00	3:55	4:05					

IR
Thornberry

Date: 8-27-13 Conditions:
Workout: Jog to Central Fields/ Push-ups/ Aerobic run on loops A=8 B=6 C=5 D=4 E=3/ Plyos/Flying 200s/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	4	30:30	152	
Hennessey				
Sullivan	6	46:04	164	
Group B				
Amsler	6	48:50	168	sick
Gallagher, Jr	6	48:50	160	
Hogan	6	46:07	164	
Marty	6	48:50	176	
Murphy, K	3	25:56	120	
Butler	5	39:40	144	
Group C				
Carron	5	43:53	172	
Charles	5	37:30	156	
Kasper, D	4	35:14	168	
Kasper, M	5	43:53	172	
Kernell	5	45:32	164	
Keuss	5	38:32	168	
Mimlitz	2.5	22:19	—	DNF Hip
Mngenast	5	42:27	168	
Murphy, G	5	42:16	156	
Obermeyer	5	42:06	152	
Peraud	5	43:50	143	
Powers	5	45:32	160	
Schrock	5	41:40	180	
Sextro	5	40:30	160	
Sit	5	41:40	148	
Swan	4	28:28	164	
Szatkowski	5.6	45:33	188	[redacted]
Thomas	5	41:40	152	
Vienhage	5	45:32	161	
Blackwell	5	41:32	164	
Blechle	5	41:40	160	
Booth	5	41:40	156	
Brewer	5	42:27	168	
Colvis				
Fleming	5	42:16	164	
Fox	5	39:40	172	
Jackson	3	23:00	164	
Kruse				
Perryman	5	42:03	148	
Quinlivan	5	48:30	180	
Volmert	5	41:21	184	
Davidson	4	30:30	160	
Dernlan	4	30:35	160	
Doorack	3.5	26:00	160	
Genovese	5	40:30	160	
Groesch	5	39:50	168	
Klarsch	5	39:50	174	
McIntyre	4	38:30	160	
Rainwater	5	40:30	160	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	36:58	158	
Boyce	4	36:46	140	
Caputa	3.5	26:00	164	
Coen	4	37:01	168	
Conte	4	34:38	160	
Coriell	4	36:40	168	
Esswein	3	23:00	140	
Gallagher, So	3.3	25:12	180	
Gomez	3	36:00	156	
Kelley, L	4	41:28	172	
Kelly	4	31:40	168	
Knight	3	27:13		
Krause	3	27:19		
Lauer	4	32:46	176	
Laughlin	4	31:33	168	
Leeker	4	35:45	180	
Lepak	4	36:50	164	
Ludwig	4	31:55	140	
Meissner	4	35:44	132	
O'Malley	4	28:20	160	
Olwig	4	21:40	112	
Oster				
Schwartz	4	36:00	138	
Spence	3	34:09	184	
Spezia	4	36:31	156	
Thompson	4	34:38	160	
Uhlenbrock	4	36:25	153	
Vogt	2	21:40	120	
Weyers	4	35:44	150	
Group E				
Bricker	3	36:00	140	
Gale	3	26:28	149	
Goedeker	3	26:30	180	
Goodwin	3	32:00	168	
Heard	3	28:49	180	
Hennes	3	34:37	185	
Howe	3	29:00	185	
Hughes	3	26:30	160	
Hunkins	3	33:30	150	
Jackson, N	3	33:15	148	
James				
Moore	3	27:13	156	
Northcott	3	30:16	160	
O'Toole				
Pace				
Rueckert	3	30:00	150	
Shorey	3	28:20	180	
Siegfried	3	49:21		walked with Wagner
Stelzer	3	31:15	162	
Wagner				
IR				
Thornberry	3	25:00	160	

Date: 8-28-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run on loops A=6 B=5 C=4 DE=3/ Strides/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey				
Sullivan				
Group B				
Amsler				
Gallagher, Jr				
Hogan				
Marty				
Murphy, K				
Butler				
Group C				
Carron				
Charles				
Kasper, D				
Kasper, M				
Kernell				
Keuss				
Mimlitz				
Mngenast				
Murphy, G				
Obermeyer				
Peraud				
Powers				
Schrock				
Sextro				
Sit				
Swan				
Szatkowski				
Thomas				
Vienhage				
Blackwell				
Blechle				
Booth				
Brewer				
Colvis				
Fleming				
Fox				
Jackson				
Kruse				
Perryman				
Quinlivan				
Volmert				
Davidson				
Dernlan				
Doorack				
Genovese				
Groesch				
Klarsch				
McIntyre				
Rainwater				

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce				
Caputa				
Coen				
Conte				
Coriell				
Esswein				
Gallagher, So				
Gomez				
Kelley, L				
Kelly				
Knight				
Krause				
Lauer				
Laughlin				
Leeker				
Lepak				
Ludwig				
Meissner				
O'Malley				
Olwig				
Oster				
Schwartz				
Spence				
Spezia				
Thompson				
Uhlenbrock				
Vogt				
Weyers				
Group E				
Bricker				
Gale				
Goedeker				
Goodwin				
Heard				
Hennes				
Howe				
Hughes				
Hunkins				
Jackson, N				
James				
Moore				
Northcott				
O'Toole				
Pace				
Rueckert				
Shorey				
Siegfried				
Stelzer				
Wagner				
IR				
Thornberry				

Date: 8-30-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run on loops A=8 B=6 C=5 D=4 E=3/ Strides/ Hurdle Mobility/Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey	8	5645	168	
Sullivan	8	5648	152	
Group B				
Amsler	6	4836	164	
Gallagher, Jr	6	4826	172	
Hogan	6	4850	158	
Marty	6	4826	164	
Murphy, K				
Butler	6	4826	140	
Group C				
Carron	5	4502	168	
Charles	5	4300	176	
Kasper, D	5	4000	172	
Kasper, M	5	4502	188	
Kernell	5	5137	1608	
Keuss	5	3541	164	
Mimlitz	4	3827	164	
Mngenast	5	4040	168	
Murphy, G	5	4000	166	
Obermeyer				
Peraud	5	4200	148	
Powers	5	5137	160	
Schrock	5	4304	176	
Sextro	4	3301	160	shins
Sit	5	4040	160	
Swan	4	3100	152	
Szatkowski	5	3940	192	
Thomas	5	4000	160	
Vienhage	5	5137	164	
Blackwell	5	4141	160	
Blechle	4	3623	160	shins
Booth	5	4141	152	
Brewer	4	3213	156	
Colvis				
Fleming	5	4000	156	
Fox	5	3940	176	
Jackson	4	3050	156	
Kruse				
Perryman	5	4600	156	
Quinlivan	5	4141	180	
Volmert	5	3941	176	
Davidson	6	4526	174	
Dernlan	5	3959	156	
Doorack	3+	3016	168	
Genovese	5	4013	166	
Groesch	4	3609	164	
Klarsch	4	3609	174	
McIntyre	5	3799	172	
Rainwater	5	4057	168	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	3967	164	
Boyce	4	4103	152	
Caputa	4	3213	164	
Coen				
Conte	4	3548	152	
Coriell	4	4039	165	
Esswein	4	3030	156	
Gallagher, So	3	2738	180	
Gomez	3	3026	160	
Kelley, L				
Kelly	4	3607	168	
Knight				
Krause	4	3827	162	
Lauer	4	3316	192	
Laughlin	4	3637	168	
Leeker	4	3630	150	
Lepak	4	3100	164	
Ludwig	4	3105	156	
Meissner	4	3607	136	
O'Malley	4	3309	148	
Olwig	3+	3309	144	splints
Oster	4	3507	168	
Schwartz	4	3805	168	
Spence	3	3612	160	
Spezia	4	3805	164	
Thompson	4	3548	164	
Uhlenbrock	4	3607	163	
Vogt	3+	3113	164	
Weyers	4	3637	152	
Group E				
Bricker	3	2705		
Gale	3	2726	168	
Goedeker	2	1481	150	
Goodwin	3	3630	152	
Heard	3	2700	190	
Hennes	3	3204	175	
Howe	3	2700	150	
Hughes	3	2600	150	
Hunkins	2	1512	140	around b-ball fields
Jackson, N	3	3336	146	
James				
Moore	3	2726	150	
Northcott	3	3200	188	
O'Toole	3	2711	140	
Pace	3	3100	150	
Rueckert	3	2730	160	
Shorey	3	2830	160	
Siegfried	3	3605	160	
Stelzer	3	3040	154	
Wagner	1	1526	84	splints shut the back for 2
IR				
Thornberry				

Date: 8-31-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 12: Progression Run (1 start at 7:00, 2 at 7:30) Group 3456: 6x800/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 1	Progression	Time	Pulse	
Butler	4	27 18	160	
Davidson	3	21 16	180	
Esswein	4	26 00	192	
Hennessey	5	33 12	188	
Hogan	6	39 26	148	
Jackson	4	27 19	—	
Rubio	6	39 42	188	
Sullivan	6	39 36	196	
Swan	4	26 00	196	
Group 2				
Amsler	4	29 09	180	
Charles				
Dernlan	4	29 00	200	
Fox	5	35 09	192	
Gallagher, Jr	5	35 55	156	
Keuss	4	2909	184	
Lepak	3	2200	186	
Ludwig	5	35 15	132	
Marty	4	2916	—	
Mungenast	3	22 00	180	
Murphy	2	16 45	—	
Sextro	4	28 53	212	
Szatkowski	3	22 00	160	Shins
Thomas	4	2847	192	

Group 3	800	800	800	800	800	800	Comments
Blackwell	3 13	3:12	312	311	311	310	
Blechle	3 13	3 10	311	310	312	305	
Booth	3 13	3 10	310	311	312	316	
Brewer	3 00	3 00	303				
Caputa	3 09	312	312	317	320	320	
Carron	3 12	307	315	320	323	323	
Doorack							
Fleming	3 11	3 04	316	327	326		
Genovese	3 02	3 00	256	259	259	294	
Groesch	3 09	308	317	327	X	280	
Kalrsch	3 08	302	314	325	330	340	
Kasper, D	3 13	308	314	314	310	304	
Kasper, M	3 15	312	314	312	311	258	
Kelly	3 04	3 00	306	306	306	306	
Krause	3 12	3 04	314	313	311	309	
Laughlin	307	3 06	305	303	302	257	
McIntyre	3 00	259	307	302	307	312	
Meissner	3 00	253	259	259	304	257	
Murphy, G	3 11	309	310	306	307	302	
Obermeyer							
Oster							
Peraud	3 27	324	323	322	321	315	
Rainwater	3 11	308	306	307	307	3	
Schrock	313	312	312	313	318	326	
Schwartz	3 17	320	320	340	340	340	
Sit	3 12	307	308	306	308	256	
Swyers	318	308	309	315	320	320	
Vienhage	315	314	323	324	326	315	
Volmert	304	301	304	303	307	307	

Date: 8-31-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 2 groups Group 12: Progression Run (1 start at 7:00, 2 at 7:30) Group 3456: 6x800/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 4	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Boxdorfer	3:25	3:26	3:24	3:22	324	324	
Coen							
Gallagher, So	3:28	3:33	331	331	327	312	
Goedeker							
Heard	3:44	3:37	3:41	331	406	—	
Knight	325	3:03	3:06	314	329	324	
Lauer	3:19	316	319	314	319	316	
Leeker	3:22	320	320	319	328	312	
Mimlitz	3:24	330	3:50				
O'Malley	3:00	3:37	3:30	3:38	—	—	lower back
Olwig	X	X	X	X	X	X	
Perryman	3:18	320	331	322	330	323	
Quinlivan	3:22	316			329	333	
Spezia	3:17	307	313	325	329	333	
Uhlenbrock	3:16	311		328	335	333	
Vogt	X	X	X	X	X	X	
Wagner							

Group 5	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Boyce	3:33	3:25	321	335	341	330	
Coriell	3:17	315	330	311	318	304	
Gale	3:33	327	330	339	353	—	
Goodwin	3:23	327	330	350	353	345	
Howe	3:27	336	330	340	335		
Hughes	3:21	322	326	330	329	326	
Kernell	3:19	315	319	322	328	335	
Moore	3:39	3:36	337	332	330	—	
O'Toole	3:42	340	358	350	357	314	
Pace	3:26	332	352	404	345	340	
Powers	335	334	333	330	331	332	
Rueckert	3:24	321	327	336	346	336	
Shorey							
Thompson	3:38	3:36	337	343	340	339	

Group 6	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Bricker	340	350	413	345	—	—	Ankle
Conte	—	—	—	—	—	—	
Gomez	351	351	352	352	356	349	
Hennes	333	324	325	331	341	328	
Hunkins	343	—	—	—	—	—	
Jackson, N	345	351	359	—	—	—	
Kelley	—	—	—	—	—	—	
Northcott	353	354	417	421	—	—	
Siegfried	359	418	432	442	454	502	
Spence	359	357	407	413	435	430	
Stelzer	351	350	353	352	403	358	

IR
Thornberry
Colvis
James

Date: 9-2-13 Conditions:

Workout: Jog to West Camp/ Push-ups/ Core/Aerobic run on loops A=8 B=6 C=5 D=4 E=3/ Strides/ Hurdle Mobility/Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	8	56.04	156	
Hennessey	8	56.06	152	
Sullivan	8	56.04	168	
Group B				
Amsler	6	46.27	160	
Gallagher, Jr	6	46.27	148	
Hogan	6	44.31	152	
Marty	6	45.32	172	
Murphy, K				
Butler	6	44.31	160	
Group C				
Blackwell	5	40.13	156	
Blechle	5	40.13	144	
Booth	5	40.13	152	
Brewer	5	42.00	148	
Carron	5	40.02	168	
Charles	5	38.33	156	
Colvis				
Davidson	5	34.40	172	
Dernlan	5	40.05	136	
Doorack	5	43.58	164	
Fleming	5	43.32	164	
Fox	5	38.33	172	
Genovese				
Groesch	5	38.07	156	
Jackson	5	34.40	160	
Kasper, D	5	38.32	172	
Kasper, M	4	36.42	156	L-ANKLE
Kernell	5	47.43	160	
Keuss	5	38.33	172	
Klarsch	5	38.07	174	
McIntyre	5	41.05	156	
Mimlitz				
Mngenast	5	40.10	164	
Murphy, G	5	43.32	152	
Obermeyer	2 laps			ankle hurts
Peraud	5	40.10	149	
Perryman				
Powers	5	42.48	160	
Quinlivan	5	39.15	180	
Rainwater				
Schrock	5	40.57	176	
Sextro	5	38.33	200	SHINS
Sit	5	38.33	164	
Swan	5	34.40	164	
Szatkowski	5	38.33	188	
Thomas				
Vienhage	5	47.43	160	
Volmert	5	38.33	172	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	31.10	156	
Boyce				
Caputa	5	43.58	168	
Coen	3	24.02	146	
Conte	4	36.03	152	
Coriell	4	34.57	164	
Esswein				
Gallagher, So	3	23.02	188	
Gomez	3	28.13	160	
Kelley, L				
Kelly	4	31.58	140	
Knight	4	32.24	164	
Krause				
Lauer	4	34.57	160	
Laughlin	4	32.00	156	
Leeker	4	32.24	170	
Lepak				
Ludwig	4	29.21	160	
Meissner	4	32.10	124	
O'Malley	4	29.02	164	
Olwig				
Oster	5	47.43	164	
Schwartz	4	31.58	156	
Spence	3	29.01	160	
Spezia	4	32.10	164	
Thompson	4	36.03	152	
Uhlenbrock	4	32.10	163	
Vogt	4	29.40	168	
Weyers	4	32.26	140	
Group E				
Bricker	3	28.13	172	
Gale	3	24.02	140	
Goedeker				
Goodwin	3	26.48	156	
Heard	3	26.42	168	
Hennes	3	27.47	160	
Howe	3	28.39	130	
Hughes				
Hunkins	1	7.55	110	
Jackson, N	3	26.02	152	
James				
Moore	3	25.26	140	
Northcott	3	28.02	152	
O'Toole	3	28.39	125	
Pace	3	25.57	141	
Rueckert	3	26.42	174	
Shorey				
Siegfried	3	35.10	164	
Stelzer	3	28.45	154	
Wagner				
IR				
Thornberry				

Date: 9-3-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ Tempo Run + 4x200/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 1	Pace	Tempo	Time	Pulse	400	400	400	400	Comments
Hennessey	5:50	6	35:00	180	29	34	29	30	
Sullivan	5:50	6	35:00	204	29	34	29	30	
Butler	6:00	~~4~~ 6	31:30	190	35	35	37	34	
Davidson	6:00	~~4~~ 4	14:05	184					
Esswein	6:00	4	23:31	184					
Hogan	6:00	6	36:02	188					
Jackson	6:00	6	35:00	172	29	34	29	30	
Swan	6:00	6	35:35	188					
Group 2	**Pace**	**Tempo**	**Time**	**Pulse**	**400**	**400**	**400**	**400**	**Comments**
Amsler	6:15	4	25:10	184					
Charles	6:15	4	24:41	188					
Fox	6:15	4	24:41	192	34	33	32	33	
Gallagher, Jr	6:15	6	34:24	148	32	33	31	33	
Ludwig	6:15	4	25:12	160	34	33	35	35	
Dernlan	6:30	4	24:17	164	33	33	32	31	Not sick
Keuss	6:30	4	36:53	188	36	38	36	40	
Lepak	6:30	4	27:50	184	35	34	33	33	
Marty	6:30								
Mungenast	6:30	4	26:14	180	34	35	34	33	
Murphy	6:30	2	13:23	176					H.O
Sextro	6:30	4	25:20	240	37	36	34	37	
Szatkowski	6:30	4	25:18	196	35	35	34	33	
Thomas	6:30	4	26:00	180					
Group 3	**Pace**	**Tempo**	**Time**	**Pulse**	**400**	**400**	**400**	**400**	**Comments**
Booth	6:50	4	27:42	180	36	34	37	32	
Brewer	6:50	4	28:40	180	35	32	36	36	
Genovese	6:50	4	28:45	168	34	34	35	35	
Groesch	6:50	4	28:30	184	31	32	31	31	
Kelly	6:50	4	29:00	168	40	41	39	37	lower back ankle
McIntyre	6:50	4	27:05	176	34	34	33	33	
Meissner	6:50	4	26:23	188	35	35	34	36	
Sit	6:50	4	28:33	164	29	31	33	33	
Caputa	7:00	4	29:35	188	29	29	29	27	
Doorack	7:00								
Fleming	7:00	4	29:05	188	33	34	33	32	
Klarsch	7:00	4	36:22	184	39	35	38	36	aerobic
Obermeyer	7:00	2	15:23	192					
Rainwater	7:00	4	27:51	188	37	41	40	39	
Volmert	7:00	4	27:14	184	32	36	34	35	
Blackwell	7:10	4	29:35	188	38	38	37	40	
Blechle	7:10	4	29:35	168	36	37	36	35	
Carron	7:10	4	29:59	184	37	39	36	37	
Kasper, D	7:10	4	29:05	188	32	32	32	30	
Kasper, M	7:10								
Krause	7:10	4	30:10	182	38	35	36	36	
Laughlin	7:10	4	29:22	184	40	41	34	37	
Murphy, G	7:10	4	27:53	184					
Oster	7:10	4	29:04	188	40	40	39	40	
Peraud	7:10	6	42:52	158	35	33	33	34	
Schrock	7:10	4	29:47	188	35	34	35	38	
Schwartz	7:10	4	29:54	180					
Swyers	7:10	4	29:30	172	32	33	35	35	
Vienhage	7:10	4	29:28	184	40	40	38	41	

Date: 9-3-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ Tempo Run + 4x200/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 4	Pace	Tempo	Time	Pulse	400	400	400	400	Comments
Boxdorfer	7:30	4	34:00	180	46	44	43	43	
Coen	7:30								
Gallagher, So	7:30	4	32:15	160	38	43	42	42	
Knight	7:30	4	30:10	180	43	38	36	34	
O'Malley	7:30	3	22:30	160					IT band strained
Olwig	7:30								
Perryman	7:30	2	28:00						
Quinlivan	7:30	4	35:49	160					Got sick stopped 2x shins
Goedeker	7:45								
Heard	7:45	4	31:15	180	40	41	36	32	
Lauer	7:45	4	31:16	180	34	36	38	35	
Leeker	7:45	4	31:21	184	36	35	36	36	
Mimlitz	7:45								
Spezia	7:45	4	31:30	164	34	33	35	32	
Uhlenbrock	7:45	4	31:30	160	36	40	38	34	
Vogt	7:45	4	30:43	184					
Wagner	7:45								

Group 5	Pace	Tempo	Time	Pulse	400	400	400	400	Comments
Boyce	7:55	4	34:25	180	43	41	39	40	
Coriell	7:55	4	35:44	164	35	39	34	34	
Gale	7:55	4	34:43	168					
Goodwin	7:55	4	34:43	154	41	42	45	41	
Howe	7:55	4	32:55	170					
Hughes	7:55								
Kernell	7:55	4	34:00	184	34	34	40	34	
Moore	7:55	4	34:10	136	34	33	32	32	
Powers	7:55	4	31:53	180	40	34	39	41	
O'Toole	8:15								
Rueckert	8:15	4	37:21	174	36	42	42	35	
Shorey	8:15	4	38:31	180	40	45	49	53	
Thompson	8:15	4	34:07	170	38	39	42	40	

Group 6	Pace	Tempo	Time	Pulse	400	400	400	400	Comments
Bricker	8:30	4	36:35	176	43	45	44	44	
Conte	8:30	4	34:16	188	38	34	42	40	
Gomez	8:30	4	36:53	164	39	38	39	41	
Hennes	8:30	4	36 34	185	45	47	44	44	
Hunkins	8:30								
Jackson, N	8:30	4	35:54	158	37	42	34	39	
Kelley	8:30	2	20:60	176					
Northcott	8:30	4	35:17	204	41	45	38	42	
Stelzer	8:30	4	36:04		40	41	38	39	
Siegfried	8:45	4	42:36	142	58	59	59	56	
Spence	8:45	4	40:20	188	43	45	44	44	
Pace	8:45	4	39:27	170	40	42	40	38	

