Seniors (14)	Week 14	Week 13	Week 12	Week 11	Week 10	Week 09	Week 08	Week 07	Week 06	Week 05	Week 04	Week 03	Week 02	Week 01	Total
Connaghan	46	31	49	28.5	46	43	49	41	40.5	19	46	36	22	0	497
Coriell	20	37	37	39.5	40	38	42	42	42.5	38	40	40	20	0	476
Gale	33	45.5	49	38	22	0	0	0	0	0	0	0	0	0	187.5
Hennes	37	42	44	40.5	41	38	44	43	43.5	39	42	40	20	0	514
Kelly	56	57	60	56	51	47	55	61	62	47	55	59	52	46	764
Laughlin	52	53	52	56	56	47	58	57	49	47	55	55	51	46	734
Leeker	56	59.5	58	56	58	47	58	57	58	47	55	55	51	46	761.5
Lipinski	44	46	49	47	46	34	49	52.5	46	42	39	37.5	45	35	612
Moritz	32	35	37	38	32	37	42	38	41	37	40	33	20	0	462
Northcott	43	48.5	49	36	46	42	49	42	50	41	43	37.5	44	34.5	605.5
Pace	27	31	32	34	27	33.5	36	33	36	32	35	35	18	0	409.5
Spence	32	32	33	33	36	28	37	30	31	34	37	29	18	0	410
Witzofsky	26	5	10	0	6	17	20	24	24	21	24	35	10	0	222
Juniors (13)	**Week 14**	**Week 13**	**Week 12**	**Week 11**	**Week 10**	**Week 09**	**Week 08**	**Week 07**	**Week 06**	**Week 05**	**Week 04**	**Week 03**	**Week 02**	**Week 01**	**Total**
Burka	50	58.5	61	51.5	56	50.5	52	59	59	47	60	54	51	45	754.5
Correnti	35	41	37	39	41	38	39	42	42.5	38	40	38	20	0	490.5
Gunn	49	53	58	55	53	43	57	60	57	33	0	0	0	0	518
Heller	34	38.5	32	39	38	36	42	42	42.5	36	40	38	20	0	478
Himich	35	46	39	15	20	38	42	49	52	43	49	46.5	44	34.5	553
Joy	35	36	10	15	27	38	30	40	41	38	41	29	20	0	400
Munsell	36	37	37	38	40	38	42	43	43	38	42	32.5	20	0	486.5
Schmitt	32	33	31	32	25	0	26	28	32	32	35	0	0	0	306
Stauder	42	47	44	42	13	31	39	48	46	42	44	42	22	0	502
Swiecicki	36	41	43	34	41	38	42	43	43	36	42	39.5	21	0	499.5
Tajkowski	40	46	51	45	47	43	49	49	50	34	45	14	5	0	518
Thomas	31	36	36	39	40	38	42	41	43.5	39	46	43	44	35	553.5
Voras	35	37	36	37	38	38	41	39	41	36	40	38	20	0	476
Sophs (19)	**Week 14**	**Week 13**	**Week 12**	**Week 11**	**Week 10**	**Week 09**	**Week 08**	**Week 07**	**Week 06**	**Week 05**	**Week 04**	**Week 03**	**Week 02**	**Week 01**	**Total**
Buehring	33	31	34	5	38	20	40.5	39.5	51	40	12	0	0	0	344
Hetlage	46	50	49	45	47	43	47	52.5	52.5	45	51	51	45	40	664
Johnson, M	31	27	33	33	31	16.5	34	36	37	31	35	31	17	0	392.5
Kanady	28	18.5	8	19	22	24	24	10	29	30	25	31	17	0	285.5
Koesterer	0	42.5	48	17	46	21	7	33	0	30	45	44.5	44	34.5	412.5
Marx	0	24	29	29	32	32	31	36	3	33	28	32	18	0	327
McIntyre	31	33	30	34	34	32	36	37	30	34	36	34	18	0	419
Milnor	23.5	49	52	47	50	42	50	52.5	51	45	51	50	45	43	651
Nolan	35	45	46	43.5	44	29	14.5	28	40	42	45	43	22	0	477
Nuccio	32	33	28	22	23	14	15.5	9.5	18	0	17.5	22.5	7	0	242
Perry	41	47	49	37	48	42.5	47.5	48	51	43	47	44	44	35	624
Pitti, C	28	18	15	20	35	32	4	0	26	31	33	31	17	0	290

Pitti, L	30	18	25	31	35	32	35	36	34	34	38	34	18	0	400
Poag	42	45	50	37	4	0	5	0	9	15	0	19	15	0	241
Rizzo	25	17	15	21	18	23	8	10	17	20	25	27	17	0	243
Ruyle	0	29	29	34	36	32	30	35	37	21	23	30	17	0	353
Sommers	30	23	33	34	36	32	28	37	37	34	36	34	18	0	412
Freshmen (29)	**Week 14**	**Week 13**	**Week 12**	**Week 11**	**Week 10**	**Week 09**	**Week 08**	**Week 07**	**Week 06**	**Week 05**	**Week 04**	**Week 03**	**Week 02**	**Week 01**	**Total**
Andrew	26	0	29	29	32	25	22	33	34	32	33	30	16	0	341
Bock	26	19	0	0	16	11	5	23	12	17	23	20	10	0	182
Booher	29	34	25	34	37	30	31	39	38.5	34	30	30.5	17	0	409
Callahan	0	31	32	28	38	30	31	29	37	34	36	34	17	0	377
Catalano	0	31	28	5	11	20	37	23	30	29	35	28	11	0	288
Devoll	14	28	29	25	32	30	34	33	28	32	33	30	11	0	359
Dillon	26	28	29	20	29	30	35	36	31	34	36	34	17	0	385
Floretta	26	28	29	29	32	25	32	33	34	27	33	30	16	0	374
Friedrichs	0	28	29	29	32	30	33	33	34	27	33	30	16	0	354
Galli	29	26	33	34	29	30	36	37	31	29	36	34	17	0	401
Garcia	26	28	29	29	32	30	26	22	34	27	33	30	16	0	362
Gatewood	26	28	29	29	32	30	33	33	34	27	33	30	16	0	380
Gomric	14	14	29	29	21	25	33	33	34	27	33	30	16	0	338
Gordon	29	32	33	34	31	30	37	36	37	28	36	34	17	0	414
Hartung	0	9	32	16	11	5	0	0	0	3	4	10	0	0	90
Heard	15	23	29	29	24	15	6	36	36	31	30	23	17	0	314
Johnson, T	29	22	38	33	29	30	31	19	38.5	34	29	23	16	0	371.5
Krieger	26	28	29	30	34	30	36	40	38.5	34	29	35	17	0	406.5
Labarge	21	28	24	27	32	28.5	32	12	34	32	33	30	16	0	349.5
Mark	26	28	14	8	3	19	23	31	29	32	33	20	16	0	282
May	26	28	29	29	34	30	28	32	29	32	31	30	16	0	374
McLaughlin	0	23	33	34	38	30	36	36	36	34	36	34	17	0	387
Mittendorf	0	26	33	34	36	30	37	37	37	34	36	34	17	0	391
Reilly	0	31	33	34	36	25	37	36	31	34	36	34	17	0	384
Scott	30	34	38	34	36	25	36	39	39.5	40	40	39	8	31	469.5
Seal	29	32	21	13	33	30	19	21	34	33	33	30	16	0	344
Song	26	32	33	34	11	30	36	36	37	34	36	34	17	0	396
Uhlenbrock	0	31	33	34	36	30	36	36	37	34	36	29	17	0	389
Van Bree	29	32	33	34	35	30	36	37	37	34	36	34	17	0	424

Total 30304

Timestamp	Non-Running Activities	Name	Date	Intensity of Workout	Status	Please include any other	Description of Workout	Username
							40 minutes on bike 4 miles on treadmill 1st mile at 12 minute pac Next 2 miles and 10 minu 4th mile at15 minute paci	
8/18/2016 15:07:38	Push-Ups	Tyler kanady	8-18-16	Aerobic Day	Situation improving; hope to return to regular pract		Stretching afterwards	2019328@sluh.org
8/20/2016 10:15:07	Post-workout Stretch	Gunnar Himich	8-20-16	Hard Day	Plan to race in next meet., Situation improving; hop		I spent 50 minutes walkir	2018334@sluh.org
8/22/2016 18:30:23	Post-workout Stretch	Gunnar Himich	8-22-16	Aerobic Day	Plan to race in next meet., Situation improving; hop		10 Minutes on elliptical u	2018334@sluh.org
8/24/2016 0:34:36	Post-workout Stretch, XC	Chris Staley	August 23, 2016	Aerobic Day	Still experiencing problems; hope to cross train lon		I was on an elliptical for 3	2019688@sluh.org
8/24/2016 15:42:36	Push-Ups, Ill optical / bik	Garrett Seal	8/24/16	Aerobic Day	Plan to race in next meet., Situation improving; hop		I did the elliptical for 30 m	2020688@sluh.org
8/25/2016 8:51:29	Core, Push-Ups, Post-wc	Chris Staley	August 24, 2016	Aerobic Day	Still experiencing problen	I'll be back Friday.	I biked for 30 minutes an	2019688@sluh.org
8/25/2016 19:36:30	Push-Ups, Post-workout	Brad gale	8/24/16	Aerobic Day	Plan to race in next meet.		Biked 1.5 hours straight c	2017229@sluh.org
8/25/2016 20:17:33	Push-Ups	Sirius Song		8.25 Aerobic Day	Plan to race in next meet.		Normal, not my best, felt	2020721@sluh.org
8/25/2016 21:23:17	Push-Ups	Tyler	Kanady	Aerobic Day	Situation improving; hope to return to regular pract		An hour and a half of bik	2019328@sluh.org
8/25/2016 21:37:18	Post-workout Stretch, XC	Chris Staley	August 25, 2016	Aerobic Day	Situation improving; hope	I'll go to the trainer before	Biked for 30 minutes, we	2019688@sluh.org
							8/22 Bike for 1 hr 30 min 8/23 Elliptical for 1 hr 8/25	
8/26/2016 11:02:33	Post-workout Stretch	Gavin Sprague	8/22 8/23 8/25	Aerobic Day	Still experiencing problems; hope to cross train lon		Bike for 1 hr 30 min	2019682@sluh.org
8/28/2016 15:12:26	Push-Ups, Post-workout	Chris staley	August 26	Aerobic Day	Still experiencing problen	Sorry about being late	Bike for 30 minutes. Wer	2019688@sluh.org
8/28/2016 15:13:49	Core, Push-Ups, Post-wc	Chris staley	August 27	Hard Day	Plan to race in next meet	See trainer on Monday. (	*harder than usual* bike	2019688@sluh.org
8/29/2016 16:21:55	Plyometrics	Max Nuccio	Aug 29 2016	Hard Day	Plan to race in next meet., Situation improving; hop		Bike for 45 min Elliptical I	2019514@sluh.org
8/29/2016 17:55:47	Push-Ups	Tyler kanady	8-29-16	Aerobic Day	Do not plan to race in ne:	I'm not sure if I'm running	An hour and a half of bik	2019328@sluh.org
8/30/2016 14:09:44	Core, Push-Ups, Bike	Sirius Song		8.28 Aerobic Day	Still experiencing problen		Got worse with the fever, 7mile of biking, a few set	2020721@sluh.org
9/1/2016 20:43:32	Crunches, Stability Weigl	Benjamin Poag	9/1/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		I did my stability weights	2019571@sluh.org
9/2/2016 18:49:08	Core, Crunches, Post-wc	Benjamin Poag	9/2/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		Pre workout drills, followe	2019571@sluh.org
9/3/2016 19:10:25	Push-Ups, Crunches, Po	Benjamin Poag	8/3/16	Hard Day	Do not plan to race in next meet., Still experiencing		100 crunches, 20 push-u	2019571@sluh.org
9/5/2016 17:37:06	Crunches, Post-workout	Benjamin Poag	9/5/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		I did 100 crunches before	2019571@sluh.org
9/6/2016 22:37:55	Crunches, Post-workout	Benjamin Poag	9/6/16	Hard Day	Do not plan to race in next meet., Still experiencing		I did 100 crunches, then	2019571@sluh.org
9/7/2016 21:37:17	Push-Ups, Crunches, Po	Benjamin Poag	9/7/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, followed b	2019571@sluh.org
9/7/2016 21:57:35	XC Weight Routine	Jack Buehring	September 6th	Aerobic Day	Situation improving; hope	Day-to-day	Biked for an hour on the	2019094@sluh.org
9/7/2016 22:00:28	Post-workout Stretch, It S	Jack Buehring	September 7th, 2016	Hard Day	Plan to race in next meet	I'm going to run tomorrow	Biked 1 hour. Went hard	2019094@sluh.org
9/7/2016 22:00:48	XC Weight Routine	Jack Buehring	September 6th	Aerobic Day	Situation improving; hope	Day-to-day	Biked for an hour on the	2019094@sluh.org
9/8/2016 22:50:56	Crunches, Post-workout	Benjamin Poag	9/8/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, stability w	2019571@sluh.org
9/8/2016 23:11:25	Push-Ups, Post-workout	Chris Staley	Septrmber 8, 2016	Aerobic Day	Plan to race in next meet	Went to trainer because I	Biking for 4 miles in abou	2019688@sluh.org
9/9/2016 16:33:40	Post-workout Stretch, Ply	Max Nuccio	9-9-16	Aerobic Day	Situation improving; hope	unsure whether I will race	Laying back bike for 30 n	2019514@sluh.org
9/10/2016 8:18:53	Crunches, Post-workout	Benjamin Poag	9/10/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, 60 min. or	2019571@sluh.org
9/12/2016 21:18:52	Push-Ups, Crunches, Po	Chris staley	September 12	Aerobic Day	Still experiencing problen	Ok so I went to the traine	Elliptical for a very, very,	2019688@sluh.org
9/12/2016 22:54:28	Crunches, Post-workout	Benjamin Poag	9/12/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, followed b	2019571@sluh.org
9/13/2016 23:13:55	Plyometrics	Max Nuccio	Sep 13	Hard Day	Situation improving; hope to return to regular pract		I worked a lot harder thar	2019514@sluh.org
							Bike for 30 minutes, 30 p	
9/14/2016 15:39:02	Core, Push-Ups, Crunch	Jacob Heard	September 13, 2016	Aerobic Day	Plan to race in next meet.			2020298@sluh.org
9/14/2016 20:42:44	Core, Push-Ups, XC Wei	Chris staley	September 13	Hard Day	Still experiencing problems; hope to cross train lon		Biked for a very hard 2 m	2019688@sluh.org
9/14/2016 20:43:47	Push-Ups, Crunches	Chris staley	September 14	Aerobic Day	Plan to race in next meet	I will explain everything.	Biked for 45 minutes, we	2019688@sluh.org
							45 min on elliptical 20 min on stationary bike	
9/14/2016 23:02:49	Push-Ups, 20 push ups	Joey Nolan	9/14/16	Aerobic Day	Still experiencing problems; hope to cross train lon		120 pulse	2019511@sluh.org
9/14/2016 23:56:33	Core, Plyometrics	Max Nuccio	Sep 14	Aerobic Day	Situation improving; hope	No more cross training w	Did core with stopwatch.	2019514@sluh.org
9/15/2016 16:24:17	Core, Push-Ups	Christian Mark	9-15-16	Aerobic Day	Situation improving; hope to return to regular pract		1:15 on bike, pulse 157.	2020478@sluh.org

Timestamp	Non-Running Activities	Name	Date	Intensity of Workout	Status	Please include any other	Description of Workout	Username
9/15/2016 18:43:20	Push-Ups, Crunches, Po	Benjamin Poag	9/15/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches in the morr 1 hour 10 minutes of bikii	2019571@sluh.org
9/15/2016 22:57:48	Push-Ups, 25 shups	Joey Nolan	9/15/16	Aerobic Day	Do not plan to race in ne: My back and hip are gett		Pulse 136	2019511@sluh.org
9/16/2016 16:37:06	Push-Ups	Garrett Seal	9/16/16	Aerobic Day	Plan to race in next meet I plan to race, before my		I did 1.5 hours total, 40 h	2020688@sluh.org
9/16/2016 16:53:39	Core, Push-Ups, Crunch	Jacob Heard	September 16, 2016	Aerobic Day	Do not plan to race in next meet., Still experiencing		40 minutes of bike, weigh	2020298@sluh.org
9/16/2016 17:45:57	Push-Ups, Crunches, Po	Benjamin Poag	9/16/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, 60 min of	2019571@sluh.org
9/20/2016 6:52:24	Crunches, Post-workout	Benjamin Poag	9/19/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, 60 minute	2019571@sluh.org
9/20/2016 16:21:45	Push-Ups, Crunches	Carlo Pitti	9/20/16	Aerobic Day	Still experiencing problems; hope to cross train lon		Biked for 1 hour	2019565@sluh.org
9/21/2016 19:15:10	Push-Ups, Post-workout	Benjamin Poag	9/20/16	Hard Day	Do not plan to race in next meet., Still experiencing		XC weights routine, push	2019571@sluh.org
9/21/2016 19:16:47	Crunches, Post-workout	Benjamin Poag	9/21/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, 60 min ae	2019571@sluh.org
9/22/2016 21:40:44	Crunches, Post-workout	Benjamin Poag	9/22/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, stability w	2019571@sluh.org
9/23/2016 21:58:55	Crunches, Post-workout	Benjamin Poag	9/23/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, 60 min ae	2019571@sluh.org
10/3/2016 17:51:40	Push-Ups, Post-workout	Bradford Gale	10/3/16	Aerobic Day	Do not plan to race in ne: I sent the photos of the b		Biked for 1 hour 15 minut	2017229@sluh.org
10/7/2016 15:32:53	Push-Ups, Crunches, Po	Benjamin Poag	10/6/16	Aerobic Day	Do not plan to race in next meet., Still experiencing		100 crunches, followed b	2019571@sluh.org
10/11/2016 9:11:54	Push-Ups, Post-workout	Brad Lee G	10/03 - 10/10	Aerobic Day	Do not plan to race in ne: Seeing doctor on Wedne		Biked for 45-75 minutes	2017229@sluh.org

DATE: 8-1-16 FIRST PRACTICE Conditions:
Workout: Interview, jog to w.c./push test/dynamics/aerobic: 6-5-4-3-2 2nd push
6 strides/jog home/full stretch

Name	dist	time	pulse	pace	grp	comment	Name	dist	time	pulse	pace	grp	comment
Laughlin	60	60:40	176	8:00	1								
Leeker	60		164		60								
Kelly	60	60:34	156	N/A	60	good							
Hetlage	50		144										
Connaghan			180				Northcott		50	168			known (physical)
Lipinski			168										
Stauder			200										
Himich			172										
Gunn			176										
Burka			176										
Henries	40		144										
Mentz			172										
Perry			176										
Nolan			168										
Buehring			180										
Poag			192										
Swiecicki			156										
Munsell			168										
Tajkowski			180										
Pace			180										
Spence			164										
Witzofsky			172										
Coriell			200										
Gale	40		172										
Heller	30		152										
Thomas			180										
Joy			180										
Veras			168										
Cerrenti			176										
Schmitt			184										
Rizzo	35		168										
Pitti L			164										
Pitti C			160										
Kanady			144										
Johnson			160										
McIntyre			180										
Sprague			164										
Staley			154										
Nuccio			208										
Harry Bock	30		180				Jack Simmons	30		148			
Mitchell Booher			170				Brandon May			153			
Christian Mark			174				Matt Andrews			160			
Trey Johnson			188										
Peter LaBarge			180										
Michael Gordon			160										
Noah Scott	40		194										
✓Bryce Van Bree			176										
Peter Dillon			140										
Sirius Song			196										
James Galli			160										
Ben Krieger			164										
Daniel Gatewood			173										
Colin Floretta			160										
Ben Garcia			160										
Garrett Seal			152										

Date: 8-2-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/Drills/ Push-ups /Tempo run Returners: 3-5 mile tempo

New Guys: 2 mile tempo/3x150 / Full Stretch/ Jog SLUH/ Weights

	Seniors	Tempo	Time	Pulse	Comments	Sophs	Tempo	Time	Pulse	Comments	
B	Connaghan	4	27:54	192	7 total	Buehring	4	28:12	180	7 total	B
B	Gale	4	27:24	184	6 total	Hetlage	4	24:59	156	7 total	B
C	Goriell	3	25:55	180		Johnson	3	27:49	188		D
C	Hennes	3	23:37	188	6 total	Kanady	1	9:05	120	FOOT PAIN	D
A	Kelly	5	30:40	176	10 total	McIntyre	3	29:00	200		D
A	Laughlin	5	32:24	192	9 total	Milnor					
A	Leeker	4	25:50	172	8 total	Nolan	4	30:00	180	7 total	B
B	Lipinski	4	27:24	172	8 total	Nuccio	3	27:49	212		D
D	Moritz	3	29:31	176		Perry	4	30:03	192	6 total	B
B	Northcott	4	28:12	192	7 total	Pitti, C	1				D
D	Pace	3	31:50	215		Pitti, L	3	27:20	188		D
D	Spence	3	31:34	184	Right knee	Poag	3	21:15	180	6 total	B
D	Witzofsky	2	19:48	172		Rizzo	3	27:17	186		D
D	Hunkins	3	29:41	240		Sommers	2	16:16	180		D
	Juniors					Sprague	3	24:57	182		C
A	Burka	5	31:24	176	9 total	Staley	3	25:05	200		C
C	Correnti	3	24:24	180							
A	Gunn	5	33:18	192	8 total	**Freshmen**					
C	Heller	3	24:50	180		Andrew	2	18:31	162		E
B	Himich	4	28:24	180	7 total	Bock	2	17:48	144		E
C	Joy	3	24:13	180		Booher	2	15:30	184		+ D
C	Munsell	3	23:55	184		Dillon	2	17:53	180		E
D	Schmitt	3	29:26	192		Floretta	2	18:58	173		E
B	Stauder	3	25:00	188	5 total	Galli	2	16:08	140		+ D
C	Swiecicki	3	24:04	[illegible]	156	Garcia	2	20:26	180		E
B	Tajkowski	3	22:11	180	6 total	Gatewood	2	19:41	192		E
C	Thomas	3	24:21	186		Gordon	2	16:32	160		+ D
C	Voras	3	24:27	180		Heard					E
						Johnson, T	2	13:50	197		++ D
						Krieger	2	19:03	174		E
						Labarge	2	17:51	184		E
						Mark	2	21:07	174		E
						May	2	18:30	176		E
						Scott	2	[illegible]	212	13:35	++ D
						Seal	2	16:14	160		+ D
						Song	2	19:00	180		E
						Van Bree	2	16:42	192		+ D

Date: 8-3-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Kelly	8	61:09	148		Moritz	4	37:38	176	
Laughlin	8 61:0	62	152		Pace	4	46:41	159	
Leeker	8	61:09	156		Spence	4	39:09	168	
Burka	8	61:09	164	164	Witzofsky	4	40:52	176	
Gunn	8	62:10	164		Hunkins	4	46:41	194	
					Schmitt	4	38:50	192	
					Johnson, M	4	38:57	168	
					Kanady	4	41:26	160	
Group B					McIntyre	4	40:19	180	
Connaghan	6	46:58	160		Nuccio	4	37:30	204	
Gale	6	46:59	164		Pitti, C	4	42:26	212	
Lipinski	6	46:58	156		Pitti, L	4	41:26	164	
Northcott	6	47:46	164		Rizzo	4	32:36	168	
Himich	6	47:48	176		Sommers	4	39:09	180	
Stauder	6	57:02	164		Booher	4	32:36	164	
Tajkowski	6	48:18	160		Galli	4	39:30	145	
~~Buehring~~					Gordon	4	32:37	160	
Hetlage	6	46:58	136		Johnson, T	4	32:36	164	
Nolan	6	48:18	156		Scott	4	32:36	164	
Perry	6	55:55	164		Seal	4	37:37	164	
Poag	6	58:10	168		VanBree	4	37:38	192	
Group C					**Group E**				
~~Coriell~~					Andrew	3	28:53	167	
Hennes	5	40:53	164		Bock	3	28:5	172	
Correnti	5	44:45	176		Dillon	3	28:21	160	
Heller	5	41:26	156		Floretta	3	28:53	174	
Joy	5	49:01	160		Garcia	3	29:35	180	
Munsell	5	40:53	154		Gatewood	3	29:53	178	
Swiecicki	5	44:46	172		Heard	3	32:24	176	
Thomas	5	49:01	180		Krieger	3	28:38	172	
Voras	5	49:01	160		Labarge	3	29:32	164	
Sprague	5	48:01	176		Mark	3	28:5	176	
Staley	5	48:7	156		May	3	28:3	152	
					Sony	3	28:21	180	
					Gomrick, John	3	31:03	136	

Date: 8-4-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Kelly	8	60:00	164	stop for bathroom
Laughlin	8	60:08	176	
Leeker	8	59:11	172	
Burka	8	[illegible]	59:51	168 st
Gunn	8	65:50	176	stop [illegible]
Group B				
Connaghan	6	49:03	180	
~~Gale~~	6			9 ISL
Lipinski	6	48:05	136	
Northcott	6	49:17	188	
Himich	6	50:04	160	
Stauder	6	56:21	188	
~~Tajkowski~~	6	60:51	160	stop [illegible]
Buehring	6	49:17	184	
Hetlage	6	43:03	164	
Nolan	6	49:30	160	
Perry	6	51:05	168	
Poag	5 6	41:21	184	
M. Moe	6	49:17	184	
Group C				
~~Coriell~~	5			
Hennes	5	45:48	160	At Park [illegible]
Correnti 4	[illegible]	38:30	—	Help St
Heller	5	40:20	164	
Joy	5	56:55		Help St
Munsell	5	41:57	156	
Swiecicki	5	38:30	—	Help St
Huet ~~Thomas~~	5			
Voras	5	56:5	—	Help St
Sprague	5	49:16	164	
Staley	5	49:16	152	