IR
Thornberry
Colvis
James

Aerobic									
Rubio		6	10:58	140					

Date: 9-4-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Core/Aerobic run on loops A=8 B=6 C=5 D=4 E=3/ Strides/ Hurdle Mobility/Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	5	35:17	152	
Hennessey	—			
Sullivan	8	67:38	164	
Group B				
Amsler	6	45:30	160	
Gallagher, Jr	6	45:30	152	
Hogan	—			
Marty	—			
Murphy, K	—			
Butler	6	45:30	140	
Group C				
Blackwell	5	40:55	168	
Blechle	5	40:55	165	
Booth	5	4215	156	Back Hurt
Brewer	5	45:00	160	
Carron	5	44:44	156	
Charles	5	37:37	152	
Colvis	—			
Davidson	5	35:17	180	
Dernlan	5	35:17	164	Great!
Doorack	5	45:15	172	
Fleming	5	40:24	180	
Fox	—			
Genovese	5	43:43	156	
Groesch	5	43:35	164	
Jackson	3	81:38	144	
Kasper, D	5	45:00	160	
Kasper, M	4	36:00	196	
Kernell	5	45:23	164	
Keuss	5	39:11	164	
Klarsch	5	45:35	180	
McIntyre	5	36:35	164	
Mimlitz	5	42:00	168	
Mngenast	4	33:10	152	
Murphy, G	5	40:24	160	
Obermeyer	2	64:03	176	
Peraud	5	44:44	179	
Perryman	5	45:15	156	
Powers	5	45:23	164	
Quinlivan	5	42:15	180	SHINS
Rainwater	5	31:44	164	
Schrock	5	40:27	176	
Sextro	5	42:08	140	
Sit	5	39:41	160	
Swan	5	35:17	164	
Szatkowski	5	37:37	192	
Thomas	4	36:00	160	
Vienhage	5	45:23	168	
Volmert	5	39:23	180	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	36:00	164	
Boyce	4	36:24	150	
Caputa	—			
Coen	3	27:35	160	
Conte	—			
Coriell	4	36:24	168	
Esswein	5	35:17	180	6:35 last mile...ouch
Gallagher, So	7	21:55	196	
Gomez	3	27:34	164	
Kelley, L	—			
Kelly	4	31:15	164	
Knight	3	29:00	164	
Krause	3	29:29	168	
Lauer	4	36:00	176	
Laughlin	4	31:19	168	
Leeker	4	31:19	180	
Lepak	—			
Ludwig	4	2858	144	
Meissner	4	31:00	136	
O'Malley	3	23:30	160	
Olwig	3	23:50	148	
Oster	4	34:40	164	
Schwartz	4	31:43	168	
Spence	3	27:57	164	
Spezia	3	24:10	160	
Thompson	4	34:40	160	
Uhlenbrock	3	2483	143	
Vogt	4	32:30	168	
Weyers	4	31:45	140	
Group E				
Bricker	3	27:34	160	
Gale	3	23:30	130	
Goedeker	2	1420	130	
Goodwin	3	27:20	152	
Heard	3	24:17		
Hennes	3	27:15	185	
Howe	3	25:23	125	
Hughes	—			
Hunkins	1	7:22	136	
Jackson, N	3	28:17	133	
James	—			
Moore	3	24:10	130	
Northcott	3	27:28	156	
O'Toole	3	25:23	180	
Pace	3	27:36	140	
Rueckert	3	25:13	164	
Shorey	3	25:23	160	
Siegfried	3	32:31	160	
Stelzer	3	27:40	158	
Wagner	3	24:48	156	
IR				
Thornberry				

Date: 9-5-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Aerobic run on loops A=8 B=6 C=5 D=4 E=3/ Plyos/ Flying 200s/Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	5	34:37	168	
Hennessey	8	56:12	160	
Sullivan	6	49:21	160	
Group B				
Amsler	6	45:32	160	
Gallagher, Jr	6	45:32	160	
Hogan				
Marty	5	39:30	172	
Murphy, K				
Butler	6	45:38		
Group C				
Blackwell	5	43:18	160	
Blechle	5	43:15	160	
Booth	5	43:18	166	
Brewer	5	45:00	160	
Carron	5	44:59	164	
Charles				
Colvis				
Davidson	4	30	161	
Dernlan	4	30	156	
Doorack	5	44:10	160	
Fleming				
Fox	5	39:30	176	
Genovese	5	43:07	156	
Groesch	4	34:06	173	
Jackson	6	49:21	136	
Kasper, D				
Kasper, M	4	34:06	184	
Kernell	5	43:15	156	
Keuss	5	40:00	164	
Klarsch	3	27.00	160	
McIntyre	4	30	164	
Mimlitz	3	30:00	152	Hypothermia
Mngenast	5	43:10	152	
Murphy, G	5	39:47	152	
Obermeyer	2	14:34	176	
Peraud	5	44:59	133	
Perryman	5	43:10	146	
Powers				
Quinlivan	5	43:18	180	
Rainwater	5	39:41	172	
Schrock	5	43:48	172	
Sextro	5	39:47	160	
Sit	5	39:41	148	
Swan	5	39:37	164	
Szatkowski	5	39:41	172	
Thomas	5	43:48	144	
Vienhage	5	43:15	160	
Volmert	5	39:07	176	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	30.44	168	
Boyce	4	33:46	146	Awesome, variety for Joe
Caputa	5	44:10	156	
Coen				
Conte	4	33:14	164	
Coriell	4	33.14	168	
Esswein				
Gallagher, So	4	36.50	180	
Gomez	3	29.30	164	
Kelley, L	3	30.10	172	Recovery
Kelly	4	32.57	152	
Knight				
Krause	4	34.4	160	
Lauer	4	3[illegible]	172	
Laughlin	4	33.02	164	
Leeker	4	32.57	184	
Lepak	2	15.36	164	Jugged
Ludwig				
Meissner	4	32.58	136	
O'Malley	3	23.16	158	Ill Blood Shin Splints
Olwig	3	23:16	144	
Oster	4	33:19	160	
Schwartz	4	33.03	136	
Spence	3	29.29	172	
Spezia	4	34.16	156	
Thompson	4	33:17	164	
Uhlenbrock	4	31.10	180	
Vogt	4	30.10	184	To Fast
Weyers	4	33	144	
Group E				
Bricker	3	29.30	160	[illegible]
Gale	3	25.00	149	
Goedeker	3	19.56	140	
Goodwin	3	22.18	148	
Heard	3	24.37	161	
Hennes	3	25.28	164	
Howe	3	27.26	150	
Hughes				
Hunkins	[illegible]	7.00	110	
Jackson, N				
James				
Moore	3	29.30	166	Sick
Northcott	3	28.58	142	
O'Toole	3	27.20	160	
Pace	3	28.16	170	
Rueckert	3	28.29	165	
Shorey	3	27.38	180	
Siegfried	3	33.23	156	
Stelzer	3	29.22	158	
Wagner	2	21.4	80	
IR				
Thornberry				
Hogan				






Date: 9-6-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Aerobic run on OB A=8 B=6 C=5 D=4 E=3/
Strides/Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey	8	53 44	160	
Sullivan	8	54 29	180	
Group B				
Amsler	6	44:15	160	
Gallagher, Jr	6	44:15	168	
Hogan	3	24 56	156	
Marty	4	34 51	184	
Murphy, K				
Butler	6	44:02	144	
Group C				
Blackwell	5	43 12	160	
Blechle	5	43 12	168	
Booth	5	43 12	152	
Brewer	4	35 00	148	SICK!
Carron	5	45:35	164	
Charles	5	37 24	156	
Colvis				
Davidson	5	35 23	164	
Dernlan	5	40:00	160	
Doorack	5	43:15	168	
Fleming	5	42:16	172	
Fox	5	39 16	172	
Genovese	5	43:15	156	
Groesch	4	34 51	160	
Jackson	6	53 44	156	
Kasper, D	5	40:00	164	
Kasper, M	5	45:35	160	
Kernell	5	44:53	164	
Keuss	4	32 48	168	
Klarsch	4	34 51	184	
McIntyre	5	40:00	150	
Mimlitz	3	28 10	164	hip ouchie
Mngenast	5	48:00	160	
Murphy, G	5	40:00	172	knee bothersome
Obermeyer	1		156	Ankle
Peraud	5	45:35	152	
Perryman	5	44:50	140	
Powers	5	44:52	160	
Quinlivan	5	43:47	176	
Rainwater	5	29 30	152	
Schrock	5	42:18	176	
Sextro	5	39 16	172	
Sit	5	39 16	156	
Swan	5	35 23	168	
Szatkowski	5	30 24	188	
Thomas	5	40:00	160	
Vienhage	5	44:53	150	
Volmert				
Flanagan	3	29 20	160	
Gilmore	3	29 55	152	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	38 20	156	
Boyce	3	29 19	150	
Caputa	5	42:15	160	
Coen				
Conte	4	34 02	168	
Coriell	3	29 19	168	
Esswein	5	38 23	172	
Gallagher, So	4	34 51	200	
Gomez	3	29 20	164	
Kelley, L	4	42 25	176	
Kelly	4	31 40	152	
Knight	3	28 10	172	
Krause	3	28 10	168	
Lauer				
Laughlin	4	31 40	160	
Leeker	4	35 06	188	
Lepak				
Ludwig	4	28 58	160	
Meissner	4	30 33	144	
O'Malley	3	26 56	164	IT Band
Olwig	3	26 56	156	shin splints
Oster	4	34 02	168	
Schwartz	4	31 44	148	
Spence	3	31 27	164	
Spezia	3	26 40	156	
Thompson	4	34 02	164	
Uhlenbrock	3	26 35	184	
Vogt	3	26 50	164	sick
Weyers	4	34 51	148	
Group E				
Bricker	3	29 16	160	
Gale	3	25 56	168	shins splint
Goedeker				
Goodwin	3	29 20	160	
Heard	3	29 54	156	
Hennes	3	28 48	155	
Howe	2.5	27 20	156	knee
Hughes				
Hunkins				
Jackson, N	3	29 16	172	
James	2 laps	18 58	164	
Moore				
Northcott	3	29 15	172	
O'Toole	3	27 20	180	
Pace	3	28 55	155	
Rueckert	3	29 16	174	
Shorey	3	27 30	180	
Siegfried	3	33 20	160	
Stelzer	3	29 15	164	
Wagner	2	22 45	96	
IR				
Thornberry				

Date: 9-7-13 Conditions:
Workout: Warm-up/ Push-ups/ Drills/ 12=2K-16-12-8-4 3456=6x800/ Cooldown/ Stretch with leader/ Jog SLUH/ Weights

Group 1	2k Pace	2K	1600P	1600	1200P	12	800P	8	400P	400	
Hennessey	6:45	6 47	5:12	5 12	3:52	3 50	2:28	2 26	70	65	
Sullivan	6:45	6 47	5:12	5 12	3:52	3 56	2:28	2 26	70	65	
Butler	6:45	6 47	5:12	5 12	3:52	3 54	2:28	2 40	70	74	
Davidson	6:45	6 47	5:12	5 12	3:52	3 50	2:28	2 26	70	62	
Esswein	6:45	6 47	5:12	5 12	3:52	3 50	2:28	2 33	70	63	
Hogan	6:45	~~6 47~~	5:12	—	3:52	—	2:28	—	70	—	
Jackson	6:45	6 47	5:12	5 12	3:52	3 50	2:28	2 26	70	62	
Swan	6:45	6 47	5:12	5 12	3:52	3 50	2:28	2 30	70	64	
	81		79		77		74				
Group 2	**2k Pace**	**2K**	**1600P**	**1600**	**1200P**	**12**	**800P**	**8**	**400P**	**400**	
Amsler	7:00	7 15	5:22	5 32	3:57	4 03	2:34	2 33	73	67	
Charles	7:00	7 16	5:22	5 56	3:57	—	2:34	—	73	—	Ankle
Fox	7:00	7 15	5:22	5 32	3:57	4 03	2:34	2 45	73	67	
Gallagher, Jr	7:00	7 16	5:22	5 32	3:57	4 05	2:34	2 38	73	70	
Ludwig	7:00	7 12	5:22	5 30	3:57	4 04	2:34	2 37	73	66	
Dernlan	7:00	—	5:22	—	3:57	—	2:34	—	73	—	
Keuss	7:20	7 32	5:33	6 00	4:07	4 20	2:37	2 57	75	77	
Lepak	7:20	7 32	5:33	5 47	4:07	4 32	2:37	2 52	75	64	
Marty	7:20	7 32	5:33	5 47	4:07	4 32	2:37	2 47	75	74	
Mungenast	7:20	7 34	5:33	6 40	4:07	—	2:37	—	75	—	
Murphy	7:20	—	5:33	—	4:07	—	2:37	—	75	—	
Sextro	7:20	7 32	5:33	5 45	4:07	4 12	2:37	2 40	75	71	
Szatkowski	7:20	7 23	5:33	5 56	4:07	4 13	2:37	2 40	75	71	
Thomas	7:20	7 34	5:33	5 57	4:07	4 12	2:37	2 42	75	72	
	84/88		80.5/83		79/82		77/78				
Group 3	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**				
Booth	303	246	246	247	245	248					
Brewer											
Genovese	247	234	237	234	240	241					
Groesch	247	234	248	X							
Kelly	254	244	244	242	241	241					
McIntyre	246	241	255	305	255	251					
Meissner	252	240	237	241	247	246					
Sit											
Caputa	306	256	253	243	256	255					
Doorack	257	241	244	243	243	247					
Fleming	258	252	255	257	243	251					
Klarsch	304	258	258	257	301	264					
Obermeyer											
Rainwater	306	254	253	244	250	251					
Volmert											
Blackwell	304	252	254	254	256	255					
Blechle	307	252	252	244	245	248					
Carron	259	252	254	252	252	254					
Kasper, D											
Kasper, M	306	257	257	257	257	254					
Krause											
Laughlin	256	247	256	258	246	250					
Murphy, G	306	310	316	320	—	—	Woke up sick				
Oster	307	257	255	258	248	253					
Peraud	254	258	258	258	253	248					
Schrock	303	254	301	304	302	301					
Schwartz	311	254	300	304	302	254					
Swyers	310	255	255	256	256	253					
Vienhage	310	300	258	300	302	255					
Group 4	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**				
Boxdorfer	7:30										

Date: 9-7-13 Conditions:
Workout: Warm-up/ Push-ups/ Drills/ 12=2K-16-12-8-4 3456=6x800/ Cooldown/ Stretch with leader/ Jog SLUH/ Weights

Coen	7:30	323	319	348	322			
Gallagher, So	7:30	327	255	251	251	255	255	
Knight	7:30	324	—	253	255	250	—	
O'Malley	7:30	324	304	256	304	—	—	
Olwig	7:30	329	—	—				
Perryman	7:30	331	309	342	342	309	335	
Quinlivan	7:30	321	258	255	306	319	340	
Goedeker	7:45	—	—	—	—	—	—	
Heard	7:45	—	—	—	—	—	—	
Lauer	7:45	—	—	—	—	—	—	
Leeker	7:45	322	259	256	255	255	254	
Mimlitz	7:45	329	255	255	305	250	255	
Spezia	7:45	325	300	300	315	308	309	
Uhlenbrock	7:45	325	300	300	315	308	309	
Vogt	7:45	320	302	259	300	—	250	
Wagner	7:45	433	435	348	~~344~~	335	324	315 Shin splint pain
BOX		326	304	302	305	305	306	
Group 5	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**	
Boyce	7:55	329	315	316	325	323	311	
Coriell	7:55	316	258	301	304	325	317	
Gale	7:55	330	320	316	318	317	303	
Goodwin	7:55	339	315	314	322	322	302	
Howe	7:55	332	321	325	328	325	311	
Hughes	7:55	316	259	301	310	303	255	
Kernell	7:55	332	320	317	317	326	319	
Moore	7:55	—	—	—	—	—	—	
Powers	7:55	333	320	314	305	258	309	
O'Toole	8:15	346	343	337	344	341	331	
Rueckert	8:15	345	333	329	329	325	306	
Shorey	8:15	330	320	325	330	324	322	
Thompson	8:15	330	316	314	326	327	325	
Group 6	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**	
Bricker	8:30	350					2 mi. aerobic 18:10 (60 pl	
Conte	8:30	—	—	—	—	—	—	
Gomez	8:30	350	334	314	324	333	324	
Hennes	8:30	316	301	307	316	317	301	
Hunkins	8:30	333	315	321	325	325	324	
Jackson, N	8:30	335	321	314	327	323	317	
Kelley	8:30	340	335	330	344	358	348	
Northcott	8:30	357	348	334	340	342	340	
Stelzer	8:30	344	342	347	336	347	327	
Siegfried	8:45	403	348	349	344	348	349	
Spence	8:45	407	352	349	352	403	337	
Pace	8:45	—	—	—	—	—	—	
IR								
Thornberry								
Colvis								
James Lmi	Manic	12:09	165					
Aerobic								
Rubio								

Date: 9-9-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Core/ Aerobic run on OB AB=6 C=5 D=4 E=3/
Strides/Hurdle Mobility/Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	4	29:15	136	
Hennessey				
Sullivan				
Group B				
Amsler	6	45:54	156	
Gallagher, Jr				
Hogan	3	24:00	160	
Marty				
Murphy, K				
Butler	6	43:57	160	
Group C				
Blackwell	5	44:08	186	
Blechle				
Booth	5	41:08	164	
Brewer				
Carron	5	44:48	176	
Charles	3	24:00	144	
Colvis				
Davidson	5	36:50	164	
Dernlan	5	36:07	164	
Doorack	5	41	164	
Fleming	6	42:20	192	
Fox				
Genovese	5	39:45	164	
Groesch	4	37:48	164	
Jackson	6	43:57	160	
Kasper, D	6	49	192	
Kasper, M	6	49	200	
Kernell	5	44:30	164	
Keuss	5	39:35	176	
Klarsch	4	33:48	160	
McIntyre	5	36:57	164	
Mimlitz	6	41	192	
Mngenast	6	38	168	
Murphy, G	6	46:12	156	IR right knee, #
Obermeyer	6	46:32	178	
Peraud	5	44:22	184	
Perryman				
Powers	6	45:25	164	
Quinlivan				
Rainwater	5	38:19	188	
Schrock	3	24:24	180	
Sextro	6	37:30	180	
Sit	5	37	160	
Swan	6	30	172	
Szatkowski	6	37	164	
Thomas	5	44:30	164	
Vienhage	6	40:30	168	
Volmert				

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	36:40	172	
Boyce	4	36:10	150	
Caputa	5	41	184	
Coen	4	35	160	
Conte	4	37:02	160	
Corlell				
Esswein	0	37	176	
Gallagher, So	4	37:08	196	
Gomez	3	29:36	164	
Kelley, L	4	40:44	184	
Kelly	4	31:30	160	
Knight	3	29:08	164	
Krause				
Lauer	4	35:31	168	
Laughlin	4	32:12	164	
Leeker	4	33:22	188	
Lepak	5	39:40	180	
Ludwig				
Meissner	4	29:39	144	
O'Malley				
Olwig	3½	29:04	160	
Oster	4	37:00	168	
Schwartz	4	35:31	190	
Spence				
Spezia	4	33:33	160	
Thompson				
Uhlenbrock	4	37:27	164	
Vogt	3½	29:06	164	
Weyers	4	33:33	136	
Group E				
Bricker	3	29:34	154	
Gale	3	26:43	160	
Goedeker	3	22:49	180	
Goodwin				
Heard				
Hennes	3	32:14	170	trouble breathing
Howe	3	27:09	148	
Hughes				
Hunkins				
Jackson, N	3	30:26	140	
James				
Moore	3	26:43	156	sick
Northcott	3	32:34	142	
O'Toole	3	29:02	180	
Pace	3	30:00	150	
Rueckert	3	32:33	140	
Shorey	3	25:45	140	
Siegfried	3	33:54	164	
Stelzer	3	29:38	154	
Wagner	2	14:15	136	shin splints
IR				
Thornberry				

Date: 9-10-13 Conditions:

Workout: Jog to West Camp/ Push-ups/ Aerobic run on OB A=6 B=5 C=4 DE=3 with 3x1 min pickups/ Strides/Stretch with leader/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey	6	47:18	160	
Sullivan	6	47:18	176	
Group B				
Amsler	5	37:07	164	
Gallagher, Jr	5	37:04	136	
Hogan	3½	26:50	160	
Marty	5	37:04	176	
Murphy, K				
Butler	5	36:30	148	
Group C				
Blackwell	4	32:25	172	
Blechle	4	32:25	176	
Booth	4	32:16	168	
Brewer	4	31:30	160	
Carron	4	33:22	180	
Charles	4	28:40	152	
Colvis				
Davidson	5	36:40	154	
Dernlan	4	40:25	156	
Doorack				
Fleming	4	34 –	160	
Fox	4	29:15	184	
Genovese	4	31 –	168	
Groesch	4	33 –	164	
Jackson	6	47:18	160	
Kasper, D	4	41 –	180	
Kasper, M	4	33:22	196	
Kernell	4	33 –	164	
Keuss				
Klarsch	4	37 –	180	
McIntyre	4	30:10	164	
Mimlitz				
Mngenast	4	31:30	164	
Murphy, G	4	33:15	172	
Obermeyer	4	39 –	176	
Peraud	4	36:51	152	
Perryman	4	34 –	164	
Powers	5	33 –	168	
Quinlivan	4	33:22	200	
Rainwater	4	30:12	186	
Schrock		20:15		
Sextro	4	36 –	180	
Sit	4	20:39	180	
Swan	4	27:37	168	
Szatkowski	4	28:40	146	
Thomas	4	35 –	178	
Vienhage	4	33 –	168	
Volmert	4	30:01	200	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	3	27:05	152	
Boyce	3	27:18	144	
Caputa	3	24:40	180	
Coen	2	18:45	—	Stopped running
Conte	3	27:30	168	
Coriell	3	25:09	182	
Esswein	4	37:37	172	
Gallagher, So	3	27:08	196	
Gomez	3	27:51	168	
Kelley, L	3	30 –	172	
Kelly	3	28:20	158	
Knight	3	23:45	160	
Krause				
Lauer	3	27:47	168	
Laughlin	3	27:30	150	
Leeker	3	24:03	188	
Lepak	4	31 –	182	
Ludwig	3	29:20	140	
Meissner	3	30:43	164	
O'Malley				
Olwig	3	32:15	164	
Oster	3	27:30	176	
Schwartz				
Spence	3	31:43	168	
Spezia				
Thompson	3	27:30	168	
Uhlenbrock	3	27:58	164	
Vogt				
Weyers	4	33:30	148	
Group E				
Bricker	3	27:51	164	
Gale				
Goedeker	2	19:33	160	Lower back
Goodwin	3	26:30	160	
Heard	3	25:09	180	
Hennes	3	29:12	180	Breathing
Howe	3	26:30	168	
Hughes				
Hunkins				
Jackson, N				
James	2	16:17	172	
Moore	3	26:50	152	
Northcott	3	37 –	168	
O'Toole	3	26:30	160	
Pace	3	27:57	165	
Rueckert	3	26:25	164	
Shorey	3	26:15	150	
Siegfried	3	32:39	160	
Stelzer	3	29:11	160	
Wagner	2	13:30	152	Shin splints
IR				
Thornberry	2	19:51	160	Leg is good

Thornberry - 2 strides

Date: 9-11-13 Conditions:
Workout: Jog to Central Fields/ Push-ups/Core/ Aerobic run AB=6 C=5 D=4 E=3/ Strides/ Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	5K	27:30	156	
Hennessey				
Sullivan	10K	47:31		
Group B				
Amsler	10K	46:51	156	
Gallagher, Jr	10K	46:51	140	
Hogan				
Marty	6K	30:20	176	
Murphy, K				
Butler	10K	47:24	152	
Group C				
Blackwell	8K	40:07	180	
Blechle	8K	40:07	172	
Booth	8K	42:02	156	
Brewer	5K	37:04	168	
Carron	8K	42:37	176	
Charles	8K	39:30	152	
Colvis				
Davidson	5K	21:30	168	
Dernlan	8K	37:03	140	
Doorack	7K	37:05	164	
Fleming	7K	32:04	172	
Fox	8K	36:40	168	
Genovese	6K	27:55	160	trouble breathing
Groesch	6K	26:30	172	
Jackson				
Kasper, D	8K	42:37	172	
Kasper, M	2K	17:49	160	
Kernell				
Keuss	6K	36:30	172	light-headed
Klarsch	6K	26:30	180	
McIntyre	8K	32:04	148	
Mimlitz	2	19:00	164	hip
Mngenast	8K	39:32	164	
Murphy, G	8K	39:37	168	
Obermeyer	7K	32:04	152	
Peraud	8K	40:00	132	
Perryman	8K	42:30	164	
Powers				
Quinlivan	8K	43:30	180	
Rainwater	8K	34:36	172	
Schrock	3mile	25:36	176	
Sextro	8K	36:40	168	
Sit	8K	34:32	148	
Swan	5K	21:20	168	
Szatkowski	8K	37:00	192	
Thomas				
Vienhage				
Volmert	8K	37:27	192	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	6K	36:54	164	
Boyce	5K	27:16	140	
Caputa	7K	3705	160	
Coen				
Conte	6K	36:15	180	
Coriell	5K	30:27	162	Shin splint
Esswein				
Gallagher, So	5K	27:21	180	
Gomez				
Kelley, L	6K	38:09	168	
Kelly	6K	30:26	152	
Knight				
Krause				
Lauer	6K	33:12	164	
Laughlin	6K	29:29	172	
Leeker	6K	33:23	184	
Lepak	5K	25:30	168	cold n' breathy
Ludwig	6K	29:30		
Meissner	6K	29:30		
O'Malley	3	24:02	160	
Olwig	5K	27:34	190	
Oster	6K	36:30	172	
Schwartz				
Spence				
Spezia				
Thompson	6K	36:15	160	
Uhlenbrock	5K	24:32	154	
Vogt	5K	28:15	160	left ankle
Weyers	6K	33:23	152	
Group E				
Bricker	3K	19:00	160	injury
Gale				
Goedeker	3K	14:10	165	
Goodwin	5K	26:52	152	
Heard				
Hennes	5K	30:24	160	
Howe	2K	12:00		hamstring
Hughes	2K	16:00	100	Patella
Hunkins	3K	15:00	164	
Jackson, N	5K	27:14	148	
James	3K	21:54	168	
Moore	5K	26:52	124	
Northcott	5K	27:17	152	
O'Toole	5K	26:30	160	
Pace	5K	27:11	170	
Rueckert	3K	20:00	160	
Shorey	5K	27:18	160	
Siegfried	5K	33:24	160	
Stelzer	5K	30:02	152	
Wagner	2K	16:00	100	shin splints
IR				
Thornberry	3K	12:00	160	

Date: 9-12-13 Conditions:
Workout: Jog to Central Fields/ Push-ups/ Aerobic run A=6 B=5 C=4 DE=3/ Plyos/ 4xFlying 2s/ Stretch with leader/ Jog SLUH/ Stability Weights

Group A	Mileage	Time	Pulse	Comments
Rubio	5K	21:13	156	
Hennessey	10K	44:41	160	
Sullivan	10K	44:11	164	
Group B				
Amsler	5 miles	36:09	152	
Gallagher, Jr	5 miles	36:02	140	(5 miles)
Hogan	4 miles	31:19	156	
Marty	5 miles	~~		no time/pulse
Murphy, K				
Butler	5 miles	36:30	140	
Group C				
Blackwell	4 mile	32:30	160	
Blechle	4 mile	32:30	160	
Booth	4 mile	32:27	152	
Brewer	4 mile	30:05	168	
Carron	4 miles	34:14	166	
Charles	4 miles	32:10	176	
Colvis				
Davidson				
Dernlan	4 miles	30:00	120	
Doorack	5K	24:18	168	
Fleming	4 miles	32:47	172	
Fox	4 miles	31:13	164	
Genovese	4 miles	30:45	164	
Groesch	5K	23:30	120	
Jackson	10K	47:11	172	
Kasper, D	4 miles	32:10	164	
Kasper, M	4 Miles	32:15	150	
Kernell				
Keuss				
Klarsch	4 mi	30:00	176	
McIntyre	4 m	30:00	172	
Mimlitz	5K	24:45	156	hip ?
Mngenast	4 miles	32:47	164	
Murphy, G	4 miles	32:41	148	left hip injury
Obermeyer	4 miles	32:41	164	
Peraud	4 miles	33:42	124	
Perryman	5 miles	40:00	130	
Powers				
Quinlivan	4 miles	33:20	180	
Rainwater	4 miles	31:46	148	
Schrock	5K	26:07	160	
Sextro	4 miles	30:51	168	
Sit	4 miles	32:47	132	
Swan	5K	21:13	172	
Szatkowski	4 miles	28:46	188	
Thomas				
Vienhage				
Volmert	4 miles	30:51	168	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	5K	23:15	156	
Boyce	5K	27:35	168	
Caputa	5K	24:05	164	
Coen				
Conte	5K	27:21	174	
Coriell	5K	27:25	164	
Esswein	4 miles	25:20	174	
Gallagher, So	5K	28:30	130	
Gomez	5K	29:34	164	
Kelley, L	5K	29:34	162	
Kelly	5K	21:30	136	
Knight	5K	24:28	160	
Krause				
Lauer	5K	26:04	164	
Laughlin				
Leeker	5K	23:45	180	
Lepak	4 miles	30:45	172	
Ludwig	5K	21:27	124	
Meissner	5K	21:27	134	
O'Malley	3K	13:02	108	
Olwig	5K	24:45	136	
Oster				
Schwartz	5K	24:45	120	
Spence	5K	28:02	172	
Spezia	5K	24:20	164	
Thompson	5K	27:20	160	
Uhlenbrock	5K	24:30	158	
Vogt				
Weyers	5K	23:41	174	
Group E				
Bricker	3K	15:48	136	ankle injury (left)
Gale	N/A	N/A	N/A	N/A did not run
Goedeker				
Goodwin	5K	27:08	148	
Heard	5K	24:10	165	
Hennes	5K	28:28	165	
Howe	5K	26:00	160	
Hughes				
Hunkins				
Jackson, N	5K	27:23	169	
James	5K	26:03	172	
Moore	3K	15:45	128	hip injury
Northcott	5K	27:56	132	
O'Toole	5K	[illegible]	160	time was 26:00
Pace	5K	28:17	140	
Rueckert				
Shorey	5K	27:30	160	
Siegfried	5K	31:13	156	
Stelzer	5K	26:43	152	
Wagner				
IR				
Thornberry	3K	12:30	160	

Date: 9-13-13 Conditions:
Workout: Jog to Central Fields/ Push-ups/ Aerobic run AB=5 C=4 DE=3/ Strides/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	6k	26:30	144	
Hennessey	10k	47:07	—	
Sullivan	10k	47:07	—	
Group B				
Amsler	8k	37:14		
Gallagher, Jr	8k	37:14	140	
Hogan	5k	24:18	136	
Marty	8k	38:00	168	
Murphy, K				
Butler	8k	38:02	140	
Group C				
Blackwell	6k	29:13	152	
Blechle	6k	29:13	160	
Booth	6k	[illegible]	152	
Brewer	6k	27:00	160	
Carron	6k	34:20	136	
Charles	5k	25:30	132	
Colvis				
Davidson				
Dernlan	8k	27:54	148	
Doorack	8k	32:38	164	
Fleming	5k	25:20	156	
Fox	6k	28:07	156	
Genovese	6k	30:00	144	
Groesch	5k	24:50	156	
Jackson				
Kasper, D	5k	25:30	160	
Kasper, M	5k	25:30	168	
Kernell	5k	25:37	164	
Keuss				
Klarsch	5k	25:30	160	
McIntyre	6k	28:08?	156	
Mimlitz	5k	25:24	156	
Mngenast	5k	24:15	160	
Murphy, G	5k	25:20	156	
Obermeyer	5k	25:20	160	
Peraud	6k	32:20	176	
Perryman	6k	29:00	146	
Powers	5k	25:37	156	
Quinlivan	2k	9:53	—	shins
Rainwater	6k	30:54	148	
Schrock	5k	25:24	164	
Sextro	5k	24:15	148	
Sit	5k	24:15	132	
Swan				
Szatkowski	5k	—	—	
Thomas	5k	24:02	156	
Vienhage	5k	25:37	152	
Volmert				

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	5k	24:30	140	
Boyce	5k	25:30	160	
Caputa	6k	32:00	160	
Coen	5k	25:00	—	
Conte	5k	27:03	164	
Coriell	5k	25:30	164	
Esswein				
Gallagher, So	5k	28:00	138	
Gomez	5k	27:18	160	
Kelley, L	5k	28:40	164	
Kelly	6k	26:30	156	
Knight	5k	24:54	160	
Krause				
Lauer	5k	25:24	156	
Laughlin				
Leeker	5k	24:25	170	
Lepak	6k	30:00	172	
Ludwig				
Meissner	5k	24:13	124	
O'Malley	3k	13:05	160	
Olwig	3k	15:00	136	
Oster	5k	25:37	164	
Schwartz	5k	24:13	148	
Spence	5k	31:35	176	
Spezia	5k	25:30	160	
Thompson	5k	24:21	160	
Uhlenbrock	5k	25:10	165	
Vogt	5k	23:05	164	
Weyers	5k	24:51	140	
Group E				
Bricker	3k	27:08	160	
Gale				
Goedeker	5k	27:30	160	
Goodwin	5k	26:00	156	
Heard	5k	24:54	160	
Hennes	5k	27:07	170	
Howe	5k	26:10	160	
Hughes	3k	21:31	131	
Hunkins	5k	25:30	141	
Jackson, N	5k	27:06	160	
James	5k	28:34	164	
Moore	3k	15:00	130	
Northcott	5k	26:53	132	
O'Toole	5k	26:00	140	
Pace	5k	27:18	130	
Rueckert				
Shorey	5k	27:05	160	
Siegfried	5k	32:07	160	
Stelzer	5k	27:45	164	
Wagner	3k	21:31	100	
IR				
Thornberry	3k	13:00	160	

Date: 9-16-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Core/ Aerobic run A=10 B=8 C=6 D=5 E=4/ Strides/ Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	4	17:44	156	
Hennessey	6	7203	148	
Sullivan	10	7203	156	
Group B				
Amsler	8	6048	152	
Gallagher, Jr	8	6048	160	
Hogan	5	37:44	152	
Marty	8	6048	156	
Murphy, K				
Butler	6	4348	120	BATHROOM
Group C				
Blackwell				
Blechle	6	4551	164	
Booth	6	4551	152	
Brewer				
Carron	6	5046	164	
Charles	6	4856	156	
Colvis				
Davidson	6	4120	168	
Dernlan	6	48:4	140	Restroom break
Doorack	6	4889	148	
Fleming	6	5700	164	
Fox	6	4120	172	
Genovese	6	4570	152	
Groesch				
Jackson	10	7203	136	
Kasper, D	6	4816	176	
Kasper, M	6	3700	132	
Kernell	8	5300	168	
Keuss	6	4547	172	
Klarsch	6	4911	180	
McIntyre	6	4886	164	
Mimlitz	6	5300	148	
Mngenast	6	5220	152	
Murphy, G	6	4826	164	
Obermeyer	6	5300	152	Bathroom
Peraud	6	4800	128	
Perryman	6	5300	136	
Powers	6	5300	156	
Quinlivan	6	4802	168	
Rainwater	6	4910	144	
Schrock				
Sextro	6	5310	[illegible]	144
Sit	6	4547	140	
Swan	6	4120	160	
Szatkowski	6	4856	188	
Thomas	6	4546	172	
Vienhage	6	5300	160	
Volmert	6	4921	164	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	5	4906	168	
Boyce	8	4936	160	
Caputa	8	4857	148	
Coen				
Conte				
Coriell	5	4936	164	
Esswein	6	4910	168	
Gallagher, So	5	4342	168	
Gomez	4	38:56	164	
Kelley, L	5	4802	160	
Kelly	5	39:22	152	
Knight				
Krause				
Lauer	6	5046	168	
Laughlin	5	40:03	164	
Leeker	5	41:30	180	
Lepak	8	45:30	172	
Ludwig	5	39:20	160	
Meissner	5	39:57	156	
O'Malley				
Olwig	5	4230	168	
Oster	5	40:00	164	
Schwartz	5	4330	146	
Spence	4	38:56	172	
Spezia	5	4320	164	
Thompson	5	4430	160	
Uhlenbrock	5	4320	162	
Vogt	5	4200	164	
Weyers	5	41:20	156	
Group E				
Bricker	4	3856	160	
Gale				
Goedeker	3	2400	160	
Goodwin	4	38:56	144	
Heard	5	4321	160	★
Hennes	4	36:14	160	
Howe	4	36:43	160	
Hughes	4	35:20	160	
Hunkins				
Jackson, N				
James	4	31:59	160	
Moore				
Northcott	4	39:10	156	
O'Toole	4	36:19	160	
Pace	4	37:56	170	
Rueckert	4	38:10	164	
Shorey	4	36:47	160	
Siegfried	4	47:56	156	
Stelzer	4	38:05	154	
Wagner	5	24:00	160	
IR				
Thornberry	3	24	164	

Date: 9-17-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ Parkway Racers: Tempo Run + 4x200/123=4xmile 456 3xmile/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Parkway	Tempo	Time	Pulse			
Amsler	2	11 45	180			
Charles	2	11 45	172			
Fox	2	11 45	170			
Gallagher, Jr	2	11 45	160			
Ludwig	2					
Rubio	2	11 45	164			
Swan	2	11 45	172			
Group 1	**Pace**	**1600**	**1600**	**1600**	**1600**	**Comments**
Sullivan	5:15	5 17	5 13	5 21	5 35	
Jackson	5:15	5 17	5 12	5 15	5 23	
Hogan	5:15	5 26	5 33	5 36	5 36	
Hennessey	5:15	5 17	5 13	5 15	5 13	
Esswein	5:15	5 17	5 20	5 21	5 23	
Davidson	5:15	5 20				
Butler	5:15	5:47	5 38	5 37	5 33	
Group 2	**Pace**	**1600**	**1600**	**1600**	**1600**	**Comments**
Dernlan	5:50	5 33	5 44	5 49	5 48	
Genovese	5:50	5 33	5 49	6 00	6 00	
Lepak	5:50	5 33	6 00	6 00	6 15	
Marty	5:50	5 32	5 43	6 42	—	
Sextro	5:50	5 32	5 45	5 48	5 49	
Szatkowski	5:50	5 33	6 39	5 49	5 50	
Group 3	**Pace**	**1600**	**1600**	**1600**	**1600**	**Comments**
Meissner	6:05	6:18	5:47	5:57	6:07	
Blechle	6:05	6:04	5:51	6 03	6:10	
Booth	6:05	6:05	5 51	6 03	6:10	
Doorack	6:05	6:06	5:53	6 01	6:06	
Kelly	6:05	6:05	5:56	6 10	6:15	
Thomas	6:05	6:04	5:45	6 03	6:04	
Keuss	6:05	6:04	554	6 05	6:05	
Murphy, G	6:10	6:05	5:54	6:00	6:12	
Sit	6:10	6:06	554	5:57	5:59	
McIntyre	6:15	6:05	6:04	6 11	6 12	
Mungenast	6:15	6:22	6:13	6 10	5:50	
Obermeyer	6:15	6:23	6:10	6 10	6:28	
Rainwater	6:15	6:12	5:57	6 04	5:57	
Vienhage	6:15					
Volmert	6:15	6:14	5:59	6 06	5:58	
Blackwell	6:20	6:13	6:17	6 26	6:36	
Fleming	6:20	6:07	6:32	6 08	6:28	
Groesch	6:20	6:13	6:03	6 21	6:14	
Kasper, D	6:20	6:22	6:06	6 02	5:50	
Kasper, M	6:20	6:22	6:06	6 02	6:04	
Perryman	6:20	6:47	6:42	6 42	7:00	
Swyers	6:20	6:34	6:16	6 23	6:15	
Thornberry	6:20					
Brewer	6:25	6:11	6:07	6 20	6:45	
Gallagher, So	6:25	6:17	6:03	6 11	6:09	
Knight	6:25					
Vogt	6:25	6:23	6:19	6:25	6:36	

Date: 9-17-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ Parkway Racers: Tempo Run + 4x200/123=4xmile 456 3xmile/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 4	Pace	1600	1600	1600	1600	Comments
Caputa	6:30	6:25	6:04	6:05		
Carron	6:30	6:28	6:48	6:43		
Klarsch	6:30	6:34	6:32	6:16		
Leeker	6:30	6:44	6:38	6:35		
Olwig	6:30	7:30	—	—		
Spezia	6:30	6:39	6:48	6:40		
Uhlenbrock	6:30	—	—	—		
Oster	6:35	—	—	—		
Peraud	6:35	6:51	6:43	6:17 6:43		
Schwartz	6:35	6:45	6:49			
Coriell	6:40	6:46	7:04	6:50		
Heard	6:40	6:47	6:48	6:40		
Laughlin	6:40	7:15				
Goodwin	6:45	7:01	7:06	6:58		
Kernell	6:45	—	—	—		
Powers	6:45	—	—	—		
Schrock	6:45	—	—	—		
Boxdorfer	6:50	7:05	6:53	7:00		
Mimlitz	6:50	—	—	—		
O'Malley	6:50	—	—	—		
Wagner	6:50	7:15	8:43	11:07		
Lauer	6:55	—	—	—		
Quinlivan	6:55	7:10	7:07	7:24		Shinsplint
Boyce	7:00	6:41	7:01	7:15		
Gale	7:00	6:45	6:48	6:51		
Hennes	7:00	7:18	7:27	7:00		
Howe	7:00	7:10	7:01	—		
Rueckert	7:00	7:12	7:13	7:12		
Group 5	**Pace**	**1600**	**1600**	**1600**	**1600**	**Comments**
Coen	7:10	—	—	—		
Goedeker	7:15	7:51	7:41	7:35		
Hunkins	7:15	7:31	7:38	7:36		
Shorey	7:15	7:31	7:11	7:11		
Thompson	7:15	7:31	7:53	7:43		
Hughes	7:20	7:13	8:51	6:46		
Jackson, N	7:20	7:51	7:41	7:41		
Stelzer	7:20	7:56	7:47	7:49		
Conte	7:30	—	—	—		
Kelley	7:30	7:51	7:32	7:41		
Group 6	**Pace**	**1600**	**1600**	**1600**	**1600**	**Comments**
Northcott	7:30	7:45	6:57	7:07		
O'Toole	7:30	7:21	7:15	7:24		
Pace	7:30	7:21	7:17	7:48		
Gomez	7:50	8:16	8:08	7:59		
Moore	7:50	7:56	7:35	7:07		
Bricker	8:00	8:18	8:08	9:09		
Siegfried	8:00	8:39	8:35	8:48		
Spence	8:00	7:55	7:56	7:55		
IR						
Colvis						
James		8:35	9:09	9:36		
Murphy						
Krause						
Uhlenbrock						

Date: 9-18-13 Conditions: Lightning

Workout: Jog to West Camp/ Push-ups/Core/ Aerobic run A=8 ~~B=6~~ C=5 D=4 E=3/ Strides/ Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey				
Sullivan				
Group B				
Amsler				
Gallagher, Jr				
Hogan				
Marty				
Murphy, K				
Butler				
Group C				
Blackwell				
Blechle				
Booth				
Brewer				
Carron				
Charles				
Colvis				
Davidson				
Dernlan				
Doorack				
Fleming				
Fox				
Genovese				
Groesch				
Jackson				
Kasper, D				
Kasper, M				
Kernell OIL				
Keuss				
Klarsch				
McIntyre				
Mimlitz				
Mngenast				
Murphy, G				
Obermeyer				
Peraud				
Perryman				
Powers OIL				
Quinlivan				
Rainwater				
Schrock				
Sextro				
Sit				
Swan				
Szatkowski				
Thomas				
Vienhage OIL				
Volmert				

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce				
Caputa				
Coen				
Conte OIL				
Coriell				
Esswein				
Gallagher, So				
Gomez				
Kelley, L				
Kelly				
Knight				
Krause				
Lauer OIL				
Laughlin				
Leeker				
Lepak				
Ludwig				
Meissner				
O'Malley				
Olwig				
Oster OIL				
Schwartz				
Spence				
Spezia				
Thompson				
Uhlenbrock				
Vogt				
Weyers				
Group E				
Bricker				
Gale				
Goedeker				
Goodwin				
Heard				
Hennes				
Howe				
Hughes				
Hunkins				
Jackson, N.				
James OIL				
Moore				
Northcott				
O'Toole				
Pace				
Rueckert				
Shorey				
Siegfried OIL				
Stelzer				
Wagner				
IR				
Thornberry				