Group D	Mileage	Time	Pulse	Comments
Moritz	4	36:05	180	
Pace	4	41:40	160	
Spence	4	42:42	164	At Knee
Witzofsky	4	40:21	176	
Hunkins	4	47:35	200	
Schmitt	4	41:29	196	
Johnson	4	36:05	160	Lost extra
Kanady	3	30:30	140	
McIntyre	4	39:55	182	
Nuccio 5	[illegible]	47:35	200	
Pitti, C	3	30:32	152	
Pitti, L	3	28:38	172	
~~Rizzo~~	4			
Sommers	4	35:59	166	
Booher	4	36:05	169	
Galli	4	40:05	160	
Gordon	4	40:05	156	
Johnson 5	[illegible]	47:16	184	
Scott	4	36:05	160	
Seal	4	35:57	156	
VanBree	4	36:55	192	
Group E				
Andrew	3	28:29	181	
Bock	3	29:29	181	
Dillon	3	28:12	160	
Floretta	3	30:08	164	
Garcia	3	30:21	160	
Gatewood	3	31:51	169	
Heard	3	24:40	174	
Krieger	3	28:13		
Labarge	3	29:32	188	
Mark	3	30:11	192	
May	3	28:11	180	
Son	3	28:51	180	
Denoll	3	33:32	177	
Kamric	3	32:18	176	

Date: 8-5-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups /Aerobic Run on Loops A=6 B=5 C=4 D=3 E=2 /6 strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	45:37	148	
Gunn	6	45:37	152	
Kelly	6	43:50	152	
Laughlin	6	43:50	156	
Leeker	6	43:50	152	
Group B				
Buehring	~~5~~ 4	—	—	Rt HP
Connaghan	5	36:06	168	
Gale	5	42:00	180	
Hetlage	5	39:47	140	
Himich	5	37:52	168	
Lipinski	~~5~~ 4	34:16	136	
Nolan	5	39:26	156	
Northcott	5	41:45	148	
Perry	5	44:22	160	
Poag	5	39:56	160	
Stauder	5	44:26	184	
Tajkowski	5	41:41	160	
Milnor	5	39:56	160	
Group C				
Coriell	~~4~~ 3	27:12	200	
Correnti	4	32:40	176	
Heller	~~4~~ 3	20:04	156	Ankle ET
Hennes	4	34:24	168	
Joy	4	28:44	164	
Munsell	4	34:24	172	
~~Sprague~~	~~4~~			
Staley	4	38:06	136	
Swiecicki	4	32:40	164	
Thomas	~~4~~ 2	15:30	160	
Voras	4	28:44	160	

Group D	Mileage	Time	Pulse	Comments
Booher	3	24:07	160	
Galli	3	26:19	160	
Gordon	3	27:55	140	
Hunkins	3			
Johnson	3	29:15	176	
Johnson T	3	23:41	178	
Kanady	3	27:55	144	
McIntyre	3	31:28	170	
Moritz	3	28:30	172	
Nuccio	3	29:15	208	
Pace	3			
Pitti, C	3	28:08	160	
Pitti, L	3	28:08	156	
Rizzo	3	28:38	168	
Schmitt	3	28:46	~~160~~	184
Scott	3	23:36	180	
Seal	3	26:19	152	
Sommers	3	28:55	184	
Spence	3	28:46	176	
VanBree	3	28:15	160	
Witzofsky	3	31:47	160	
Group E				
Andrew	2	16:28	164	
Bock	2	15:40	172	
Devoll	2	18:40	176	
Dillon	2	18:28	140	
Floretta	2	17:28	176	
Garcia	2	18:17	172	
Gatewood	2	16:51	168	
Gomric	2	18:30	144	
~~Heard~~	~~2~~			
Krieger	2	15:23	176	
Labarge	2	18:30	164	
Mark	2	~~16:27~~	18:30	175
May	2	16:27	108	
Song	2	14:21	184	

Date: 8-7-16 Conditions:
Workout: Sunday workout

Group A	Mileage	Time	Pulse	Comments
Burka				
Gunn				
Kelly	3	19:58	156	Bike for 20:00
Laughlin				
Leeker	5	37:11	152	
Group B				
Buehring				
Connaghan	–	30:00	–	
Gale				
Hetlage	3	30:12	–	
Himich				
Lipinski				
Nolan				
Northcott				
Perry				
Poag	2	19:12		
Stauder	3	28:00	–	
Tajkowski				
Milnor	1.5			3mile bike
Group C				
Coriell				
Correnti				
Heller				
Hennes				
Joy				
Munsell				
Sprague				
Staley				
Swiecicki				
Thomas				
Voras				

Group D	Mileage	Time	Pulse	Comments
Booher				
Galli				
Gordon				
Hunkins				
Johnson				
Johnson				
Kanady				
McIntyre				
Moritz				
Nuccio				
Pace				
Pitti, C				
Pitti, L				
Rizzo				
Schmitt				
Scott				
Seal				
Sommers				
Spence				
VanBree				
Witzofsky				
Group E				
Andrew				
Bock				
Devoll				
Dillon				
Floretta				
Garcia				
Gatewood				
Gomric				
Heard				
Krieger				
Labarge				
Mark				
May				
Son				

Date: 8-8-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core /Aerobic Run on Loops A=8 B=7 C=6 D=5 E=3 /6 strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	56:43	164	
Gunn	8	60:11	172	
Kelly	8	56:51	152	Left Good
Laughlin	8	56:51	172	
Leeker	8	56:45	172	
Group B				
Buehring	6	46:22	168	
Connaghan				
Gale	6	49:16	176	sick
Hetlage	6	42:34	152	
Himich	6	50:50	172	Bathroom
Lipinski	6	49:16	152	
Nolan	6	50:50	148	had to wait for Gunnell
Northcott	6	44:49	168	
Perry	6	49:55	164	
Poag	6	46:27	180	
Stauder	6	51:41	DQ	
Tajkowski	6	46:22	160	
Koestever	7.5	55:12	148	
Milnor	6	46:27	164	
Group C				
Coriell	5	41:22	200	
Correnti	5	42:03	176	
Heller	4.5	40:13	162	Ankle
Hennes	5	39:07	176	
Joy	5	45:01	172	
Munsell	5	40:00	168	
Sprague				
Staley	5	43:25	176	
Swiecicki	5	42:03	146	
Thomas	5	45:01	180	
Voras	5	45:01	156	

Group D	Mileage	Time	Pulse	Comments
Booher	4	33:04	168	
Galli				
Gordon	4	35:50	160	
Hunkins	4	39:45	230	
Johnson, T	4	33:04	166	
Johnson	4	35:51	176	
Kanady	3	26:45	120	
McIntyre	4	35:54	180	
Moritz	4	35:50	172	Move to C
Nuccio	4	34:47	208	
Pace	4	40:32	180	
Pitti, C	4	37:30	160	
Pitti, L	4	35:54	176	
Rizzo	4	34:47	178	
Schmitt	4	38:57	160	
Scott	4	33:04	170	
Seal	4	35:56	168	
Sommers	4	35:56	210	
Spence	4	35:44	156	
VanBree	4	35:28	184	
Witzofsky				Excused
Group E				
Andrew	3			Absent
Bock	3			Sick
Devoll	3	28:58	178	
Dillon	3	27:00	160	
Floretta	3	27:00	176	
Garcia	3	27:05	179	
Gatewood	3	27:06	174	
Gomric				
Heard	3	25:00	196	
Krieger	3	27:01	172	
Labarge		26:20	180	
Mark	3	30:25	182	
May	3	27:03	177	
Song		34:00	188	move to D
Ledbetter	3	27:00	108	
Mittendorf	3	24:00	140	
Catalano	3	24:30		
Zoellner	3	24:50	153	
Callahan	3	25:03	160	
Friedrichs	3	27:00	170	
Reilly	3	24:05	148	
Marx	3	30:05		
Ruyle	3	26:45	100	
Unlenbrock	3	24:30	168	
Tyrell				

Date: 8-9-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups /Tempo Run New Guys: 2 miles, Returners 3-5 miles /3x150m/ Strengthening or Weights/ Full Stretch/ Jog SLUH

should be one 5... 9 total

Group 1	Tempo	Time	Pulse	Comments
Burka	5	32:33	190	
Gale	5	34:49	184	9 total
Gunn	5	35:28	188	
Hetlage	4	25:00	160	8 total
Kelly	4	23:55	176	
Laughlin	5	31:36	196	
Leeker	4	25:38	?	good
Lipinski	4	27:30	176	
Hey will, stay out of my box —Laughlin				
Group 2				
Buehring	—	—	—	hurt
Booher	3	22:36	196	
Connaghan	4	27:38	186	
Correnti	3	22:50	188	6 total
Heller	1.5	11:06	—	Ankle
Hennes	4	30:56	184	7 total
Himich	4	29:01	184	8 Total
Johnson, T	3	20:47	197	
Koesterer	3	23:22	168	helped 6.5
Nolan	4	29:29	178	some
Northcott	4	27:30	180	7.5 ish
Perry	3	23:01	182	6
Poag	4	27:49	192	7
Scott	3	20:46	180	
Swiecicki	4	29:01	176	6
Tajkowski	4	28:19	180	7 total
Group 3				
Catalano	2	19:58	172	
Coriell	3	23:29	200	
Dillon	2	18:34	168	
Galli	2	17:26	170	
Gordon	2	15:50	180	
Johnson, M	2	19:10	196	
Joy	3	23:16	184	
Krieger	2	18:13	186	
Mittendorf	2	15:08	172	
Munsell	3	22:25	180	
Pitti, C	3	29:06	220	
Pitti, L	—	—	—	hurt
Reilly	2	16:00	172	

Group 3	Tempo	Time	Pulse	Comments
Rizzo	—	—	—	absent
Ruyle	3	26:40	160	
Seal	2	18:34	160	
Song	2	17:20	180	
Sprague	3	25:18	168	
Staley	3	25:14	196	
Stauder	4	32:66	188	7 total
Thomas	3	23:09	188	
Uhlenbrock	2	18:05	180	
VanBree	2	15:16	200	
Voras	3	23:16	180	
Zoellner	2	15:06	172	
Group 4				
Andrew	—	—	—	absent
Bock	—	—	—	sick
Callahan	2	16:00	160	→ 3
Floretta	2	18:47	184	
Friedrichs	2	20:18	168	
Gatewood	2	20:26	178	
Gomric	—	—	—	absent
Heard	2	19:15	160	
Kanady	2	17:40	176	
Labarge	2	19:00	188	
May	2	17:27	183	
McIntyre	3	27:58	183	
Moritz	3	29:14	172	
Nuccio	3	27:10	208	
Pace	2	24:07	210	
Schmitt	3	29:58	196	
Sommers	3	25:40	204	→ 3
Spence	2	19:16	188	
Group 5				
Hunkins	3	30:04	196	
Witzofsky	—	—	—	absent
Devoll	2	20:38	179	
Garcia	2	20:03	182	
Mark	2	20:26	182	
Marx	2	?	168	
Tyrrell	—	—	—	absent

9 total ←
9 total ←
8 total ←
4 ←
4 ←

Gilmore 3 23:39 176

Mclaughlin 2 20:26 165

Milnor 4 26:37 172 - 8 miles total

Date: 8-10-16 Conditions:

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

Group A	Mileage	Time (stopped)	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	8	62:45	164		Johnson, M	4	33:59	192	
Gunn	8	~~62:45~~	~~[illegible]~~	64:18 (172)	Johnson, T	~~4~~			
Kelly	8	62:45	152		Kanady	~~4~~ 3	28:36	160	
Laughlin	8	62:45	164		McIntyre	4	38:52	173	
Leeker	8	62:45	164		Mittendorf	4	33:04	166	
					Nuccio	4	39:15	212	
					Pace	4	41:51	210	
					Pitti, C	4	33:05		
Group B					Pitti, L	4	41:53	184	
Buehring	6	44:51	180		Reilly	4	38:30	160	
Connaghan	6	46:34	188		Rizzo	4	38:58	170	
Gale	~~6~~ 4	30:15	180		Schmitt	4	39:30	180	
Hetlage	6	~~45:46~~	140	44:29	Scott	4	33:38	172	
Himich	6	48:58	176		Seal	4	37:16	156	
Koesterer	6	51:23	160		Sommers	4	34:04	210	
Lipinski	6	46:52	156		Song	4	37:07	180	
Milnor	6	47:51	176		Spence	4	39:21	168	
Nolan	6	51:23	156		Uhlenbrock	4	34:50	188	
Northcott	6	45:00	156		VanBree	4	37:16	180	
Perry	6	53:48	158		Witzofsky	~~4~~ 3			Stop Hurt
Poag	6	47:51	180		~~Zoellner~~		41:30		
Stauder	6	56:28	184						
Tajkowski	6	Stop	166	47:18					
					Group E				
					Andrew	3			
Group C					Bock	3	26:59	191	
Coriell	5	42:43	180		Devoll	3	33:54	158	
Correnti	5	45:18	184		Dillon	3	27:12	180	
Heller	5	43:40	164		Floretta	3	31:46	161	
Hennes	5	[illegible]	184	40:43	Friedrichs	3	30:10	162	
Joy	5	43:14	192		Garcia	3	31:48	181	
Moritz	5	45:46	160		Gatewood	3	31:09	174	
Munsell	5	43:14	156		Gomric	3			
Sprague	5	42:40	180		Heard	3	26:00	188	
Staley	5	43:01	176		Krieger	3	27:18	172	
Swiecicki	5	45:18	157		Labarge	3	28:07	188	
Thomas	5	43:14	192		Mark	3	41:20	171	
Voras	5	43:14	180		Marx	3	29:35	180	
					May	3	27:18	180	
Group D	4				McLaughlin	3	27:28	150	
Booher	4	33:04	160		Ruyle	3	28:36	160	
Callahan	4	38:00	148						
Catalano	4	33:00	160						
Galli	4	37:01	160						
Gordon	4	36:11	160						
~~Hunkins~~	~~4~~								

Date: 8-11-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	8	60:30	184	
Gunn	6	47:28	160	
Kelly	8	62:59	176	
Laughlin	8	59:33	168	
Leeker	8	62:45	172	
Group B				
✓Buehring				
Connaghan	6	45:58	188	
Gale	6	51:45	184	
Hetlage	6	43:32	152	
Himich	6	46:58	172	
✓Koesterer				
Lipinski	6	46:51	152	
Milnor	6	47:36	160	
✓Nolan	6	48:56	156	
Northcott	6	49:54	176	
Perry	6	55:00	172	came back
Poag	6	47:36	164	
Stauder	6	53:50	180	
Tajkowski	6	47:28	180	
Group C				
Coriell	5	42:53	200	
Correnti	5	45:08	184	
Heller	5	44:14	160	
Hennes	5	47:13	188	
Joy	4	33:34	172	
Moritz	4+	45:48	160	puked 2x
Munsell	5	41:52	168	
Sprague	5	43:45	180	
Staley	5	49:13	160	
Swiecicki	5	45:08	160	
Thomas	4	33:34	180	
Voras	5	45:08	172	
Group D				
Booher	4	38:06	172	
Callahan	4	40:04	156	
Catalano	4	35:30	160	
Galli	4	36:00	160	
Gordon	4	40:04	180	
Hunkins				excused

Group D	Mileage	Time	Pulse	Comments
Johnson, M	4	48:20	184	
Johnson, T				absent
Kanady	2.5	30:20	140	
McIntyre	4	41:33	175	
Mittendorf	4	34:35	160	
Nuccio	4	37:35	224	
Pace	4	44:05	210	
Pitti, C				hurt
Pitti, L				hurt
Reilly	4	36:50	168	
Rizzo	3	29:33	186	
Schmitt	4	41:50	160	
Scott	4	37:56	160	
Seal	4	40:04	148	
Sommers	4	38:56	184	
Song	4	35:50	192	
Spence	4+	45:47	188	stayed w/ Nolan
Uhlenbrock	4	35:30	170	
VanBree	4	34:35	192	
Witzofsky				XT
~~Zoellner~~				
Group E				
Andrew	—			absent
Bock	3	25:00	182	
Devoll	3	33:50	161	
Dillon	3	30:00	200	
Floretta	3	31:58	176	
Friedrichs	3	30:35	176	
Garcia	3	30:00	184	
Gatewood	3	31:34	170	
Gomric	3	34:32	168	
Heard	3	30:55	216	
Krieger	3	28:17	184	
Labarge	3	37:03	192	
Mark	3	37:03	175	
Marx	3	31:15	164	
May	3	28:17	183	
McLaughlin	3	24:40	150	
Ruyle	3	29:45	160	

Date: 8-12-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run on Loops A=6 B=5 C=4 D=3 E=2 / Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	45:49	140	
Gunn	6	47:22	168	
Kelly	6	45:40	156	
Laughlin	6	45:40	168	
Leeker	6	46:12	164	
Group B				
Buehring	5	40:03	152	
Connaghan	5	33:07	168	
Gale	5	40:10	180	
Hetlage	5	36:54	140	
Himich	5	37:59	176	
Koesterer	5	37:42	156	
Lipinski	5	36:54	152	
Milnor	5	37:42	166	
Nolan	5	39:00	148	
Northcott	5	39:06	160	
Perry	5	42:03	156	
Poag	5	39:06	184	
Stauder	5	43:14	176	
Tajkowski	5	40:10	168	
Group C				
Coriell	4	34:00	200	
Correnti	4	36:05	180	
Heller	4	34:20	156	
Hennes	4	33:25	172	
Joy	4	35:10	164	
Moritz	4	38:25	160	
Munsell	4	33:25	164	
Sprague	4	34:58	176	
Staley	4	35:54	172	
Swiecicki	4	32:06	152	
Thomas	4	35:10	184	
Voras	4	35:41	168	
Group D				
Booher	3	24:50	172	
Callahan	3	35:25	168	
Catalano	3	25:00	168	
Galli	3	26:38	160	
Gordon	3	25:30	164	
Hunkins	3	29:16	192	

Group D	Mileage	Time	Pulse	Comments
Johnson, M	3	20:16	184	
Johnson, T	3	32:03	158	
Kanady				
McIntyre	3	29:10	180	
Mittendorf	3	24:50	180	
Nuccio	3	28:34	196	
Pace	3	35:58	210	
Pitti, C				
Pitti, L	2	21:48	184	
Reilly	3	25:20	160	
Rizzo				
Schmitt	3	29:40	168	
Scott	3	25:30	160	
Seal	3	26:39	156	
Sommers				
Song	3	26:12	184	
Spence	3	29:25	168	
Uhlenbrock	3	25:00	178	
VanBree	3	32:30	196	
Witzofsky				
Group E				
Andrew				
Bock	2	16:50	164	
Devoll	2	20:23	183	
Dillon	2	18:18	160	
Floretta	2	18:26	180	
Friedrichs	2	18:09	160	
Garcia	2	19:00	183	
Gatewood	2	18:05	184	
Gomric	2	20:53	176	
Heard	2	17:21	200	
Krieger	2	18:23	180	
Labarge	2	18:25	168	
Mark	2	18:17	~~168~~ 189	
Marx				
May	2	16:43	180	
McLaughlin	2	14:48	150	
Ruyle	2	17:31	169	
Hartung	2	15:45	160	

Date: 8-13-16 Conditions:
Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12: Fartlek (3 on/2 off)for 6-10K
Groups 345: 6x800/ Strengthening or Weights/ Full Stretch/ Jog SLUH

Group 1	Distance	Time	Pulse	Comments
Burka	10K	39:32	172	Nice! 9 miles
Gale	9K	38:20	180	7.4 miles
Gunn	10K	42:34	188	8 total
Hetlage	10K total 8m.	39:18	192 Nice!	not my day, but
Kelly	10K	40:09	184	
Laughlin				
Leeker	8K	32:18	176	nice (8k + 3½ mi)
Lipinski	9K	38:01	164	
Milnor	8K	34:07	184	nice!
Group 2	**Distance**	**Time**	**Pulse**	**Comments**
Buehring	9K	40:34	188	good run 10 total
Booher	6K	28:50	196	5.79 mi
Connaghan				
Correnti	8K	39:41	176	8 mi total
Heller	8K	39:41	~~188~~ 176	8 total
Hennes	8K	39:19	192	7 miles
Himich	8K	35:34	180	
Johnson, T	6K	27:18	192	Nice! 5.75 miles
Koesterer	6K	25:47	168	7 miles
Nolan	8K	35:43	172	total 8 miles
Northcott	8K	35:11	180	
Perry	8K	36:36	160	7
Poag	8K	35:26	192	Nice!
Scott	6K	25:55	188	5.75
Swiecicki	8K	37:18	No Pulse	Nice! 8 miles
Tajkowski	8K	36:11	180	6 miles
Stauder	total = 6 miles			

Group 3	800	800	800	800	800	800	Comments
Callahan	3:22	3:34	3:33	3:39	3:41	3:20	
Catalano	3 18	3 15	3 23	3 39	3 24	3 06	
Coriell	3 14	3 20	3 23	3 20	3 24	3 08	
Galli	3 15	3 13	3 10	3 10	3 25	3 20	
Gordon	3 16	3 17	3 14	3 21	3 20	3 16	
Hartung	3 16	3 24	3 28	3 34	3 41	3 22	
Johnson, M	3 14	3 24	3 26	3 31	3 39	2:56	
Joy	3 26	3 25	3 14	3 18	3 09	2:57	
Krieger	3 18	3 20	3 08	3 16	3 10	3 18	
Mittendorf							
Munsell	3 00	3 06	3 07	3 11	3 10	3 07	
Pitti, C							
Pitti, L							
Reilly	3 21	3 15	3 10	3 16	3 20	3 10	
Rizzo	~~3 09~~						
Ruyle	3 09	3 24	3 32	3 45	3 46	3 18	
Seal	3 27	3 23	3 23	3 27	3 08	3 24	
Song	3 22	3 31	3 35	3 40	3 50	3 16	

Roman had 37.6 miles. Harvey Dent; can we trust him!?!?

Date: 8-13-16 Conditions:
Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12: Fartlek (3 on/2 off)for 6-10K
Groups 345: 6x800/ Strengthening or Weights/ Full Stretch/ Jog SLUH

Sprague	3 24	3 24	3 21	3 26	3 22	3 06	
Staley	3 21	3 19	3 21	3 27	3 26	3 20	
Stauder	3 25	3 20	3 27	3 26	3 27	3 25	
Thomas	3 00	3 01	3 03	3 07	3 04	2 52	
Uhlenbrock	3 33	3 34	3 29	3 31	3 34	3 26	
VanBree	3 20	3 24	3 25	3 36	3 28	3 25	
Voras	3 25	3 31	3 24	3 28	3 28	3 15	
Group 4	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
~~Andrew~~							
Bock	3:51	3:31					
Dillon	3:44	3:30	3:35	3:35	3:38	3:24	
Floretta	3:43	3:43	3:44	3:37	3:51	3:57	
Friedrichs	3:48	3:50	3:44	3:43	3:58	3:36	
Gatewood	3:47	3:47	3:51	3:58	4:02	4:05	
Gomric	4:14	4:20	3:42	4:44	4:54	5:05	
~~Heard~~							
~~Johnson, M~~							
~~Kanady~~							
Labarge	3:50	3:31	3:25	3:38	3:45	3:44	
May	3:50	3:30	3:37	3:33	3:45	3:37	
McIntyre	3:51	3:50	3:44	4:06	3:27	3:53	
McLaughlin	3:30	3:28	3:20	3:22	3:15	3:09	
Moritz	3:43	3:47	3:55	4:10	4:03	3:40	
Nuccio	3:34	3:35	3:36		3:33	3:25	
~~Pace~~	3:50	3:15	3:18				
~~Pitti, C~~							
Pitti, L	4:25	~~walk~~	~~walk~~				
Schmitt	3:34	3:24	3:24	3:24	3:23	3:33	
~~Sommers~~							
Spence	3:40	3:51	3:56	4:07	4:04	3:34	
Group 5	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Devoll	3:44	3:50	4:21	4:26	4:42	4:15	
Garcia	4:07	3:57	3:57	4:02	4:00	3:57	
Hunkins	3:51	3:50	4:05	4:14	4:14	4:07	
Mark	3:34	4:27	4:26	4:55	5:05	4:57	
Marx	3:50	3:40	3:55	4:5	3:57	4:04	
~~Witzofsky~~							

Date: 8-14-16 Conditions:
Workout: Sunday workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3.5				Johnson, M				
Gunn					Johnson, T				
Kelly				40 min. bike	Kanady				
Laughlin					McIntyre				
Leeker	5.17	41:35			Mittendorf				
					Nuccio				
					Pace				
					Pitti, C				
Group B					Pitti, L				
Buehring					Reilly				
Connaghan					Rizzo				
Gale					Schmitt				
Hetlage	3				Scott				
Himich					Seal				
Koesterer	6	47:23			Sommers				
Lipinski				30 min. bike	Song				
Milnor	2	14:30	132		Spence				
Nolan	0				Uhlenbrock				
Northcott	3	25:08	NP		VanBree				
Perry	3				Witzofsky				
Poag									
Stauder	3	25:58	180						
Tajkowski					**Group E**				
					Andrew				
					Bock				
Group C					Devoll				
Coriell					Dillon				
Correnti					Floretta				
Heller					Friedrichs				
Hennes					Garcia				
Joy					Gatewood				
Moritz					Gomric				
Munsell					Heard				
Sprague					Krieger				
Staley					Labarge				
Swiecicki					Mark				
Thomas					Marx				
Voras					May				
					McLaughlin				
Group D					Ruyle				
Booher									
Callahan									
Catalano									
Galli									
Gordon									
Hunkins									

Date: 8-15-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	8	53:23	192	
Gunn	8	61:19	160	
Kelly	8	51:58	156	FELT GROOVY
Laughlin	4	31:23	172	SICK
Leeker	8	54:58	164	
Group B				
Buehring	6	46:30	164	
Connaghan	6	43:33	180	RIGHT CALF
Gale	6	46:14	184	
Hetlage	6 41:50	~~47:50~~	144	
Himich	6	47:33	168	
Koesterer	6	45:53	144	
Lipinski	6	47:50	168	
Milnor	6	46:30	176	
Nolan	6	46:30	172	
Northcott	6	46:30	156	
Perry	6	50:42	168	
Poag	6	46:30	192	
Stauder	6	54:23	180	
Tajkowski	6	47:30	168	
Group C				
Coriell	5	39:09	200	
Correnti	5	43:35	172	
Heller	5	43:20	160	
Hennes	5	39:12	176	
Joy	e			
Moritz	5	44:26	166	
Munsell	5	40:15	164	
Sprague	5	43:41	172	
Staley	5	44:33	160	
Swiecicki	5	43:33	152	
Thomas	5	43:42	188	
Voras	5	43:42	168	
Group D				
Booher	e			
Callahan	4 37:13	~~31:23~~	~~176~~ 164	
Catalano	4	31:23	176	
Galli	4	33:15	160	
Gordon	4	36:53	180	
Hunkins	4	38:49	212	
~~Hartung~~	~~4~~	~~36:53~~	~~180~~	