Date: 9-19-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3/ Plyos/ Flying 200s/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio —				
Hennessey	8	62:06	160	
Sullivan	8	62:06	168	
Group B				
Amsler —				
Gallagher, Jr —				
Hogan	5	36:51	172	
Marty	6	—		no watch
Murphy, K —				
Butler	6	45:15	160	
Group C				
Blackwell	5	41:50	168	
Blechle	5	41:50	172	
Booth	5	41:50	164	
Brewer	5	42:10	168	
Carron	5	49:33	132	
Charles				
Colvis				
Davidson	5	36:30	160	
Dernlan	5	34:23	172	
Doorack	4	32:27	164	
Fleming	5	41:02	172	
Fox —				
Genovese	5	42:10	158	
Groesch	4	34:30	172	
Jackson	8	62:06	156	
Kasper, D	5	41:02	172	
Kasper, M	5	46:06	180	
Kernell —				
Keuss				
Klarsch	4	34:30	190	
McIntyre	5	40:35	152	
Mimlitz —				
Mngenast	5	38:30	168	
Murphy, G	5	41:06	144	left leg pain
Obermeyer	5	46:06	164	
Peraud	5	49:[illegible]	140	sick
Perryman	5	46:06	148	
Powers —				
Quinlivan	5	49:33	160	shins
Rainwater	5	39:00	172	
Schrock —				
Sextro	5	39:23	188	
Sit	5	46:06	140	
Swan —				
Szatkowski	5	39:23	180	
Thomas	5	46:06	152	
Vienhage —				
Volmert	5	39:34	188	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	37:35	184	
Boyce	4	36:34	140	
Caputa	4	32:27	164	
Coen	3	27:25	168	
Conte —				
Coriell	4	36:34	172	
Esswein	6	45:15	168	
Gallagher, So	4	38:46	180	
Gomez	3	29:35	168	
Kelley, L	4	39:54	180	
Kelly	4	30:31	152	
Knight				
Krause				
Lauer —				
Laughlin				
Leeker	4	30:56	192	
Lepak	5	42:10	172	more toC
Ludwig				
Meissner	4	29:54	164	
O'Malley				
Olwig —				
Oster —				
Schwartz	4	36:44	120	
Spence	3	31:26	164	
Spezia	3	29:15	150	
Thompson	4	38:35	164	
Uhlenbrock	3	29:15	154	
Vogt	4	36:44	164	
Weyers	3	23:20	152	
Group E				
Bricker	3	29:35	132	dehydrated
Gale	4	36:34	180	
Goedeker —				
Goodwin	3	29:25	156	
Heard				
Hennes	3	27:03	180	
Howe				
Hughes	3	25:47	166	
Hunkins				
Jackson, N	3	31:10	152	
James	3	35:23	152	
Moore	3	28:30	156	
Northcott	3	27:03	146	
O'Toole	2	18:20	—	hamstring
Pace	3	24:43	165	
Rueckert	3	26:30	165	
Shorey	3	26:00	170	
Siegfried	3	33:54	160	
Stelzer	3	29:20	168	
Wagner	3	29:15	144	
Gilmore	2	18:06		
IR				
Thornberry				

Date: 9-20-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch with leader/ Jog SLUH

Group A ✓	Mileage	Time	Pulse	Comments
Rubio	4	2646	144	
Hennessey	E			
Sullivan	4.8	5611	148	
Group B ✓				
Amsler	5	37:57	152	
Gallagher, Jr	6	4506	180	
Hogan	5	3707	148	
Marty	6	4506	160	
Murphy, K	E			
Butler	6	4506	152	
Group C ✓				
Blackwell	5	4023	156	
Blechle	5	4023	156	
Booth	5	4014	148	
Brewer	4	3235	164	
Carron	5	4721	126	
Charles	5	3543	164	
Colvis	E			
Davidson	4	2646	160	
Dernlan	4	3249	168	
Doorack	3.65	2737	160	
Fleming	4	3234	160	
Fox	5	3810	140	
Genovese	4	3245	164	
Groesch	4	3252	164	
Jackson	8	5811	132	
Kasper, D	5	3547	168	
Kasper, M	5	4741	156	
Kernell	K			
Keuss	5	4108	156	
Klarsch	4	3252	180	
McIntyre	4	3225	160	
Mimlitz	K			
Mngenast	3	33:15	132	Not feeling too good...
Murphy, G	4	3234	144	
Obermeyer	4	3234	156	
Peraud	5	4741	100	
Perryman	5	4741	148	
Powers	K			
Quinlivan	5	4330	160	
Rainwater	5	3927	144	
Schrock	E			
Sextro	5	37:51	160	
Sit	5	4108	136	
Swan	5	37:51	140	
Szatkowski	5	37:51	180	
Thomas	5	41 06	148	
Vienhage	K			
Volmert	5	3927	156	

Group D ✓	Mileage	Time	Pulse	Comments
Boxdorfer	4	3118	160	
Boyce	4	3450	160	
Caputa	3.5	2937	160	
Coen	3	23:30	168	
Conte	E			
Coriell	4	3450	165	
Esswein	5	3810	124	
Gallagher, So	E			
Gomez	3	2712	164	
Kelley, L	4	3718	166	
Kelly	4	2958	152	
Knight	K			
Krause	K			
Lauer	K			
Laughlin	E			
Leeker	4	3316	172	
Lepak	4	3245	180	
Ludwig	E			
Meissner	4	2829	180	
O'Malley	E			
Olwig	K			
Oster	K			
Schwartz	4	3718	136	
Spence	3	2836	160	
Spezia	4	3718	180	
Thompson	5	4741	140	
Uhlenbrock	4	3510	154	
Vogt	3	2535	160	
Weyers	4	3316	152	
Group E ✓				
Bricker	3	2710	168	
Gale	4	3450	152	
Goedeker	3	24:53	170	
Goodwin	3	2647	153	
Heard	4	3440	160	
Hennes	3	2713	160	
Howe	E			
Hughes	3	25:25	160	
Hunkins	3	2706	164	
Jackson, N	3	2647	160	
James	3	3234	148	
Moore	3	2647	160	
Northcott	3	2640	156	
O'Toole	3	2639	140	
Pace	3	2710	160	
Rueckert	3	2713	160	
Shorey	3	2555	160	
Siegfried	3	3258	156	
Stelzer	3	2708	164	
Wagner	E			
IR				
Thornberry				

Date: 9-23-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Core/ Aerobic run A=10 B=8 C=6 D=5 E=4/
Strides/Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	5	35:37	160	
Hennessey	10	69:39	160	
Sullivan	10	64:39	169	
Group B				
Amsler	8	57:44	160	
Gallagher, Jr	8	57:49	160	
Hogan	5	36:50	144	
Marty	8	57:44	156	
Murphy, K				
Butler	8	57:49	160	
Group C				
Blackwell	6	47:30	164	
Blechle	6	47:30	164	
Booth	6	47:30	148	
Brewer	6	50:00	160	
Carron	6	54:04	160	
Charles	6	43:37	160	
Colvis				
Davidson	6	40:51	180	
Dernlan	6	46:30	160	
Doorack	6	48:06	168	
Fleming	6	53:58	160	
Fox	6	42:21	176	
Genovese	6	46:30	148	
Groesch				
Jackson	10	69:39	156	
Kasper, D	6	50:00	168	
Kasper, M	6	53:58	176	
Kernell	5	44:23	164	
Keuss	6	45:04	168	
Klarsch	5	42:56	180	
McIntyre	6	46:30	160	
Mimlitz	6	52:00	156	
Mngenast	1	CAME	BACK	SAFELY
Murphy, G	6	43:51	156	left hamstring
Obermeyer	6	44:07	144	
Peraud	6	53:15	136	
Perryman	6	50:00	164	
Powers	5	44:23	164	
Quinlivan	1	10:00	172	
Rainwater	6	45:12	172	
Schrock				
Sextro	6	49:00	180	
Sit	6	43:37	152	
Swan	6	40:53	192	
Szatkowski	6	43:37	192	
Thomas	6	50:00	152	
Vienhage	5	44:03	160	
Volmert	6	48:24	168	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	5	46:11	180	
Boyce	5	46:11	136	
Caputa	6	48:06	168	
Coen				
Conte	4	35:25	164	
Coriell	5	45:46	168	
Esswein	6	48:52	148	
Gallagher, So	5	42:38	184	
Gomez	4	37:42	164	
Kelley, L	5	46:11	168	
Kelly	5	38:15	144	
Knight				
Krause				
Lauer	5	40:35	172	
Laughlin				
Leeker	5	40:25	180	
Lepak	6	46:30	164	
Ludwig	5	42:35	142	
Meissner	5	35:37	168	
O'Malley				
Olwig				
Oster	4	35:25	160	
Schwartz				
Spence	4	34:43	172	
Spezia	4	31:54	162	
Thompson	5	44:07	164	
Uhlenbrock				
Vogt	4	35:10	164	rolled ankle
Weyers				
Group E				
Bricker	4	37:42	160	
Gale	5	45:46	132	
Goedeker	4	35:10	160	
Goodwin	4	37:40	160	
Heard	5	40:22	168	
Hennes	4	36:08	165	
Howe	3	25:45	180	
Hughes	4	34:50	160	
Hunkins	4	36:15	160	
Jackson, N	4	36:35	172	
James	4	38:46	164	
Moore	4	31:54	160	
Northcott	4	45:38		hurt foot
O'Toole	4	35:[illegible]	160	
Pace	4	37:04	170	
Rueckert	4	36:38	170	
Shorey	4	36:22	180	
Siegfried	4	42:41	164	
Stelzer	4	43:00	168	
Wagner	4	42:56	140	
IR				
Thornberry				

Date: 9-24-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 12=8x800 3456=6x800/ Cooldown
Stretch with leader/ Jog SLUH/ Weights

Group 1	Pace	800	800	800	800	800	800	800	800	Comments
Butler	2:35	2 41	2 32	2 37	2 40	2 38	2 33	2 32	2 41	
Davidson	2:35	2 38	2 30	2 38	—	2 34	—	—	—	Hip
Esswein	2:35	2 38	2 30	2 35	2 36	2 33	2 37	2 32	2 29	
Hennessey	2:35	~ 41	2 31	2 36	2 36	2 34	2 37	2 33	2 29	
Hogan	2:35	2 44	2 38	2 41	2 45	2 40	2 45	2 44	2 45	
Jackson	2:35	2 38	2 30	2 35	2 36	2 31	2 36	2 32	2 29	
Rubio	2:35	2 43	2 32	2 35	2 36	2 36	2 34	2 32	2 29	
Sullivan	2:35	2 39	2 31	2 35	2 36	2 34	2 37	2 33	2 29	
Swan	2:35	~ 45	—	—	2 42	2 43	2 57	~ 35	2 33	
Group 2	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Amsler	2:47	2 46	2 40	2 47	3 04	2 55	2 56	—	—	
Charles	2:47	2 46	2 35	2 43	2 45	2 43	2 42	2 44	—	
Fox	2:47	2 45	2 35	2 42	2 45	2 42	2 46	2 45	2 47	
Gallagher, Jr	2:47	2 46	2 38	2 43	2 45	2 45	2 47	2 45	2 45	
Ludwig	2:47	—	—	—	—	—	—	—	—	
Dernlan	2:47	2 47	2 43	2 51	2 57	2 54	2 56	—	—	
Genovese	2:47	2 47	2 43	2 51	2 57	2 53	2 56	2 45	—	
Lepak	2:47	2 47	2 43	2 52	3 00	2 58	—	3 03	—	
Marty	2:47	2 45	2 36	2 41	2 43	2 40	2 43	2 42	2 42	
Sextro	2:47	—	—	—	—	—	—	—	—	Aerobic
Szatkowski	2:47	2 47	2 40	2 48	2 57	2 57	3 01	—	—	
Group 3	**GP**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Blackwell	3:00	3:02	2:59	3:10	3:00	303	256			
Blechle	3:00	2:55	2:44	2:48	2:48	2:48	2:42			
Booth	3:00	2:56	2:49	2:48	2:48	2:48	2:48			
Brewer	3:00	3:05	3:07	3:07	3:07	3:07	3:07			
Doorack	3:00	2:56	2:50	2:48	2:47	2:46	2:46			
Fleming	3:00	1:55	2:59	2:59	3:10	3:05	3:04			
Gallagher, So	3:00	3:07	2:55	3:07	3:07	2:55	3:01			
Groesch	3:00			2:50	2:52					
Kasper, D	3:00	2:50	3:00	2:55	2:55	2:52	2:40			
Kasper, M	3:00	3:08	3:07	3:04	3:01	2:52	2:34			
Kelly	3:00	2:57	2:50	2:57	3:01	X	2:54			
Keuss	3:00	2:48	2:52	2:47	2:47	2:48	2:40			
Knight	3:00									
McIntyre	3:00	2:52	2:51	2:50	2:56	X	X			hip/groin
Meissner	3:00	2:52	2:44	2:43	2:43	2:43	2:36			
Mungenast	3:00									
Murphy, G	3:00	3:08	3:07	3:09	3:15	X	X			hamstring
Obermeyer	3:00	3:06	3:08	3:14	X	X	X			
Perryman	3:00	3:07	3:07	3:09	3:11	3:16	3:04			
Rainwater	3:00	2:57	2:54	2:49	2:53	2:53	2:44			
Sit	3:00	2:55	2:58	2:48	2:48	2:48	2:35			
Swyers	3:00	3:00	2:57	2:57	3:04	3:01	2:53			
Thomas	3:00	3:07	3:05	3:02	3:17	3:04	3:03			
Thornberry	3:00									
Vienhage	3:00	3:10	3:09	3:10	2:16	3:11	3:05			
Vogt	3:00	3:08	3:07	3:07	3:14	X	X			IT band
Volmert	3:00	2:59	2:54	2:50	2:53	2:53	2:44			

Date: 9-24-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 12=8x800 3456=6x800/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 4	GP	800	800	800	800	800	800	800	800	Comments
Boxdorfer	3:15	315	313	307	311	305	303			
Boyce	3:15	324	311	313	324	313	314			
Caputa	3:15	311	306	304	301	250	242			
Carron	3:15	311	306	300	255	250	256			
Coriell	3:15	316	306	314	320	312	315			
Gale	3:15	316	309	311	311	310	308			
Goodwin	3:15	312	307	313	316	312	307			
~~Heard~~	3:15									
Hennes	3:15	323	320	320	322	327	315			
~~Howe~~	3:15									
Kernell	3:15	324	328	319	329	329	329			
Klarsch	3:15	311	307	308	301	305	301			
Lauer	3:15	302	301	258	311	310	314			
~~Laughlin~~	3:15									
Leeker	3:15	323	320	312	320	315	312			
Mimlitz	3:15	302	256	257						
~~O'Malley~~	3:15									
Olwig	3:15									
Oster	3:15	318	313	311	308	306	252			
Peraud	3:15	330	325	318	314	310	303			
~~Powers~~	3:15									
~~Quinlivan~~	3:15									
Rueckert	3:15	329	315	318	325	327	315			
~~Schrock~~	3:15									
Schwartz	3:15	325	324	315	327	~~322~~	~~304~~			
Spezia	3:15	323	324	314	320	320	310			
Uhlenbrock	3:15	323	324	314	320	—	310			
Wagner	3:15	336	329	324	332	326	335			
Group 5	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Coen	3:30	3 22	3 36	3 43	3 37	34 2	3 34			
Conte	3:30	3 32	3 25	3 35	3 27	3 39				
Goedeker	3:30	3 31	3 25	3 50	3 28	3 12				
Hughes	3:30	3 20	3 14	3 16	3 17	3 12				
Hunkins	3:30									
Jackson, N	3:30	~~22~~								
Kelley	3:30	3 ~~22~~	3 22	3 22	3 22	3 22				
Shorey	3:30	323	3 18	3 22	3 17	3 20				
Stelzer	3:30	3 45	3 42	3 42	3 45	3 41				
Thompson	3:30	3 31	3 ~~35~~	3 28	3 31	3 24				
Group 6	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Bricker	3:45									
Gomez	3:45	3 39	3 30	3 36	3 34	3 31				
James	3:45	3 42	3 35	3 34	3 43	3 48				
Moore	3:45	3 37	3 36	3 35	3 34	3 28				
Northcott	3:45	3 31	3 22	3 28	3 38	3 10				
O'Toole	3:45	3 32	3 26	3 33	3 31	3 32				
Pace	3:45	3 26	3 15	3 18	3 19	3 14				
Siegfried	3:45	3 38	3 47	405	4 28	4 24				
Spence	3:45	3 47	3 42	343	3 45	3 42				

IR
Colvis
Murphy
Krause

Date: 9-25-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Core/ Aerobic run A=8 B=6 C=5 D=4 E=3/ Strides/Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey				
Sullivan	8	61:09	164	
Jackson	8	61:09	140	
Group B				
Amsler	6	4655	160	
Gallagher, Jr	6	4556	140	gnats
Hogan	6	4556	160	
Marty	6	4655	168	
Murphy, K				
Butler	6	4656	160	
Group C				
Blackwell	5	3740	160	
Blechle	5	3740	156	
Booth	5	3740	148	
Brewer				
Carron	5	4307	152	
Charles	5	3404	168	
Colvis				
Davidson	5	3310	180	
Dernlan	5	3420	140	
Doorack	4	3200	172	
Fleming	5	3953	140	
Fox	4	2721	164	
Genovese	5	3914	160	
Groesch				
Jackson				
Kasper, D	5	4200	164	
Kasper, M	5	4300	156	
Kernell				
Keuss				
Klarsch	4	3230	180	
McIntyre	5	3820	156	
Mimlitz	4	3510	160	
Mngenast	4	3420	140	
Murphy, G	5	4112	156	left hamstring knee
Obermeyer	2	—	—	
Peraud	5	4256	130	
Perryman				
Powers	5	~~3933~~	160	time 4233
Quinlivan				
Rainwater	5	3550	158	
Schrock				
Sextro	5	3953	156	
Sit	5	42:00	~~812~~	
Swan				
Szatkowski	5	3404	192	
Thomas	5	3953	140	
Vienhage				
Volmert	5	3732	172	
Gilmore, B	7	2530	184	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	3450	168	
Boyce	4	3350	148	
Caputa	4	3200	148	
Coen	4	3530	160	
Conte				
Coriell	4	3510	160	
Esswein				
Gallagher, So	4	3237	172	
Gomez	3	2702	160	
Kelley, L	4	3515	172	
Kelly	4	2847	140	
Knight				
Krause				
Lauer	4	3510	160	
Laughlin				
Leeker	4	3234	168	
Lepak	5	3845	168	
Ludwig	4	2621	164	
Meissner	4	2728	148	
O'Malley				
Olwig				
Oster				
Schwartz	4	3245	196	
Spence	3	2732	164	
Spezia	4	3420	162	
Thompson	4	3420	164	
Uhlenbrock	4	3420	158	
Vogt	3	2912	152	hip/ IT
Sweyers	4	3144	152	
Group E		2202		
Bricker	3	~~164~~	164	
Gale	4	3144	120	
Goedeker	3	2540	160	
Goodwin	3	2643	160	
Heard	4	3342	180	
Hennes				
Howe	3	2550	180	
Hughes	5	4321	160	
Hunkins	3	2632	132	
Jackson, N	3	2704	165	
James	3	2702	168	
Moore	3	2640	148	
Northcott	4	3508	164	
O'Toole	4	~~3300~~	140	time 3500
Pace	3	2318	164	
Rueckert	3	2555	174	
Shorey	3	2330	180	
Siegfried	3	3330	156	
Stelzer	3	2204	152	
Wagner	3	2702	120	
IR				
Thornberry				

Date: 9-26-13 Conditions:

Workout: Jog to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3/ Plyos/ Flyins 200s/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	4	26:45	160	
Hennessey	8	60:40	152	
Sullivan	1	56:06	144	SICK
Jackson	7	56:66	124	
Group B				
Amsler	6	46:03	160	
Gallagher, Jr	6	46:03	156	
Hogan	6	44:27	156	
Marty	6	46:03	156	
Murphy, K	—	—	—	
Butler	6	45:17	160	
Group C				
Blackwell	5	37:45	148	
Blechle	5	37:45	152	
Booth	5	37:45	152	
Brewer	—	—	—	
Carron	5	42:37	168	
Charles	5	37:38	164	Legs are sore
Colvis	—	—	—	
Davidson	4	26:45	164	
Dernlan	3	21:57	128	Reduced miles
Doorack	4	32:12	176	
Fleming	5	30:35	140	
Fox	5	39:40	172	
Genovese	5	38:09	164	
Groesch	—	—	—	
Jackson				
Kasper, D	5	42:30	152	
Kasper, M	5	42:30	160	
Kernell	4	40:36	160	
Keuss				
Klarsch	5	37:38	164	
McIntyre	5	35:55	164	
Mimlitz	4	35:00	168	
Mngenast				
Murphy, G	4	35:17	156	Left hamstring
Obermeyer				
Peraud	5	42:30	134	
Perryman	5	30:35	156	
Powers	—	—	—	
Quinlivan	—	—	—	
Rainwater	5	34:22	168	
Schrock	3	26:54	132	Brace
Sextro	5	37:38	176	
Sit	5	37:38	152	
Swan				
Szatkowski	5	37:38	168	
Thomas	5	38:35	156	
Vienhage	4	40:36	160	
Volmert	5	37:29	160	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	35:17	156	
Boyce	4	34:30	148	
Caputa	4	32:12	152	
Coen				
Conte	4	35:09	160	
Coriell	4	35:00	164	
Esswein	6	45:10	140	
Gallagher, So	4	31:32	184	
Gomez				
Kelley, L	4	36:27	165	
Kelly	4	28:04	156	
Knight				
Krause				
Lauer	4	35:00	168	
Laughlin				
Leeker	4	31:56	176	
Lepak	5	40:20	172	
Ludwig	4	25:56	164	
Meissner	4	26:56	156	
O'Malley				
Olwig				
Oster	4	35:09	156	
Schwartz	4	35:17	152	
Spence	3	20:18	176	
Spezia				
Thompson	4	35:09	164	
Uhlenbrock				
Vogt	—	—	—	Right hip area
Sweyers	4	31:50	152	
Group E				
Bricker	3	27:07	164	
Gale	4	32:50	164	
Goedeker	3	26:22	160	
Goodwin	3	27:00	160	
Heard	4	32:50	160	
Hennes	3	28:06	180	
Howe				
Hughes				
Hunkins				
Jackson, N				
James	3	31:11	148	
Moore	3	21:57	164	
Northcott	3	25:30	164	
O'Toole	3	25:30	172	
Pace	4	34:38	164	
Rueckert	3	23:07	162	
Shorey	4	34:30	160	
Siegfried	3	31:53	164	
Stelzer	3	28:05	164	
Wagner	3	23:35	160	
IR				
Thornberry				

Date: 9-27-13 Conditions:

Workout: Jog to West Camp/ Push-ups/ Aerobic run BC=5 D=4 E=3/ Strides/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey	~~[illegible]~~			Palatin
Sullivan	~~[illegible]~~			Palatin
Group B				
Amsler	5	38:37	156	
Gallagher, Jr				
Hogan				
Marty				
Murphy, K				
Butler				
Group C				
Blackwell	5	37:40	160	
Blechle	5	37:50	156	
Booth	5	37:50	140	
Brewer				
Carron				
Charles	5	41:17	116	
Colvis				
Davidson				
Dernlan				
Doorack	3	26:00	160	
Fleming	4	36:46	144	
Fox				
Genovese	3	23:40	156	calves hurt
Groesch	~~[illegible]~~			Potassium
Jackson	~~[illegible]~~			Palatin
Kasper, D	4	36:44	152	
Kasper, M	4	36:46	156	
Kernell	5	45:10	160	
Keuss	5	41:17	168	
Klarsch	3	24:10	174	
McIntyre	4	29:50	156	hip
Mimlitz	4	36:45	148	hip
Mngenast	4	33:34	152	
Murphy, G	4	30:33	164	left ham
Obermeyer	~~3~~	—	—	knee
Peraud	5	41:17	140	
Perryman				
Powers				
Quinlivan				
Rainwater	5	36:35	180	
Schrock				
Sextro	5	38:30	160	
Sit	5	38:30	132	
Swan				
Szatkowski	5	38:37	184	
Thomas	5	40:12	144	
Vienhage	5	45:10	160	
Volmert	5	37:44	164	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	36:45	148	
Boyce	4	34:21	152	
Caputa	3	26:00	160	
Coen				
Conte	4	45:10	160	
Coriell	4	30:45	168	
Esswein	Palatin			
Gallagher, So	3	25:01	184	
Gomez	3	29:00	164	
Kelley, L	4	35:45	172	
Kelly	4	29:56	136	
Knight	~~[illegible]~~			
Krause	~~[illegible]~~			
Lauer	4	32:29	172	
Laughlin	~~[illegible]~~			
Leeker	4	30:50	188	
Lepak	3	23:40	168	ankle hurt
Ludwig				
Meissner	3	20:48	136	
O'Malley				
Olwig				
Oster	5	45:10	156	
Schwartz	4	34:11	140	
Spence	3	28:57	164	
Spezia				
Thompson	4	33:35	168	
Uhlenbrock	3	26:00	168	
Vogt				
Sweyers	4	30:45	144	
Group E				
Bricker	3	29:00	160	
Gale	4	33:47	128	
Goedeker	3	25:30	160	
Goodwin	3	28:29	152	
Heard	4	33:35	160	
Hennes	3	27:52		
Howe	3	28:00	180	
Hughes	3	31:49	99	knees
Hunkins	3	25:30	170	
Jackson, N	3	31:49	171	
James	3	30:01	144	
Moore	3	26:29	156	
Northcott				
O'Toole	3	28:57	180	sat in science center
Pace	4	33:47	176	
Rueckert	3	26:15	165	
Shorey	4	34:11	160	
Siegfried				
Stelzer	3	28:15	164	
Wagner	3	21:49	96	
IR				
Thornberry				

Date: 9-30-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run A=10 B=8 C=6 D=5 E=4/ Strides/ Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	6	54:05	160	
Hennessey	10	87:10	172	
Sullivan	10	87:10	174	
Jackson	10	87:10	180	
Group B				
Amsler	8	57:36	124	
Gallagher, Jr	8	57:36	156	
Hogan	7	50:30	154	
Marty	8	54:06	168	
Murphy, K	1	8:10	160	
Butler	8	54:06	180	
Group C				
Blackwell	6	98:55	152	
Blechle	6	98:55	186	
Booth	6	46:34	148	
Brewer				
Carron	6	92:25	168	
Charles	6	44:29	160	
Colvis				
Davidson	6	42:19	180	
Dernlan				
Doorack	6	95:17	164	
Fleming	6	46:15	170	
Fox	6	42:10	176	
Genovese	6	98:55	152	Uniform ✓
Groesch				
Kasper, D	6	49:06	164	
Kasper, M	6	98:25	154	
Kernell	6	[illegible]	180	50: time
Keuss	6	46:30	168	
Klarsch	5	36:05	160	
McIntyre	6	94:55	168	Uniform ✓
Mimlitz	6	40:08	168	
Mingenast	3 1/2	26:07	140	
Murphy, G	6	48:25	168	
Obermeyer	3 1/2	26:07	154	
Peraud	6	46:15	178	
Perryman	6	46:15	168	
Powers				
Quinlivan				
Rainwater	6	44:29	100	
Schrock				
Sextro	6	99:29	170	
Sit	6	44:29	156	
Swan				
Szatkowski	6	44:29	184	
Thomas	6	44:45	160	
Vienhage	6	50:00	160	
Volmert				

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	5	44:45	176	
Boyce	5	44:45	190	
Caputa	5	34:01	160	
Coen				
Conte	5	45:12	160	
Coriell	5	44:46	164	
Esswein	8	54:08	160	
Gallagher, So	4	35:14	180	
Gomez	4	36:05	164	
Kelley, L	5	43:40	172	
Kelly	5	34:56	148	
Knight				
Krause				
Lauer	6	49:08	176	
Laughlin				
Leeker	5	39:14	172	
Lepak	6	45:12	176	Uniform ✓
Ludwig	5	33:47	168	
Meissner	5	35:30	124	
O'Malley				
Olwig				
Oster				
Schwartz				
Spence	4	39:30	177	
Spezia				
Thompson	5	41:02	168	
Uhlenbrock	4	36:12	164	
Vogt				
Sweyers	5	39:14	152	
Group E				
Bricker	4	36:19	164	
Gale				leg injury
Goedeker				
Goodwin	4	36:35	160	
Heard				
Hennes	4	37:27	175	
Howe				
Hughes	5	39:14	160	
Hunkins				
Jackson, N				
James	4	37:46	164	
Moore	4	36:03	158	hip injury
Northcott	4	39:35	184	
O'Toole	4	40:00	168	achilles
Pace	5	46:38	180	
Rueckert	4	37:48	170	
Shorey	5	44:45	172	
Siegfried	4	42:40	162	
Stelzer	4	36:03	158	
Wagner				
IR				
Thornberry				

Date: 10-1-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ Parkway Racers: 12=4xmile+2x400 3456 3xmile+2x400/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 1	Pace	1600	1600	1600	1600	400	400	Comments
Sullivan	5:15	5 17	5 14	5 11	5 11	67	68	
Jackson	5:15	5 17	5 14	5 11	5 24	67	67	
Hogan	5:15	5 18	5 22	5 30	5 35	76	75	
Hennessey	5:15	6 17	5 14	5 11	5 11	67	68	
Esswein	5:15	5 17	5 24	6 07	—	69	70	
Davidson	5:15							
Butler	5:15	5 17	5 20	5 23	5 30	71	72	
Fox	5:15	5 18	5 22	5 ~~40~~	5 20	67	68	
Rubio	5:15	5 17	5 14	5 11	5 24	70	77	
Group 2	**Pace**	**1600**	**1600**	**1600**	**1600**	**400**	**400**	**Comments**
Amsler	5:50	5 52	5 53	5 55	601	71	71	
Charles	5:50							
Dernlan	5:50	5 52	6 01	—	5 50	77	75	
Gallagher, Jr	5:50	5 44	6 00	6 06	606	77	77	
Genovese	5:50	5 54	6 01	6 14	—	75	77	
Lepak	5:50							
Ludwig	5:50	5 55	5 47	5 45	5 33	74	64	
Marty	5:50	5 40	5 40	5 30	548	72	73	
Sextro	5:50	5 45	5 59	5 58	557	77	74	
Szatkowski	5:50	5 52	5 55	6 00	603	78	77	
Group 3	**Pace**	**1600**	**1600**	**1600**	**400**	**400**	**Comments**	
Meissner	6:05	5:55	6:01	620	76	74		
Blechle	6:05	5:55	605	608	80	77		
Booth	6:05	5:54	6:05	629	81	81		
Doorack	6:05	6:11	6:22	652			asthma ↑ ↓ left knee	
Kelly	6:05	6:08	629	6~~46~~	81	82		
Thomas	6:05	6:07	616	623	83	79		
Keuss	6:05	5:55	6:12					
Murphy, G	6:10	6:02	6:30	7:00			left Quad	
Sit	6:10	5:55	609	612	78	70		
McIntyre	6:15	6:28	650	640	80	85	sick last night	
Mungenast	6:15							
Obermeyer	6:15						Aerobic 1.5 miles	
Rainwater	6:15	6:06	60~~55~~	608	80	77		
Vienhage	6:15	621	636	652	84	80		
Volmert	6:15	5:52	609	626	82	74		
Blackwell	6:20	6:25	637	640	84	81		
Fleming	6:20	6:09	615		3.5 Mile	aerobic	29:18	124 pulse
Groesch	6:20							
Kasper, D	6:20	6:09	615	614	75	70		
Kasper, M	6:20	626	637	648	79	71		
Perryman	6:20	639	701	705	84	84		
Swyers	6:20							
Thornberry	6:20							
Brewer	6:25							
Gallagher, So	6:25	6:26	622	648	82	82		
Knight	6:25							
Vogt	6:25	1 mile	aerobic	pulse	160			

Date: 10-1-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ Parkway Racers: 12=4xmile+2x400 3456 3xmile+2x400/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 4	Pace	1600	1600	1600	400	400	Comments
Caputa	6:30	6:20	6:23	6:17	64	64	
Carron	6:30	6:27	6:35	6:53	73	76	
Klarsch	6:30	6:21	6:28	6:32	79	1:17	
Leeker	6:30	6:23	6:35	6:39	78	73	
Olwig	6:30	3 mile	aerobic				
Spezia	6:30	6:32	6:39	7:00	78	79	
Uhlenbrock	6:30	6:32	6:37	6:59			Hip pain
Oster	6:35	6:25	6:29	6:28	74	1:12	
Peraud	6:35						
Schwartz	6:35	6:54	7:19	7:36	1:30		
Coriell	6:40	6:38	7:22	7:36	81	1:15	
Heard	6:40	6:34	6:57	7:04	77	75	
Laughlin	6:40						
Goodwin	6:45	6:43	7:21	7:20	82	1:23	
Kernell	6:45	6:25	6:50	7:25	93	95	
Powers	6:45						
Schrock	6:45		3 miles		25 14	180	
Boxdorfer	6:50	6:43	6:51	6:56	97	77	
Mimlitz	6:50	6:26	X				
O'Malley	6:50						
Wagner	6:50						
Lauer	6:55	6:51	7:01	6:43	71	75	
Quinlivan	6:55						
Boyce	7:00	6:53	6:57	7:11	84	1:26	
Gale	7:00						
Hennes	7:00	7:00	7:21	7:36	87	1:26	
Howe	7:00	7:00					
Rueckert	7:00	6:57	7:13				
Group 5	**Pace**	**1600**	**1600**	**1600**	**400**	**400**	**Comments**
Coen	7:10						
Goedeker	7:15	729	712				
Hunkins	7:15						
Shorey	7:15	709	735	704	127	122	
Thompson	7:15	722	737	744	131	140	
Hughes	7:20						
Jackson, N	7:20	807	732	821			
Stelzer	7:20	753	820	805	133	130	
Conte	7:30	722	753	805	135	140	
Kelley	7:30	719	736	819	133	133	
Group 6	**Pace**	**1600**	**1600**	**1600**	**400**	**400**	**Comments**
Northcott	7:30	720	741	811	125	127	
O'Toole	7:30	700	721	800	135	130	
Pace	7:30	702	702	—	126	115	
Gomez	7:50	752	807	804	132	124	
Moore	7:50	752	807	740	127	129	
Bricker	8:00	819			132		injured
Siegfried	8:00	812	922	908	123	135	
Spence	8:00	738	723	708	123	135	
James		812	821	819	130	135	
IR							
Colvis							
Swan							
Murphy							
Krause							

Date: 10-2-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 DE=4/ Strides/ Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey				
Sullivan	8	61:22	164	
Jackson	8	61:22	132	
Group B				
Amsler	6	44:34	160	
Gallagher, Jr	6	44:34	140	
Hogan	6	43:12	152	
Marty				
Murphy, K	1	8:18	160	STILL HURTS (HIP)
Butler	6	43:12	156	
Group C				
Blackwell	5	40:45	148	
Blechle	5	40:45	140	
Booth	5	40:44	136	
Brewer				
Carron	5	40:07	144	
Charles	5	40:21	136	
Colvis				
Davidson	4	27:00	168	
Dernlan	5	40:09	148	
Doorack	3	26:10	160	
Fleming	5	38:26	160	
Fox	5	37:35	160	
Genovese	5	38:26	152	
Groesch	4	30:15	156	
Kasper, D	5	38:26	172	
Kasper, M	5	40:07	156	
Kernell	5	44:05	160	
Keuss	5	39:38	160	
Klarsch	5	43:40	180	
McIntyre				
Mimlitz	5	[illegible]	140	42:30 tim
Mngenast				
Murphy, G	4	34:17	152	Left quad
Obermeyer	3			
Peraud	5	40:21	139	
Perryman	5	42:30	140	
Powers				
Quinlivan				
Rainwater	5	37:35	154	
Schrock				
Sextro	5	40:21	140	
Sit	5	40:21	124	
Swan				
Szatkowski	5	38:26	172	
Thomas	5	[illegible]	168	38:26 tim
Vienhage	5	44:05	160	
Volmert	5	37:31	160	
Coach Gilmore	3	30:38	176	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	35:20	164	
Boyce	4	35:20	172	
Caputa	3 4p=152	26:10	[illegible]	Calf
Coen	4	34:40	164	
Conte	4	34:19	164	
Coriell	5	37:38	164	
Esswein				
Gallagher, So	4	27:36	192	
Gomez	4	27:42	158	
Kelley, L				
Kelly	4	29:12	128	
Knight				
Krause				
Lauer	5	37:38	172	
Laughlin	1	7:40	n/a	shin recovery
Leeker	4	30:27	168	
Lepak	4	31:45	160	
Ludwig				
Meissner				
O'Malley	1	6:20	182	T-band
Olwig	3	17:24	146	calf
Oster	4	34:19	156	
Schwartz				
Spence	4	39:3	160	
Spezia				
Thompson	4	34:17	168	
Uhlenbrock	4	34:45	156	
Vogt	3	26:10	160	hip
Sweyers	4	30:35	152	
Group E				
Bricker	4	37:52	156	left leg
Gale				
Goedeker	3	26:58	160	
Goodwin	4	34:20	160	
Heard	4	32:02	160	
Hennes	4	27:45	160	
Howe	3	26:58	160	
Hughes	4	30:28	160	
Hunkins	4	33:23	193	
Jackson, N				
James				
Moore	5	48:40	160	
Northcott	3	26:58	156	
O'Toole	4	34:40	164	
Pace	4	32:12	168	
Rueckert	3	27:00	164	thats 27:00
Shorey	4	35:20	156	
Siegfried				
Stelzer	4	37:56	154	
Wagner	3	28:36	156	
IR				
Thornberry				

Date: 10-3-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 DE=4/ Plyos/Flying 2s/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	5	34:56	160	
Hennessey	5	32:34	160	
Sullivan	6	45:32	164	
Jackson	8	56:09	156	
Group B				
Amsler	6	46:00	156	
Gallagher, Jr	6	46:00	140	
Hogan	6	43:52	144	
Marty	4	29:15	172	
Murphy, K	3	23:28	200	
Butler	6	45:32	140	
Group C				
Blackwell	5	38:40	164	
Blechle	5	38:40	156	
Booth	5	38:40	156	
Brewer				
Carron	5	45:32	150	
Charles	5	40:10	152	
Colvis				
Davidson	5	34:56	168	
Dernlan	4	33:15	140	Tight shin
Doorack	3	25:12	156	knee
Fleming	5	38:32	164	
Fox	5	34:56	180	
Genovese	5	38:32	160	
Groesch	4	33:29	168	
Kasper, D	5	44:20	176	
Kasper, M	5	45:32	156	
Kernell	5	42:07	160	
Keuss	5	39:00	164	
Klarsch	4	33:45	174	
McIntyre	4	33:15	160	Hip flexor
Mimlitz				
Mngenast				
Murphy, G	4	34:00	160	Left quad / hip
Obermeyer				
Peraud	5	45:32	120	
Perryman				
Powers	3	26:16	168	Light-headed
Quinlivan				
Rainwater	5	37:55	160	
Schrock	3	26:16	176	
Sextro	5	40:10	168	Shins
Sit	5	42:32	112	
Swan				
Szatkowski	5	38:32	188	
Thomas	5	38:32	160	
Vienhage				
Volmert	5	37:55	172	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	4	34:07	152	
Caputa	3	25:12	152	
Coen				
Conte	7	36:12	176	
Coriell	4	33:43	164	
Esswein	8	56:09	160	
Gallagher, So	6	35:43	182	
Gomez	3	28:30	164	
Kelley, L	4	30:12	172	
Kelly				
Knight				
Krause				
Lauer	4	33:43	168	
Laughlin				
Leeker	4	34:28	188	
Lepak	4	32:30	164	
Ludwig	6	38:15	144	
Meissner	4	38:15	144	
O'Malley	2	12:47	160	
Olwig	4	34:28	156	
Oster	4	36:43	168	
Schwartz	4	32:18	144	
Spence				
Spezia				
Thompson	4	36:12	172	
Uhlenbrock	4	32:18	166	
Vogt	4	34:28	168	Right hip
Group E				
Bricker	3	29:13	164	Left leg hamstr
Gale				
Goedeker	3	26:16	140	
Goodwin	3	28:30	160	
Heard				
Hennes	3	29:56	164	
Howe	3	26:30	180	
Hughes	4	32:18	160	
Hunkins				
Jackson, N				
James	3	27:45	176	
Moore	3	29:18	152	
Northcott	3	26:24	152	
O'Toole	3	26:16	168	
Pace	4	35:56	168	
Rueckert	3	26:30	156	
Shorey	4	34:07	172	
Siegfried	3	33:11	164	
Stelzer	3	29:35	150	
Wagner	3	25:15	140	
IR				
Thornberry				

Date: 10-4-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic run AB=6 C=5 D=4 E=3/ Strides/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	4	28 00	148	
Hennessey	6	44 35	152	
Sullivan	6	44 35	168	
Jackson	6	44 35	144	
Group B				
Amsler	6	44 48	160	
Gallagher, Jr	6	44 48	136	
Hogan	6	46 34	148	
Marty	6	46 39	164	
Murphy, K	4	32 00	200	
Butler	6	44 35	160	
Group C				
Blackwell	4	31 25	160	
Blechle	4	31 25	156	foot!
Booth	4	31 35	144	
Brewer	2	18 15	140	Hip
Carron	5	44 41	152	
Charles	4	33 31	88	
Colvis				
Davidson	4	28 00	160	
Dernlan	3	22 00		
Doorack	3	24 21	164	
Fleming	4	33 31	152	running = fun
Fox	5	36 30	172	
Genovese	4	31 03	152	
Groesch	3	28 20	184	
Kasper, D	4	33 31	164	
Kasper, M	5	44 41	164	
Kernell	5	40 05	164	
Keuss	5	44 41	156	
Klarsch	3	28 20	180	
McIntyre	3	2200		
Mimlitz				
Mngenast	4	32 20	156	
Murphy, G	4	33 31	148	left quad/hip
Obermeyer				
Peraud	4	30 10	136	
Perryman	4	32 20	116	
Powers	3	28 15	172	
Quinlivan				
Rainwater				
Schrock	3	25 31	180	SCHROCK (x3)!
Sextro	4	32 01	160	left shin
Sit	4	33 31	120	
Swan				
Szatkowski	5	34 00	188	
Thomas				
Vienhage	5	40 05	168	
Volmert	5	38 07	172	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	4	38 58	140	
Boyce	4	34 58	152	
Caputa	3	24 21	156	
Coen				
Conte	4	34 24	160	
Coriell	4	31 32	164	
Esswein	5	36 30	144	
Gallagher, So	3	24 40	184	
Gomez	3	28 30	160	
Kelley, L	4	36 06	172	
Kelly	4	29 26	132	
Knight				
Krause				
Lauer	4	33 37	152	
Laughlin	1	7 13		leg!
Leeker	4	31 32	180	
Lepak	3	23 35	160	ankle
Ludwig				
Meissner				/
O'Malley				
Olwig				
Oster	4	34 24	168	
Schwartz	4	33 04	160	
Spence	3	30 17	156	
Spezia	3	23 00	156	
Thompson	4	32 20	164	
Uhlenbrock	3	23 00	152	
Vogt				
Group E				
Bricker	3	28 48	160	left leg
Gale				
Goedeker	3	24 40	176	
Goodwin	3	28 20	176	
Heard	3	25 40	140	
Hennes	3	26 50	165	
Howe				
Hughes				
Hunkins	3	26 41	200	
Jackson, N	3	29 02	164	
James	3	2823	160	
Moore				
Northcott	3	29 00	136	
O'Toole	3	28 00	156	
Pace	3	25 40	160	
Rueckert				
Shorey	4	34 58	164	
Siegfried	3	33 45	164	
Stelzer	3	28 30	158	
Wagner	3	24 02	132	
IR				
Thornberry				



Date: 10-7-13 Conditions:
Workout: Jog to Central Fields/ Push-ups/Core/ Aerobic run AB=6 C=5 DE=4/ Strides/Hurdle Mobility/ Stretch with leader/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Rubio	6	42:20	148	
Hennessey	6			
Sullivan	6	42:20	160	
Jackson	6			
Group B				
Amsler	6	42:20	160	
Gallagher, Jr	6	41:17	132	
Hogan	6	45:40	144	
Marty	6	42:20	160	
Murphy, K	2	15:07		
Butler	6	42:20	144	
Group C				
Blackwell	5	39:35	156	
Blechle	5	39:35	156	
Booth	5	39:35	152	
Brewer				
Carron	5	40:14	152	
Charles	5	39:37	144	
Colvis				
Davidson	4	26:28	160	
Dernlan				
Doorack	4	3130	164	knee
Fleming	4.5	33:57	164	west camp
Fox	5	33:02	180	
Genovese	5	37:58	156	
Groesch				
Kasper, D	4.5	33:57	172	west camp
Kasper, M	5	40:14	184	
Kernell	5	45:02	160	
Keuss	5	40:14	164	
Klarsch	4	33:45	150	
McIntyre				
Mimlitz	3	2402	168	
Mngenast	2	18:21	—	
Murphy, G	3	2434	156	left hamstring/hip
Obermeyer	2	18:21	—	
Peraud	5	40:01	136	
Perryman	4	32:22	148	left calf
Powers	5	4502	164	
Quinlivan				
Rainwater	5	3605	152	
Schrock	3	2434	168	
Sextro	5	33:05	160	
Sit	5	35:57	136	
Swan				
Szatkowski	5	33 05	200	
Thomas				
Vienhage				
Volmert	5	3605	168	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	4	3345	148	
Caputa	4	3301	152	
Coen				
Conte				
Coriell	4	3050	164	
Esswein	6	42:20	156	
Gallagher, So	4	28:36	192	
Gomez				
Kelley, L	4	32:52	172	
Kelly	4	2803	132	
Knight				
Krause				
Lauer	4	29:05	184	
Laughlin	2	14:56	152	leg
Leeker	4	28:13	180	
Lepak				
Ludwig	4	2636	160	
Meissner	4	2636	164	
O'Malley				
Olwig				
Oster	4	34:20	152	
Schwartz	4	3215	148	
Spence				
Spezia	4	32:22	160	
Thompson	4	33:07	168	
Uhlenbrock	4	33:45	152	
Vogt	4	32:22	168	
Group E				
Bricker				
Gale				
Goedeker	4	3301	164	
Goodwin	4	33:45	144	
Heard	4	3315	160	
Hennes	4	37:37	168	
Howe	2			ankle
Hughes	4	31:30	164	
Hunkins				
Jackson, N				
James	4	38:47	156	
Moore				
Northcott	4	33:35	160	
O'Toole				
Pace	4	36:43	160	
Rueckert				
Shorey	4	3415	160	
Siegfried	4	42:13	164	
Stelzer	4	36:17	158	
Wagner				
IR				
Thornberry				