Group D	Mileage	Time	Pulse	Comments
Johnson, M	4	37:13	160	
Johnson, T	4	31:23	172	
Kanady				XT
McIntyre	DNF	RETURNED		BUT NO TIME
Mittendorf	4	35:01	120	FELT NAUSEOUS
Nuccio	4	36:53	—	
Pace	4	39:24	180	
Pitti, C	15:30	1.75		Heel pain
Pitti, L	3	32:20	172	
Reilly	4	37:10	188	
Rizzo	e			
Schmitt	4	39:20	172	
Scott	4	31:23	168	
Seal	4	37:10	148	
Sommers	4	37:10	160	
Song	4	32:45	192	
Spence	4	36:45	172	
Uhlenbrock	4	32:30	170	
VanBree	4	35:21	188	
Witzofsky	3	30:06	172	
Hartung	4	36:53	180	
Group E				
Andrew	3	30:38	144	
Bock				XT
Devoll	3	27:08	192	
Dillon	3	27:46	172	
Floretta	3	27:05	172	
Friedrichs	3	27:48	176	
Garcia	3	32:00	178	
Gatewood	3	28:33	181	
Gomric	3	30:18	156	
Heard	3	25:23	220	
Krieger	3	29:53	150	
Labarge	3	28:45	184	
Mark	3	32:09	168	
Marx	3	27:46	168	
May	3	30:22	144	
McLaughlin	4	36:53	160	
Ruyle	3	24:38	168	

Date: 8-16-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12: 6-8x1K @ CV pace with 1:00 rest Groups 3: 1600-2x800-4x400 45: 4x800-4x400/ Strengthening or Weights/ Full Stretch/ Jog SLUH

Group 1	Pace	1K	1K	1K	1K	1K	1K	1K	1K	Comments
Burka	3:28	3:31	3:34	3:30	3:36	3:36	3:35	3:25	3:34	
Gale	3:38	3:31	3:26	3:49	4:02	4:10	4:17	4:08	4:09	
Gunn	3:38	3:37	3:47	3:52	3:54	3:47	3:58	4:02	4:20	
Hetlage	3:28	3:25	3:31	3:37	3:44	3:56	3:56	3:42	3:55	
Kelly	3:28	3:30	3:36	3:34	3:35	3:33	3:39	3:31	3:34	see back (10)
Laughlin	3:35	3:40	4:06	—	4:02	—	—	—	—	
Leeker	3:35	3:32	3:45	3:37	—	3:44	4:24	4:36	4:58	
Lipinski	3:38	3:25	3:35	3:41	3:45	—	3:34	3:37	3:45	
Milnor	3:38	3:26	3:37	3:44	3:54	4:12	4:26	3:56	4:01	

Paces for Group 2: 17:45=3:44 18:15=3:50 18:45= 3:56 19:15=4:02

Group 2	Pace	1K	1K	1K	1K	1K	1K	1K	1K	Comments
Buehring	3:56	3:46	3:57	4:00	3:54	3:56	3:53	3:59	3:43	
Booher										
Connaghan	3:56	3:51	3:57	3:55	4:07	[illegible]	3:59	3:59	4:00	4:01 6th
Correnti	4:02	4:04	4:08	4:15	4:32	4:26	4:38	4:35	4:29	
Heller	4:02	4:10	4:12	—	—	4:10	—	4:25	4:10	
Hennes	4:02	4:03	4:08	4:16	4:37	4:30	4:32	4:26	4:12	
Himich	3:56	3:46	4:02	4:16	4:13	4:09	4:16	4:25	4:19	
Johnson, T	4:02	3:46	3:57	4:08	4:51	4:16	4:22			
Koesterer	3:56	3:41	3:56	3:59	4:00	4:17	4:24	4:21	4:02	
Nolan	3:56	3:51	4:00	4:01	4:07	4:17	4:12	4:17	4:15	
Northcott	3:50	3:44	3:54	3:54	3:57	3:56	3:58	4:12	—	
Perry	3:58	3:56	4:08	4:15	4:25	4:24	4:30	4:26	4:10	
Poag	3:56	3:31	3:57	4:03	4:18	—	—	—	—	
Scott	4:02	3:46	3:57	4:00	4:06	3:56	3:53			
Swiecicki	4:02	4:03	4:04	3:53	4:10	4:26	4:15	4:24	4:09	
Tajkowski	3:56	3:50	3:58	4:03	4:05	4:05	4:06	4:17	4:05	

Group 3	1600	800	800	400	400	400	400	Comments
Callahan	7:04	20	43	90	80	108	98	
Catalano	6 33	05	17	84	90	91	98	
Coriell	6 26	11	21	85	88	98	71	
Galli	6 36	13	45	84	92	95	100	
Gordon	6 36	18	43	86	126	—	127	
Hartung	7 03	20	415					
Johnson, M	6 50	15	39	85	86	99	95	
Joy	6 51	18	45					
Krieger	7 06	20	43	92	105	114	104	
Mittendorf	6 50	20	43	96	94	111	104	
Munsell	6 44	05	25	82	84	96	99	
Reilly	7 04	23	40	85	84	102	100	
Rizzo								
Ruyle	7 08	30	4 00	98	98	120	98	
Seal	7 08							
Song	7 04	25	51	82	98	110	76	
Sprague	6 27	15	43	75	78	84	85	

Roman Did a 1 mile warm up and cool down

Date: 8-16-16 Conditions:
Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12: 6-8x1K @ CV pace with 1:00 rest
Groups 3: 1600-2x800-4x400 45: 4x800-4x400/ Strengthening or Weights/ Full Stretch/ Jog
SLUH

Staley	3 mile	34:06	166					knee	
Stauder	7:03	3 23	352	98	105	113	108		
Thomas	6 23	2 58	3 12	—	—	—	—		
Uhlenbrock	7 03	3 15	3 46	86	90	103	101		
VanBree	7 04	3 28	3 58	85	97	115	105		
Voras	6 53	3 15	3 26	88	98	108	103		
McLaughlin	6 29	3 10	3 26	87	95	107	93		
Moritz	7:21	3 40	4 20	104	85	121	116		
Group 4	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Andrew	3:48	3:43	3:41	3:37	1:52	2:00	2:05	1:48	
Bock —									
Dillon	3:17	3:39	3:24	3:38	1:33	1:40	1:48	1:32	
Floretta	3:13	3:51	3:26	4:14	1:40	1:57	2:03	1:34	
Friedrichs	3:22	3:46	3:44	3:44	1:23	1:48	1:39	1:22	
Gatewood	3:53	4:02	3:41	4:09	1:49	1:53	2:04	1:47	
Gomric	3:59	3:58	4:03	4:18	2:00	2:02	2:09	1:45	
Heard	3:18	3:42	3:24	3:48	1:31	1:57	1:44	1:30	
Kanady —									
Labarge	3:21	3:54	3:28	4:08	1:35	1:54	2:08	1:43	
May	3:31	3:50	3:40	3:59	1:35	1:50	2:01	1:48	
McIntyre	3:56	4:30	4:30	4:39	2:02	2:09	2:04	1:47	
Moritz — 3	3								
Nuccio —									
Pace	3:39	4:10	3:54	4:25	1:45	2:05	2:23	1:33	
Pitti, C —									
Pitti, L —	3 miles	time:	34:06	180					tendon in foot Kills
Schmitt	4:01	4:29	4:18	4:38	1:59	1:57	2:10	1:40	
Sommers	3:30	3:52	3:35	4:00	1:36	1:46	1:59	1:39	
Spence	3:54	4:05	4:03	4:13	1:55	2:06	158	1:30	
Group 5	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Devoll	3:50	4:17	4:10	4:41	1:51	2:14	2:24	1:54	
Garcia	4:03	4:25	4:00	4:50	2:00	2:17	2:28	1:59	
Hunkins	3:56	4:10	4:03	4:10	1:56	2:00	2:04	1:36	
Mark	4:04	4:02	4:45	4:51	2:06	2:15	2:07	2:04	
Marx	3:55	3:57	3:43	3:59	1:39	1:59	2:02	1:39	
Witzofsky	3:54	4:08	3:55	4:14	1:53	2:03	2:10	1:38	

Date: 8-17-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	8	60:54	148	
Gunn	8	66:25	148	4 strides
Kelly	8	60:54	136	
Laughlin	8	60:54	164	
Leeker	8	61:38	168	
Group B				
Buehring	6	49:52	144	
Connaghan	6	45:33	168	
Gale	6	45:33	184	
Hetlage	6	49:26	152	
Himich	6	47:58	180	
Koesterer	6	56:50	180	
Lipinski	6	55:41	148	
Milnor	6	44:52	182	
Nolan	6	49:52	156	
Northcott	6	55:30	144	
Perry	6	54:03	164	
Poag	6	49:52	192	
Stauder	6	55:30	172	
Tajkowski	6	51:58	160	
Group C				
Coriell	5	42:17	200	
Correnti	5	47:25	188	
Heller	—	—	—	absent
Hennes	5	45:46	176	
Joy	4	40:53	164	
Moritz	5	42:26	166	
Munsell	5	42:17	164	
39:36 Sprague	5	[illegible]	188	
Staley	—	—	—	Out of town
Swiecicki	5	47:25	148	
Thomas	5	44:48	188	
Voras	4	40:53	148	
Group D				
Booher	4	33:24	170	
Callahan	3	29:44	164	
Catalano	4	38:24	162	
Galli	4	35:45	160	
Gordon	4	38:26	172	
Hartung	4	38:42	160	
Hunkins	4	37:56	200	

Group D	Mileage	Time	Pulse	Comments
Johnson, M	4	41:32	144	
Johnson, T	4	38:13	178	
Kanady	—	—	—	Cross-Train
McIntyre	4	41:32	168	
Mittendorf	3	23:58	160	
Nuccio	4	36:25	220	
Pace	4	45:07	160	
Pitti, C	—	—	—	Cross-Train
Pitti, L	3	30:38	172	
Reilly	4	36:23	180	
Rizzo	3	26:24	184	
Schmitt	3	32:40	168	
Scott	4	28:06	180	
Seal	3	34:20	136	
Sommers	4	38:42	190	
Song	4	40:17	180	
Spence	4	38:42	176	
Uhlenbrock	4.5	38:49	180	Wrong Turn
VanBree	4	37:17	196	
Witzofsky	—	—	—	XT
Group E				
Andrew	3	29:48	182	
Bock	—	—	—	Absent
Devoll	3	33:40	181	
Dillon	3	26:23	180	
Floretta	3	33:28	184	
Friedrichs	3	30:30	176	
Garcia	3	32:25	180	
Gatewood	3	30:38	182	
Gomric	3	31:18	168	
Heard	3	29:30	204	
Krieger	3	[illegible]	172	24:24
Labarge	3	34:20	172	
Mark	—	—	—	Injured
Marx	3	26:34	168	
May	3	[illegible]	192	25:42
McLaughlin	4	35:45	160	
Ruyle	3	26:31	160	

Date: 8-18-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	8	59:06	132	
Gunn	8	61:57	168	Dehydrated
Kelly	8	59:21	147	
Laughlin	8	59:18	168	
Leeker	8	59:18	168	
Group B				
Buehring	3	27:54	168	IT Band
Connaghan	6	44:53	168	
Gale	6	44:53	192	
Hetlage	6	43:51	152	
Himich	6	48:41	176	
Koesterer	6	48:04	140 ?	
Lipinski	6	44:16	158	
Milnor	6	44:53	168	
Nolan	6	47:20	156	
Northcott	6	47:20	168	
Perry	6	53:00	168	
Poag	6	56:47	124	
Stauder	6	54:10	180	
Tajkowski	6	48:39	176	
Group C				
Coriell	5	42:15	200	
Correnti	5	43:15	172	
Heller	3	25:17	160	Finish Pulse
Hennes	5	39:16	176	
Joy				?
Moritz	5	43:44	172	
Munsell	5	42:20	172	
Sprague	5	40:42	212	
Staley	3	29:16	176	Right Knee
Swiecicki	5	42:53	156	
Thomas	5	39:40	176	
Voras	5	40:30	180	
Group D				
Booher	4	31:28	178	
Callahan	4	33:22	176	
Catalano	4	30:21	172	
Galli	4	35:55	160	
Gordon	4	35:56	160	
Hartung	4	37:12	160	
Hunkins	4	40:42	208	

Group D	Mileage	Time	Pulse	Comments
Johnson, M	4	38:02	184	
Johnson, T	4	31:30	188	
Kanady				Cross-Train?
McIntyre	4	40:32	177	
Mittendorf	4	31:48	120	
Nuccio	4	33:25	208	
Pace	3	31:45	160	
Pitti, C				2 miles / cross train
Pitti, L	3	29:16	172	
Reilly	4	39:40	160	
Rizzo				absent
Schmitt	3	31:45	160	
Scott	4	27:50	192	
Seal				?
Sommers	4	35:57	168	
Song	4	33:30	180	
Spence	4	38:53	184	
Uhlenbrock	4	31:40	186	
VanBree	4	33:31	196	
Witzofsky				absent
Group E				
Andrew	3	27:41	187	
Bock				absent
Devoll	3	29:34	180	
Dillon	3	27:54	~~182~~ 160	160 pulse
Floretta	3	29:37	188	
Friedrichs	3	25:10	152	
Garcia	3	27:45	181	
Gatewood	3	26:54	164	
Gomric	3	28:10	146	
Heard	3	24:33	200	
Krieger	3	25:03	180	
Labarge	3	~~[illegible]~~	168	25:52
Mark				Injured
Marx	3	25:20	168	
May	3	25:22	147	
McLaughlin	4	30:18	174	
Ruyle	3	23:30	172	

Date: 8-19-16 Conditions:

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

Not, not sure why the mental math

Sorry, might have misspelled :) (see what's I did there?)

Group A	Mileage	Time	Pulse	Comments
Burka	6	46:27	156	
Gunn	6	46:57	168	
Kelly	6	46:42	168	
Laughlin	6	46:27	164	
Leeker	6	46:27	152	
Group B				
Buehring	3	28:29	176	Need Trainer
Connaghan	5	37:08	160	
Gale	~~6~~ 5	37:49	168	
Hetlage	5	37:08	194	
Himich	5	38:16	168	
Koesterer	5	37:50	172	
Lipinski	~~6~~ 5	37:44	136	
Milnor	5	37:08	160	
Nolan	5	38:28	148	
Northcott	5	37:08	164	
Perry	5	42:10	140	
Poag	5	41:30	176	
Stauder	5	42:26	172	
Tajkowski	5	38:16	168	
Group C				
Coriell	4	32:09	200	
Correnti	<	42:45		absent
Heller	4	34:18	140	
Hennes	5	32:09	172	
Joy				Cross-Train
Moritz	~~5~~ 4	35:07	164	
Munsell	4	32:30	168	
Sprague	4	31:22	176	
Staley	3	27:54	172	HRC
Swiecicki	4	34:34	156	
Thomas	4	30:20	180	
Voras	4	34:34	160	
Group D				
Booher	3	22:28	158	
Callahan	3	26:37	164	
Catalano	3	25:30	160	
Galli	3	24:48	160	
Gordon	3	25:29	160	
Hartung	3	25:30	160	
Hunkins				Cross Train

Group D	Mileage	Time	Pulse	Comments
Johnson, M	3	25:30	168	
Johnson, T	3	22:13	174	
Kanady	2	17:48	160	
McIntyre	3	31:01	173	
Mittendorf	3	27:00	160	
Nuccio	3	29:00	204	
Pace	3	30:06	180	
Pitti, C	2	17:50	160	
Pitti, L	3	28:34	192	
Reilly	3	23:53	184	
Rizzo	3	29:00	172	
Schmitt	3	31:17	156	
Scott	3	22:13	168	
Seal				Cross-Train
Sommers	3	28:04	168	
Song	~~4~~ 3	29:29	180	
Spence	3	31:17	156	
Uhlenbrock	3	29:40	176	
VanBree	3	29:48	204	
Witzofsky				
Group E				
Andrew	2	16:37	187	
Bock				Cross Train
Devoll	2	17:35	175	
Dillon	2	16:04	164	
Floretta	2	17:03	164	
Friedrichs	2	15:40	160	
Garcia	2	18:59	184	
Gatewood	2	17:27	167	
Gomric	2	17:36	168	
Heard	2	15:48	188	
Krieger	2	15:24	168	
Labarge	2	18:56		160P
Mark				Injured
Marx	2	16:20	172	
May	2	17:08	174	
McLaughlin	3	29:09	170	
Ruyle	2	14:45	160	Move 2 D

Date: 8-20-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12:Fast Finish Long Run (8+2, 6+2, 5+2) Groups 345: 3x1600, 3x150/ Strengthening or Weights/ Full Stretch/ Jog SLUH

Group 1	Total Mileage	Time	Pulse	Last 2 miles	Comments
Burka	10	59:11	176	11:41	
Gale	8	59:20	168	13:20	
Gunn	12	76:34	178	12:25	
Hetlage	8	46:39	168	11:58	
Kelly	10	66:13	184	12:41	felt good, broke mental streak
Laughlin	10	59:43	184	12:43	
Leeker	10	60:45	180	12:40	
Lipinski	8	57:32	168	13:25	
Milnor	10	8 in 57:38	142	—	Boy Scouts
Group 2	**Total Mileage**	**Time**	**Pulse**	**Last 2 miles**	**Comments**
Buehring	—	—	—	—	Absent
Booher	6	48:35	188	15:49	
Connaghan	~~8~~	~~60:33~~	~~180~~	— 14:27	Right IT Band Sore
Correnti	6	48:26	180	15:45	
Heller	6	48:30	189	15:50	
Hennes	6	49:59	189	14:49	
Himich	—	—	—	—	Stress fracture
Johnson, T	4+2	46:35	197	14:20	
Koesterer	8	59:58	144	13:50	
Nolan	8	62:40	176	14:05	
Northcott	8	62:05	184	13:35	
Perry	8	64:37	168	14:10	
Poag	8	64:00	176	13:50	
Scott	6	45:40	180	13:10	
Swiecicki	8	48:38	170	15:00	
Tajkowski	8	62:52	180	14:22	
Group 3	**1600**	**1600**	**1600**	**Comments**	
Callahan	7:19	7:20	6:46		
Catalano	x	x	x		
Coriell	7:09	7:18	7:05		
Galli	7:05	7:36	7:07		
Gordon	6:47	7:08	7:19		
Hartung	7:29	7:38	7:59		
Johnson, M	7:24	7:30	8:19		
Joy	x	x	x		
Krieger	7:08	7:16	7:23		
Mittendorf	7:28	7:30	7:30		
Munsell	6:45	6:34	6:37		
Reilly	7:06	7:13	6:53		
Rizzo	7:34	8:07	8:42		
Ruyle	7:30	7:35	7:14		
Seal	x	x	x		
Song	7:31	7:43	6:39		
Sprague	7:24	7:30	7:18		
Staley	8:55	x	x		

Date: 8-20-16 Conditions:
Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12:Fast Finish Long Run (8+2, 6+2, 5+2) Groups 345: 3x1600, 3x150/ Strengthening or Weights/ Full Stretch/ Jog SLUH

Stauder	7:09	7:18	7:11	
Thomas	6:45	6:06	6:16	
Uhlenbrock	7:31	7:18	7:30	
VanBree	7:12	7:30	7:33	
Voras	6:53	6:37	6:43	
McLaughlin	7:14	7:21	7:08	
Group 4	**1600**	**1600**	**1600**	**Comments**
Andrew	8:31	8:48	8:51	
Bock	—	—	—	Cross Training
Dillon	7:28	7:41	7:34	
Floretta	8:14	8:26	8:05	
Friedrichs	8:25	8:52	8:00	
Gatewood	8:34	8:30	8:48	
Gomric	8:47	8:50	8:55	
Heard	7:16	7:30	9:03	
Kanady	—	—	—	~~Cross Training~~ Aerobic: 18:20 2mi 164 pulse
Labarge	—	—	—	Cross Training
May	7:52	7:49	7:55	
McIntyre	8:41	9:27	9:09	
Moritz	8:36	8:51	8:58	
Nuccio	7:45	7:52	7:40	
Pace	8:51	9:17	9:21	
Pitti, C	—	—	—	Cross Training
Pitti, L	9:55	9:16	9:51	
Schmitt	9:34	9:14	9:40	
Sommers	7:31	7:44	7:37	
Spence	8:31	8:32	7:41	
Group 5	**1600**	**1600**	**1600**	**Comments**
Devoll	8:39	8:33	8:34	
Garcia	9:13	9:31	9:59	
Hunkins	10:05	9:53	10:02	
Mark	—	—	—	Ran aerobic 18:40 2mi 132 pulse
Marx	8:06	8:26	7:50	
Witzofsky	—	—	—	Cross Training

Date: 8-21-16 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	22:02			Johnson, M				
Gunn					Johnson, T				
Kelly		3:00:0		hike	Kanady				
Laughlin					McIntyre				
Leeker					Mittendorf				
					Nuccio				
					Pace				
					Pitti, C				
Group B					Pitti, L				
Buehring					Reilly				
Connaghan				biked	Rizzo				
Gale					Schmitt				
Hetlage					Scott				
Himich				XT	Seal				
Koesterer					Sommers				
Lipinski					Song				
Milnor	3	22:17			Spence				
Nolan					Uhlenbrock				
Northcott					VanBree				
Perry					Witzofsky				
Poag	3	31:34							
Stauder	3	27:52	184						
Tajkowski	2	17:02			**Group E**				
					Andrew				
					Bock				
Group C					Devoll				
Coriell					Dillon				
Correnti	2	15:00			Floretta				
Heller					Friedrichs				
Hennes					Garcia				
Joy					Gatewood				
Moritz					Gomric				
Munsell					Heard				
Sprague					Krieger				
Staley					Labarge				
Swiecicki					Mark				
Thomas					Marx				
Voras					May				
					McLaughlin				
Group D					Ruyle				
Booher									
Callahan									
Catalano									
Galli									
Gordon									
Hartung									
Hunkins									

Date: 8-22-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	8	60:14	144	saw a dogs
Gunn	8	60:14	172	saw a dog
Kelly	8	53:55	156	
Laughlin	8	57:24	168	
Leeker	8	57:52	156	
Group B				
Buehring				Cross-Train
Connaghan				absent
Gale	6	45:19	174	
Hetlage	6	41:40	148	
Himich				Cross-Train
Koesterer	6	44:15	160	
Lipinski	6	44:13	134	
Milnor	6	43:38	156	
Nolan	6	45:47	152	
Northcott	6	45:29	168	
Perry	6	50:07	144	
Poag	6	46:49	184	
Stauder	6	52:17	176	
Tajkowski	6	46:43	176	
Group C				
Coriell	5	40:46	180	
Correnti	5	40:25	168	
Heller	5	40:46	172	
Hennes	5	38:08	172	
Joy	3	29:19	164	
Moritz	5	43:50	160	
Munsell	5	39:52	168	
Sprague				absent (X)
Staley	3	28:09	176	knee
Swiecicki	5	40:29	164	
Thomas	5	43:51	160	
Voras	5	43:51	164	
Group D				
Booher	4	29:19	180	166 pulse
Callahan	4	34:41	156	
Catalano	3	32:47	150	
Galli	4	35:19	160	
Gordon	4	33:56	144	
Hartung	4	29:19	180	
Hunkins				absent

Group D	Mileage	Time	Pulse	Comments
Johnson, M	4	36:02	140	
Johnson, T	4	28:14	192	
Kanady	3	26:15	144	
McIntyre	4	37:41	177	
Mittendorf	4	32:09	180	
Nuccio	3	25:03	204	
Pace	4	39:47	180	
Pitti, C	3	28:09	168	
Pitti, L	3	28:09	184	
Reilly	4	34:22	152	
Rizzo	3	26:03	172	
Ruyle	4	32:54	136	
Schmitt	3	29:19	160	
Scott	4	27:22	184	
Seal	4	[illegible]	160	34:46
Sommers	4	36:57	168	
Song	4	[illegible]	184	32:52
Spence	4	34:44	172	
Uhlenbrock	4	32:52	160	
VanBree	4	35:00	192	
Witzofsky				
Group E				
Andrew	3	26:16	187	
Bock				Cross-Train
Devoll	3	28:36	190	
Dillon	3	24:19	172	
Floretta	3	25:28	184	
Friedrichs	3	25:25	156	
Garcia	3	28:13	187	
Gatewood	3	25:38	168	
Gomric	3	26:28	164	
Heard	3	23:56	200	
Krieger	3	24:34	172	
Labarge	3	26:15	160	
Mark				Injured
Marx	3	25:20	164	
May	3	26:05	180	
McLaughlin	4	36:57	172	

Date: 8-23-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12:2x2mile @ CV, 1xmile @ 5K Groups 345: 6x1K, 3x150 / Strengthening or Weights/ Full Stretch/ Jog SLUH

crossed out 5a Joe 9 miles

Group 1	Pace	2M	2M	1M	Comments
Burka	5:45	11:12	11:16	5:12	00 miles
Gale	6:00	11:27	11:54	5:43	7 total miles
Gunn	6:00	12:02	11:44	5:58	8 total miles
Hetlage	5:45	11:12	11:14	5:24	7 total miles
Kelly	5:45	11:12	11:14	5:20	~~didn't push hard enough~~
Laughlin	5:55	11:30	11:16	5:16	9 total miles... bueno
Leeker	5:55	11:30	12:30	5:59	4 mi
Lipinski	6:00	11:52	11:44	5:28	Good out of Nowhere!
Milnor	6:00	11:33	11:52	5:52	8 total miles; felt good today but hoping to get my last mile pace UP

fast mile, ~~but felt okay~~

Group 2	Pace	2M	2M	1M	Comments
Connaghan	6:15	12:42	12:37	5:55	7 total for Thanksgiving
Correnti	6:15	13:25	14:12	6:22	7 total
Heller	6:15	13:46	14:16	2:45	Shins
Hennes	6:15	12:58	13:13	6:31	7 total
Koesterer	6:15	12:54	13:03	5:49	7 miles total; had a stretch. ET bonk
Nolan	6:15	12:42	12:45	6:13	7 miles
Northcott	6:15	12:05	12:14	6:02	Northcott likes chucky cheese's
Perry	6:15				Sick
Poag	6:15	12:45	12:36	6:38	
Swiecicki	6:15				Car
Tajkowski	6:15	12:42	12:35	5:56	7 total miles
Thomas	6:15	13:17	13:00	6:05	