Date: 10-8-13 Conditions:

Workout: Jog to Central Fields/ Push-ups/ Aerobic run AB=6 C=5 DE=4/ Neuro/ Flying 200s/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	4	28:10	148	
Hennessey				
Sullivan	6	41:52	160	
Jackson	6	44:52	160	
Group B				
Amsler	6	45:14	156	
Gallagher, Jr	6	42:20	144	
Hogan	6	45:14	148	
Marty	6	43:07	172	
Murphy, K	2	16:45	—	
Butler	6	45:13	140	
Group C				
Blackwell	4	31:32	156	
Blechle	4	31:32	144	
Booth	4	31:32	148	
Brewer	—			
Carron	5	42:47	164	
Charles	5	42:47	136	
Colvis	—	—	—	
Davidson				
Dernlan	5	41:28	164	
Doorack	3	24:41	160	knee!!
Fleming	4	33:40	160	
Fox	6	43:07	176	
Genovese	4	36:38	156	
Groesch				
Kasper, D				
Kasper, M	5	47:24	186	
Kernell	5	42:33	160	
Keuss	5	35:31	164	
Klarsch	4	31:30	160	
McIntyre	5	41:28	156	
Mimlitz				
Mngenast				
Murphy, G				
Obermeyer	2	15 48	——	
Peraud	5	42:45	142	
Perryman				
Powers	3	42:33	164	
Quinlivan	——	—	—	
Rainwater	5	36:55	160	
Schrock				
Sextro	4	35:00	160	Shin splints
Sit	5	39:71	136	
Swan				
Szatkowski	5	37:05	188	
Thomas				
Vienhage	5	42:33	160	
Volmert	5	37:41	168	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	4	36:09	152	
Caputa	4	35:01	140	
Coen	4	?	?	
Conte	4	36:54	164	
Coriell	4	36:09	172	
Esswein	6	45:07	144	
Gallagher, So	4	31:28	184	
Gomez	4	35:12	160	
Kelley, L	4	34:13	164	
Kelly	4	29:08	136	
Knight				
Krause				
Lauer	4	29:38	168	
Laughlin				
Leeker	4	34:40	188	
Lepak				
Ludwig	4	27:30	160	
Meissner	4	29:12	136	
O'Malley				
Olwig				
Oster	4	34:34	168	
Schwartz	4	34:20	148	
Spence				
Spezia	4	34:20	158	
Thompson	4	36:54	160	
Uhlenbrock				
Vogt	4	35:01	168	
Group E				
Bricker	4	35:12	164	
Gale				
Goedeker				
Goodwin	4	31:30	140	
Heard				
Hennes	4	37:45	170	
Howe				
Hughes				
Hunkins	3	25:02	185	
Jackson, N	—	—	—	
James	4	38:35	172	
Moore	4	35:11	130	
Northcott	4	36:04	168	
O'Toole				
Pace	3	27:32	180	
Rueckert				
Shorey	4	34:36	160	
Siegfried	4	42:27	160	
Stelzer	4	35:43	158	
Wagner	4	37:36	144	
IR				
Thornberry				

Date: 10-9-13 Conditions:
Workout: Jog to Central Fields/ Push-ups/ Aerobic run AB=5 C=4 DE=3/ Strides/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	4	28:28	140	
Hennessey				
Sullivan				
Jackson				
Group B				
Amsler	5	35:00	156	#hauntedtrail 13
Gallagher, Jr	5	35:02	140	
Hogan	5	38:49	136	
Marty	5	25:00	160	# tradition
Murphy, K	1	11:10	—	
Butler				
Group C				
Blackwell	4	32:00	160	
Blechle	4	32:00	156	
Booth	4	31:53	148	
Brewer				
Carron	4	36:17	152	
Charles	3	23:39	168	fatigue
Colvis				
Davidson				
Dernlan	4	30:21	140	~~knee~~
Doorack	2	16:31	156	knee
Fleming	4	31:30	168	
Fox	4	~~32:58~~	168	
Genovese	4	31:42	140	
Groesch				
Kasper, D				
Kasper, M	4	~~36:27~~	152	
Kernell				
Keuss				
Klarsch	3	31:00	160	
McIntyre	4	30:21	164	
Mimlitz	3	21:40	160	
Mngenast				
Murphy, G	~~4~~ 3	25:07	144	
Obermeyer	2			
Peraud	~~4~~ 4	36:28	131	
Perryman	4	31:42	140	
Powers				
Quinlivan				
Rainwater	4	28:57	164	
Schrock	3	25:28	176	
Sextro	4	36:13	160	shins :(
Sit	4	36:27	104	
Swan				
Szatkowski	~~4~~	28:56	180	
Thomas	4	31:30	160	
Vienhage				
Volmert	4	~~31:42~~	164	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	3	25:22	?	
Caputa	2	16:31	160	
Coen				
Conte	3	26:03	164	
Coriell	3	25:22	164	
Esswein	3	35:00	144	~~###~~144 #XC 2013
Gallagher, So	3	24:38	160	
Gomez	3	26:12	156	
Kelley, L	3	25:27	176	
Kelly	3.1	22:00	136	
Knight				
Krause				
Lauer	3	24:46	164	
Laughlin				
Leeker	3	22:30	184	
Lepak				
Ludwig	3.1	21:28	?	
Meissner	3	21:47	?	
O'Malley				
Olwig				
Oster	3	26:02	164	
Schwartz				
Spence				
Spezia	3	24:16	158	
Thompson	3	25:07	160	
Uhlenbrock	3	24:16	158	
Vogt	3	25:25	160	
Group E				
Bricker	3	27:29	160	
Gale	2	16:20	180	
Goedeker	3	27:00	160	
Goodwin	3	31:00	140	
Heard				
Hennes	3	30:17	168	
Howe				
Hughes	3	26:32	160	
Hunkins				
Jackson, N				
James	3	28:42	164	
Moore	3	27:18	152	
Northcott	2	16:35	152	side
O'Toole				
Pace				
Rueckert				
Shorey				
Siegfried	3	33:08	168	
Stelzer	3	32:50	184	
Wagner	3	30:20	140	
IR				
Thornberry				

Date: 10-11-13 Conditions:
Workout: Run on your own.

Group A	Mileage	Time	Pulse	Comments
Rubio	6	43 05	144	
Hennessey	7	—	—	
Sullivan	7+	55:30	168	
Jackson	7+	[illegible]	[illegible]	
		54 23	124	
Group B				
Amsler	7	50 23	164	
Gallagher, Jr	7	—	—	
Hogan	~~7.5~~	60 22	124	
Marty	7	50:40	160	
Murphy, K	2	15 22	126	Hip
Butler	7	—	—	
Group C				
Blackwell	6	31:25	152	Time for 4
Blechle	6	48:28	148	
Booth	4	31:37	156	
Brewer				
Carron	4	3406	144	
Charles				
Colvis				
Davidson				
Dernlan				
Doorack				
Fleming	5	37 50	156	
Fox	5	3555	180	
Genovese	6	45 21	156	
Groesch				
Kasper, D				
Kasper, M				
Kernell	5	43 21	—	Powers
Keuss	—	—	—	XT
Klarsch	4	31 00	174	
McIntyre	—	—	—	Bike 20m
Mimlitz	Few	—	—	
Mngenast				
Murphy, G				
Obermeyer				
Peraud	4	32 20	136	
Perryman	7.25	59 34	156	
Powers	5	43 21	168	
Quinlivan				
Rainwater	6	50:20	144	
Schrock	—	—	—	injured
Sextro	6	44 37	160	
Sit				
Swan				
Szatkowski	4	3037	188	
Thomas				
Vienhage	5	43 21	-	Powers
Volmert	6 (4)	30:30	160	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer	—	—	—	XT
Boyce	3.1	2540	140	
Caputa	5	42 19	164	
Coen	3	24 47		
Conte	4	3547	160	
Coriell	3	2511	—	Shin
Esswein	—	—	—	Ran
Gallagher, So				
Gomez	3	26:41	164	
Kelley, L	3	2550	164	
Kelly	4.5	29:57	144	
Knight				
Krause				
Lauer				
Laughlin	—	—	—	XT
Leeker	5	3455	168	
Lepak	3	2215	176	Left ankle
Ludwig	5	3521	—	
Meissner	5	35:37	156	
O'Malley	3	2247	152	
Olwig	—	—	—	XT
Oster				
Schwartz	4	33:04	148	
Spence	—	—	—	did stretches
Spezia	5	4200	158	
Thompson	4	34.07	158	
Uhlenbrock	5	4330	152	
Vogt	—	—	—	leg
Group E				
Bricker	5(3)	2720	164	
Gale	—	—	—	Leg
Goedeker	3	24 36	164	
Goodwin	5	45 25	160	
Heard				
Hennes	5 (3)	32:27	172	
Howe	4	31 00	180	
Hughes	3	2400	152	
Hunkins	6	35:46	176	
Jackson, N	3	27 38	164	
James	5(3)	2834	168	
Moore	4	3215	156	
Northcott	5	4421	164	
O'Toole	3	—	152	
Pace	3	25:45	162	
Rueckert	4	3600	—	
Shorey	5 (3)	25:34	156	
Siegfried	3	32 47	164	
Stelzer	3	27:34	154	
Wagner	4	2803	144	
IR				
Thornberry				

Date: 10-12-13 Conditions:

Workout: Jog to West Camp/ Push-ups/ Long Run A=10 B=8 C=6 D=5 E=4 (AB have fast finish for last 2)/ Strides/ Stretch with leader/ Jog SLUH/ Stability Weights

Group A	Mileage	Time	Pulse	Comments
Rubio	8	53:05	168	
Hennessey	4	28:01	140	
Sullivan	10	65:20		
Jackson	10	65:20		
Group B				
Amsler	8	54:18	176	
Gallagher, Jr	8	55:07	140	
Hogan	8	53:11	172	
Marty	8	52:45	172	
Murphy, K				
Butler	8	53:10	168	
Group C				
Blackwell	6	47:35	144	
Blechle	6	47:35	148	
Booth	6	47:35	156	
Brewer				
Carron	6	51:06	160	
Charles	6	46:10	144	
Colvis				
Davidson	6	42:00	156	
Dernlan				
Doorack				
Fleming	6	45:57	172	
Fox	6	42:00	164	
Genovese	6	47:11	160	
Groesch				
Kasper, D	6	45:57	180	
Kasper, M	6	51:06	164	
Kernell				
Keuss	6	45:45	156	
Klarsch	4	37:01	160	
McIntyre	6	45:35	164	
Mimlitz	6	46:30	128	
Mngenast				
Murphy, G	6	51:16	152	Left Hip
Obermeyer	6	51:16	152	
Peraud	6	51:05	128	
Perryman				
Powers	6	51:16	164	
Quinlivan				
Rainwater	6	45:35	152	
Schrock	3	26:57	188	
Sextro	6	45:40	164	
Sit	6	45:40	140	
Swan	4	28:01	180	
Szatkowski	6	45:57	188	
Thomas	6	45:57	176	
Vienhage	6	50 51	168	
Volmert	6	45:39	172	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	5	44:27	152	
Caputa				
Coen	5	43:16	168	
Conte	5	48:23	172	
Coriell	5	44:27	172	
Esswein	8	53:45	192	
Gallagher, So	3	43:11	180	
Gomez	4	37:30	160	
Kelley, L	5	43:11	164	
Kelly	5	35:07	140	
Knight				
Krause	3	27:03	162	
Lauer	6	46:30	172	
Laughlin				
Leeker	5	35:57	184	
Lepak	3	24:30	172	Left Ankle
Ludwig	5	34:55	148	
Meissner	5	36:13	160	
O'Malley	3	22:39	164	
Olwig				
Oster	5	43:20	164	
Schwartz	4	43:11	160	
Spence				
Spezia	5	45:00	158	
Thompson	5	43:20	168	
Uhlenbrock	4	36:14	164	
Vogt				
Group E				
Bricker	4	37:30	164	
Gale				
Goedeker	4	35:10	180	
Goodwin	4	37:30	144	
Heard	5	43:16	160	
Hennes	4	36:02	180	
Howe	4	35:50	160	
Hughes	4	35:22	160	
Hunkins	4	36:02	182	
Jackson, N	3	28:37	180	
James				
Moore				
Northcott	4	37:45	152	
O'Toole	4	35:50	160	
Pace	4	37:45	164	
Rueckert	3	27:38	176	
Shorey	2	17:35	156	
Siegfried	4	43:18	156	
Stelzer	4	40:05	154	
Wagner	4	41:05	92	
IR				
Thornberry				

Date: 10-14-13 Conditions:

Workout: Jog to West Camp/ Push-ups/Core/ A=10 B=8 C=6 D=5 E=4/ Strides/ Hurdle Mobility/ Stretch with leader/ Jog SLUH/ Weights

Group A	Mileage	Time	Pulse	Comments
Rubio	10	70:34	140	
Hennessey	6	41:11	148	
Sullivan	10	70:34	156	
Jackson	10	70:34	140	
Group B				
Amsler	8	58:12	144	
Gallagher, Jr	8	55:54	160	
Hogan	8	55:54	144	
Marty	6	40:30	176	
Murphy, K				
Butler	8	55:54	146	
Group C				
Blackwell	6	50:41	148	
Blechle	6	50:41	140	
Booth	6	50:41	152	
Brewer				
Carron	10	46:49	168	
Charles	6	49:30	144	
Colvis				
Davidson	6	40:30	154	
Dernlan				
Doorack	5	41:20	160	
Fleming	6	50:17	164	
Fox	6	41:11	184	
Genovese	6	46:14	148	
Groesch				
Kasper, D	6	50:17	164	
Kasper, M	6	50:17	142	
Kernell	6	52:30	160	
Keuss	6	46:49	164	
Klarsch	5	39:00	180	
McIntyre	6	44:56	164	
Mimlitz	6	46:49	152	
Mngenast	6	53:26	152	
Murphy, G	6	53:26	156	
Obermeyer	6	53:26	148	
Peraud	6	49:30	142	
Perryman				
Powers	6	53:17	168	
Quinlivan	2	16:50	165	
Rainwater	6	46:20	144	
Schrock	4	31:21	176	
Sextro				
Sit	6	46:49	156	
Swan	6			
Szatkowski	6	50:17	176	
Thomas	6	50:17	164	
Vienhage	6	53:26	160	
Volmert	6	46:27	164	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	5	44:10	148	
Caputa	5	41:20	164	
Coen				
Conte	5	45:04	164	
Coriell	5	44:10	160	
Esswein	8	58:12	136	
Gallagher, So	4	28:27	184	
Gomez	4	36:20	160	
Kelley, L	5	41:20	172	
Kelly	5	35:02	132	
Knight				
Krause				
Lauer	6	50:27	176	
Laughlin	3	19:00	156	leg felt good
Leeker	5	40:45	180	
Lepak	4	30:20	176	left ankle
Ludwig				
Meissner	5	35:44		
O'Malley	5	19:12	152	
Olwig				
Oster	5	44:04	168	
Schwartz	4	35:46	140	
Spence				
Spezia				
Thompson	5	44:04	168	
Uhlenbrock	4	35:46	148	
Vogt				
Group E				
Bricker	4	36:20	164	left leg
Gale				
Goedeker	4	36:10	160	
Goodwin	4	36:10	160	
Heard	5	44:10	145	
Hennes	4	36:10	172	
Howe	4	35:46	140	
Hughes	5	40:45	164	
Hunkins	4	35:02	181	
Jackson, N	4	33:33	168	
James	4	34:24	164	
Moore	4	36:32	152	
Northcott	4	35:32	144	
O'Toole	4	35:46	144	
Pace	3	27:50	144	
Rueckert				
Shorey	4	44:10	164	
Siegfried	4	45:17	156	
Stelzer	4	41:00	154	
Wagner	4	41:20	120	
IR				
Thornberry				

Date: 10-15-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 12=800-3 mile tempo-800 3456 3 mile tempo- 800/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 1	800	Tempo	Time	Pulse	800	Com
Butler	2:27					
Davidson	2:22	2 mi	11:30	180	2:44	
Esswein	2:22	17:10		176	2:30	
Hogan	2:30	17:18		178	2:30	
Jackson	2:27	17:00		170	2:19	
Rubio	2:26	17:00		176	2:19	
Sullivan	2:27	17:00		176	2:19	

Group 2						
Amsler	2:27	18:55				
Charles	2:30	18:10		184	2:40	
Meissner	2:35	18:37			2:33	
Fox	2:30	18:11		184	2:47	
Gallagher, Jr	2:30	19:35		160	2:35	
~~Genovese~~						
Lepak	2:45	19:44		186		
Ludwig	2:26					
Marty	2:30					
Sextro	2:34	18:27		2:44	2:47	
Swan						
Szatkowski	2:31	18:47		204	2:55	

Group 3						
Caputa	2:48	21:04				
Blechle	2:45	19:46		180		
Booth	2:50	19:42		176		
Doorack	2:30	21:02				
Kelly	2:51	19:30		166		
Thomas	2:47	20:23		188		
Keuss	2:54	20:01		180		
Murphy, G	3:20	20:40		176		
Sit	2:39	18:34		156		
McIntyre	3:01	20:10		184		
Mungenast		20:24		184		
Obermeyer		21:35		192		
Rainwater	2:47	19:33		184		
Vienhage	2:40	23:05		160		
Volmert	2:51	20:17		188		
Blackwell	3:03	21:16		180		
Fleming	2:56	20:45	WB			
Groesch						
Kasper, D	2:47	20:33		196		
Kasper, M	2:50	20:20		192		
Perryman						
~~Swyers~~						
Thornberry						
Brewer	3 mile	23:45	1:20	glad to see back		
Gallagher, So	2:45	20:12		208		
Knight						
Vogt						
Leeker	2:53	20:26		196		
Spezia	2:54	23:04		176		
Uhlenbrock	2:54	23:04		176		
Genovese		19:51		168	2:50	
Lepak						

Group 4	Tempo	Time	Pulse	800	Com
Boxdorfer					
Boyce	23:34		168	3:17	
Carron	21:13		172	2:57	
Coriell	23:34		180	2:58	
Gale					
Goodwin	22:52		176	3:03	
Heard	22:46		160	2:41	
Hennes	23:13		160	2:57	
Howe	24:25		160	3:30	back
Hughes	17				
Kernell	3 mi	23:05	172	3:03	
Klarsch	3	22:52	180	2:47	
Krause	2 mile	17:38	176	3:06	
Lauer		23:46	192	2:57	
Mimlitz	DNF				Hip
O'Malley					
Olwig					
Oster	3	21:33	184		
Peraud	3 mi	23:14	148	2:49	
Powers	24:45		180	3:12	
Quinlivan	2 mile	15:37	156		
Rueckert					
Schrock	3 mile	23:51	176	3:32	
Schwartz	3 mile	23:02	168	3:11	
Wagner	23:13		160	3:19	

Group 5					
Bricker					
Coen					
Conte	2	2 mile	186		
Goedeker	2 mi	17:35	160	3:16	
Gomez	25:17		160	3:30	
Hunkins	23:43		186	3:21	
Jackson, N					
James					
Kelley					
Moore	24:21		176	3:21	
Northcott	24:14		168	3:23	
O'Toole	24:40		168	3:19	
Pace	23:25		176	3:08	
Shorey	23:34		180	3:00	
Siegfried	25:43	28:41	180	3:38	
Spence					
Stelzer	25:10		182	3:25	
Thompson	24:45		176	3:16	

IR					
Colvis					
Dernlan					
Murphy					
Laughlin	3 mile	23:33	176	X	leg
Hennessey					

Coach G 7:06/7:41/7:29 22:17

P 184

Date: 10-16-13 Conditions:
Workout: Jog to West Camp/ Push-ups/Core/ A=8 B=6 C=5 DE=4/ Strides/ Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	8	~~55:50~~	~~124~~	
Hennessey				
Sullivan	8	56:50	160	
Jackson	8	50:50	140	
Group B				
Amsler	6	43:24	160	
Gallagher, Jr	6	43:24	120	
Hogan	6	43:31	144	
Marty	4	—	152	
Murphy, K				
Butler	3	22:40	100	
Group C				
Blackwell	5	36:45	160	
Blechle	5	36:45	140	
Booth	5	36:44	140	
Brewer				
Carron	5	43:52	140	
Charles	5	36:45	148	
Colvis				
Davidson	5	35:53	168	
Dernlan				
Doorack	5	36:42	156	
Esswein	6	43:24	136	
Fleming	5	36:27	140	
Fox	5	35:53	172	
Genovese	4	30:59	148	
Groesch				
Kasper, D				
Kasper, M				
Kernell	5	43:05	164	
Keuss	5	~~42:48~~	160	
Klarsch	5	42:50	144	
McIntyre	5	36:40	156	
Mimlitz	4	33:26	148	
Mngenast	5	41:05	156	
Murphy, G	5	41:05	156	
Obermeyer	5	41:05	148	
Peraud	5	43:52	120	
Perryman	5	41:05	156	
Powers	5	42:05	164	
Quinlivan	2	15:45	180	
Rainwater	5	35:53	168	
Schrock	4	35:24	160	
Sextro				
Sit	5	36:22	148	
Swan				
Szatkowski	5	36:45	184	
Thomas	5	36:27	168	
Vienhage	5	~~43:05~~	168	
Volmert	5	37:10	164	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	4	34:10	144	
Caputa	4	35:12	144	
Coen	1	8:40	—	
Conte	4	36:30	164	
Coriell	4	27:30	168	
Gallagher, So	4	32:35	184	
Gomez	4	38:40	160	
Kelley, L	4	33:26	172	
Kelly	4	26:57	156	
Knight				
Krause	3	24:05	164	
Lauer	5	43:52	148	
Laughlin	4	31:40	172	
Leeker	4	31:45	186	
Lepak	3	22:40	172	left ankle
Ludwig				
Meissner	4	31:40	124	
O'Malley				
Olwig				
Oster	4	36:40	164	
Schwartz	4	37:40	120	
Spence				
Spezia	4	37:40	148	
Thompson	4	32:54	164	
Uhlenbrock	4	37:10	156	
Vogt				
Group E				
Bricker	4	38:40	152	
Gale				
Goedeker	3	24:05	164	
Goodwin	4	37:40	152	
Heard				
Hennes	4	35:36	168	
Howe	4	37:40	160	
Hughes	3	29:55	136	patella
Hunkins	3	24:23	194	
Jackson, N				
James	4	33:26	172	
Moore	4	37:40	148	
Northcott	3	27:49	144	knee
O'Toole				
Pace	4	36:43	168	
Rueckert				
Shorey	4	34:10	156	
Siegfried	4	41:24	164	
Stelzer	3	28:05	146	
Wagner	3	31:10	120	
IR				
Thornberry				