Group 2B	1K	1K	1K	1K	1K	1K	Comments
Booher	3:50	3:54	3:53	3:50	3:53	3:51	
Johnson, T	3:48	3:53	3:52	3:51	3:48	3:38	
Scott	3:47	3:52	3:50	3:53	3:47	3:35	

Group 3	1K	1K	1K	1K	1K	1K	Comments
Callahan	4 20	4 17	4 22	4 22	4 25	4 05	
Coriell	4 14	3:58	4 16	4 21	4 24	3:52	
Galli	4 18	4 11	4 27	4 17	4 39	4 16	
Gordon	4 16	4 14	4 16	4 22	4 30	4 10	
Hartung	4 13	4 07	X	X	X	X	
Johnson, M	4 17	4 20	4 28	4 31	4 24	4 33	
Joy							
Krieger	4 08	4 03	4 12	4 02	4 05	4 04	
Mittendorf	4 22	X	4 12	4 22	4 40	4 43	
Munsell	4 00	3:59	4 06	4 04	4 08	4 07	
Reilly	4 17	4 06	4 20	4 22	4 23	4 08	
Rizzo	4 22	4 30	4 40	4 44	4 49	4 45	
Ruyle	4 21	4 15	4 28	4 25	4 26	3:56	
Seal							
Song	4 24	4 25	4 33	4 40	4 42	4:45	
Sprague							
Staley							

Date: 8-23-16 Conditions:
Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12:2x2mile @ CV, 1xmile @ 5K Groups 345: 6x1K, 3x150 / Strengthening or Weights/ Full Stretch/ Jog SLUH

Stauder	4:19	4:18	4:26	4:25	4:28	4:18	
Thomas							
Uhlenbrock	4:19	4:06	4:07	4:11	4:18	X	
VanBree	4:21	4:25	4:28	4:40	4:43	4:24	
Voras	4:24	4:25	4:29	4:38	4:31	4:21	
McLaughlin	4:15	4:05	4:15	4:11	4:15	4:03	
Group 4	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
Andrew	4:37	4:09	5:03	5:01	5:01	5:10	
Bock							
Dillon	4:32	4:28	4:32	4:32	4:28	4:23	
Floretta	4:44	4:44	4:50	5:09	4:56	4:49	
Friedrichs	4:50	4:51	4:52	4:55	4:56	4:59	
Gatewood	4:58	4:53	4:59	5:06	5:03	4:59	
Gomric	4:59	5:06	5:10	5:26	5:25	5:14	
Heard	4:20	4:23	4:51	5:38		4:08	
Kanady	4:57	4:36	4:44	4:58	4:37		
Labarge	5:03	5:20	5:38				
May	4:40	4:50	4:58	5:00	5:02	5:08	
McIntyre	4:42	5:06	5:07	5:17	5:17	4:57	
Moritz	4:47	4:42	4:50	4:55	5:05	5:01	
Nuccio							
Pace	4:56	4:59	5:02	4:58	5:35	5:30	
Pitti, C	4:09	4:09	4:23	4:43	4:37		
Pitti, L	5:00	4:01	4:23	4:30	4:25	4:12	
Schmitt	4:17	4:01	4:11	4:14	4:18	4:06	
Sommers	4:26	4:24	4:24	4:27	4:26	4:24	
Spence	4:28	4:18	4:14	3:58	4:06	4:31	
Group 5	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
Devoll	4:40	4:44	4:46	4:47	4:47	4:44	
Garcia	5:13	5:12	5:12	5:16	5:21		
Hunkins							
Marx	4:40	4:39	4:49	4:52	4:41		
IR							
Buehring							
Catalano							
Mark							
Himich							
Witzofsky							

Date: 8-24-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Core/ Aerobic Run on Loops A=8 B=6 C=5 D=4 E=3 / Strides if no 150s yesterday/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	61:35	172	
Gunn	8	65:37	176	
Kelly	8	58:55	156	
Laughlin	8	58:55	172	
Leeker	8	59:38	172	
Group B				
Buehring	Cross Training			
Connaghan	6	46:00	176	
Gale	Cross Train			
Hetlage	6	42:51	148	
Himich	3	24:51	180	
Koesterer	WENT BACK 2 SCHOOL ????			
Lipinski	6	53:03	168	
Milnor	6	45.57	182	dehydrated
Nolan	5.5 mi	45.20	172	wanted 2 pass
Northcott	6	44:07	156	
Perry	6	51:53	188	
Poag	6	57:47	168	
Stauder	6	57:01	180	
Tajkowski	6	53:02	152	
Group C				
Coriell	5	42:35	200	
Correnti	5	44:44	160	
Heller	5	45:20	174	
Hennes	5	45:35	172	
Joy	CROSS TRAIN			
Moritz	4+	42:47	160	leg will ice
Munsell	5	43.20	164	
Sprague	4	39:13	172	
Staley	CROSS TRAIN			
Swiecicki	5	44:44	168	
Thomas	4	33:11	180	
Voras	4	36:42	168	
Group D				
Booher	4	31:01	186	
Callahan	Excused			
Catalano	XT			
Galli	4	41:39	168	
Gordon	4	39:13	160	
Hartung	Exc.			
Hunkins	ABSENT			

dehydrated, big time

"wanted to pass out"

Group D	Mileage	Time	Pulse	Comments
Johnson, M	3	30:50	132, eyes hurt	
Johnson, T	4	31:03	187	
Kanady	2	21:00	144	
McIntyre	4	37:16	179	
Mittendorf	2	21:00	120	
Nuccio	4	34.10	204	
Pace	4	41:35	210	
Pitti, C	3	31:27	172	
Pitti, L	3	31:05	184	
Reilly	4	37:07	176	
Rizzo	3	28:31	186	
Ruyle	4	39:45	160	
Schmitt	4	41:35	196	
Scott	4	29:37	188	
Seal	Cross Training			
Sommers	4	39:13	168	
Song	4	39:45	180	
Spence	3	24:36	176	
Uhlenbrock	4	36:03	188	
VanBree	4	39.45	188	
Witzofsky				
Group E				
Andrew	3	29:30	173	
Bock	CROSS			
Devoll	3	31:02	200	
Dillon	3	25:13	180	
Floretta	3	31:03	172	
Friedrichs	3	32:00	184	
Garcia	3	33:25	188	
Gatewood	3	24:59	179	
Gomric	3	31:13	172	
Heard	3	24:55	200	
Krieger	3	25:43	162	
Labarge	3	33:25	164	
Mark	CROSS			
Marx	3	27:40	172	
May	3	25:29	183	
McLaughlin	4	36.03	160	

Date: 8-25-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	6	44:18	140	
Gunn	6	45:26	164	
Kelly	6	44:16	152	
Laughlin	6	44:18	180	
Leeker	6	44:24	168	
Group B				
Buehring	—	—	—	Cross-Train
Connaghan	5	37:13	160	
Gale	5	46:00	192	
Hetlage	5	35:29	140	
Himich	3	29:57	176	
Koesterer	—	—	—	Cross-Train
Lipinski	5	36:58	156	
Milnor	5	36:58	176	
Nolan	5	39:54	160	
Ankle→ Northcott	—	—	—	Injured
Perry	5	41:35	160	
Poag	2	18:02	152	
Stauder	2	13:16	176	
Tajkowski	5	39:54	164	
Group C				
Coriell	4	33:04	180	
Correnti	4	33:40	164	
Heller	4	33:20	160	
Hennes	4	33:04	168	
Joy	—	—	—	Cross-Train
Moritz	4	36:12	162	
Munsell	4	33:04	156	
Sprague				Infection
Staley	—	—	—	Cross-Train
Swiecicki	4	33:40	160	
Thomas	4	31:21	160	
Voras	4	33:40	168	
Group D				
Booher	3	22:42	172	
Callahan	3	25:52	172	
Catalano	—	—	—	Cross-Train
Galli	3	24:42	170	
Gordon	3	27:27	140	
Hartung	2	14:22	180	
? ~~Hankins~~				

Group D	Mileage	Time	Pulse	Comments
Johnson, M	3	27:37	192	
Johnson, T	3	22:01	186	
Kanady	—	—	—	Cross-Train
McIntyre	3	~~27:00~~	160	24:15
Mittendorf	3	23:45	184	
Nuccio	3	~~27:00~~	176	24:15
Pace	3	31:11	168	
Pitti, C	2	21:17	192	
Pitti, L	2	18:29	184	
Reilly	3	24:46	160	
Rizzo	3	28:50	184	
Ruyle	3	27:28	160	
Schmitt	3	31:11	156	
Scott	3	21:37	180	
Seal	—	—	—	Cross-Train
Sommers	3	26:21	160	
Song	3	24:26	200	
Spence	3	26:22	178	
Uhlenbrock	3	22:37	180	
VanBree	3	24:42	188	
Witzofsky	—	—	—	Cross-Train
Group E				
Andrew	2	20:28	182	
Bock	—	—	—	Cross Train
Devoll	—	—	—	absent
Dillon	2	14:51	200	
Floretta	2	17:21	172	
Friedrichs	2	16:44	168	
Garcia	2	19:49	184	
Gatewood	2	18:29	172	
Gomric	2	18:19	180	
Heard	3	22:56	188	moved to D
Krieger	2	14:43	172	
Labarge	2	20:03	156	
Mark	—	—	—	Injured
Marx	2	18:05	178	
May	2	17:11	168	
McLaughlin	3	23:30	160	

Date: 8-26-16 Conditions:

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

recovery Jog, run s/aw intent.

Group A	Mileage	Time	Pulse	Comments
Burka	5 1/2	40:38	124	
Gunn	8	63:11	152	
Kelly	8	[illegible]	144	57:53
Laughlin	8	58:17	172	
Leeker	8	56:48	168	
Group B				
Buehring				Cross-Train
Connaghan	6	45:04	180	
Gale	6	44:32	200	
Hetlage	6	44:14	140	
Himich				XT
Koesterer				Absent
Lipinski	6	44:27	148	
Milnor	6	44:32	164	
Nolan	6	48:22	152	
Northcott	3		140	Walked
Perry		37:00		Threw up
Poag	3	27:[illegible]	152	
Stauder	5	42:31	✓	Toe issue
Tajkowski	6	47:21	168	
Group C				
Coriell	5	42:29	180	
Correnti	5	43:25	164	
Heller	5	43:20	180	
Hennes	5	42:24	172	
Joy	3	29:10	168	
Moritz	5	43:39	160	
Munsell	5	42:29	168	
Sprague				absent
Staley				Cross-Train
Swiecicki	5	42:53	184	
Thomas	5	42:53	180	
Voras	5	43:25	168	
Group D				
Booher	4	30:38	168	
Callahan	4	34:36	164	
Catalano				Absent
Galli	4	35:40	160	
Gordon	4	35:09	148	
Hartung				Sick
~~Hunkins~~				

Group D	Mileage	Time	Pulse	Comments
Johnson, M	4	34:10	168	
Johnson, T	4	31:47	182	
Kanady	2	19:53	148	
McIntyre	4	34:10	174	
Mittendorf	4	33:48	120	200p
Nuccio	4	34:10	224	
Pace	4	40:16	180	
Pitti, C				XT
Pitti, L	3	29:10	172	
Reilly	4	35:09	168	
Rizzo				Absent
Ruyle	4	38:07	160	
Schmitt	3	29:10	✓	
Scott	4	31:49	172	
Seal	2	17:56	160	
Sommers	4	35:04	160	
Song	4	30:30	208	
Spence	4	35:18	152	
Uhlenbrock	4	33:56	186	
VanBree	4	33:45	180	
Witzofsky				Cross-Train
Group E				
Andrew	3	26:20	187	
Bock				Threw up
Devoll	3	28:20	180	
Dillon				Sick
Floretta	3	28:32	158	
Friedrichs	3	28:42	159	
Garcia	3	29:15	188	
Gatewood	3	27:42	170	
Gomric	3	29:33	172	
Heard	2	19:46	190	
Krieger	3	24:08	180	
Labarge	3	28:31	172	
Mark				Injured
Marx	3	26:56	178	
May	3	24:08	183	
McLaughlin	4	33:10	160	

Date: 8-27-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups / Core/ Tempo Run 2-5 Miles, 6 Muny Hills or 3x150 / Weights or Strengthening/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	5	30:51	164	8
Gunn	5	23:27	184	9 total
Kelly	5	31:48	176	8 total
Laughlin	5	31:13	192	
Leeker	5	31:13	176	
Group B				
Buehring	3	25:17	160	aerobic
Connaghan	4	26:41	176	
Gale	5	32:33	204	8 total
Hetlage	4	23:30	180	7
Himich	3	21:47	182	
Koesterer				
Lipinski	5	31:44	164	8 total
Milnor	5	31:51	180	8 total
Nolan	4	28:56	172	
Northcott	5	33:40	184	
Perry	4	29:40	180	7
Poag	3	25:17	168	aerobic
Stauder	4	31:24	184	6 total
Tajkowski	4	27:38	168	7
Group C				
Coriell	3	22:36	200	6.5 total
Correnti	3	23:36	180	
Heller	3	22:58	180	
Hennes	4	27:55	188	
Joy	3	23:17	176	
Moritz	4	33:16	162	
Munsell	3	21:47	176	
Sprague				
Staley				
Swiecicki	4	25:31	174	7
Thomas	4	28:31	182	
Voras	3	21:47	184	
Group D				
Booher	3	20:07	207	
Callahan	3	22:59	192	
Catalano				
Galli	3	22:45	200	
Gordon	3	23:57	172	
Hartung				
Hunkins				

Group D	Mileage	Time	Pulse	Comments
Johnson, M	3	25:00	192	
Johnson, T	2	13:34		
Kanady				
McIntyre	3	24:41	185	
Mittendorf	3	23:49	180	
Nuccio				
Pace	3	27:32	210	
Pitti, C				
Pitti, L	3	25:25	192	
Reilly	3	22:41	180	
Rizzo				
Ruyle	3	22:49	160	
Schmitt	3	27:10	180	
Scott	3	18:33	192	
Seal	1	7:43	140	
Sommers	3	22:33	176	
Song	3	22:23	200	
Spence	3	23:17	192	
Uhlenbrock	3	22:35	200	
VanBree	3	22:40	196	
Witzofsky				
Group E				
Andrew	2	16:39	187	
Bock				
Devoll	2	16:48	175	
Dillon				
Floretta	2	16:37	182	
Friedrichs	2	16:35	168	
Garcia	2	16:47	177	
Gatewood	2	16:44	179	
Gomric	2	16:49	180	
Heard	2	16:41	182	
Krieger	3	21:38	178	
Labarge	2	16:40	176	
Mark				
Marx	2	16:02	176	
May	2	[illegible]	174	time: 15:22
McLaughlin	3	21:30	180	

Felt crummy before throwing up a small bite and tried to clean food that didn't work...) Also took two Tylenol, so a bit beat up. Need to put today behind/forget it we'll be FINE THIS BUT MENTALLY RATTED

Date: 8-29-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Core/ Aerobic Run A=10 B=8 C=6 D=5 E=4 / Strides/ Hurdle Mobility/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:01	156	
Gunn	8	59:54	172	
Kelly	6	44:08	152	reduced
Laughlin	8	57:01	176	felt good
Leeker	8	57:01	172	
Group B				
Buehring	3	23:46	168	
Connaghan	6	47:22	168	
Gale	6	43:44	196	
Hetlage	6	43:25	152	
Himich	3	22:47	176	
Koesterer	3	20:20	172	
Lipinski	6	45:33	160	
Milnor	6	44:36	176	
Nolan	6	47:45	160	
Northcott	5	38:51	152	ANKLE: 6TH MILE AT COOL DOWN PACE
Perry	6	52:51	160	
Poag				
Stauder	6	52:51	184	
Tajkowski	6	47:56	172	
Group C				
Coriell	5	42:21	180	
Correnti	5	45:54	188	
Heller	5	42:56	172	
Hennes	5	43:42	176	
Joy	4	38:22	172	
Moritz	5	48:35	164	
Munsell	5	42:21	172	
Sprague	5	46:41	176	
Staley	4	34:18	180	RECOVERING
Swiecicki	5	45:54	156	
Thomas	5	43:42	184	
Voras	4	38:22	164	
Group D				
Booher	4	32:04	182	
Callahan	4	31:32	188	
Catalano				
Galli	4	35:53	160	
Gordon	4	35:50	164	
Hartung				
Johnson, M	5	48:08	172	
Johnson, T				
Kanady	CROSS TRAIN			

Group D	Mileage	Time	Pulse	Comments
McIntyre	4	36:42	180	
McLaughlin	4	37:38	190	
Mittendorf	4	32:57	[illegible]	
Nuccio				X-TRAIN
Pace	3	32:08	188	
Pitti, C	3	26:23	172	
Pitti, L	3	26:46	192	
Reilly	4	33:28	156	
Rizzo	2	17:51	184	
Ruyle	4	39:15	160	
Schmitt	3	30:11	172	
Scott	4	30:33	180	
Seal	3	25:50	—	
Sommers	4	33:52	180	
Song	CROSS TRAIN			
Spence	4	36:14	176	
Uhlenbrock	4	32:57	190	
VanBree	4	39:50	208	
Witzofsky				CROSS TRAIN
Group E				
Andrew	3	24:47	192	
Bock				
Devoll	3	27:42	200	
Dillon	3	35:51	200	
Floretta	3	30:32	160	
Friedrichs	3	27:05	156	
Garcia	3	28:54	190	
Gatewood	3	28:56	193	
Gomric	3	29:13	182	
Heard	4	39:55	180	STOMACH CRAMP -- CAUSED TO WALK
Krieger	3	22:36	176	
Labarge	3	30:34	172	
Mark	1	8:10	176	
Marx	3	25:05	176	
May	3	25:02	183	

Date: 8-30-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12:2K-16-12-8-4 345: 16-12-8-4 OR Pre-Race run for Fr.-So. / Strengthening or Weights/ Full Stretch/ Jog SLUH

	Group B	Mileage	Time	Pulse	Comments
	Milnor	5	35:28	156	
5	Koesterer	5	38:23	136	
	Nolan	5	38:22	148	
	Perry	5	40:36	~~148~~ 152	
	Poag	2	14:28	148	Injury: sick
	Group C	**Mileage**	**Time**	**Pulse**	**Comments**
4	Sprague	~~4~~ 3	24.02	122	
	Staley	3	24.03	184	
	Group D	**Mileage**	**Time**	**Pulse**	**Comments**
	Booher	2	17.32	164	
3	Johnson, T	2	17.32	142	
	Scott	3	21:34	168	
	Callahan	3	22:28	172	
	Galli	3	28:47	160	
	Gordon				Sick ~~to~~ Board Helper (not)
	Hartung	2	22:02	180	
	Johnson, M	3	25.32	144	
	Krieger	3	23:08	172	
	Mittendorf	3	25:34	160	
	Reilly	3	22:28	176	
	Rizzo	2	16.16	178	
	Ruyle	3	24.38	150	
	Seal	3	23-06	160	
	Song				Sick
	Uhlenbrock	3	23.10	180	
	VanBree	2	18:45	142	Sick
	McLaughlin	3	23:02	168	
	McIntyre	2	18:07	162	
	Pitti, C	3	23.44	176	
	Pitti, L	3	28.47	168	
	Nuccio	3	23.40	204	
	Sommers	3	27.46	157	
	Group E	**Mileage**	**Time**	**Pulse**	**Comments**
	Andrew	2	24.48	120	
2	Bock				
	Dillon				Run 1 mile
	Floretta	2	16:32	160	
	Friedrichs	2	16:27	160	
	Gatewood	2	17:37	166	
	Gomric	2	17:36	144	
	Heard	3	23:03	200	
	Kanady	2	15:30	140	
	Labarge	2	18:01	156	
	May	2	15:41	168	
	Devoll	2	16:28	180	
	Garcia	2	18:32	160	
	Marx	2	17:40	168	
	IR				
	Buehring	5	38:22	144	
	Catalano				
	Mark				Board
	Himich				
	Witzofsky				

Date: 8-30-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups /Groups 12:2K-16-12-8-4 345: 16-12-8-4 OR Pre-Race run for Fr.-So. / Strengthening or Weights/ Full Stretch/ Jog SLUH

Group 1	2k Pace	2K	1600P	1600	1200P	1200	800P	800	400P	400	Comments
Burka	6:50	7:01	5:20	5:29	3:54	4:08	2:32	2:36	74	75	6 tot. + 5 min on bike
Gale	6:50	6:56	5:20	5:42	3:54	4:14	2:32	2:38	74	79	6 total
Gunn	6:50	7:02	5:20	5:46	3:54	4:31	2:32	2:33	74	87	
Hetlage	6:50	6:51	5:20	5:21	3:54	4:01	2:32	2:30	74	75	7 miles
Kelly	6:50	6:51	5:20	5:27	3:54	4:09	2:32	2:30	74	75	6 total
Laughlin	6:50	6:51	5:20	5:22	3:54	4:06	2:32	2:32	74	76	6 total
Leeker	6:50	7:00	5:20	5:55	3:54	4:42	2:32	2:55	74	86	~6 total-ish
Lipinski	6:50	7:01	5:20	5:43	3:54	4:19	2:32	2:37	74	75	
	82		80		78		76		74		
Group 2	**2k Pace**	**2K**	**1600P**	**1600**	**1200P**	**1200**	**800P**	**800**	**400P**	**400**	**Comments**
Connaghan		7:54		6:30		4:49		2:45		84	6 total
Correnti		7:55		6:14		4:46		2:45		83	
Heller		8:18		6:58		5:59		3:06		83	
Hennes		7:53		[illegible]	6:00	[illegible]	4:45	[illegible]		83	6 total
Northcott		7:20		5:48		4:32		2:47		78	6 total
Swiecicki		7:55		6:14		4:46		2:45		83	5 total
Tajkowski		7:42		5:53		4:23		2:39		78	6 total
Thomas		7:53		6:25		[illegible]		2:48		81	
	7:10		5:32		4:06		2:40		78		
	86		84		82		80				
Group 3	**2k Pace**	**2K**	**1600P**	**1600**	**1200P**	**1200**	**800P**	**800**	**400P**	**400**	**Comments**
Coriell			6:29		4:33		2:59		1:15		
Joy											XT
Munsell			6:29		4:43		2:59		1:18		
Stauder											?
Thomas											?
Voras			6:47		5:03		3:21		1:22		
Group 4	**2k Pace**	**2K**	**1600P**	**1600**	**1200P**	**1200**	**800P**	**800**	**400P**	**400**	**Comments**
Moritz			7:15		5:35		3:30		1:27		
Pace			7:39		7:30		—				
Schmitt			7:15		5:30		3:30		1:26		
Spence			6:40		4:53		3:12		1:35		

Date: 8-31-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Core/ Aerobic Run A=8 B=6 C=5 D=4 E=3 / Strides/ Hurdle Mobility/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	8	57:19	148		McIntyre				Meet
Gunn	8	60:04	160		McLaughlin				Meet
Kelly	8	57:19	148		Mittendorf				Meet
Laughlin	8	57:30	146		Nuccio				Meet
Leeker	8	57:19	164		Pace				X-T
					Pitti, C				Meet
Group B					Pitti, L				Meet
Buehring				Meet	Reilly				Meet
Connaghan				Meet	Rizzo				Meet
Gale				X-T	Ruyle				Meet
Hetlage	6	43:14	146	X-T	Schmitt	4	37:15	156	
Himich	3	21:56	176		Scott				Meet
Koesterer				Meet	Seal				Meet
Lipinski	6	45:54	148		Sommers				Meet
Milnor				Meet	Song				Meet
Nolan				Meet	Spence	5	41:22	176	
Northcott	6	46:55	156		Uhlenbrock				Meet
Perry				Meet	VanBree				Meet
Poag				Meet	Witzofsky	1 lap	8:06	156	
Stauder									
Tajkowski	6	46:55	166		**Group E**				
					Andrew				Meet
					Bock				Meet
Group C					Devoll				Meet
Coriell	5	41:22	160		Dillon				Meet
Correnti	5	45:35	160		Floretta				Meet
Heller	3	23:52	160	IT	Friedrichs				Meet
Hennes	5	41:22	168		Garcia				Meet
Joy				Board	Gatewood				Meet
Moritz				Excused	Gomric				Meet
Munsell	5	41:09	164		Heard				Meet
Sprague				Meet	Krieger				Meet
Staley				Meet	Labarge				Meet
Swiecicki	5	45:35	160		Mark				Meet
Thomas	4	33:17	160	Pothole	Marx				Meet
Voras	4	37:15	148		May				Meet
Group D									
Booher				Meet					
Callahan				Meet					
Catalano				Meet					
Galli				Meet					
Gordon				Meet					
Hartung				Meet					
Johnson, M				Meet					
Johnson, T				Meet					
Kanady				Meet					

Date: 9-1-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=8 B=6 C=5 D=4 E=3 / Drills and Flying 200s for guys that didn't race yesterday/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:19	140	
Gunn	8	58:06	152	
Kelly	8	58:04	144	
Laughlin	8	57:49	156	
Leeker	8	57:19	160	
Group B				
Buehring	4	34:14	156	Sore legs
Connaghan	6	44:48	160	Right Calf
Gale	6	44:04	160	
Hetlage	6	42:37	144	
Himich	3	21:28	172	
Koesterer	6	45:53	144	
Lipinski	6	42:37	156	
Milnor	6	42:54	164	
Nolan	—	—	—	OYO 6 miles 47:21
Northcott	6	44:34	156	
Perry	6	46:40	152	
Poag				XT
Stauder	—	—	—	Injured
Tajkowski	6	45:30	152	
Group C				
Coriell	5	36:53	200	
Correnti	5	38:32	180	
Heller	4	33:10	140	LT
Hennes	5	41:57	168	
Joy	5	48:01	172	
Moritz	5	41:57	160	
Munsell	5	40:13	160	
Sprague				
Staley	5	44:17	140	
Swiecicki	5	38:32	164	
Thomas	5	38:00	172	
Voras	5	48:01	148	
Group D				
Booher	4	29:49	184	
Callahan	4	33:39	156	
Catalano	—	—	—	Injured
Galli	4	35:03	160	
Gordon	4	33:35	160	
Hartung				Injured but back
Johnson, M	5	44:17	164	
Johnson, T	4	28:57	186	
Kanady	4	37:50	180	

Group D	Mileage	Time	Pulse	Comments
McIntyre	3	25:38	168	
McLaughlin	4	33:10	160	
Mittendorf	4	37:50	150	
Nuccio	4	31:55	220	
Pace	4	36:47	180	
Pitti, C	4	34:14	168	
Pitti, L	4	35:28	180	
Reilly	4	30:39	170	
Rizzo	3	26:50	168	
Ruyle	4	37:13	152	
Schmitt	3	31:20	194	
Scott	4	28:46	180	
Seal	3	25:28	172	
Sommers	4	35:31	156	
Song	—	—	—	
Spence	4	30:28	180	
Uhlenbrock	4	31:55	188	
VanBree	4	36:30	168	
Witzofsky				
Group E				
Andrew	3	25:45	190	
Bock	3	24:08	168	
Devoll	3	24:12	175	
Dillon	3	24:01	169	
Floretta	3	26:05	157	Tired
Friedrichs	3	25:40	168	
Garcia	3	25:48	180	
Gatewood	3	28:25	165	
Gomric	3	25:58	168	
Heard	4	32:46	180	
Krieger	3	23:51	180	
Labarge	3	28:20	160	
Mark	—	—	—	Beard
Marx	3	25:42	172	
May	3	25:09	171	

Date: 9-2-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	6	45:15	108	
Gunn	6	47:11	164	
Kelly	6	45:15	144	feel fine except for soreness when stationary
Laughlin	6	45:15	160	
Leeker	6	45:15	156	
Group B				
Buehring	5	41:45	132	
Connaghan	5	38:53	140	That's low at
Gale				
Hetlage	5	38:40	132	
Himich	3	21:35	172	
Koesterer	5	41:45	128	
Lipinski	5	38:38	134	
Milnor	5	38:40	152	
Nolan	5	38:53	148	
Northcott	5	38:55	148	
Perry	5	40:00	160	
Poag				
Stauder				
Tajkowski	4	35:40	140	
Group C				
Coriell	4	34:15	160	
Correnti	4	31:10	166	
Heller	4	[illegible]	160	Time: 34:15
Hennes	4	36:06	156	
Joy	4	36:06	164	
Moritz	4	36:06	160	
Munsell	4	34:15	152	
Sprague	~~3~~	~~27:45~~	168	4 36:36
Staley	~~3~~	~~27:45~~	160	4 36:36
Swiecicki	4	31:10	156	
Thomas	4	35:24	168	
Voras	4	36:06	152	
Group D				
Booher	3	25:22	144	
Callahan	3	25:23	144	
Catalano	2	17:22	160	
Galli	3	24:18	180	
Gordon	3	28:36	136	
Hartung				
Johnson, M	3	28:10	120	
Johnson, T	3	21:27	190	
Kanady	3	25:50	160	

Group D	Mileage	Time	Pulse	Comments
McIntyre	3	27:15	164	
McLaughlin	3	23:13	160	
Mittendorf	3	25:20	160	
Nuccio	3	23:33	212	
Pace	3	27:37	176	
Pitti, C	3	25:22	160	
Pitti, L	3	25:22	168	
Reilly	3	27:15	140	
Rizzo	2	17:07	172	
Ruyle	3	28:02	148	
Schmitt	2	20:16	160	
Scott	3	21:24	176	
Seal	2	16:05	164	
Sommers	3	25:48	147	
Song	2	16:26	170	
Spence	3	26:51	176	
Uhlenbrock	3	23:33	184	
VanBree	3	27:14	184	
Witzofsky	1	7:05	160	
Group E				
Andrew	2	17:01	181	
Bock	2	15:10	176	
Devoll	2	16:05	185	
Dillon	2	15:10	180	
Floretta	2	17:05	164	
Friedrichs	2	17:01	146	
Garcia	2	17:12	170	
Gatewood	2	18:01	166	
Gomric				
Heard				
Krieger	3	24:18	172	
Labarge	2	17:40	160	
Mark				
Marx	2	17:20	172	
May	2	16:52	170	

Not sure of cause... maybe lack of sleep. cool down on Tuesday. Well, I'll shut my festering yap now :)

Date: 9-4-16 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments
Burka	3	20:16		
Gunn				
Kelly		40:00		Bike
Laughlin	3	hella slow		
Leeker	5	38:45	-	
Group B				
Buehring				
Connaghan	3	-		
Gale				
Hetlage				
Himich				
Koesterer	3	-		
Lipinski		30:00		Biked
Milnor	3	-		
Nolan				
Northcott	2	-	+ swimming	
Perry	2	-	-	
Poag				
Stauder				
Tajkowski	3	25:24		
Group C				
Coriell				
Correnti				
Heller				
Hennes				
Joy				
Moritz				
Munsell				
Sprague				
Staley				
Swiecicki				
Thomas				
Voras				
Group D				
Booher	2			
Callahan	2	10:00		
Catalano				
Galli				
Gordon				
Hartung				
Johnson, M				
Johnson, T				
Kanady				

Biked 30 minutes

Group D	Mileage	Time	Pulse	Comments
McIntyre				
McLaughlin	2			
Mittendorf				
Nuccio				
Pace				
Pitti, C	10			bike
Pitti, L	10			bike
Reilly				
Rizzo				
Ruyle				
Schmitt				
Scott				
Seal				
Sommers				
Song				
Spence				
Uhlenbrock				
VanBree				
Witzofsky				
Group E				
Andrew				
Bock				
Devoll				
Dillon				
Floretta				
Friedrichs				
Garcia				
Gatewood				
Gomric				
Heard				
Krieger				
Labarge				
Mark				
Marx				
May	2			

Date: 9-5-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=6 B=5 C=4 DE=3 / Strides/ Hurdle Mobility/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:58	164	
Gunn	5	36:04	172	
Kelly	6	43:58	156	
Laughlin	6	43:58	172	
Leeker	6	43:58	164	
Group B				
Buehring	ABSENT			
Connaghan	5	37:35	180	RIGHT CALF
Gale	CROSS-TRAIN			
Hetlage	5	36:04	148	
Himich	4	29:40	176	
Koesterer	5	36:53	180	
Lipinski	5	37:31	156	
Milnor	5	36:04	164	
Nolan	5	39:05	148	
Northcott	5	38:24	168	
Perry	5	42:00	156	
Poag	ABSENT - EXCUSED			
Stauder	ABSENT - EXCUSED			
Tajkowski	5	39:37	180	
Group C				
Coriell	4	30:43	180	
Correnti	4	32:38	172	
Heller	4	34:38	160	
Hennes	4	31:25	176	
Joy	4	30:43	180	
Moritz	4	34:35	168	
Munsell	4	31:25	176	
Sprague	ABSENT			
Staley	4	34:38	176	
Swiecicki	4	30:43	176	
Thomas	4	30:43	184	
Voras	4	31:44	176	
Group D				
Booher	3	21:55	192	
Callahan	3	22:49	176	
Catalano	3	22:01	164	
Galli	3	27:46	160	
Gordon	3	25:01	156	
Hartung	ABSENT			
Johnson, M	ABSENT			
Johnson, T	3	23:05	172	
Kanady	3	27:59	160	

Group D	Mileage	Time	Pulse	Comments
McIntyre	3	25:55	168	
McLaughlin	3	22:38	160	
Mittendorf	3	24:38	170	
Nuccio	2	17:00	180	SHIN SPLINTS
Pace	3	27:53	180	
Pitti, C	3	23:26	172	
Pitti, L	3	25:02	172	
Reilly	3	24:56	224	
Rizzo	3	25:15	186	
Ruyle	3	27:15	160	
Schmitt	ABSENT - EXCUSED			
Scott	ABSENT			
Seal	3	23:46	168	
Sommers	3	23:19	172	
Song	3	23:42	180	
Spence	3	23:12	168	
Uhlenbrock	3	22:49	194	
VanBree	3	25:09	208	
Witzofsky	2	17:05	172	
Group E				
Andrew	ABSENT - EXCUSED			
Bock	ABSENT - EXCUSED			
Devoll	3	25:19	200	
Dillon	3	25:10	144	
Floretta	ABSENT - EXCUSED			
Friedrichs	3	25:29	168	
Garcia	3	25:11	195	
Gatewood	3	26:43	164	
Gomric	ABSENT			
Heard	ABSENT			
Krieger	3	23:21	172	
Labarge	3	25:03	180	
Mark	ABSENT			
Marx	3	23:28	176	
May	3	26:07	190	

Date: 9-6-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=6 B=5 C=4 DE=3 with 3x1:00 pickups / Strides/ Weights/ Full Stretch/Jog SLUH

also dehydrated

Group A	Mileage	Time	Pulse	Comments
Burka	6 miles	4.6:39	177	
Gunn	5 miles	36:02	164	
Kelly	6 miles	45:36	168	h. pulse
Laughlin	6	no idea too dizzy and fog		
Leeker	6 miles	49:50	169	
Group B				
Buehring				
Connaghan	5 miles	40:31	172	
Gale				
Hetlage	5 miles	36:02	152	
Himich	4 miles	33:33	186	
Koesterer	5 miles	39:02	!!	
Lipinski				
Milnor	5 miles	36:40	168	
Nolan	5 miles	41:24	152	
Northcott	5 miles	42:00	149	I'm hot
Perry	4.7 miles	39:30	168	Pain :)
Poag				
Stauder	5k	27:06	200	Recover
Tajkowski	5 miles	42:00	184	
Group C				
Coriell	4.3 miles	35:00	180	
Correnti	4 miles	30:37	176	
Heller	5k	35:00	170	
Hennes	4.3 miles	35:00	178	
Joy	4 miles	34:54	180	
Moritz	4 miles	34:15	168	
Munsell	4 miles	34:05	168	
Sprague	5k 4 miles	33:36	186	
Staley	4 miles	30:05	196	
Swiecicki	4 miles	30:47	186	
Thomas	4 miles	30:27	186	
Voras	4 miles	34:54	176	
Group D				
Booher	5k	26:15	184	
Callahan	5k	28:45	184	
Catalano				
Galli	5k	29:03	180	
Gordon	5k	32:15	160	
Hartung	5k	28:53	210	
Johnson, M	2.5	26:30	109	
Johnson, T	5k	26:15	~	
Kanady	5k	31:07	180	

Group D	Mileage	Time	Pulse	Comments
McIntyre	5k	29:13	167	
McLaughlin	5k	27:40	176	
Mittendorf	5k	26:15	172	
Nuccio	5k	29:15	208	Its hot
Pace	5yo	—	—	Total 5.4 53:45
Pitti, C	5k	25:53	180	
Pitti, L	5k	30:34	209	
Reilly	5k	27:40	180	
Rizzo	5k	30:00	192	chest
Ruyle	5k	31:30	160	
Schmitt				
Scott	5k	24:40	175	
Seal	5k	30:00	188	
Sommers	5k	26:33	176	
Song	5k	27:40	180	
Spence				
Uhlenbrock	5k	26:40	192	
VanBree	5k	32:56	201	
Witzofsky	2	19:09	164	
Group E				
Andrew	3 miles	33:15	198	
Bock	3 miles	30:19	202	beat
Devoll	5k	29:15	200	
Dillon	5k	29:53	180	
Floretta	5k	34:30	176	
Friedrichs	5k	34:30	186	
Garcia	5k	29:08	198	
Gatewood	5k	32:07	160	
Gomric	5k	29:30	168	
Heard				
Krieger	5k	26:15	160	
Labarge	1.5	~	~	heal pain
Mark	1	9:30	168	
Marx	5k	31:00	201	
May	5k	28:30	186	

heat index had to be >105

Date: 9-7-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=6 B=5 C=4 DE=3 / Strides/HURDLES ~~Weights~~/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	45:00	124	
Gunn	5	38:12	152	
Kelly	6	44:32	156	
Laughlin	6	44:32	176	
Leeker	6	44:32	160	
Group B				
Buehring	CROSS TRAIN			
Connaghan	5	40:14	160	
Gale	CROSS TRAIN			
Hetlage	5	36:02	152	
Himich	4	33:27	184	
Koesterer	5	36:34	144	
Lipinski	5	36:28	152	
Milnor	5	36:17	164	
Nolan	3	28:20	156	
Northcott	5	39:16	156	
Perry	5	43:40	164	
Poag	CROSS TRAIN			
Stauder	3	28:40	180	
Tajkowski	5	39:18	160	
Group C				
Coriell	4	34:30	160	
Correnti	4	32:49	176	
Heller	4	32:35	164	
Hennes	4	35:20	164	
Joy	4	32:35	188	
Moritz	4	35:52	160	
Munsell	4	32:49	164	
Sprague	4	33:54	188	
Staley	4	36:26	184	TENDINITIS
Swiecicki	4	32:49	140	
Thomas	4	34:04	180	
Voras	4	34:04	168	
Group D				
Booher	3	25:33	168	
Callahan	3	30:12	176	
Catalano	3	27:09	186	
Galli	3	26:03	168	
Gordon	3	28:25	160	
Hartung	CROSS TRAIN			
Johnson, M	2	19:20	124	NOT FEELING GOOD
Johnson, T	3	22:55	180	
Kanady	4 R	25:10	140	STOPPED

Group D	Mileage	Time	Pulse	Comments
McIntyre	3	29:06	160	
McLaughlin	3	27:06	176	
Mittendorf	3	25:50	160	
Nuccio	CROSS TRAIN			
Pace	3	32:08	180	
Pitti, C	3	29:36	192	
Pitti, L	3	30:18	196	
Reilly				
Rizzo	3	31:15	194	
Ruyle	3	31:05	140	
Schmitt				
Scott	3	22:40		
Seal	3	29:44	188	
Sommers	3	27:05	186	
Song	3	29:05	200	
Spence	3	31:33	164	
Uhlenbrock	3	27:09	180	
VanBree	3	29:04	196	
Witzofsky	2	19:00	168	
Group E				
Andrew	3	31:51	202	
Bock				
Devoll	3	29:42	215	
Dillon	3	27:04	200	
Floretta	3	31:10	176	
Friedrichs	3	31:10	152	
Garcia	3	29:42	200	
Gatewood	3	29:45	158	
Gomric	3	31:10	168	
Heard	CROSS TRAIN			
Krieger	3	29:06	172	
Labarge	3	31:55	172	
Mark	3	29:06	172	
~~Mark~~				
Mark	1	9:08	172	RESTRICTED MILEAGE
MAY	3	29:13	183	

Date: 9-8-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=6 B=5 C=4 DE=3 / Drills/ Flying 200s/ Stability Weights/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:27	148	
Gunn	5	37:49	144	
Kelly	6	43:27	156	Patricia [illegible]
Laughlin	6	43:27	152	Get good
Leeker	6	43:27	160	Jacob
Group B				
Buehring	4	31:22	160	
Connaghan	5	36:32	176	
Gale				
Hetlage	5	36:32	144	
Himich	4	30:27	164	
Koesterer				
Lipinski	5	37:49	144	
Milnor	5	38:54	132	
Nolan	3	24:20	144	BACK PAIN
Northcott	5	39:05	184	
Perry	5	39:45	136	
Poag				
Stauder	5	43:57	176	
Tajkowski	5	39:49	160	
Group C				
Coriell	4	32:00	160	
Correnti	4	31:22	172	
Heller	3	22:30	176	
Hennes	4	33:27	172	
Joy	4	32:01	176	
Moritz	3		164	
Munsell	4	32:24	160	
Sprague	—			
Staley				
Swiecicki	4	31:22	156	
Thomas	4	31:22	160	
Voras	4	32:24	156	
Group D				
Booher	3	21:46	176	
Callahan	3	26:37	136	
Catalano	—			
Galli	3	26:07	160	
Gordon	3	27:23	140	
Hartung	—			
Johnson, M	2	17:16	136	
Johnson, T	3	21:34	180	
Kanady	2	17:12	120	

Group D	Mileage	Time	Pulse	Comments
McIntyre	3	26:20	164	
McLaughlin	3	26:38	160	
Mittendorf	3	21:50	176	
Nuccio	3	23:20	216	
Pace	3	27:07	196	
Pitti, C	3	26:06	168	
Pitti, L	3	26:06	184	
Reilly	3	23:06	180	
Rizzo	2	17:07	192	
Ruyle	3	27:22	152	
Schmitt	—			
Scott	3.3	22:20	176	
Seal	3	23:12	140	
Sommers	3	23:12	184	
Song	3	21:46	200	
Spence	3	26:02	156	
Uhlenbrock	3	22:40	184	
VanBree	3	24:18	192	
Witzofsky	—			
Group E				
Andrew	3	31:09	192	
Bock	—			
Devoll	3	24:14	185	
Dillon	3	24:14	160	
Floretta	3	27:32	172	
Friedrichs	3	27:21	148	
Garcia	3	29:39	180	
Gatewood	3	26:43	167	
Gomric	3	27:25	168	
Heard	3	24:08	200	
Krieger	3	22:33	164	
Labarge	3	27:21	172	
Mark	1	8:30	144	
Marx	3	25:36	160	
May	3	26:54	165	

Date: 9-9-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run AB=5 C=4 DE=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	5	36:47	160	
Gunn	5	37:42	160	
Kelly	5	36:47	164	
Laughlin	5	35:21	168	
Leeker	5	35:21	164	
Group B				
Buehring	4	32:05	164	
Connaghan	5	40:15	160	
Gale				
Hetlage	5m.	36:47	144	
Himich	4m.	31:47	176	
Koesterer				
Lipinski	5K	25:43		
Milnor	4M.	28:37	172	
Nolan	4K	N.T.	N.P.	
Northcott	4m	31:40	144	
Perry	4.5	34:00	156	
Poag				
Stauder	4M.	38:39	160	
Tajkowski	5m	40:53	160	
Group C				
Coriell	4m	32:08	160	
Correnti	4m	31:53	168	
Heller	4m.	33:04	156	
Hennes	4	34:16	176	
Joy	4m	35:14	176	
Moritz	4	34:16	160	
Munsell	4m.	32:08	152	
Sprague	4M.	34:06	184	
Staley	4M.	34:06	172	
Swiecicki	4m.	34:53	160	
Thomas	4m.	35:14	180	
Voras	4m.	35:14	164	
Group D				
Booher				
Callahan				
Catalano				
Galli	3K	17:30		
Gordon	3K	17:50	160	
Hartung				
Johnson, M	2	N.T.	N.P.	
Johnson, T				
Kanady	2	16:52	168	

Group D	Mileage	Time	Pulse	Comments
McIntyre	5K	26:43	170	
McLaughlin	3K	17:20	160	
Mittendorf	3K	16:30		
Nuccio				
Pace	3M	29:38	180	
Pitti, C	5K	25:43	N.P.	
Pitti, L	5K	28:45	192	
Reilly	3K	16:29	160	
Rizzo	2	16:52	158	
Ruyle	3M	29:15	140	
Schmitt				
Scott	3K	16:29	160	
Seal				
Sommers	5K	26:43	160	
Song				
Spence	3M	29:50	152	
Uhlenbrock				
VanBree	3K		192	16:00
Witzofsky	5K	30:55	172	
Group E				
Andrew				
Bock	JOG			
Devoll	3K	17:38	188	
Dillon	3K	16:32	160	
Floretta	3K	17:20	172	
Friedrichs	3K	17:30	160	
Garcia	3K	17:54	160	
Gatewood	3K	17:55	175	
Gomric	3K	17:55	165	
Heard	✓			
Krieger	3K	17:40	174	
Labarge	3K	17:50	172	
Mark	✓			
Marx	5K	26:43	176	
May	✓			

Date: 9-11-16 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3.5	24:40			McIntyre				
Gunn					McLaughlin				
Kelly					Mittendorf				
Laughlin					Nuccio				
Leeker					Pace				
					Pitti, C				
Group B					Pitti, L				
Buehring					Reilly				
Connaghan					Rizzo				
Gale					Ruyle				
Hetlage					Schmitt				
Himich					Scott				
Koesterer					Seal				
Lipinski		30:00		Bike	Sommers				
Milnor					Song				
Nolan					Spence				
Northcott					Uhlenbrock				
Perry		30:00		Bike	VanBree				
Poag					Witzofsky				
Stauder									
Tajkowski					**Group E**				
					Andrew				
					Bock				
Group C					Devoll				
Coriell					Dillon				
Correnti					Floretta				
Heller					Friedrichs				
Hennes					Garcia				
Joy					Gatewood				
Moritz					Gomric				
Munsell					Heard				
Sprague					Krieger				
Staley					Labarge				
Swiecicki					Mark				
Thomas					Marx				
Voras					May				
Group D									
Booher									
Callahan									
Catalano									
Galli									
Gordon									
Hartung									
Johnson, M									
Johnson, T									
Kanady									

Date: 9-12-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	10	70:15	140	
Gunn	10	73:42	168	
Kelly				
Laughlin	10.2	72:56	164	FROM BACK TO HELP A FRESHMAN LOST
Leeker	10	70:42	160	
Group B				
Buehring	5	44:25	172	TWISTED AN
Connaghan	8	58:58	148	
Gale				
Hetlage	8	53:31	148	
Himich	5	38:34	176	
Koesterer				
Lipinski	8	52:40	136	
Milnor	8	52:40	172	
Nolan	5.5	47:56	152	
Northcott	8	59:57	148	
Perry	8	58:30	160	
Poag				
Stauder	8	65:41	180	
Tajkowski	8	59:32	156	
Group C				
Coriell	6	46:46	180	
Correnti	6	50:59	172	KNEE PAIN
Heller	6	50:03	172	
Hennes	6	46:46	180	
Joy	6	52:01	180	
Moritz	6	51:33	176	
Munsell	6	47:42	168	
Sprague				
Staley				
Swiecicki	6	46:46	176	
Thomas	6	52:01	180	
Voras	6	52:01	172	
Group D				
Booher	5	39:36	164	
Callahan	5	52:07	156	
Catalano	5	40:09	194	
Galli	5	48:26	160	
Gordon	5	43:07	172	
Hartung				
Johnson, M	5	49:52	172	
Johnson, T	5	47:18	184	
Kanady	5	42:38	188	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	33:19	176	
McIntyre	5	45:56	169	
McLaughlin	5	41:11	176	
Mittendorf	5	49:35	135	KNEES HURT
Nuccio	5	44:25	224	
Pace	5	42:27	200	
Pitti, C				
Pitti, L	5	50:00	196	
Reilly	5	41:34	160	
Rizzo				
Ruyle	5	48:20	172	
Schmitt				
Scott	5	47:23	160	WRONG TURNS
Seal	5	48:26	168	
Sommers	5	43:44	172	
Song	5	39:36	190	
Spence	5	39:32	168	
Uhlenbrock	5	42:07	156	
VanBree	5	43:09	192	
Witzofsky	4	38:07	176	
Group E				
Andrew				
Bock				
Devoll	4	36:27	200	
Dillon	5	41:16	160	
Floretta	4	36:51	160	
Friedrichs	4	36:28	148	
Garcia	4	34:11	160	
Gatewood	4	36:51	157	
Gomric	4	36:52	168	
Heard				4 total on his own
Labarge	4	33:42	164	
Mark	3	29:58	162	
Marx	4	36:28	176	
May	4	37:27	177	

Date: 9-13-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups /Top 7: Normal Aerobic and Strides Groups 12:5-6xmile @ 10K Groups 345: 3-4xmile @ 5K with 3:30 rest, 3x150 / Strengthening or Weights/ Full Stretch/ Jog SLUH

Top 7	Mileage	Time	Pulse	Comments
Burka	8	58:17	132	
Hetlage	6	42:47	144	
Kelly				On his own 8 total 55:36
Laughlin	8	57:58	168	
Leeker	8	58:30	168	
Lipinski	6	46:59	138	☹ I also Miss Will
Milnor	6	44:35	160	

Group 1	Pace	Mile	Mile	Mile	Mile	Mile	Mile	Comments
Gunn	6:10	5:58	6:08	5:57	5:59	5:58	6:03	8 miles total
Group 2	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**Mile**	**Mile**	**Comments**
Booher	6:25	6:26	7:10	7:02	7:37			
Buehring	6:25	6:02	6:29	8:25				
Connaghan	6:25	6:03	6:37	6:24	6:40	6:33	6:35	
Correnti	6:25	6:34	7:17			6:41	7:05	
Heller	6:25	6:12	6:51	7:07	7:49			IT 6 total
Hennes	6:25	6:10	6:51	7:04	7:42	6:47	7:48	
Himich	6:25	6:04	6:40	6:41	7:13	6:45		
Johnson, T	6:25							
Nolan	6:25							
Northcott	6:15	6:01	6:11	5:58	6:10	6:02	6:22	
Perry	6:25	6:07	6:31	6:07	6:20	6:11	6:37	
Scott	6:25	6:03	6:29	6:06	6:15			
Swiecicki	6:25	6:14	7:04	7:01	7:37			
Tajkowski	6:25	6:05	6:37	6:13	6:35	6:20	6:29	
Thomas	6:25	6:14	7:04	7:08	7:57			

Group 3	Pace	Mile	Mile	Mile	Mile	Comments
Callahan		6:30	7:07	7:45	7:31	
Catalano		6:18	6:56	7:30	7:53	
Coriell		5:54	6:25	6:38	7:18	
Galli		6:24	7:35	7:07	8:18	
Gordon		6:29	7:30	7:21	8:07	
Hartung						
Johnson, M	29:20	3 miles	148			
Joy		6:29	7:18			Shin splints
Krieger		6:30	7:15	7:09	7:40	
McLaughlin		6:17	6:39	6:12	6:50	
Mittendorf		6:20	7:04	6:53	7:25	
Munsell		6:07	6:35	6:24	7:00	
Reilly		6:22	6:57	6:31	7:14	
Rizzo						Sick
Ruyle						Funeral
Seal		6:37	7:45	7:22	8:37	
Song		6:18	7:21	7:06	7:09	
Sprague						XT?
Staley						XT?