Date: 10-17-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ A=8 B=6 C=5 DE=4/ Neuro/ Flying 200s/ Stretch with leader/ Jog SLUH/ Stability Weights

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey	8	55:50	152	
Sullivan	5	37:40	165	
Jackson	8	53:30	136	
Group B				
Amsler	6	42:40	140	
Gallagher, Jr	6	40:31	160	
Hogan	6	46:06	152	
Marty				
Murphy, K	1	16:22	180	
Butler	4	31:34	160	
Group C				
Blackwell	5	38:48	148	
Blechle	5	38:48	156	
Booth	5	38:46	144	
Brewer	3	26:40	152	
Carron	5	42:18	148	
Charles	5	39:00	144	
Colvis				
Davidson	4	27:30	160	
Dernlan				
Doorack	5	38:21	152	
Esswein	6	42:40	132	
Fleming	5	34:11	180	
Fox	5	34:11	[illegible]	172
Genovese	5	38:21	152	
Groesch				
Kasper, D	5	41:28	160	
Kasper, M				
Kernell	4	32:50	160	
Keuss	5	38:21	164	
Klarsch	4	30:12	180	
McIntyre	5	36:50	156	
Mimlitz				
Mngenast	4	32:50	160	
Murphy, G	4	34:00	160	
Obermeyer	4	33:06	156	
Peraud	5	39:00	140	
Perryman				
Powers	5	43:37	164	
Quinlivan	3	22:51	168	
Rainwater	5	34:59	164	
Schrock	4	33:49	166	
Sextro	5	41:18	160	
Sit	5	34:11	172	
Swan				
Szatkowski	5	34:11	196	
Thomas	5	39:00	156	
Vienhage	5	43:37	168	
Volmert	5	38:54	164	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	4	31:54	152	
Caputa	3	26:20	140	
Coen	3	23:00	[illegible]	
Conte	4	36:06	164	
Coriell	4	31:34	168	
Gallagher, So	4	27:34	140	
Gomez	4	36:45	172	
Kelley, L	4	32:25	168	
Kelly	4	27:34	136	
Knight				
Krause	3	23:32	164	knee
Lauer	5	36:34	180	
Laughlin	4	28:00	176	
Leeker	4	29:41	180	
Lepak	4	31:34	168	left ankle
Ludwig				
Meissner	4	27:30	164	
O'Malley				
Olwig				
Oster	4	36:00	156	
Schwartz	4	30:48	160	
Spence				
Spezia	4	30:48	164	
Thompson				
Uhlenbrock	3	23:31	156	
Vogt	3	26:20	144	
Group E				
Bricker	3	27:45	136	
Gale				
Goedeker	[illegible]	22:55	180	
Goodwin	4	36:30	148	
Heard	3	23:31	140	
Hennes	4	38:53	168	
Howe				
Hughes	4	30:30	164	
Hunkins	4 1/2	33:32	184	
Jackson, N	3	24:32	164	
James	4	32:25	180	
Moore	4	31:12	152	
Northcott	4	31:54	160	
O'Toole	4	31:52	164	
Pace	4	34:40	176	
Rueckert	4	36:15	160	
Shorey	4	33:37	160	
Siegfried	4	43:47	156	
Stelzer	4	36:30	144	
Wagner	4	38:56	144	
IR				
Thornberry				

Date: 10-18-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ AB=5 CD=4 E=3/ Non-Boriga=longer run/ Strides/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	6	42:19	132	
Hennessey				
Sullivan	8	61:34	141	
Jackson	8	61:30	132	
Group B				
Amsler	5	35:21	150	
Gallagher, Jr	5	35:21	152	
Hogan	6	43:01	144	
Marty	5	35:24	152	
Murphy, K				
Butler	6	42:11	168	
Group C				
Blackwell	4	31:47	140	
Blechle	4	31:47	136	
Booth	4	31:47	147	
Brewer	3	22:11	166	
Carron	4	35:09	148	
Charles	4	26:20	118	
Colvis				
Davidson	4	27:45	164	
Dernlan	3.5			Calf
Doorack	4	31:47	146	
Esswein	6	43:10	141	
Fleming	5	37:11	160	
Fox	5	37:00	172	
Genovese	4	21:47	174	
Groesch				
Kasper, D				
Kasper, M				
Kernell	4	36:44	160	
Keuss				
Klarsch	4	27:45	154	
McIntyre	4	27:40	160	
Mimlitz	4	33:18	148	☺ Hip Hi Coach!
Mngenast	4	32:47	128	
Murphy, G	4	32:47	124	
Obermeyer	4	32:47	152	
Peraud	4	35:08	120	
Perryman	4	36:44	148	
Powers	5	36:49	160	
Quinlivan	3	21:43	168	
Rainwater	4	27:45	176	
Schrock	3	27:11	152	
Sextro	4	33:07	144	
Sit	4	33:07	140	
Swan				
Szatkowski	4	35:08	156	
Thomas				
Vienhage	4	36:40	156	
Volmert	4	29:35	156	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	4	33:36	156	
Caputa	4	31:49	156	
Coen	2	17:59	164	
Conte				
Coriell	4	32:30	172	
Gallagher, So	4	32:28	180	
Gomez	3	27:24	160	
Kelley, L				
Kelly	4	27:39	132	
Knight	3	25:50	164	
Krause	3	25:50	164	
Lauer	4	45:08	156	
Laughlin	4	29:41	168	
Leeker	4	29:41	174	
Lepak	4	27:45	188	ankle
Ludwig	5	37:00	172	
Meissner	4	27:28	128	
O'Malley				
Olwig				
Oster	4	36:40	152	
Schwartz	4	32:10	140	
Spence	3	17:52	176	
Spezia	4	32:25	160	
Thompson	4	30:42	180	
Uhlenbrock	4	32:25	160	
Vogt	3	26:30	156	right hip
Group E				
Bricker	3	27:34	164	left leg
Gale	1	—	164	leg problems
Goedeker				
Goodwin	3	22:06	156	
Heard	4	33:11	156	
Hennes	3	26:26	164	
Howe	3	26:13	160	
Hughes	4	29:35	164	
Hunkins	3	27:06	184	
Jackson, N	3	26:27	180	
James				
Moore	3	27:30	180	
Northcott				
O'Toole	3	26:13	168	
Pace	4	34:16	148	
Rueckert	3	25:50	170	
Shorey	4	33:36	158	
Siegfried	3	31:07	162	
Stelzer	3	29:11	144	
Wagner	3	30:04	130	
IR				
Thornberry				

Date: 10-21-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ A=10 B=8 C=6 D=5 E=4/ Strides/Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	10	64:28	144	
Hennessey	10	64:28	156	
Sullivan	10	64:28	160	
Jackson	10	64:28	144	
Group B				
Amsler	8	50:14	148	
Gallagher, Jr	8	50:14	140	
Hogan	8	55:06	152	
Marty				
Murphy, K	1	8:37		
Butler	8	56:14	100	
Group C				
Blackwell	6	48:16	168	
Blechle	6	48:15	152	
Booth	6	48:15	156	
Brewer	5	42:25	172	
Carron	6	48:23	158	
Charles	6	43:55	152	
Colvis	5	17:56	172	
Davidson	6	44:07	164	
Dernlan	4	33:20	162	Calf f
Doorack	6	44:50	164	
Esswein	8	56:14	140	
Fleming	6	45:37	164	
Fox				
Genovese	6	45:37	156	
Groesch				
Kasper, D	6	47:23	180	
Kasper, M	6	48:23	170	
Kernell	6	52:06	164	
Keuss				
Klarsch	4	33:20	160	
McIntyre	6	46:15	168	
Mimlitz	6	49:00	152	
Mngenast	6	46:32	168	
Murphy, G	6	48:23	160	
Obermeyer	6	46:00	150	
Peraud	6	49:00	143	
Perryman	6	48:32	164	
Powers	6	52:06	164	
Quinlivan	3	21:50	168	
Rainwater	6	44:07	152	
Schrock	4	33:51	164	
Sextro	6	47:23	160	
Sit	6	42:56	160	
Swan				
Szatkowski	6	47:55	146	
Thomas	6	45:37	152	
Vienhage	6	52:06	168	
Volmert	6	44:28	168	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	5	46:45	148	
Caputa	6	49:20	160	
Coen	5	46:20		
Conte	5	43:35	172	
Coriell	5	43:40	164	
Gallagher, So	4	30:28	158	
Gomez	4	36:10	160	
Kelley, L	5	30:54	164	
Kelly	5 ½	39:00	144	
Knight	4	32:58	160	
Krause	4	33:07	160	
Lauer	6	46:14	164	
Laughlin	4	34:17	144	hamstring
Leeker				
Lepak				
Ludwig				
Meissner	5 ½	39:00	144	
O'Malley	2	15:10	152	
Olwig				
Oster	5	43:45	164	
Schwartz	~~6~~ 5	46:10	148	
Spence				
Spezia	5	40:20	156	
Thompson	5	42:35	168	
Uhlenbrock	5	40:20	150	
Vogt	4	33:20	156	
Group E				
Bricker	4	36:10	164	Left leg
Gale	4	33:08		
Goedeker	5	42:05	180	
Goodwin	4	31:12	180	
Heard				
Hennes	4	3520	168	
Howe				
Hughes	4	34:30	144	Knee
Hunkins	4	33:05	187	
Jackson, N	4	34:30	160	
James	4	36:20	164	
Moore	4	36:10	128	
Northcott	2	18:00		Knee
O'Toole	5	40:20	176	
Pace	5	44:41	160	
Rueckert				
Shorey	5	43:45	152	
Siegfried				
Stelzer	4	39:00	148	
Wagner	4	41:41	124	
IR				
Thornberry				

Date: 10-22-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 12=800-3xmile-800 3456 800-2xmile-800/Clayton racers: 12x400/ Cooldown Stretch with leader/ Jog SLUH/ Weights

Group 1	800p	800	mile p	mile	mile	mile	800p	800	Comments
Butler	2:28	2:32	5:15	5:24	5:15	5:32	2:28		
Davidson	2:28	2:32	5:15	5:24	5:24	5:28	2:28	2:34	
Esswein	2:28	2:28	5:15	5:17	5:08	5:38	2:28	2:21	
Hennessey	2:28	2:28	5:15	5:18	5:11	5:09	2:28	2:24	
Hogan	2:28		5:15				2:28		
Jackson	2:28		5:15				2:28		
Rubio	2:28		5:15				2:28		
Sullivan	2:28	2:28	5:15	5:17	5:10	5:09	2:28	2:25	
Group 2									
Dernlan	2:35	2:28	5:45	5:57	5:59	6:07	2:35	2:36	
Fox	2:35	2:36	5:45	5:47	5:36	5:38	2:35	2:34	
Gallagher, Jr	2:35	2:36	5:45	5:43	5:43	5:45	2:35	2:40	
Genovese	2:35	2:47	5:45	5:58	6:00	—	~~2:35~~	2:50	ran with 3's
Lepak	2:35		5:45				2:35		
Ludwig	2:35	2:38	5:45	5:48	5:37	5:28	2:35	2:28	
Marty	2:35		5:45				2:35		
Meissner	2:35	2:40	5:45	5:52	5:54	5:56	2:35	2:39	
Group 3	**800**		**mile**		**mile**		**800**		
Caputa	2:46		6:18		6:10		2:50		
Blechle	2:48		5:58		6:08		2:49		
Booth	2:47		5:58		6:08		2:53		
Doorack	2:50		5:55		5:58		2:43		
Kelly	2:44		6:08		6:09		2:50		
McIntyre	2:46		6:15		6:10		2:50		
Mungenast									
Rainwater	2:47		6:04		6:10		2:50		
Volmert	2:48		6:04		6:09		2:54		
Blackwell	2:52		6:29		6:38		3:05		
Fleming	2:46		5:55		5:54		2:48		
Groesch									
Perryman	2:52		6:47		7:03		3:05		
Brewer	3:57		6:30		—		—		hip
Gallagher, So									
Knight	2:50		6:20		6:50		3:00		
Vogt	2:57		6:24		6:31		2:55		
Leeker	2:49		6:19		6:12		2:52		
Spezia									
Uhlenbrock	2:48		6:20		6:38		3:02		

Group 4	800	mile	mile	800	Comments	Group 5	800	mile	mile	800	Comments
Boxdorfer						Bricker	3 miles		29:56		hip
Boyce	3:03	6:48	7:11	3:16		Coen					
Coriell	3:43	6:39	7:09	2:50		Goedeker	7:51	6:57	6:48	3:06	
Gale	3:01	7:07	8:10	3:10		Gomez	3:28	7:33	7:39	3:29	
Goodwin	2:53	6:33	6:46	3:07		Hunkins	2:59	8:01	7:00	3:07	
Heard						Jackson, N	3:22	7:41	—	—	ankle
Hennes	3:02	6:44	7:46	3:17		James	3:31	7:56	7:53	3:37	
Howe	—	—	—	—	back	Kelley	3:07	7:04	7:05	3:14	
Hughes	—	3 miles		29:56	knee	Moore	3:20	7:12	6:15	3:24	
Klarsch	2:47	6:08	6:19	2:50		Northcott	3:18	6:51	7:10	3:16	
Krause	2:49	6:40	7:02	2:58		O'Toole	3:06	7:04	7:01	3:12	
O'Malley	2 mi	16 2 pulse		14:41		Pace	3:15	7:15	7:20	3:09	
Olwig	—	—	—	—	stress factor	Shorey	3:01	6:59	6:45	3:00	
Quinlivan	2 mi	168 Pulse		16:08	Shin Hurts	Spence	5:46	—	—		
Rueckert	3:26	6:39	6:28	3:02		Stelzer	3:23	7:55	7:45	3:29	
Schwartz	3:03	6:32	6:45	3:03		Thompson	3:22	7:24	7:34	3:30	
Wagner	3:07	9:18	7:52	3:51							
Murphy	2mi	14:41	136								

Date: 10-22-13 Conditions:

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ 12=800-3xmile-800 3456 800-2xmile-800/Clayton racers: 12x400/ Cooldown Stretch with leader/ Jog SLUH/ Weights

	4	4	4	4	4	4	4	4	4	4	4	4	Comments
Amsler	83	83	81	879	75	77	75	74	71	71	72	72	
Charles	81	77	78	77	74	76	75	72	68	69	67	65	
Sextro	83	81	74	79	76	78	76	75	75	74	74	74	
Swan													
Szatkowski	83	82	79	79	77	74	78	78	75	74	73	74	
Thomas	86	85	85	85	81	85	84	85	80	80	81	80	
Keuss	88	84	84	84	84	82	82	82	78	78	79	78	
Murphy, G	90	87	94	94	83	85	84	86	83	85	86	71	
Sit	84	82	80	79	75	77	75	75	75	75	77	77	
Obermeyer	88	87	84	84	80	81	82	82	78	80	79	77	
Vienhage	103	96	103	95	91	88	88	91	86	87	87	85	
Kasper, D	84	82	82	82	78	74	77	76	75	75	74	74	
Kasper, M	90	87	86	85	83	84	85	84	79	80	80	67	
Carron	91	88	87	88	84	86	85	85	80	80	83	81	
Kernell	107	104	96	103	87	86	89	87	88	87	88	77	
Lauer	91	87	89	85	82	83	83	84	80	83	84	84	
Mimlitz	94	93	92	91	86	89	88	88	84	83	84	76	
Oster	98	100	96	93	91	92	92	93	88	88	88	78	
Peraud	102	99	97	98	88	92	92	94	78	82	93	80	
Powers	104	102	98	96	94	96	97	94	90	91	92	85	
Schrock	96	97	96	96	92	94	94	94	91	—	91	91	
Conte						134							
Siegfried	100	116	121	124	115		130	125	125	131	129	109	
IR													
Colvis													
Murphy													
Laughlin													

Date: 10-23-13 Conditions:
Workout: Jog to Central Fields/ Push-ups/ A=8 B=6 C=5 DE=4/ Strides/Hurdle Mobility/ Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey				
Sullivan				
Jackson				
Group B				
Amsler				
Gallagher, Jr	6	44:00	132	
Hogan	6	43:47	124	
Marty	6	43:47	160	
Murphy, K				
Butler	6	43:47	160	
Group C				
Blackwell	5	40:22	156	
Blechle	5	40:22	148	
Booth	5	[illegible]	148	
Brewer	5 5	[illegible]	147	42:25 152
Carron	5	42:26	140	
Charles	5	44:00	74	
Colvis	3	22:22	176	
Davidson	5	34:29	168	
Dernlan	5	34:13	156	cool
Doorack	5	38:20	144	
Esswein	6	43:47	148	
Fleming	5	49:58	160	
Fox	[illegible]	43:47	172	
Genovese				
Groesch				
Kasper, D	5	44:00	164	
Kasper, M	5	44:00	152	
Kernell	5	42:33	160	
Keuss	5	38:20	156	
Klarsch	5	34:13	160	
McIntyre	5	34:13	156	
Mimlitz	5	44:00	132	
Mngenast	5	42:35	164	
Murphy, G	5	41:50	148	
Obermeyer	5	41:30	152	
Peraud	5	44:00	104	
Perryman				
Powers	5	42:35	160	
Quinlivan	3	22:22	164	
Rainwater	5	34:29	160	
Schrock	4	36:43	156	
Sextro	5	46:28	156	
Sit	5	40:38	118	
Swan				
Szatkowski	5	40:28	168	
Thomas	5	42:37	144	
Vienhage				
Volmert	5	35:29	180	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce				
Caputa				
Coen	[illegible] 4	32:21	160	
Conte	[illegible]	35:2-	164	
Coriell	4	32:14	164	
Gallagher, So				
Gomez	4	32:46	160	
Kelley, L	4	30:37	172	
Kelly	3.8	25:08	144	
Knight	4	31:48	164	
Krause	4	31:56	160	
Lauer				
Laughlin	4	32:15	152	
Leeker	4	33:14	170	
Lepak	4	32:00	160	left ankle
Ludwig				
Meissner				
O'Malley				
Olwig				
Oster	4	36:37	164	
Schwartz				
Spence				
Spezia	4	31:00	150	
Thompson	5	46:01	156	
Uhlenbrock	4	[illegible]	156	
Vogt	4	33:30	160	hip sore
Group E				
Bricker	4	34:26	160	left leg
Gale	4	32:30	183	
Goedeker	4	33:00	180	
Goodwin	4	32:46	160	
Heard				
Hennes	4	35:45	168	
Howe	4	33:08	160	
Hughes	[illegible] 4	30:25	160	
Hunkins				
Jackson, N				
James	4	36:48	156	
Moore				
Northcott	4	34:21	152	
O'Toole	[illegible] 4	32:21	168	
Pace	4	34:21	160	
Rueckert				
Shorey	[illegible] 4	37:46	160	
Siegfried	4	41:46	160	
Stelzer	4	33:31	174	
Wagner	4	42:50	144	
IR				
Thornberry				

Date: 10-24-13 Conditions:

Workout: Jog to Central Fields/ Push-ups/ A=8 B=6 C=5 DE=4/ All Clayton Racers have 4/Neuro and Flying 200s/ Strides for Clayton/Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey				
Sullivan				
Jackson				
Group B				
Amsler	4	31:05	140	
Gallagher, Jr	6	41:12	152	
Hogan	6	41:01	144	
Marty	6	41:12	160	
Murphy, K	2k	11:17	168	
Butler				
Group C				
Blackwell	5	35:08	152	
Blechle	5	35:08	152	
Booth	5	39:08	148	
Brewer	5	39:26	156	
Carron	4	38:13	140	
Charles	4	31:07	136	
Colvis				
Davidson	5	35:25	152	
Dernlan				
Doorack	5	36:04	152	
Esswein	6	41:08	156	
Fleming	5	41:37	152	
Fox	6	41:24	176	
Genovese	5	36:04	152	
Groesch				
Kasper, D				
Kasper, M	4	38:13	140	
Kernell	4	32:29	160	
Keuss	4	31:02	152	
Klarsch	4	34:00	160	
McIntyre				
Mimlitz	4	36:12	132	
Mngenast	4	32:27	152	
Murphy, G	4	35:38	156	
Obermeyer	2k	2		IT Band
Peraud	4	31:02	120	
Perryman				
Powers	4	34:11	160	
Quinlivan	3	25:00	168	Shin Splints
Rainwater	5	35:25	152	
Schrock	4	38:13	152	
Sextro	4	36:33	150	
Sit	4	30:33	160	
Swan				
Szatkowski	4	31:05	176	
Thomas	4	32:30	[illegible]	40 = 124
Vienhage	4	32:27	152	
Volmert	5	35:25	156	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	6K	26:03	148	
Caputa	5	36:04	160	
Coen	4	34:45	160	
Conte	4	32:21	164	
Coriell	4	29:57	160	
Gallagher, So				
Gomez	4	34:58	164	
Kelley, L	~~5~~ 4	32:32	172	
Kelly	6k	25:55	148	
Knight	4	32:19	160	
Krause	4	32:17	150	
Lauer	4	31:05	148	
Laughlin	4	29:47	172	
Leeker	4	31:25	174	
Lepak	2k	12:00	172	Fight ~~5~~ 6 5 4
Ludwig				
Meissner				
O'Malley	5k	20:38	184	
Olwig				
Oster	4	30:31	160	
Schwartz	4	32:23	164	
Spence				
Spezia	4	32:58	158	
Thompson	4	32:26	152	
Uhlenbrock	4	32:23	156	
Vogt				
Group E				
Bricker	4	36:48	160	
Gale	4	33:30	170	
Goedeker				
Goodwin	4	34:00	152	
Heard				
Hennes	4	34:00	168	
Howe	~~3.5~~	27:51	168	
Hughes	3.4	16:30	164	Ankle
Hunkins				
Jackson, N				
James	4	33:20	172	
Moore	4	34:52	148	
Northcott	4	33:30	152	Knee (outside)
O'Toole	4	36:45	160	
Pace	4	34:10	164	
Rueckert				
Shorey	4	33:30	164	
Siegfried	4	42:12	160	
Stelzer	4	36:45	158	
Wagner				
IR				
Thornberry				