Pitti C NT 2m ✓

Date: 9-13-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups /Top 7: Normal Aerobic and Strides Groups 12:5-6xmile @ 10K Groups 345: 3-4xmile @ 5K with 3:30 rest, 3x150 / Strengthening or Weights/ Full Stretch/ Jog SLUH

Stauder		6:36	7:16	7:09	7:29	
Thomas						
Uhlenbrock		6:36	7:16	6:56	7:33	
VanBree		6:33	7:13	7:24	8:09	
Voras		6:22	7:18	6:48	7:21	
Group 4	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**Comments**
Andrew		7:49	8:43	9:31	—	
Bock		6:30	7:40	9:23	—	
Dillon		6:29	7:01	7:30	—	
Floretta		7:35	8:01	8:17	7:25	
Friedrichs		7:29	7:47	8:18	8:21	
Gatewood		7:45	8:13	8:18	8:27	
Gomric		7:45	7:54	8:09	8:35	
Heard		6:16	7:20	7:25	8:09	
Kanady		7:15	8:20	—	—	
Labarge		7:31	7:59	8:33	—	
May		7:47	8:09	8:22	8:37	
McIntyre		6:38	7:07	7:20	7:41	
Moritz		7:24	7:40	7:46	8:27	
Nuccio		—	—	—	—	
Pace		7:08	7:33	8:06	—	
Pitti, C		—	—	—	—	
Pitti, L		7:27	8:00	8:37	—	
Schmitt		3 MILES	—	—	—	3 MILES AEROBIC
Sommers		6:36	7:10	7:17	—	
Spence		6:36	6:50	6:54	7:28	
Group 5	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**Comments**
Devoll		7:34	8:01	8:07	8:31	
Garcia		7:12	7:35	7:31	8:15	
Hunkins		—	—	—	—	
Marx		6:36	7:38	7:43	—	
Mark		8:18	9:15	—	—	
IR						
Koesterer						
Poag						
Gale						
Witzofsky		7:47	8:53	—	—	

5:45 PACE
2 MIN REST

Date: 9-14-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Core/ Top 7: 6xmile @ 10K pace Everyone Else Aerobic Run A=10 B=8 C=6 D=5 E=4 / ~~Strides~~ HURDLES/ Full Stretch/Jog SLUH

Top 7	Pace	Mile	Mile	Mile	Mile	Mile	Mile	Comments
Burka	5:45	5:43	5:51	5:46	5:52	5:40	5:24	
Kelly	5:45	5:42	5:49	5:46	5:52	5:40	6:08	
Laughlin	5:45	5:43	5:50	5:46	5:52	5:40	6:01	
Leeker	5:45	5:43	5:51	5:46	6:04	5:40	6:19	
Hetlage	5:45	5:43	5:50	6:11	—	5:40	—	Stomach Cramps
Lipinski	5:45	5:54	6:06	5:58	6:42	—	5:48	Legs Heavy
Milnor	5:45	5:43	5:51	5:46	5:52	5:40	5:49	

Group A	Mileage	Time	Pulse	Comments
Gunn	8	~~[illegible]~~ 63:45	160	
Group B				
Buehring	5	40:19	142	
Connaghan	6	45:17	180	SHARP RT. ANKLE PAIN
Gale	INJURED			
Himich	5	36:34	180	
Koesterer	INJURED			
Nolan	INJURED			
Northcott	6	49:17	144	ATE TOO MUCH
Perry	6	49:00	156	
Poag	3	23:47	192	
Stauder				
Tajkowski	6	48:53	160	
Group C				
Coriell	5	41:55	180	LIGHTHEADED
Correnti	3	24:15	164	
Heller	5	38:45	168	
Hennes	5	40:46	168	
Joy	4	32:26	164	
Moritz	5	45:57	172	
Munsell	5	41:09	152	
Sprague	CROSS TRAIN			
Staley	CROSS TRAIN			
Swiecicki	5	41:18	152	
Thomas	5	40:22	188	
Voras	5	40:46	176	
Group D				
Booher	4	30:35	160	
Callahan	STUDY DAY			
Catalano	4	30:35	160	
Galli	4	35:35	160	
Gordon	4	38:52	140	
Hartung	DOCTOR			
Johnson, M	4	37:10	184	
Johnson, T	4	29:53	176	

Group D	Mileage	Time	Pulse	Comments
Kanady	3	29:29	164	
Krieger	4	32:23	172	
McIntyre	4	36:40	169	
McLaughlin	4	31:15	160	
Mittendorf	4	40:22	140	
Nuccio	CROSS TRAIN			?
Pace	4	37:27	180	
Pitti, C				
Pitti, L	4	32:50	180	
Reilly	4	38:52	136	
Rizzo	2	18:31	192	ABDOMEN
Ruyle	4	39:40	160	
Schmitt	3	30:26	168	
Scott				ON HIS OWN STOTAL
Seal	4	38:16	148	
Sommers	4	33:33	164	
Song	4	30:56	192	
Spence	4	34:33	164	
Uhlenbrock	4	32:16	180	
VanBree	4	32:43	192	
Witzofsky	3	27:23	176	
Group E				
Andrew	3	24:52	187	
Bock				
Devoll	3	26:18	180	
Dillon	4	31:43	164	
Floretta	3	26:53	164	
Friedrichs	3	26:53	156	
Garcia	3	24:46	160	
Gatewood	3	25:56	165	
Gomric	3	25:40	168	
Heard	CROSS TRAIN			
Labarge	3	26:35	176	
Mark	1 MI.	8:15	180	AROUND BASEBALL FIELD
Marx	RAN EARLIER			
May				

Date: 9-15-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=10 B=8 C=6 D=5 E=4 / Drills/ Flying 200s/ Stability Weights/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	5	39:16	122	KNEE PAIN
Gunn	8	NO WATCH	164	
Kelly				ONLY 4 miles
Laughlin	8	56:25	168	
Leeker	8	56:25	160	
Group B				
Buehring	4.5	37:15	140	RAN W/ PERFY
Connaghan	6	47:59	152	RIGHT ANKLE SPRAINS
Gale	CROSS TRAIN			
Hetlage	2	14:46	—	
Himich	5	38:48	172	
Koesterer	CROSS TRAIN			
Lipinski	6	44:45	152	
Milnor	6	44:45	156	
Nolan	CROSS TRAIN			
Northcott	6	44:45	168	
Perry	4.5	37:15	144	LOWER LEFT LEG PAIN
Poag	CROSS TRAINING			
Stauder	6	51:59	184	
Tajkowski	6	46:07	160	
Group C				
Coriell	5	40:00	180	
Correnti	4	32:23	176	
Heller	5	39:58	172	
Hennes	5	41:49	164	
Joy	4	36:30	172	
Moritz	5	42:37	176	
Munsell	5	39:58	156	
Sprague	CROSS TRAIN			
~~Stacy~~				
Swiecicki	5	39:58	168	
Thomas	5	40:41	184	SPRAINED LEFT ANKLE
Voras	4	36:30	164	
Group D				
Booher				
Callahan	4	33:42	168	
Catalano	4	37:51	160	
Galli	4	35:47	160	
Gordon	4	35:47	140	
Hartung	CROSS TRAIN			
Johnson, M	3	28:26	168	
Johnson, T	~~3~~ 4	30:12	174	
Kanady	2	15:11	164	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	31:00	200	
McIntyre	4	37:35	160	
McLaughlin	4	33:35	160	
Mittendorf	4	30:10	184	
Nuccio	2.5	20:45	168	
Pace	4	37:42	160	
Pitti, C				
Pitti, L	4	37:06	184	
Reilly	4	30:50	176	
Rizzo	2	15:11	174	
Ruyle	4	37:59	156	
Schmitt	3	29:37	164	
Scott	4	28:08	180	
Seal	CROSS TRAIN			
Sommers	4	35:51	164	
Song	4	31:36	180	
Spence	4	36:57	156	
Uhlenbrock	4	33:20	160	
VanBree	4	33:03	192	
Witzofsky	3	26:23	172	
Group E	3	25:50	188	
Andrew				
Bock				
Devoll	3	24:37	185	
Dillon	4	31:36	160	
Floretta	2	15:19	176	TROUBLE BREATHING
Friedrichs	3	25:30	168	
Garcia	3	25:47	160	
Gatewood	3	26:44	167	
Gomric	3	24:56	172	
Heard	CROSS TRAIN			
Labarge	3	26:21	156	
Mark				
Marx	3	28:50	160	
May	3	26:32	180	

Date: 9-16-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=6 (200m past DesPeres B=5 (Lindell and Skinker) C=4 (Aberdeen Pl) DE=3 (Skinker) / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
		60 MIN					40 MIN.		
Burka					Krieger			172	
Gunn			144		McIntyre			152	
Kelly			136		McLaughlin			176	
Laughlin			148		Mittendorf			140	
Leeker			128		Nuccio				
					Pace			136	
Group B		55 MIN			Pitti, C				
Buehring			132		Pitti, L			164	
Connaghan			148		Reilly			144	
Gale					Rizzo				
Hetlage					Ruyle			140	
Himich		45	140		Schmitt			152	
Koesterer		55			Scott			140	
Lipinski			128		Seal				
Milnor			136		Sommers			148	
Nolan					Song			190	
Northcott			136		Spence			168	
Perry			124		Uhlenbrock			164	
Poag					VanBree			188	
Stauder			156		Witzofsky				
Tajkowski			148				40 MIN		
			~~148~~		**Group E**				
					Andrew				
Group C		45 MIN			Bock				
Coriell			180		Devoll			160	
Correnti			144		Dillon			160	
Heller			136		Floretta			164	
Hennes			160		Friedrichs			156	
Joy			140		Garcia			160	
Moritz			148		Gatewood			162	
Munsell			148		Gomric			160	
Sprague					Heard				
Staley					Labarge			148	
Swiecicki			144		Mark			162	
Thomas			CROSS-TRAIN		Marx			164	
Voras			148		May			162	
		40 MIN							
Group D									
Booher			156						
Callahan			136						
Catalano			156						
Galli			160						
Gordon			148						
Hartung									
Johnson, M			156						
Johnson, T			162						
Kanady			164						

40 MIN RUN
15 MIN BIKE

Date: 9-18-16 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka		25:00		Bike	Krieger				
Gunn					McIntyre				
Kelly	0				McLaughlin				
Laughlin					Mittendorf				
Leeker					Nuccio				
					Pace				
Group B					Pitti, C				
Buehring					Pitti, L				
Connaghan					Reilly				
Gale					Rizzo				
Hetlage	3				Ruyle				
Himich					Schmitt				
Koesterer					Scott				
Lipinski	0				Seal				
Milnor					Sommers				
Nolan					Song				
Northcott		30:00		Bike	Spence				
Perry		30:00		Bike	Uhlenbrock				
Poag					VanBree				
Stauder					Witzofsky				
Tajkowski									
					Group E				
					Andrew				
Group C					Bock				
Coriell					Devoll				
Correnti					Dillon				
Heller					Floretta				
Hennes					Friedrichs				
Joy					Garcia				
Moritz					Gatewood				
Munsell					Gomric				
Sprague					Heard				
Staley					Labarge				
Swiecicki					Mark				
Thomas					Marx				
Voras					May				
Group D									
Booher									
Callahan									
Catalano									
Galli									
Gordon									
Hartung									
Johnson, M									
Johnson, T									
Kanady									

Date: 9-19-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	10	73:15	156	
Gunn	10	74:46	164	
Kelly	10	72:35	168	
Laughlin	10	72.35	160	
Leeker	10	72:54	172	
Group B				
Buehring	4	33:18	152	
Connaghan	8	62:50	180	r. ankle/calf
Gale				
Hetlage	8	53 53	148	Core felt pretty good
Himich	6	47:54	176	
Koesterer	2	15:26	132	
Lipinski	8	57:44	164	
Milnor	8	54:07	184	Made it to Waterfall today!
Nolan	2	16:50	152	
Northcott	8	53:34	176	
Perry	8	63:00	164	
Poag				
Stauder	8	66:32	180	Reliable
Tajkowski	8	61:29	168	r
Group C				
Coriell	6	47:31	180	
Correnti	6	50:35	180	
Heller	6	47:50	172	
Hennes	6	47:52	180	
Joy	5	46 44	172	
Moritz	6	53:13	168	
Munsell	6	47:52	172	
Sprague				
Staley				
Swiecicki	6	50:35	168	
Thomas	6	50:27	180	
Voras	5	46:44	168	
Group D				
Booher	5	40:27	172	
Callahan	4	38:55	152	
Catalano				
Galli	5	47:39	160	
Gordon	5	46:15	172	
Hartung				
Johnson, M	5	51:09	184	
Johnson, T				4 miles
Kanady				3 laps around field

Group D	Mileage	Time	Pulse	Comments
Krieger	5	40:25	184	
McIntyre	5	48:31	164	
McLaughlin	5	45:30	176	
Mittendorf	5	40:11	176	
Nuccio				
Pace				3 laps around field
Pitti, C				
Pitti, L	5	48:37	180	
Reilly	5	41:20	176	
Rizzo				3 laps around field
Ruyle	5	48:03	160	
Schmitt	4	40:20	180	
Scott	5	35:45	148	
Seal	2	21:30	140	
Sommers	5	46:17	168	
Song	5	40:20	180	
Spence	5	47:13	160	knees
Uhlenbrock	5	41:20	160	
VanBree	5	44:50	196	
Witzofsky	5	50:34	176	
Group E				
Andrew	4	35:50	192	
Bock	4	33:57	183	
Devoll	4	35:25	216	
Dillon	5	4[illegible]	164	43:17
Floretta	4	36:34	176	
Friedrichs	4	33:12	160	
Garcia				
Gatewood	4	35:12	168	
Gomric	4	36:33	168	
Heard	5	47:02	200	
Labarge				
Mark	2	21:30	142	
Marx	4	35:35	168	
May	4	34:19	183	

Date: 9-20-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Groups 12=6x800-200 @5K-1600 pace Groups 345=6x800 / 3x150/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Group 1	Pace	800 (1)	200	800 (2)	200	800 (3)	200	800 (4)	200	800 (5)	200	800 (6)	200	Com
Burka	2:35-35	241	34	237	35	236	35	235	34	234	34	235	34	8
Hetlage	2:35-35	240	33	232	35	233	34	233	33	240	33	—		7.5
Kelly	2:35-35	239	34	245	35	253	35	254	36	—		240	32	7 ... really don't know why Jonas [illegible] today?
Laughlin	2:35-35	241	34	237	35	238	34	239	34	244	34	245	35	8
Gunn	2:40-35	243	35	242	35	237	35	235	35	233	35	240	35	8 miles
Leeker	2:40-35	243	33	245	36	250	36	252	36	315	35	305	35	1.75
Lipinski	2:40-35	240	33	257	35	243	34	244	33	247	33	246	32	7.75
Milnor	2:40-35	240	34	235	35	237	35	237	34	234	33	235	33	7.5 mi tot
Scott	2:40-35	243	35	238	35	238	34	241	34	247	33	243	32	5.75
Group 2	**Pace**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**Com**
Booher	2:50-35	252	36	248	37	253	31	259	38	300	37	253	36	5.75
Northcott	2:50-35	—		—		—		—		—		—		
Tajkowski	2:50-35	253	36	248	38	255	38	301	38	300	37	255	36	6.75
Buehring	3:00-37	250	35	257	DNF	—		—		—		—		
Connaghan	3:00-37	—		—		—		—		—		—		
Himich	3:00-37	256	39	259	40	305	41	307	39	308	39	308	39	6.75
Koesterer	3:00-37	251	36	247	35	323	36	—		—		—		
Krieger	3:00-37	259	39	300	42	311	46	317	41	328	41	328	43	5.75
Munsell	3:00-37	256	38	255	40	302	39	305	39	311	39	321	39	6.75
Perry	3:00-37	257	37	257	37	258	36	257	35	255	34	255	30	6.25
Thomas	3:00-37	258	40	300	41	307	42	—		—		306	30	
Coriell	3:05-37	254	39	259	43	309	45	322	47	—		310	40	6.75 minus 800 pace
Correnti	3:05-37	300	39	259	40	303	40	302	39	301	37	256	36	6.25
Heller	3:05-37	256	38	259	41	309	44	315	45	—		307	37	7
Hennes	3:05-37	255	39	253	39	253	37	252	36	301	37	253	35	7
Swiecicki	3:05-37	300	39	258	40	304	40	302	38	302	37	256	29	6.25

Group 3	800	800	800	800	800	800	Comments
Callahan	3 23	3 18	3 19	3 26	3 37	3 14	
Catalano	3 11	3 07	3 10	3 14	3 14	3 08	
Dillon	3 10	3 07	3 12	3 14	3 15	3 16	
Gordon	3 16	3 16	3 17	3 25	3 32	3 11	
Johnson, T	—					—	Fr. Service
Joy	3 03	2 58	2 56	3 03	3 00	—	Hip Problem
McLaughlin	309	3 06	3 10	3 12	3 14	3 06	
Mittendorf	303	2 58	2 55	3 03	3 00	3 08	
Reilly	317	3 11	3 19	3 23	3 15	3 12	
Sommers	3 19	3 14	3 16	3 10	3 15	3 12	
Spence	3 15	3 17	3 12	3 25	3 34	3 30	
Voras	3 19	3 17	3 17	3 19	3 08	3 12	

See DR. tomor.

Date: 9-20-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Groups 12=6x800-200 @5K-1600 pace Groups 345=6x800 / 3x150/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Group 4	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Floretta	3:14	3:22	3:33	3:37	3:44	3:25	
Galli	3:10	3:05	3:09	3:09	3:15	3:25	
Labarge							Hamstring
Marx	3:16	3:24	3:24	3:30	3:36	3:39	
May	3:38	3:36	3:36	3:37	3:40	3:48	
McIntyre	3:16	3:17	3:10	3:14	3:15	3:20	
Pitti, C							Sick
Pitti, L	3:11	3:06	3:14	3:19	3:17	3:15	
Ruyle	3:21	3:30	3:38	3:38	3:52	3:45	
Song	3:14	3:13	3:15	3:23	3:30	2:44	
Stauder	3:13	3:19	3:32	3:20	3:25	3:22	
Uhlenbrock	3:14	3:07	3:06	3:02	3:03	2:54	
VanBree	3:13	3:07	3:26	3:18	3:37	3:36	
Bock	3:22	3:31	3:36	4:30	4:37	4:28	4th crash and burn
Group 5	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Andrew	3:43	3:43	3:45	3:45	3:42	3:28	
Bock							
Devoll	3:25	3:15	3:24	3:28	3:39	3:46	
Friedrichs	3:37	3:40	3:35	3:33	3:36	3:23	
Garcia							
Gatewood	3:37	3:43	3:51	3:50	3:44	3:42	
Gomric	3:26	3:30	3:35	3:36	3:41	3:32	
Heard	3:23	3:30	3:37	3:43	3:52	3:37	ran with Group 4
Johnson, M	3:11	3:30	3:55	3:54	3:57	3:12	
Mark	3:58	4:04	4:27	4:25	4:25	4:06	
Moritz	3:13	3:11	3:20	3:19	3:28	3:21	
Pace	3:25	3:55	4:08	4:12	4:38	4:05	
Seal	3:37	3:42	4:00	4:07	4:09	3:48	
Injured							
Kanady							
Gale							
Hartung							
Nolan							
Nuccio							
Poag							
Rizzo							
Schmitt							
Witzofsky	3:40	3:48	3:49	3:52	3:54	3:51	

Date: 9-21-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Core / Aerobic Run A=8 B=6 C=5 D=4 E=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	58:56	124	
Gunn	8	58:56	160	
Kelly	8	58:33	148	Sums Vulgus
Laughlin	8	58:56	168	
Leeker	8	58:56	172	
Group B				
Buehring	4	34:09	152	
Connaghan	6	45:30	176	
Gale				
Hetlage	6	43:32	144	
Himich	6	45:35	176	
Koesterer	5ish	19:30	140	
Lipinski	6	43:32	136	
Milnor	6	43:32	164	
Nolan	4	32:45	148	"Feelin good"
Northcott	6	45:30	164	
Perry	6	47:20	160	
Poag				
Stauder	6	50:46	180	
Tajkowski	6	45:30	160	
Group C				
Coriell	5	39:05	180	
Correnti	5	40:26	180	
Heller	5	40:30		
Hennes	5	39:44	168	
Joy	5	39:25	168	
Moritz	5	40:52	168	
Munsell	5	39:05	152	
Swiecicki	5	39:25	160	
Thomas	5	38:42	180	
Voras	5	39:25	176	
Group D				
Booher	3.8	25:29	172	
Callahan				
Catalano				
Dillon	4	34:06	140	
Galli	4	35:35	168	
Gordon	4	32:30	156	
Hartung				
Johnson, M	4	34:09	180	
Johnson, T	4	30:50	186	
Kanady	One lap		160	

Group D	Mileage	Time	Pulse	Comments
Krieger	5	40:41	1 million	missed turn
McIntyre	4	34:30	171	
McLaughlin	4	31:42	176	
Mittendorf	4	31:43	172	
Nuccio	3.5	29:42	216	
Pace	4	35:36	188	
Pitti, C				
Pitti, L	4	34:09	172	
Reilly	4	34:40	160	
Rizzo	1 lap		178	
Ruyle	3	27:30	196	
Schmitt	3	26:8	168	
Scott	3.75	25:15	148	
Seal	2	18:30	136	
Sommers	4	32:30	164	
Song	4	34:30	180	
Spence				
Uhlenbrock	4	32:15	184	
VanBree	4	39:40	192	
Witzofsky	3	25:41	172	
Group E				
Andrew	3	26:17	172	
Bock				
Devoll	3	25:39	180	
Floretta	3	24:43	164	
Friedrichs	3	26:13	172	
Garcia	3	30:45	188	
Gatewood	3	24:43	187	
Gomric	3	26:23	168	
Heard	4	35:18	216	
Labarge	One lap		156	
Mark	3	30:45	172	
Marx	4	34:29	172	
May	3	27:27	183	

Poetze: 3 miles 47:08 213

Date: 9-22-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=8 B=6 C=5 D=4 E=3 / Drills/ Flying 200s/ Stability Weights/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:02	144	
Gunn	8	62:46	172	
Kelly	8	58:18	148	
Laughlin	8	58:18	156	
Leeker	8	58:18	176	
Group B				
Buehring	4	34:45	160	FELT SICK
Connaghan	6	45:52	160	
Gale	INJURED			
Hetlage	6	42:42	148	
Himich	6	46:33	168	
Koesterer	4	29:36	160	
Lipinski	6	46:22	132	
Milnor	6	43:41	164	
Nolan	4	33:20	152	BATHROOM BREAK
Northcott	6	45:52	168	
Perry	6	51:00	164	
Poag				
Stauder	6	51:00	176	
Tajkowski	6	45:52	164	
Group C				
Coriell	5	40:56	180	
Correnti	5	42:36	168	
Heller	5	40:58	160	
Hennes	5	43:26	156	
Joy	5	40:26	164	
Moritz	5	41:23	172	
Munsell	5	40:58	156	
Swiecicki	5	40:26	164	
Thomas	4	34:45	180	HIT ANKLE ON SEWER GRATE
Voras	4	34:14	168	
Group D				
Booher	4	28:57	164	
Callahan	4	33:32	152	
Catalano	4	29:24	168	
Dillon	4	29:58	164	
Galli	4	33:05	168	
Gordon	4	32:30	168	
Hartung	XT			
Johnson, M	4	34:07	180	
Johnson, T	2	14:45	164	
Kanady	1 Lap	7:08	180	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	32:30	168	
McIntyre	4	34:45	169	
McLaughlin	4	29:24	176	
Mittendorf	4	29:36	160	
Nuccio	2+	19:41	192	Heel (right)
Pace	4	37:02	180	
Pitti, C				
Pitti, L	4	34:07	188	
Reilly	4	33:32	148	
Rizzo	1 Lap	7:08	172	
Ruyle	4	36:52	168	
Schmitt	3	26:30	168	
Scott	4	27:27	172	
Seal	2	17:55	148	
Sommers	4	32:36	180	
Song	4	28:17	200	
Spence	4	32:39	164	
Uhlenbrock	4	29:58	188	
VanBree	4	32:55	192	
Witzofsky	EXCUSED			
Group E				
Andrew	3	26:37	187	
Bock	3	25:38	163	
Devoll	3	25:08	180	
Floretta	3	25:37	164	
Friedrichs	3	24:27	156	
Garcia	3	26:26	180	
Gatewood	3	25:36	173	
Gomric	3	25:59	168	
Heard	4	29:20	212	
Labarge	#2	16:44	160	
Mark	3	25:35	173	
Marx	4	32:33	168	
May	3	27:32	183	

Date: 9-23-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=6 B=5 CD=4 E=3 / Strides/ Full Stretch/Jog SLUH

Total Mileage

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	8			Palatine	Krieger	6			Palatine
Gunn	8			Palatine	McIntyre				
Kelly	8			Palatine	McLaughlin				
Laughlin	8			Palatine	Mittendorf				
Leeker	8			Palatine	Nuccio				
					Pace				
Group B					Pitti, C				
Buehring					Pitti, L				
Connaghan					Reilly				
Gale					Rizzo				
Hetlage	7	54:00		Palatine	Ruyle				
Himich	7	54:00		Palatine	Schmitt				
Koesterer					Scott	6			Palatine
Lipinski	7	54:00		Palatine	Seal				
Milnor	7	54:00		Palatine	Sommers				
Nolan					Song				
Northcott	7	54:00		Palatine	Spence				
Perry					Uhlenbrock				
Poag					VanBree				
Stauder					Witzofsky				
Tajkowski	7	54:00		Palatine					
					Group E				
					Andrew				
Group C					Bock				
Coriell					Devoll				
Correnti					Floretta				
Heller					Friedrichs				
Hennes					Garcia				
Joy					Gatewood				
Moritz					Gomric				
Munsell					Heard				
Swiecicki					Labarge				
Thomas					Mark				
Voras					Marx				
					May				
Group D									
Booher	6			Palatine					
Callahan									
Catalano									
Dillon									
Galli									
Gordon									
Hartung									
Johnson, M									
Johnson, T									
Kanady									

Date: 9-23-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run A=6 B=5 CD=4 E=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka				Palatine
Gunn				Palatine
Kelly				Palatine
Laughlin				Palatine
Leeker				Palatine
Group B				
Buehring	3.5	26:24	152	
Connaghan	5	37:48	160	RGT. ANKLE REALLY HURTS
Gale				
Hetlage				Palatine
Himich				Palatine
Koesterer	3	22:10	164	
Lipinski				Palatine
Milnor				Palatine
Nolan	3	24:07	152	
Northcott				Palatine
Perry	5	45:05	148	STOMACH ACHE
Poag				
Stauder	5	43:12	172	
Tajkowski				Palatine
Group C				
Coriell	4	32:37	180	
Correnti	4	35:55	156	
Heller	4	34:58	156	
Hennes	4	34:30	156	
Joy	4	35:16	152	
Moritz				RUN ON HIS OWN - REPORT LATER
Munsell	4	32:37	152	
Swiecicki	4	35:57	148	
Thomas	4	35:16	180	
Voras	4	35:16	164	
Group D				
Booher				Palatine
Callahan	3	24:05	144	
Catalano	3	22:22	168	
Dillon	3	23:13	140	
Galli	4	33:36	168	
Gordon	3	22:27	156	
Hartung				
Johnson, M	3	26:12	176	
Johnson, T	3	25:30	162	
Kanady	CROSS TRAIN			

Group D	Mileage	Time	Pulse	Comments
Krieger				Palatine
McIntyre	4	37:53	155	
McLaughlin	3	27:22	160	
Mittendorf	4	31:35	160	
Nuccio	CROSS TRAIN			
Pace	3	25:39	200	
Pitti, C				
Pitti, L	3	25:09	192	
Reilly	3	24:06	172	
Rizzo	CROSS TRAIN			
Ruyle	3	28:30	172	
Schmitt	3	27:11	172	
Scott	[illegible]	[illegible]		Palatine
Seal	2	20:11	132	
Sommers	4	32:37	184	
Song	3	24:05	180	
Spence	3	26:16	172	
Uhlenbrock	3	22:33	176	
VanBree	4	33:36	192	
Witzofsky				
Group E				
Andrew	3	27:11	187	
Bock				
Devoll	3	24:49	180	
Floretta	3	26:05	156	
Friedrichs	3	24:08	156	
Garcia	3	25:54	172	
Gatewood	3	26:06	173	
Gomric	3	26:05	168	
Heard	3	27:18	192	
Labarge	3	28:06	156	
Mark	3	27:28	172	
Marx	4	37:53	160	
May	2	17:24	180	

Date: 9-25-16 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka		20:00			Krieger				
Gunn	3	21:35			McIntyre				
Kelly	4.75	35:00			McLaughlin				
Laughlin	0	0	0		Mittendorf				
Leeker	-	-			Nuccio				
					Pace				
Group B					Pitti, C				
Buehring	4 (ish)	25 ish			Pitti, L				
Connaghan					Reilly				
Gale					Rizzo				
Hetlage	3	Walk/Run →			Ruyle				
Himich	30 min	~~Bike~~			Schmitt				
Koesterer					Scott				
Lipinski	30 m	hills	12 low	sup felt great!	Seal				
Milnor	30 min	biking +	lots of	homework	Sommers				
Nolan	walked	forever	∞		Song				
Northcott	Worked	10	hours		Spence				
Perry	30 min	biking			Uhlenbrock				
Poag					VanBree				
Stauder	2.5	-	-	Walk/Run	Witzofsky				
Tajkowski									
					Group E				
					Andrew				
Group C					Bock				
Coriell					Devoll				
Correnti					Floretta				
Heller					Friedrichs				
Hennes					Garcia				
Joy					Gatewood				
Moritz					Gomric				
Munsell					Heard				
Swiecicki					Labarge				
Thomas					Mark				
Voras					Marx				
					May				
Group D									
Booher									
Callahan									
Catalano									
Dillon									
Galli									
Gordon									
Hartung									
Johnson, M									
Johnson, T									
Kanady									

Date: 9-26-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups /Core/ Aerobic Run A=10 B=8 C=6 D=5 E=4 / Strides/ Full Stretch/Jog SLUH WE ARE A MOB

Group A	Mileage	Time	Pulse	Comments
Burka	10	73:04	132	
Gunn	10	73:04	156	
Kelly	10	73:04	152	SUMUS VULGUS
Laughlin	10	73:04	160	
Leeker	10	73:04	168	
Group B				
Buehring	8	55:58	160	
Connaghan	8	55:58	164	
Gale				
Hetlage	8	52:46	148	
Himich	8	56:35	176	
Koesterer				
Lipinski	6	42:50	152	
Milnor	8	55:58	164	
Nolan	~~8~~ 5	39:30	152	
Northcott	8	55:22	164	
Perry	8	62:00	136	
Poag				
Stauder	8	64:50	168	
Tajkowski	8	63:19	160	
Group C				
Coriell	6	44:09	180	
Correnti	6	47:15	168	
Heller	6	48:30	156	
Hennes	6	47:50	168	
Joy	6	48:57	172	
Moritz	6	48:20	160	
Munsell	6	47:01	152	
Swiecicki	6	47:46	168	
Thomas	6	45:18	186	
Voras	6	42:15	168	
Group D				
Booher	5	38:27	168	
Callahan	5	39:39	176	
Catalano	4	33:30	130	
Dillon	5	42:03	140	
Galli	5	43:57	160	
Gordon	5	41:09	160	
Hartung				
Johnson, M	5	41:08	188	
Johnson, T	5	39:54	192	
Kanady	2	16:55	164	

Group D	Mileage	Time	Pulse	Comments
Krieger	5	39:42	189	
McIntyre	5	45:37	164	
McLaughlin	4	33:30	176	
Mittendorf	5	38:28	168	
Nuccio	4	33:29	208	
Pace	4	37:08	160	
Pitti, C	2	18:01	144	
Pitti, L	5	38:28	172	
Reilly	5	38:28	164	
Rizzo	2	15:42	174	
Ruyle	5	42:05	180	
Schmitt	2	20:10	156	LUNGS
Scott	5	34:51	160	
Seal	4	39:09	164	
Sommers	5	41:36	160	
Song	5	38:49	192	
Spence	5	41:47	168	
Uhlenbrock	5	39:49	178	
VanBree	5	43:37	190	
Witzofsky				
Group E				
Andrew	4	32:27	172	
Bock				
Devoll	4	32:54	180	
Floretta	4	34:31	152	
Friedrichs	4	32:21	148	
Garcia	4	32:57	184	
Gatewood	4	33:50	170	
Gomric	4	34:31	168	
Heard	5	39:54	204	
Labarge	4	31:21	180	
Mark	4	49:00	173	
Marx	5	45:34	160	
May	2	19:04	165	

Date: 9-27-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Groups 12=4xmile Groups 345=3xmile / 2x400/ 3x150/ Cool-down/ Weights/ Full Stretch/Jog SLUH Done on bike path - odd #s uphill, even #s downhill

Group 1	Pace	Mile	Mile	Mile	Mile	400	400	Comments	
Burka	5:20	5:25	5:01	5:30	5:22	70	67	5:22 avg	9
Hetlage	5:20	5:25	5:09	5:27	5:20	69	65	5:20 avg	7.5
Kelly	5:20	5:21	5:12	5:44	5:20	72	64	did solo before 5:24 avg group	9 total
Laughlin	5:20	5:24	5:19	5:20	5:22	69	65	5:21 avg	9
Gunn	5:25	5:27	5:09	5:39	5:37	72	74	5:28 avg	9
Leeker	5:25	5:30	5:25	6:43	5:26	68	66	5:[illegible] avg	9
Lipinski	5:25	5:30	5:23	5:53	5:37	68	65	5:35 avg	9
Milnor	5:25	5:27	5:14	5:43	5:25	70	68	5:27 avg	9
Scott	5:25	5:39	DNF	5:53	5:37	72	70	Feel on #2 5:43 avg	
Group 2	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**400**	**400**	**Comments**	
Northcott	5:30	5:40	5:35	6:05	5:49	73	67	5:47 avg	8
Booher	5:40	6:12	5:41	6:29	5:56	79	75		7.5
Tajkowski	5:40	6:04	5:37	6:13	5:47	73	69		8
Buehring	5:50	6:01	5:40	6:11	5:49	74	80		8
Connaghan	5:50	6:29	6:05	6:33	6:12	78	71	Sucked, Right ach 1lap	7.5
Himich	5:50	6:15	5:57	6:26	6:06	85	75	6:10	8
Koesterer	5:50	—	—	—	—	—	—	Ankle	—
Krieger	6:00	6:42	6:35	7:05	5:59	89	86		7.5
Munsell	6:00	6:44	6:20	6:44	6:25	85	79		8
Perry	6:00	6:31	5:51	6:33	6:12	79	71		8
Thomas	6:00	6:34	6:01	6:32	6:25	80	71		7.5
Coriell	6:00	6:41	6:12	6:43	6:25	80	71		7.5
Correnti	6:00	6:42	6:26	6:51	6:41	80	74		7.5
Heller	6:00	6:44	6:37	7:13	6:56	85	79		7.5
Hennes	6:00	6:18	5:46	6:19	5:47	73	69	[illegible]	7.5
Swiecicki	6:00	6:34	5:46	6:38	5:59	80	72		8
Johnson, T	6:00	6:15	5:48	6:24	5:57	83	74		7.5
									[illegible]
Group 3	**Pace**	**Mile**	**Mile**	**Mile**	**400**	**400**		**Comments**	
Callahan		6:52	6:22	7:21	80	100			
Catalano		—	—	—	—	—			
Dillon		—	—	—	—	—			
Gordon		6:33	6:11	7:02	78	87			
Joy		6:33	6:13	6:39	79	85			
McLaughlin		6:29	6:21	7:09	86	88			
Mittendorf		6:22	5:59	6:36	75	89			
Nolan		6:24	6:06	6:36	75	85			6
Reilly		6:30	6:08	6:52	77	87			
Sommers		6:43	6:12	6:37	79	89			
Song		6:29	6:11	6:30	66	77			
Spence		6:43	6:20	6:45	85	89			
Uhlenbrock		6:33	6:00	6:36	75	91			
Voras		6:43	6:21	7:09	85	91			

Date: 9-27-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Groups 12=4xmile Groups 345=3xmile / 2x400/ 3x150/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Group 4	MILE1	MILE2	MILE3	400	400			
Floretta	7:15	6:46	7:29	75	82			
Galli	6:44	6:14	7:30	78	81			
Labarge	7:20	6:50	7:12	82	91			
Marx	7:14	7:04	7:36	91	92			
May	8:59	8:30	9:25	104	116			
McIntyre	7:01	6:39	7:11	82	89			
Moritz	7:11	7:00	7:21	88	89			
Nuccio								Aerobic 2miles 17:11
Pitti, C								Aerobic 2miles 17:46
Pitti, L	7:07	6:58	7:25	80	84			
Ruyle	7:14	6:49	7:33	85	92			
Stauder	6:44	6:36	7:04	84	93			
VanBree	7:00	6:36	6:49	79	90			
	MILE 1	MILE 2	MILE 3	400	400			
Group 5								
Andrew	7:44	7:18	7:33	91	94			
Bock								
Devoll								
Friedrichs	6:55	6:41	7:06	81	81			
Garcia	7:42	7:27	8:08	90	101			
Gatewood	7:24	7:21	7:41	92	102			
Gomric	7:06	7:06	7:42	84	87			
Heard	7:15	7:08	8:47	78	82			
Johnson, M	7:41	8:24	7:50	75	90			
Kanady	AEROBIC			2½	17:44			
Mark	8:37	8:59	9:59	121	137			
Pace	7:15	7:08	7:15	76	91			
Schmitt	7:40	7:24	8:21	86	90			
Seal	7:56	7:25	8:04	85	90			
Injured								
Gale								
Hartung								
Poag	CROSS-TRAIN							
Rizzo				2½	17:11			
Witzofsky	7:42	8:05	9:00					

Date: 9-28-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups /Core/ Aerobic Run A=8 B=6 C=5 D=4 E=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:31	132	
Gunn	8	57:31	144	
Kelly	8	58:24	140	
Laughlin	8	56:56	156	
Leeker	8	56:56	160	
Group B				
Buehring	6	45:40	156	
Connaghan	6	43:47	168	
Gale				
Hetlage	6	43:09	144	
Himich	6	44:20	168	
Koesterer				
Lipinski	5	31:17	152	
Milnor	6	43:09	156	
Nolan	5	36:57	152	
Northcott	6	43:09	160	
Perry	6	45:40	156	
Poag	2	15:31	168	
Stauder	6	49:42	160	
Tajkowski	6	43:09	156	
Group C				
Coriell	5	36:44	180	
Correnti	5	35:45	172	
Heller	5	38:48	156	
Hennes	5	36:44	160	
Joy	5	35:48	152	
Moritz	5	38:48	168	
Munsell	5	36:44	156	
Swiecicki	5	34:31	140	
Thomas	5	34:31	176	
Voras	5	38:48	168	
Group D				
Booher	4	26:58	176	
Callahan	4	29:11	168	
Catalano	4	26:58	172	
Dillon	4	29:27	144	
Galli				
Gordon	4	31:12	160	
Hartung				
Johnson, M	4	33:10	152	
Johnson, T	4	26:53	178	
Kanady	3	23:03	160	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	31:12	180	
McIntyre	4	32:27	161	
McLaughlin	4	28:42	176	
Mittendorf	4	28:17	180	
Nuccio	2	16:08	220	
Pace	4	31:30	192	
Pitti, C				3 total OYO 24:16
Pitti, L				
Reilly	4	29:18	176	
Rizzo	2	15:43	172	
Ruyle	4	31:23	160	
Schmitt	3	25:25	160	
Scott	4	24:50	172	
Seal	3	23:12	120	
Sommers	4	28:17	176	
Song	4	27:37	180	
Spence	4	40:44	140	
Uhlenbrock	4	30:06	160	
VanBree	4	31:12	176	
Witzofsky	4	33:40	168	
Group E				
Andrew	3	25:20	183	
Bock				
Devoll	3	23:27	169	
Floretta	3	23:36	156	
Friedrichs	3	21:16	168	
Garcia	3	23:53	180	
Gatewood	3	24:01	165	
Gomric	3	23:36	172	
Heard	3	23:27	200	
Labarge	3	21:42	168	
Mark				
Marx	4	32:27	160	
May	2	17:21	165	

Date: 9-29-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=8 B=6 C=5 D=4 E=3 / Drills/ Flying 200s/ Stability Weights/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	42:27	144	KNEE
Gunn	8	57:42	160	
Kelly	8	57:59	140	
Laughlin	8	57:42	152	
Leeker	8	57:49	152	
Group B				
Buehring	6	47:32	156	
Connaghan	6	47:32	168	RET. ANKLE
Gale				
STET. Hetlage	6	42:27	144	
Himich	6	42:29	176	
Koesterer				
Lipinski	5	33:56	136	
Milnor	6	42:47	152	
Nolan	5	37:57	148	
Northcott	6	45:49	144	
Perry	6	47:58	152	
Poag				
Stauder	6	50:16	164	
Tajkowski	6	45:49	140	
Group C				
Coriell	5	36:55	180	
Correnti	5	36:26	178	
Heller	5	40:07	160	QUICK DUMP
Hennes	5	39:20	156	
Joy	5	34:28	160	
Moritz	5	37:47	160	
Munsell	5	36:38	152	
Swiecicki	5	33:57	152	
Thomas	5	33:57	172	
Voras	5	36:26	168	
Group D				
Booher	4	29:16	160	
Callahan	4	30:53	164	
Catalano	4	29:16	172	
Dillon	4	29:16	164	
Galli	4	30:46	168	
Gordon	4	32:17	168	
Hartung				
Johnson, M	4	29:16	180	
Johnson, T	4	28:16	178	
Kanady	3	25:30	172	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	30:08	180	
McIntyre	4	31:41	172	
McLaughlin	4	29:16	176	
Mittendorf	4	29:16	180	
Nuccio	4	30:17	188	
Pace	4	31:11	176	
Pitti, C	3	25:30	184	
Pitti, L	4	29:16	176	
Reilly				
Rizzo	1 LAP	6:18	174	
Ruyle	4	33:10	160	
Schmitt	3	24:09	180	
Scott	4	25:50	148	
Seal	3	25:36	160	
Sommers	4	30:32	168	
Song	4	29:30	180	
Spence	5	36:55	168	
Uhlenbrock	4	30:53	160	
VanBree	4	30:08	196	
Witzofsky				
Group E				
Andrew	3	21:56	187	
Bock				
Devoll	3	21:54	180	
Floretta	3	21:59	160	
Friedrichs	3	21:45	172	
Garcia	3	23:19	180	
Gatewood	3	23:22	181	
Gomric	3	22:04	168	
Heard	4	28:55	212	
Labarge	3	22:03	152	
Mark	3	28:51	164	
Marx	4	31:41	168	
May	2	18:21	168	

Date: 9-30-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=6 B=5 C=4 DE=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	44:07	140	
Gunn	6	45:12	148	
Kelly	6	45:13	144	
Laughlin	6	45:12	152	
Leeker	6	45:12	152	
Group B				
Buehring	5	41:13	148	
Connaghan	5	39:39	168	
Gale				
Hetlage	5	38:23	140	
Himich	5	38:40	148	
Koesterer				
Lipinski	4	30:06	124	
Milnor	5	38:23	144	
Nolan	4	31:24	148	
Northcott	5	38:23	152	
Perry	5	39:45	164	
Poag	3	21:54	182	
Stauder	5	41:56	160	
Tajkowski	5	42:10	160	
Group C				
Coriell	4	31:24	180	
Correnti	4	31:24	160	
Heller	4	30:06	172	
Hennes	4	34:40	156	
Joy	4	36:42	152	
Moritz	4	34:46	148	
Munsell	4	32:35	152	
Swiecicki	4	32:35	148	
Thomas	4	36:42	156	
Voras	4	36:42	148	
Group D				
Booher	3	21:42	164	
Callahan	3	23:02	152	
Catalano	3	22:45	160	
Dillon	3	22:11	160	
Galli	3	23:57	158	
Gordon	3	23:41	140	
Hartung	CROSS TRAIN			
Johnson, M	3	26:00	148	
Johnson, T	3	20:51	164	
Kanady	3	26:12	160	

Group D	Mileage	Time	Pulse	Comments
Krieger	3	20:51	184	
McIntyre	3	25:49	155	
McLaughlin	3	22:26	144	
Mittendorf	3	23:41	140	
Nuccio				XT
Pace	3	24:39	180	
Pitti, C	3	21:52	160	
Pitti, L	3	20:51	176	
Reilly	3	22:41	164	
Rizzo	1 lap	6:00	170	
Ruyle	3	26:56	184	
Schmitt	3	29:11	168	
Scott	3	20:51	140	
Seal	3	25:16	156	
Sommers	3	25:20	152	
Song	3	22:11	180	
Spence	3	22:32	168	
Uhlenbrock	3	22:45	168	
VanBree	3	23:51	172	
Witzofsky	3	24:44	176	
Group E				
Andrew	3	23:54	182	
Bock	3	23:24	174	
Devoll	3	23:46	180	
Floretta	3	25:16	164	
Friedrichs	3	23:51	152	
Garcia	3	23:58	172	
Gatewood	3	24:40	173	
Gomric	3	25:06	164	
Heard	3	27:26	200	
Labarge	3	23:57	156	
Mark	3	29:10	156	
Marx	3	25:49	160	
May	2	18:16	177	

Date: 10-2-16 Conditions:
Workout:Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	22:22			Krieger				
Gunn					McIntyre				
Kelly	4	27:48	156		McLaughlin				
Laughlin					Mittendorf				
Leeker	0				Nuccio				
					Pace				
Group B					Pitti, C				
Buehring	2			Jog	Pitti, L				
Connaghan		1:39:03		Bike	Reilly				
Gale					Rizzo				
Hetlage	3			Run	Ruyle				
Himich		30:00		Run	Schmitt				
Koesterer					Scott				
Lipinski		30:00		Walk	Seal				
Milnor	0				Sommers				
Nolan	0			hi	Song				
Northcott					Spence				
Perry	2			run	Uhlenbrock				
Poag					VanBree				
Stauder					Witzofsky				
Tajkowski	2								
					Group E				
					Andrew				
Group C					Bock				
Coriell					Devoll				
Correnti					Floretta				
Heller					Friedrichs				
Hennes					Garcia				
Joy					Gatewood				
Moritz					Gomric				
Munsell					Heard				
Swiecicki					Labarge				
Thomas					Mark				
Voras					Marx				
					May				
Group D									
Booher									
Callahan									
Catalano									
Dillon									
Galli									
Gordon									
Hartung									
Johnson, M									
Johnson, T									
Kanady									

Date: 10-3-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=6 B=5 C=4 DE=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:26	160	
Gunn				
Kelly	6	43:26	152	
Laughlin	6	43:26	160	
Leeker	6	43:26	160	
Group B				
Buehring	5	38:15	160	
Connaghan	CROSS TRAIN			
Gale	CROSS TRAIN			
Hetlage	5	36:14	140	
Himich	5	38:15	168	
Koesterer	2	19:19	120	
Lipinski	5	36:14	146	
Milnor	5	36:00	148	
Nolan	5	39:17	152	
Northcott	5	39:12	144	
Perry	5	39:12	160	
Poag	3	21:49	184	
Stauder	5	42:40	172	
Tajkowski	5	39:19	160	
Group C				
Coriell	4	32:37	160	
Correnti	4	34:22	160	
Heller	2	17:45	100	ROLLED ANKLE
Hennes	4	32:37	160	
Joy	4	37:10	152	
Moritz	4	34:32	160	
Munsell	4	32:37	148	
Swiecicki	4	34:22	158	
Thomas	4	37:10	164	
Voras	4	37:10	156	
Group D				
Booher	3	23:23	160	
Callahan	3	24:04	156	
Catalano	3	24:31	120	
Dillon	3	23:52	144	
Galli	CAMPUS MINISTRY			
Gordon	3	25:00	156	
Hartung				
Johnson, M	3	24:07	168	
Johnson, T	3	21:49	168	
Kanady	3	25:25	156	

Group D	Mileage	Time	Pulse	Comments
Krieger	3	21:49	176	
McIntyre	3	26:04	173	
McLaughlin	3	24:06	144	
Mittendorf	3	24:31	126	
Nuccio	CROSS TRAIN --			WALKING
Pace	3	25:25	160	
Pitti, C	3	24:53	168	
Pitti, L	3	23:15	164	
Reilly	3	24:39	144	
Rizzo	1 LAP	6:23	168	
Ruyle	3	27:45	130	ROLLED ANKLE
Schmitt	3	30:09	168	
Scott	3	21:49	160	
Seal	3	23:50	144	
Sommers	3	24:00	148	
Song	3	21:49	180	
Spence	3	24:11	164	
Uhlenbrock	3	23:23	156	
VanBree	3	25:00	192	
Witzofsky	3	24:39	168	
Group E				
Andrew	3	24:06	168	
Bock				
Devoll	3	24:23	168	
Floretta	CAMPUS MINISTRY			
Friedrichs	—		—	
Garcia	—		—	
Gatewood				
Gomric	3	24:06	172	
Heard	3	23:55	212	
Labarge	3	25:42	144	
Mark	3	25:56	147	
Marx	3	26:04	166	
May	3	25:40	180	
Gale	Bike	75:00		
Connaghan	Bike	80:00		

Date: 10-4-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Bounce Week 5-6 Miles with 3x1 min. pickups
Everyone Else: 4x800 4x400/ 3x150/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Burka	6	43:00	148	
Hetlage	5	34:55	148	
Kelly	6	43:06	168	
Laughlin	6	43:06	172	
Gunn	3	24:10	156	Sick (Missed Monday)
Leeker	6	43:05	168	
Lipinski	6	42:57	152	
Milnor	5	35:25	164	
Scott	5	35:10	164	
Northcott	2	15:00		Got Sick during run

Group 2	800	800	800	800	400	400	400	400	Comments
Booher	2:53	2:52	2:51	2:51	75	82	76	79	
Tajkowski	2:55	2:52	2:51	2:53	75	82	77	77	
Buehring	2:46	2:42	2:42	2:44	69	99	—	74	
Connaghan	—	—	—	—	—	—	—	—	
Himich	2:58	2:54	2:52	2:53	76	82	79	81	
Koesterer	—	—	—	—	—	—	—	—	
Krieger	3:01	3:04	3:56	2:59	81	87	85	87	
Munsell	2:57	2:56	2:57	2:59	78	85	81	83	
Perry	2:57	2:47	2:46	2:47	70	71	68	72	
Thomas	2:56	2:56	2:54	2:48	73	81	73	74	
Coriell	2:57	2:58	2:58	2:56	78	84	79	79	
Correnti	3:02	2:59	2:59	2:57	78	85	78	81	
Heller	3:01	3:07	3:08	3:10	80	86	84	85	
Hennes	2:43	2:46	2:46	2:48	78	80	73	77	
Swiecicki	3:00	2:57	2:54	2:51	77	82	77	75	
Johnson, T	—			2:46	75	82	76	79	

Group 3	800	800	800	800	400	400	400	400	Comments
Callahan	3:07	3:07	3:07	3:06	88	90	97	91	
Catalano	—	—	—	—	—	—	—	—	
Dillon	3:05	3:04	3:01	2:59	83	84	84	80	
Gordon	3:08	3:05	2:59	2:57	79	84	83	82	
Joy	3:01	3:02	3:01	2:57	85	89	87	84	
McLaughlin	3:06	3:06	3:06	2:58	85	89	87	82	
Mittendorf	2:56	2:47	2:47	2:48	79	82	78	79	
Nolan	2:58	2:55	2:54	2:55	80	84	83	80	
Reilly	3:08	3:05	3:06	3:08	82	81	82	85	
Sommers	3:09	3:12	3:10	3:10	84	90	86	86	
Song	2:56	2:55	3:01	2:59	73	85	84	70	
Spence	3:02	2:58	2:57	3:14	85	92	90	88	
Uhlenbrock	3:05	3:05	3:04	2:59	83	88	88	83	
Voras	3:09	3:10	3:08	3:14	87	92	89	91	