Date: 10-25-13 Conditions:
Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ Distrct: Pre-Race Everyone Elses: 12x400/ Cooldown Stretch with leader/ Jog SLUH

Clayton													
Amsler	Obermeyer												
Carron	Oster												
Charles	Peraud												
Conte	Powers												
Kasper, D	Schrock												
Kasper, M	Sextro												
Kernell	Siegfried												
Keuss	Sit												
Lauer	Swan												
Mimlitz	Szatkowski												
Mungenast	Thomas												
Murphy, G	Vienhage												

Districts	**Mileage**	**Time**	**Pulse**
Butler	6	44 36	120
Esswein	6	44 36	148
Hennessey	6	44 36	148
Hogan	6	44 36	144
Jackson	6	44 36	~~148~~ 136
Sullivan	6	44 36	140
Gallagher, Jr	6	44 36	152

Workout	**800**	**mile**	**mile**	**mile**	**800**								
Rubio	6miles		44 36			140							

Group 1/2	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**Comments**
Davidson	74	80	78	74	74	74	73	74	70	70	69	60	
Rubio													
Dernlan	79	79	80	79	75	75	76	76	73	74	74	75	
Fox	77	81	79	79	75	76	76	77	73	72	78	76	
Genovese	82	84	85	85	81	82	83	83	78	79	79	78	
Lepak	81	85	83	85	78	83	81	81	78	78	81	82	
Ludwig													
Marty	76	81	79	76	75	75	76	77	69	69	70	69	
Meissner	81	85	83	83	78	79	77	77	73	75	75	71	

Group 3	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**Comments**
Caputa	85	90	89	83	80	85	87	88	84	83	87	81	
Blechle	82	85	84	82	79	80	78	79	77	77	76	75	
Booth	82	85	83	82	77	80	78	77	76	77	76	75	
Doorack	82	85	84	84	79	78	79	81	76	77	77	75	
Kelly	82	84	83	83	77	78	79	78	77	76	79	73	
McIntyre	83	80	85	85	76	90	90	90	77	79	79	78	
Rainwater	84	87	84	84	78	83	81	82	76	78	77	75	
Volmert	85	80	89	92	87	88	86	89	83	87	87	84	
Blackwell	87	89	87	86	84	82	84	85	79	79	81	80	
Fleming	81	81	80	80	76	78	76	78	77	78	79	75	
Perryman	84	90	86	90	88	86	96	90					
Brewer	85	82	88	90	90	85	96	90	86	79	82	81	
Gallagher, So													
Knight													
Vogt	90	90	90	91	88	89	90	90					
Leeker													
Spezia	90	95	96	89	87	90	92	95	90	87	93	88	
Uhlenbrock	90	95	95	89	87	90	92	95	90	87	93	88	

Murphy, M	3k	15:39	— 0										
Davis	2	14:43	172										
Guinan	2	14:43	168										

Date: 10-25-13 Conditions: Chilly

Workout: Warm-up/Jog to Central Fields/ Push-ups/ Drills/ Distrct: Pre-Race Everyone Elses: 12x400/ Cooldown Stretch with leader/ Jog SLUH

Group 4	4	4	4	4	4	4	4	4	4	4	4	4	Comments
Boxdorfer													
Boyce	1:44	1:39	1:39	1:39	1:36	1:31	1:36	1:31	1:30	1:35	1:32	1:32	
Coriell	1:40	1:38	1:39	1:37	1:36	1:27	1:30	1:26	1:30	1:30	1:33	1:27	
Gale													Knee cap
Goodwin	1:30	1:30	1:33	1:32	1:30	1:26	1:30	1:28	1:27	1:26	1:25	1:24	
Heard													
Hennes	1:42	1:37	1:39	1:37	1:34	1:32	1:33	1:33	1:33	1:31	1:32	1:27	
Howe	1:45	1:38	1:38	1:38	1:35	1:32	1:30	1:35	1:30	1:27	1:25	1:40	
Hughes	2 mi	18:10	1:24	Extra									Hip
Klarsch	1:29	1:27	1:30	1:30	1:27	1:27	1:26	1:23	1:25	1:22	1:20	1:23	
Krause	1:32	1:33	1:33	1:35	1:27	1:30	1:30	1:33	1:32	1:29	1:30	1:36	
O'Malley													
Olwig													
Quinlivan													
Rueckert													
Schwartz	1:30	1:32	1:34	1:35	1:34	1:37	1:32	1:44	1:28	1:31	1:32	1:28	
Wagner													
Knight	1:45	1:40	1:36	1:36	1:31	1:35	1:27	1:35	1:31	1:27	1:23	1:27	

Group 5	4	4	4	4	4	4	4	4	4	4	4	4	Comments
Bricker	2 mi	18:16	Extra										Left Lio
Coen	1:46	1:35	1:35	1:36	1:33	1:34	1:36	1:31	1:31	1:38	1:40	1:36	
Goedeker	1:38	1:41	1:42	1:42	1:38	1:38	1:41	1:44	1:36	1:36	1:31	1:32	
Gomez													
Hunkins													
Jackson, N													
James	1:46	1:47	1:46	1:44	1:41	1:40	1:44	1:43	1:31	1:35	1:35	1:34	
Kelley	1:44	1:46	1:46	1:44	1:39	1:40	1:44	1:44	1:36	1:38	1:39	1:39	
Moore	1:45	1:45	1:46	1:44	1:38	1:37	1:42	1:35	1:33	1:31	1:37	1:34	
Northcott	1:40	1:36	1:41	1:36	1:33	1:33	1:35	—	1:33	1:31	1:36	1:35	
O'Toole	1:45	1:45	1:46	1:44	1:34	1:34	1:36	1:40	1:34	1:32	1:31	1:27	
Pace	1:40	1:39	1:40	1:41	1:36	1:37	1:37	1:40	1:37	1:32	1:34	1:34	
Shorey	1:38	1:38	1:40	1:35	1:35	1:35	1:36	1:35	1:31	1:31	1:36	1:35	
Spence													
Stelzer	1:44	1:37	1:41	1:43	1:36	1:36	1:38	1:37	1:37	1:35	1:34	1:33	
Thompson	1:45	1:45	1:46	1:44	1:38	1:38	1:35	1:45	1:38	1:40	1:44	1:40	

Date: 10-26-13 Conditions:
Workout: District Meet Aerobic Run - A=8 B=6 C=5 DE=4

Group A	Mileage	Time	Pulse	Comments
Rubio				
Hennessey				
Sullivan				
Jackson				
Group B				
Amsler	6	42:13	152	
Gallagher, Jr				
Hogan				
Marty	6	32:30	156	
Murphy, K	2	17:23	∞	
Butler				
Group C				
Blackwell	5	38:15	160	
Blechle	5	38:15	156	
Booth	5	38:15	149	
Brewer	5	42:10	152	
Carron				
Charles	6	47:29	140	
Colvis				
Davidson	5	36:15	160	
Dernlan	5	39:31	165	
Doorack	4	31:30	160	
Esswein				
Fleming	5	45:12	170	
Fox	6	42:30	164	
Genovese	6	39:09	149	
Groesch	0	0	160	fun
Kasper, D	5	45:12	168	
Kasper, M	5	45:12	160	
Kernell	5	45:12	132	
Keuss				
Klarsch	6	48:15	160	warmup pool
McIntyre	5	39:31	156	
Mimlitz				
Mngenast	5	41:27	157	
Murphy, G				
Obermeyer				
Peraud				
Perryman				
Powers				
Quinlivan	5	38:15	169	
Rainwater	5	35:30	156	
Schrock				
Sextro	6	47:29	160	
Sit	5	42:31	120	
Swan				
Szatkowski				
Thomas				
Vienhage	5	41:27	156	
Volmert	6	42:30	156	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	4	37:50	152	
Caputa	4	37:10	160	
Coen				
Conte	4	33:45	160	
Coriell	4	37:50	164	
Gallagher, So				
Gomez	6	48:20	165	Plus warmup pool cool
Kelley, L	4	37:39	140	
Kelly	4	37:01	168	
Knight	4	37:57	160	
Krause	4	32:57	154	
Lauer	5	45:12	156	
Laughlin				
Leeker				
Lepak	5	39:09	172	
Ludwig	4	37:39	130	
Meissner	4	37:57	124	
O'Malley	4	37:35	164	
Olwig				
Oster				
Schwartz	4	37:52	160	
Spence	4	40:19	160	
Spezia	4	32:57		
Thompson	4	37:45	160	
Uhlenbrock	4	32:57	156	
Vogt	6	49:16	160	
Group E				
Bricker	6	48:15	160	Plus warmup pool cool
Gale				
Goedeker				
Goodwin	6	46:18	144	Plus warmup cooldown
Heard				
Hennes	4	38:03	168	
Howe	4	38:41		
Hughes	4	33:37		knee
Hunkins				
Jackson, N	4	37:25	178	
James	4	37:16	152	
Moore	6	46:18	148	Plus warmup cool down
Northcott	2	17:10		knee
O'Toole	4	34:17	160	
Pace				
Rueckert	4	32:57	154	
Shorey	4	37:50	152	
Siegfried	4	42:12	160	
Stelzer	4	36:34	159	
Wagner				
IR				
Thornberry				

Date: 10-28-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Core/ A=8 B=6 C=5 DE=4/ Strides/ Hurdle Mobility/Stretch with leader/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Rubio	6	43:30	136	
Hennessey	8	54:14	156	my birthday
Sullivan	8	54:14	168	
Jackson	6	42:30	132	
Group B				
Amsler	6	—	156	
Gallagher, Jr				
Hogan				
Marty	6	—	140	
Murphy, K	1	8:00	120	Hip :)
Butler				
Group C				
Blackwell		37:50	160	
Blechle	5	37:50	152	
Booth	5	37:41	152	
Brewer	5	45:15	168	
Carron	5	42:21	154	
Charles	5	42:18	130	
Colvis	3	21:42	176	
Davidson	5	36:10	164	
Dernlan	5	40:00	140	
Doorack	5	40:02	152	
Esswein	6	42:30	— 132	
Fleming	4	33:45	157	
Fox	5	36:10	176	
Genovese	5	39:04	157	
Groesch	5	42:00	176	
Kasper, D				
Kasper, M	4	42:2	160	
Kernell				
Keuss	5	36:10	176	
Klarsch	5	30:50	170	
McIntyre	5	40:00	164	
Mimlitz	5	42:27	152	
Mngenast	5	42:31	144	
Murphy, G	5	42:31	144	
Obermeyer	5	42:31	148	
Peraud	5	42:18	126	
Perryman	5	43:13	144	
Powers	5	42:31	160	
Quinlivan	5	31:14	160	
Rainwater	5	34:00	148	
Schrock	—	—	—	Cramp
Sextro				
Sit	5	42:18	128	
Swan				
Szatkowski	5	42:24	176	
Thomas	5	42:27	140	
Vienhage	5	42:31	152	
Volmert	5	36:26	168	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce				
Caputa	5	40:02	160	
Coen				
Conte	4	49:26	160	
Coriell	4	31:46	172	
Gallagher, So				
Gomez	4	34:43	160	
Kelley, L	4	33:59	164	
Kelly	4	27:43	140	
Knight	4	31:09	160	
Krause	4	31:04	160	
Lauer	5	40:17	172	
Laughlin				
Leeker	4	34:17	170	
Lepak	5	34:14	172	
Ludwig				
Meissner	4	31:04	136	
O'Malley				
Olwig				
Oster				
Schwartz		31:04	160	
Spence				
Spezia	4	31:04	164	
Thompson	4	33:19	152	
Uhlenbrock				
Vogt	4	33:15	156	
Group E				
Bricker	4	33:5	168	
Gale				
Goedeker	4	31:09	164	
Goodwin	4	33:15	160	
Heard				
Hennes	4	37:53	168	
Howe	4	31:25	160	
Hughes				
Hunkins				
Jackson, N				
James	4	33:58	164	
Moore	4	33:13	156	
Northcott				
O'Toole				
Pace				
Rueckert	4	34:23	158	
Shorey				
Siegfried	4	40:37	160	
Stelzer	4	34:23	154	
Wagner				
IR				
Thornberry				

Date: 10-29-13 Conditions:

Workout: Sectional Racers: 6-8x800 at race pace - Everyone else: Jog to Central Fields/ run 5K on course/ Strides/ Stretch with leader/ Jog SLUH

Group A	800	800	800	800	800	800	800	800	Comments
Rubio	2:35	2:28	2:20	2:30	2:29	2:25	2:27	2:19	
Hennessey	2:38	2:29	2:27	2:28	2:33	2:29	2:27	2:20	
Sullivan	2:35	2:28	2:26	2:30	2:33	2:25	2:27	2:20	
Jackson									Sick
Hogan	2:35	2:38	2:38	2:37	2:30	2:37	2:37	2:35	
Butler	2:38	2:35	2:35	2:35	2:33	2:42			
Esswein	2:38	2:29							Shin

Group B	Mileage	Time	Pulse	Comments
Amsler	5	2:20	152	
Gallagher, Jr				
Marty	5	32:28	166	
Murphy, K	2	17:08	160	hip :)

Group C	Mileage	Time	Pulse	Comments
Blackwell	5	31:18	160	
Blechle	5	31:18	150	
Booth	5	34:14	146	
Brewer	5	34:13	150	
Carron	5	4:02	148	
Charles	5	4:02	148	
Colvis				
Davidson	5	20:20	160	
Dernlan	5	37:10	160	
Doorack	5	39:40	160	
Fleming	5	39:22	160	
Fox	5	28:55	180	
Genovese	5	31:07	152	
Groesch				
Kasper, D	5	39:32	164	
Kasper, M	5	38:13	148	
Kernell	5	40:07	160	
Keuss	5	38:13	154	
Klarsch	4	42:12	160	
McIntyre	5	37:10	160	
Mimlitz	5	38:27	152	
Mngenast	5	40:40	198	
Murphy, G	5	42:15	148	#findthy2013
Obermeyer	5	42:15	152	#findleymedal
Peraud	5	40:07	152	
Perryman	5K @ 31	37:37	144	
Powers	5	40:07	160	
Quinlivan	5	31:18	160	
Rainwater	5	28:00	160	may have been 4.5
Schrock	5	40:12	156	
Sextro	5	39:29	160	
Sit	5	39:27	96	
Swan				
Szatkowski	5	39:29	176	
Thomas	5	40:12	156	
Vienhage	5	40:07	164	
Volmert	5K	22:5	180	

Group D	Mileage	Time	Pulse	Comments
Boxdorfer				
Boyce	4	35:46	152	
Caputa	4.5	39:40	160	
Coen		32:17		
Conte	4	34:15	168	late RC
Coriell	4	35:40		
Gallagher, So				
Gomez	4	42:12	160	
Kelley, L	4.5	34:50	172	
Kelly	4.5	28:40	152	
Knight				
Krause	5	34:23	160	
Lauer	4	34:11	150	
Laughlin	3	32:34	172	run distance to Visitors Center
Leeker	5	31:28	168	
Lepak	5	31:07	176	
Ludwig	4	27:34		
Meissner	5	32:17	164	
O'Malley	4	29:18	140	
Olwig				
Oster	5	34:02	164	
Schwartz	5	34:10	148	
Spence				
Spezia	5	34:16	168	
Thompson	5	40:07	160	
Uhlenbrock	5	34:16	156	
Vogt				

Group E	Mileage	Time	Pulse	Comments
Bricker	5	42:12	160	
Gale				
Goedeker	5	34:10	164	
Goodwin	5	33:45	140	
Heard				
Hennes	5	34:51	168	
Howe	5	34:00	160	
Hughes				
Hunkins				
Jackson, N	4	43:43	174	
James	4	34:51	156	
Moore	5	43:43	156	
Northcott	4.5	38:28		
O'Toole	4	34:11	164	
Pace	5	39:41	160	
Rueckert		43:43	164	
Shorey				
Siegfried	5	53:41	164	
Stelzer	5	34:50	154	
Wagner				

Date: 10-31-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Aerobic Run on Loops A=8 B=6 C=5/ Neuro/ Flying 200s/ Stretch/ Jog SLUH

	Seniors (6)	Mileage	Time	Pulse	Comments
✓	Amsler				
X	Esswein				
✓	Keuss				
✓	Peraud				
✓	Rubio				
✓	Swan				
	Juniors (7)	**Pulse**			
✓	Fox				
X	Gallagher				
✓	Hennessey				
✓	Hogan				
✓	Jackson				
✓	Marty				
✓	Sullivan				
	Sophomores (3)	**Pulse**			
✓	Butler				
✓	Davidson				
✓	Lepak				
	Freshmen (1)	**Pulse**			
✓	Ludwig				

LIGHTNING

Date: 11-1-13 Conditions:
Workout: Practice at Blackburn Park/ 8 or 7 miles of total running/ Strides/ Stretch

Seniors (6)	**Mileage**	**Time**	**Pulse**	**Comments**
Amsler	6	47:13	152	
Esswein				
Keuss	5	38:50	156	
Peraud	5	38:50	120	
Rubio	6	mi	les	
Swan				
Juniors (7)	**Pulse**			
Fox	6	mi	tey	
Gallagher				
Hennessey	7.5	56 min	whatever	
Hogan	7.5	55		
Jackson	7.5	56 min	☺	
Marty	6	~~~	☺	
Sullivan	7.5	56min	☹	
Sophomores (3)	**Pulse**			
Butler	10	44:30		
Davidson	5K	22:00	156	
Lepak	5	38:50	168	
Freshmen (1)	**Pulse**			
Ludwig	5k	22:08	168	

Date: 11-4-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ Core/ A=8 B=6 C=5/ Strides/ Hurdle Mobility/Stretch with leader/ Jog SLUH

Seniors (6)	Mileage	Time	Pulse	Comments
Amsler	6	42:36	160	
Esswein	6	42:36	164	
Keuss	5	36:52	156	
Peraud				
Rubio	6	42:36	140	
Swan				
Juniors (7)	**Mileage**	**Time**	**Pulse**	**Comments**
Fox	6	42:36	172	
Gallagher				
Hennessey	8	56:22	148	
Hogan	6	41:19	148	
Jackson	8	56:22	144	
Marty	6	44:50	176	
Sullivan	8	56.22	160	
Sophomores (3)	**Mileage**	**Time**	**Pulse**	**Comments**
Butler				
Davidson	6	42:36	172	
Lepak	6	42:36	160	
Freshmen (1)	**Mileage**	**Time**	**Pulse**	**Comments**
Ludwig				

36

× 4

144

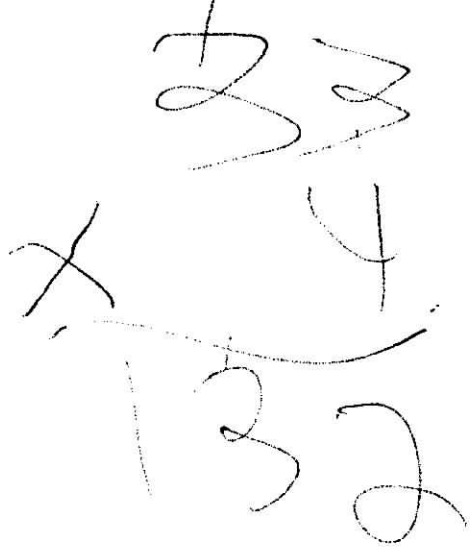
Date: 11-5-13 Conditions:

Workout: Jog to Central Fields/Warm-up Drills/ Push-ups/ 2 mile tempo - 8x400 with surge zones/ Cool down/ Stretch with leader

Top 7	**Tempo**	**Time**	**Pulse**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Butler	2	11:45	168	78	77	79	77	73	74	75	74	
Esswein	2	11:45	184	78	77	79	77	72	73	75	74	
Hennessey	2	11:45	168	78	77	79	77	73	74	75	74	
Hogan	2	11:56	172	78	77	79	77	73	74	75	75	
Jackson	2	11:45	152	78	77	79	77	72	73	75	74	
Rubio	2	11:45	176	78	77	79	77	73	74	75	74	
Sullivan	2	11:45	192	78	77	79	77	73	74	75	74	
Group 2	**Tempo**	**Time**	**Pulse**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Amsler	2	12:25	176	78	83	81	81	77	77	78	75	
Davidson	2	11:45	176	71	75	74	74	71	72	73	60	
Fox	2	12:16	180	73	80	80	80	77	77	78	75	
Keuss	2	13:08	172	83	85	85	85	80	81	81	79	
Lepak	2	13:14	180	84	89	89	87	83	84	81	71	
~~Ludwig~~	2											
Marty	2	12:16	184	73	80	80	80	77	77	78	66	
Peraud	2	13:48	164	92	95	95	91	88	88	92	87	
IR												
Gallagher												
Swan												

Date: 11-6-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ A=6 BC=5/ Strides/ Hurdle Mobility/Stretch with leader/ Jog SLUH

Seniors (6)	**Mileage**	**Time**	**Pulse**	**Comments**
Amsler	5	35:40	140	
Esswein	5	35:40	128	
Keuss	5	39:37	144	
Peraud	5	39:37	135	TOLO
Rubio	5	35:40	124	
Swan				
Juniors (7)	**Mileage**	**Time**	**Pulse**	**Comments**
Fox	5	35:40	144	
Gallagher				
Hennessey				
Hogan	5	35:40	128	
Jackson	6	44:52	132	SAPCT
Marty	5	35:40	144	
Sullivan	6	44:52	160	
Sophomores (3)	**Mileage**	**Time**	**Pulse**	**Comments**
Butler	5	35:40	144	
Davidson	5	35:40	160	
Lepak	5	?	172	
Freshmen (1)	**Mileage**	**Time**	**Pulse**	**Comments**
Ludwig				



Date: 11-7-13 Conditions:
Workout: Jog to West Camp/ Push-ups/ ABC=5/ Neuro/ Flying 200s/Stretch with leader/ Jog SLUH

Seniors (6)	**Mileage**	**Time**	**Pulse**	**Comments**
Amsler				
Esswein				
Keuss				
Peraud				
Rubio	5	36:15	132	
Swan				
Juniors (7)	**Mileage**	**Time**	**Pulse**	**Comments**
Fox				
Gallagher				
Hennessey	5	36:17	124	
Hogan	5	36:17	132	
Jackson	5	36:17	120	
Marty				
Sullivan	5	36:17	136	
Sophomores (3)	**Mileage**	**Time**	**Pulse**	**Comments**
Butler				
Davidson				
Lepak				
Freshmen (1)	**Mileage**	**Time**	**Pulse**	**Comments**
Ludwig				