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Date: 10-4-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Bounce Week 5-6 Miles with 3x1 min. pickups
Everyone Else: 4x800 4x400/ 3x150/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Group 4	800	800	800	800	400	400	400	400	Comments
Floretta	3:06	3:13	3:23	3:24	82	94	93	82	
Galli	3:06	3:07	3:06	3:02	86	104	91	89	
Labarge	3:24	3:16	3:19	3:33	94	104	—	—	
Marx	3:42	3:35	3:47	3:43	93	104	100	101	
May	3:47	3:48	3:50	3:49	108	112	110	113	
McIntyre	3:15	3:14	3:18	3:28	90	98	99	100	
Moritz	3:08	3:14	3:18	3:24	87	96	94	96	
Nuccio	—	—							
Pitti, C	3:08	3:13	3:46	3:39	95	99	94	92	
Pitti, L	3:08	3:14	3:14	3:08	92	91	87	87	
Ruyle	3:24	3:27	3:33	3:39	77	90	87	86	
Stauder	3:13	3:17	3:19	3:16	88	93	92	90	
VanBree	3:07	3:14	3:16	3:16	86	93	96	91	
Group 5	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Andrew	—								OTHER MILEAGE DUE TO #1 TR
Bock	3:21	3:19	3:36	3:29	96	109	98	98	
Devoll	3:26	3:21	3:28	3:31	91	97	90	92	
Friedrichs	3:29	3:13	3:13	3:20	96	96	93	87	
Garcia	3:37	3:25	3:27	3:25	87	96	96	93	
Gatewood	3:46	3:31	3:37	3:39	95	98	94	90	
Gomric	3:21	3:10	3:13	3:10	83	87	88	85	
STET - Heard	3:19	3:09	3:17	3:22	80	89	100	85	
Johnson, M	3:28	3:27	3:34	3:36	95	99	99	83	
Kanady	3:28	3:21	3:22	3:29	95	99	95	87	
Mark	3:44	3:43	3:39	4:01	107	120	115	120	
Pace	3:23	3:22	3:24	3:22	81	88	100	93	
Schmitt	3:33	3:26	3:36	3:39	85	86	87	89	
Seal	3:23	3:24	3:27	3:12	85	89	95	85	
Witzofsky	3:30	3:25	3:33	3:39	94	101	100	98	
Injured									
Gale	—								
Hartung	—								
Poag	3 MILE		23:25	184					
Rizzo	3 MILES		23:53	170					
NORTHCOTT	2 MILES		15:00	GOT	SICK	DURING	RUN		

Date: 10-5-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Bounce Group=5-6 Miles Everyone Else Aerobic Run B=6 C=5 D=4 E=3 / Strides/ Full Stretch/Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Burka	6	44:33	164	
Gunn	5	39:40	160	
Kelly	6	44:30	160	
Laughlin	6	44:33	176	little sleep the last few nights, getting sick
Leeker	6	44:33	172	
Hetlage	6	44:33	140	
Lipinski	6	44:33	168	
Milnor	6	44:33	164	
Northcott	5	39:40	144	ROLLED ANKLE
Scott	5	37:06	160	
Group B				
Buehring	4	32:14	192	HEAT
Connaghan	CROSS TRAIN			
Himich	6	49:22	164	
Koesterer	2	21:15	120	
Nolan	6	46:30	152	
Perry	6	50:15	160	
Poag	3	23:05	184	
Stauder	6	51:18	156	
Tajkowski	~~5~~	~~39:40~~	~~160~~	
	6	48:23	168	
Group C				
Coriell	5	43:00	180	
Correnti	5	39:40	160	
Heller	5	39:37	164	
Hennes	5	45:40	160	Cly sore
Joy	5	39:40	160	
Moritz	4	37:34	160	LEG PROBS ON ICE
Munsell	5	43:00	156	
Swiecicki				
Thomas	5	39:37	164	
Voras	5	39:50	160	
Group D				
Booher	4	30:42	160	
Callahan	4	34:37	144	
Catalano	4	30:42	142	
Dillon	4	31:15	144	
Galli	4	35:40	158	
Gordon				
Johnson, M	3	29:30	140	
Johnson, T	4	30:42	160	
Kanady	3	31:15	180	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	31:15	180	
McIntyre	4	30:34	164	
McLaughlin	4	33:42	144	
Mittendorf	4	30:42	120	
Nuccio	CROSS TRAIN			
Pace	3	26:56	168	MUCH KNEE PAIN
Pitti, C	3	31:15	240	
Pitti, L	4	36:08	172	
Reilly	4	36:36	160	
Rizzo	2	20:41	188	
Ruyle				
Schmitt	3	34:10	132	SHINS
Seal	3	23:27	148	
Sommers	4	35:40	140	
Song	4	31:34	184	
Spence	4	34:30	172	
Uhlenbrock	4	33:45	152	
VanBree	4	34:37	180	
Witzofsky	4	39:24	176	
Group E				
Andrew	3	26:49	172	
Bock				
Devoll	3	26:00	180	
Floretta	3	26:02	160	
Friedrichs	3	25:00	156	
Garcia	3	26:50	180	
Gatewood	3	26:00	177	
Gomric				
Heard	2	20:00	LEG PAIN	
Labarge	3	26:50	168	
Mark	3	32:00	192	
Marx	3	30:34	160	
May	2	19:48	168	
IR				
Gale				
Hartung				
Swiecki	4 total	34:37		Physical Therapy

Date: 10-6-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Bounce Group=5-6 Miles Everyone Else Aerobic Run B=6 C=5 D=4 E=3 / Drills/ Flying 200s/ Full Stretch/Jog SLUH

still recovering from med

Bounce	Mileage	Time	Pulse	Comments
Burka	6	44:30	152	
Gunn	5	38:50	148	FEELS SICK
Kelly	6	44:30	160	lungs
Laughlin	6	44:30	176	
Leeker	6	44:30	164	
Hetlage	6	44:30	140	
Lipinski	5	37:09	140	
Milnor	6	44:30	160	
Northcott	6	44:30	164	
Scott	5	37:09	160	
Group B				
Buehring	5	42:00	172	
Connaghan	3	51:00	—	2 walk laps
Himich	6	47:08	172	
Koesterer	3	22:50	164	
Nolan	6	48:20	148	
Perry	6	50:30	160	
Poag				
Stauder	6	50:32	172	
Tajkowski	5	44:52	160	
Group C				
Coriell	5	40:57	180	
Correnti	5	42:16	164	
Heller	5	42:16	152	
Hennes	5	40:57	168	
Joy	5	42:16	156	
Moritz	5	45:50	160	
Munsell	5	40:57	152	
Swiecicki	5	44:52	160	
Thomas	5	44:52	184	
Voras	5	44:52	168	
Group D				
Booher	4	30:17	164	
Callahan	4	32:32	148	
Catalano	4	32:20	180	
Dillon	4	32:01	144	
Galli	4	33:19	168	
Gordon	4	32:21	168	
Johnson, M	3	25:24	172	
Johnson, T	4	30:17	152	
Kanady	2	19:51	168	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	33:16	188	
McIntyre	4	33:45	173	
McLaughlin	4	32:20	154	
Mittendorf	4	30:17	160	
Nuccio				
Pace	3	26:53	184	
Pitti, C	2	19:51	192	
Pitti, L	4	33:45	184	
Reilly	4	32:29	176	
Rizzo	2	19:51	184	
Ruyle	4	36:25	160	
Schmitt	3	28:12	180	
Seal	3	24:20	152	
Sommers	4	32:20	172	
Song	4	30:17	188	
Spence	4	32:20	168	
Uhlenbrock	4	32:20	172	
VanBree	4	33:16	200	
Witzofsky				
Group E				
Andrew	3	26:37	172	
Bock				
Devoll	3	25:24	184	
Floretta	3	24:32	164	
Friedrichs	3	24:08	160	
Garcia	3	25:24	184	
Gatewood	3	25:48	178	
Gomric	3	25:26	168	
Heard	3	25:42	208	
Labarge	3	26:37	168	
Mark	3	26:55	156	
Marx	4	33:45	160	
May	3	26:55	174	
IR				
Gale				
Hartung				

Date: 10-7-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Bounce Group=5 Miles Everyone Else Aerobic Run AB=5 C=4 DE=3 / Strides/ Full Stretch/Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Burka	5	37:49	120	
Gunn	5	37.40	144	
Kelly	5	37:08	136	
Laughlin	5	37:08	152	
Leeker	5	37.42	148	
Hetlage	5	37:44	132	
Lipinski				
Milnor	5	37.08	152	
Northcott	5	37:44	132	
Scott	4	24.35	132	
Group B				
Buehring	5	38:06	148	Hurt Lower Back
Connaghan	5	39:19	156	
Himich	5	34.44	164	
Koesterer	3	22:20	140	
Nolan	5	38:35	144	
Perry	5	39:15	148	
Poag				
Stauder	5	40:36	152	
Tajkowski				
Group C				
Coriell	4	31:28	160	
Correnti	4	32:09	172	
Heller	4	33:20	164	Cold Piss
Hennes	4	33.43	156	
Joy	4	24.54	148	
Moritz	4	37.43	160	
Munsell	4	35.08	156	
Swiecicki	4	32.07	160	
Thomas	4	24.34	180	
Voras				
	4 0/0			
Group D				
Booher	3	21:42	156	
Callahan	3	24:04	128	
Catalano	3	22:48	168	
Dillon	3	21:28	144	
Galli	3	23:15	160	
Gordon	3	24.05	160	
Johnson, M	3	24:40	144	
Johnson, T	3	21:46	172	
Kanady	2	15:30	180	

Group D	Mileage	Time	Pulse	Comments
Krieger	3	21:38	172	
McIntyre	3	24:41	166	
McLaughlin	3	23:45	160	
Mittendorf	3	21:46	160	
Nuccio				
Pace	3	26:02	132	
Pitti, C	3	24:40	168	
Pitti, L	3	23:48	164	
Reilly	3	24:16	164	
Rizzo	2	17:15	174	
Ruyle	3	25:10	136	
Schmitt	3	25:12	160	
Seal	3	23:42	156	
Sommers	3	23:49	156	
Song	3	21:46	180	
Spence	3	23:44	167	
Uhlenhoek	3	22:48	156	
VanBree	3	24.19	184	
Witzofsky	3	26:08	160	
Group E				
Andrew				
Bock	3	23:30	141	
Devoll	3	21.17	164	
Floretta	3	24:15	164	
Friedrichs	3	23:40	156	
Garcia	3	24:03	172	
Gatewood	3	26:20	178	
Gomric	3	24:13	164	
Heard	3	24:28	192	
LaBarge QT	3	24:18	152	
Mark	3	24.17	164	
Marx	3	24:40	164	
May	3	18:32	159	
IR				
Gale				
Hartung	1	7:30	175	

Date: 10-10-16 Conditions:

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

Bounce	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	8	57:01	136	tired, tight	Krieger	—	—	—	
Gunn	—	—	—		McIntyre	4	32:08	169	
Kelly	8	56:19	145	Footlocker	McLaughlin	4	33:34	152	
Laughlin	8	56:14	156	derp	Mittendorf	4	28:34	160	
Leeker	8	56:24	164	Bars, thats it!	Nuccio	1 Lap	11:40	—	
Hetlage	6	42:24	148		Pace	3	26:12	148	
Lipinski	—	—	—		Pitti, C	3	24:37	184	
Milnor	6	42:30	160		Pitti, L	4	30:28	168	
Northcott	6	45:30	140		Reilly	4	33:09	160	
Scott	5	36:45	160		Rizzo	—	—	—	
					Ruyle	2 lap	—	—	
Group B					Schmitt	4	34:52	180	
Buehring	6	43:38	152		Seal	3	22:03	152	
Connaghan	6	46:00	168		Sommers	4	48:45	168	
Himich	6	44:46	164		Song	4	28:34	184	
Koesterer	6	42:39	168		Spence	4	32:08	156	
Nolan	6	44:46	152		Uhlenbrock	4	33:39	160	
Perry	6	[illegible]	48:10	152	VanBree	4	31:05	204	
Poag	—	—	—		Witzofsky				
Stauder	6	50:31	164						
Tajkowski	6	45:40	152		**Group E**				
					Andrew	3	20:56	158	
					Bock	—	—	—	
Group C					Devoll	3	24:41	170	
Coriell	5	37:03	180		Floretta	3	22:15	172	
Correnti	5	37:05	164		Friedrichs	3	21:58	152	
Heller	3	38:45	160		Garcia	3	23:52	180	
Hennes	5	37:05	164		Gatewood	3	25:51	166	
Joy	5	37:03	160		Gomric	3	23:32	172	
Moritz	5	39:57	164		Heard	—	—	—	service
Munsell	5	37:05	164		Labarge	3	26:54	156	
Swiecicki	5	37:03	160		Mark	3	23:38	162	
Thomas	6	45:40	180	wrong loop	Marx	4	32:09	160	
Voras	5	37:05	168		May	2	19:34	162	
Group D									
Booher	4	28:34	168						
Callahan	4	33:40	144						
Catalano	3	25:19	160		**IR**				
Dillon	4	30:28	188		Gale				
Galli	4	31:00	158		Hartung				
Gordon	4	33:30	140						
Johnson, M	2 lap	—	—						
Johnson, T	4	28:45	168						
Kanady	3	24:51	176						

Date: 10-11-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / 12=4 mile tempo + 6 Muny Hills 345= 3 mile tempo + 6 Muny Hills/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Group 1	Mileage	Time	Pulse	# of Muny Hills	Comments
Burka	4	25:04	180	6	8 miles total, very sore + tired — hard to breathe
Hetlage	4	23:41	176	6	8 miles — First 2 mi 11:55 same for Will Kelly
Kelly	4	23:43	172	6	8 miles
Laughlin	4	24:03	184	6	8 miles total
Leeker	4	25:27	180	6	"8 miles total"
Lipinski	4	26:47	180	6	8 miles total Jenny ♡ Roman
Milnor	4	24:48	188	6	First 2 mi 12:25 8 miles
Northcott	4	25:15	180	6	8 miles
Scott					Mouth issues (AKA Ortho)
Lepak	4	27:58	207	2½ (7÷3)	insert fart noise / vegetarian diet

Group 2	Mileage	Time	Pulse	# of Muny Hills	Comments
Booher	4	26:08	192	6	8 miles
Buehring	KNEE	PAIN	– DNF	—	Dead? Dead.
Hennes	4	26:48	188	6	7 miles
Himich	4	27:33	180	6	7 miles
Krieger	3	23:30	200	1	STOMACH PAIN 5 miles
Munsell	4	327:37	188	6	
Perry	4	28:02	184	6	8 miles RIP
Swiecicki	4	27:21	156	6	7 miles
Thomas	4	26:48	188	6	

Group 3	Mileage	Time	Pulse	# of Muny Hills	Comments
Callahan	3	21:38	168	6	
Catalano	3	21:28	176	6	
Connaghan	4	22:20	200	6	
Correnti	3	21:04	176	6	
Heller	3	22:30	160	6	
Johnson, T	2	13:07	NA	6	5 miles
Joy	3	20:44	184	6	
Koesterer	3	20:03	164	6	
McLaughlin	3	20:37	180	6	
Mittendorf	3	20:20	160	6	
Nolan	3	20:09	168	6	
Sommers	3	21:77	180	6	
Song	3	20:57	196	6	
Spence	3	21:37	176	6	
Tajkowski	3	19:20	184	6	

Date: 10-11-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / 12=4 mile tempo + 6 Muny Hills 345= 3 mile tempo + 6 Muny Hills/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Group 4	Mileage	Time	Pulse	# of Muny Hills	Comments
Johnson, M	2	18:15	140	6	Calf
Voras	3	21:01	176	6	
Seal	3	20:17	172	6	
Uhlenbrock	3	21:34	140	6	
Coriell	3	20:43	180	6	
McIntyre	3	22:51	180	6	
Pitti, L	3.5	25:30	184	6	Beehring diet
Gordon	3	21:59	180	6	
Dillon	3	21:58	200	6	
Reilly	3	22:57	208	6	
Stauder	3	22:01	180	6	
VanBree	3	23:24	212	6	
Floretta	3	24:45	176	6	
Galli	3	23:09	180	6	
Labarge	3	26:16	168	6	Right Sh r
Moritz	3	23:54	176	6	
Heard	3	24:27	212	6	
Pitti, C	3	24:52	212	6	
Group 5	**Mileage**	**Time**	**Pulse**	**# of Muny Hills**	**Comments**
Friedrichs	3	23:10	172	6	
Gatewood	3	24:52	167	6	
Bock	3	26:16	198	6	
Gomric	3	24:11	176	6	
Marx	3	23:05	172	6	
Schmitt	3	26:48	192	6	
Pace	3	24:50	176	6	
Garcia	3	24:35	188	6	
Kanady	2	16:13	184	6	
Andrew	3	30:56	162	1	
Mark	3	27:06	NA	6	
Devoll	3	27:05	172	6	
May	2	18:48	165	6	
Witzofsky					
Ruyle	2	17:20	180	6	
Injured					
Gale					
Hartung					
Poag					
Rizzo	2	16:18	174		
Gunn					
Nuccio					

Date: 10-12-16 Conditions:

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

	Bounce	Mileage	Time	Pulse	Comments
N	Burka	8	57:43	136	?
	Gunn	EXCUSED - SICK			
-	Kelly	8	57:43	148	
-	Laughlin	8	57:43	156	?
N	Leeker	8	57:43	160	
N	Hetlage	6	43:13	140	
N	Lipinski	6	43:13	152	
N	Milnor	6	43:13	152	
N	Northcott	2	19:00	144	SICK
	Scott	5	35:13	168	
	Group B				
	Buehring	INJURED			
	Connaghan	6	44:44	168	ANKLE
	Himich	6	44:03	168	
?	Koesterer	5	36:08	156	
	Nolan	6	44:44	152	
	Perry	6	46:48	160	
	Poag	INJURED			
	Stauder	6	50:22	164	
	Tajkowski	6	44:03	160	
	Group C				
	Coriell	5	39:43	160	
	Correnti	5	37:17	164	
	Heller	5	41:00	144	
	Hennes	5	40:43	164	
	Joy	5	37:17	182	
	Moritz	5	38:57	180	
	Munsell	5	39:43	152	
	Swiecicki	5	40:27	152	
	Thomas	6	44:03	164	
	Voras	5	39:58	168	
	Group D				
	Booher	4	28:59	168	
N	Callahan	4	33:03	168	
	Catalano	4	NT	160	
	Dillon	4	32:08	152	
	Galli	4	31:27	160	
	Gordon	4	33:32	140	
	Johnson, M	4	34:57	164	
	Johnson, T	4	33:10	150	
	Kanady	3	25:00	176	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	28:59	176	
McIntyre	4	30:53	167	
McLaughlin	4	33:03	176	
Mittendorf	4	32:08	141	
Nuccio	2.5	17.44	192	
Pace	4	36:40	180	
Pitti, C	3	24:09	200	STREP
Pitti, L	4	28:59	172	
Reilly	4	33:04	172	
Rizzo	2	16:07	168	
Ruyle	2	16:20	180	
Schmitt	3	29:36	156	KNEE PAIN
Seal	3	22:51	156	
Sommers	4	29:33	168	
Song	4	28:59	150	
Spence	4	35:03	156	
Uhlenbrock	4	NT	156	
VanBree	4	35:55	192	
Witzofsky	4	35:03	150	
Group E				
Andrew	3	25:12	168	
Bock	ABSENT			
Devoll	3	24:43	174	
Floretta	3	24:34	176	
Friedrichs	3	22:30	148	
Garcia	3	24:25	172	
Gatewood	3	25:14	166	
Gomric	3	22:51	168	
Heard	4	30:43	188	
Labarge	3	25:53	160	SHIN PAIN
Mark	3	25:44	176	
Marx	4	30:05	172	
May	3	25:28	171	
IR				
Gale				
Hartung	2	15:07	176	

Date: 10-13-16 Conditions:

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

Bounce	Mileage	Time	Pulse	Comments
Burka	8	55:53	136	
Gunn	SICK -- ABSENT			
Kelly	8	55:53	148	
Laughlin	8	55:53	156	
Leeker	8	55:53	156	
Hetlage	6	41:36	144	
Lipinski	6	41:36	148	
Milnor	6	41:36	152	
Northcott	6	48:46	160	[illegible]
Scott	5	34:35	152	
Group B				
Buehring	INJURED			
Connaghan	6	48:46	160	[illegible]
Himich	6	43:21	172	
Koesterer	5	34:47	156	
Nolan	6	46:25	152	
Perry	6	46:25	148	
Poag	INJURED			
Stauder	6	50:06	152	
Tajkowski	6	48:27	140	
Group C				
Coriell	5	35:51	160	
Correnti	5	35:51	160	
Heller	5	38:00	140	
Hennes	5	38:00	172	
Joy	5	35:51	164	
Moritz	5	38:00	160	
Munsell	5	35:51	164	
Swiecicki	5	35:47	168	
Thomas	6	41:36	176	
Voras	5	35:51	172	
Group D				
Booher	4	28:04	160	
Callahan	4	29:40	176	
Catalano	4	29:06	160	
Dillon	4	29:06	164	
Galli	4	30:08	160	
Gordon	4	29:40	174	
Johnson, M	4	27:43	178	
Johnson, T	SERVICE			
Kanady	3	24:14	180	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	27:43	180	
McIntyre	4	29:40	176	
McLaughlin	4	29:40	180	
Mittendorf	4	29:48	140	
Nuccio	4	28:40	196	
Pace	4	33:30	156	
Pitti, C	3	23:32	212	
Pitti, L	4	28:05	180	
Reilly	4	29:41	168	
Rizzo	3	24:18	174	
Ruyle	3	22:50	176	
Schmitt	4	35:45	204	
Seal	3	21:35	148	
Sommers	4	29:41	136	
Song	4	28:04	192	
Spence	4	30:08	160	
Uhlenbrock				
VanBree	4	30:44	196	
Witzofsky	4	33:22	164	
Group E				
Andrew	3	23:13	171	
Bock	3	21:30	166	
Devoll	3	23:38	180	
Floretta	3	22:10	160	
Friedrichs	3	21:29	172	
Garcia	3	22:36	176	
Gatewood	3	23:37	170	
Gomric	3	22:14	178	
Heard	4	28:35	192	
Labarge	3	23:38	152	
Mark	3	23:17	168	
Marx	4	29:38	176	
May	3	26:30	159	
IR				
Gale				
Hartung				

Date: 10-14-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=6 B=5 C=4 DE=3 / Strides/ Full Stretch/Jog SLUH

Bounce	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	6	44:13	140		Krieger	3	21:38	176	
Gunn					McIntyre	3	23:01	172	
Kelly	6	44:13	160		McLaughlin	3	25:03	152	
Laughlin	6	44:13	156		Mittendorf	3	21:45	160	
Leeker	6	44:13	~~132~~	136	Nuccio	<2	13:22	~~[illegible]~~	176
Hetlage	5	35:32	140		Pace	3	25:13	156	
Lipinski	5	35:00	140		Pitti, C	3	24:52	196	
Milnor	5	35:00	140		Pitti, L	3	22:38	160	
Northcott	5	38:38	156		Reilly	3	25:02	140	
Scott	4	27:10	168		Rizzo	3	24:52	168	
					Ruyle	3	23:40	188	
Group B					Schmitt	3	27:20	168	
Buehring					Seal	3	21:50	156	
Connaghan	5	37:35	152		Sommers	3	25:00	140	
Himich	5	37:35	160		Song	3	20:40	180	
Koesterer	4	28:00	172		Spence	3	25:09	152	
Nolan	5	35:32	156		Uhlenbrock	3	23:01	172	
Perry	5	38:38	156		VanBree	3	25:45	192	
Poag					Witzofsky	3	24:58	172	
Stauder	5	40:22	160						
Tajkowski	5	38:38	152		**Group E**				
					Andrew	3	26:02	160	
					Bock	3	22:38	178	
Group C					Devoll	3	26:10	172	
Coriell	4	32:17	160		Floretta	3	21:58	176	
Correnti	4	31:05	168		Friedrichs	3	21:50	160	
Heller	4	33:15	150		Garcia	3	23:37	184	
Hennes	4	33:15	172		Gatewood	3	24:46	163	
Joy	4	33:22	152		Gomric	3	21:49	172	
Moritz	4	33:15	154		Heard	3	22:15	164	
Munsell	4	32:17	152		Labarge	3	26:28	140	
Swiecicki	4	33:22	152		Mark	3	24:30	178	
Thomas	5	37:35	176		Marx	3	25:09	172	
Voras	4	33:22	164		May	3	23:25	183	
Group D									
Booher	3	20:56	164						
Callahan	3	25:04	144						
Catalano	3	23:01	156		**IR**				
Dillon	3	21:45	164		Gale				
Galli	3	26:28	140		Hartung				
Gordon	3	23:01	160						
Johnson, M	3	25:09	136						
Johnson, T	3	20:40	160						
Kanady	3	26:50	140						

Date: 10-16-16 Conditions:
Workout: Sunday Workout

Bounce	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka		20:00			Krieger				
Gunn					McIntyre				
Kelly	—				McLaughlin				
Laughlin					Mittendorf				
Leeker					Nuccio				
Hetlage	3	~~~	~~~	shakeout	Pace				
Lipinski				Bike	Pitti, C				
Milnor	3	22:00	144		Pitti, L				
Northcott					Reilly				
Scott					Rizzo				
					Ruyle				
Group B					Schmitt				
Buehring					Seal				
Connaghan		35:00		missed Bike	Sommers				
Himich		30:00		Treadmill	Song				
Koesterer	3				Spence				
Nolan					Uhlenbrock				
Perry	—	30	[illegible]	Bike	VanBree				
Poag					Witzofsky				
Stauder									
Tajkowski					**Group E**				
					Andrew				
					Bock				
Group C					Devoll				
Coriell					Floretta				
Correnti					Friedrichs				
Heller					Garcia				
Hennes					Gatewood				
Joy					Gomric				
Moritz					Heard				
Munsell					Labarge				
Swiecicki					Mark				
Thomas					Marx				
Voras					May				
Group D									
Booher									
Callahan									
Catalano					**IR**				
Dillon					Gale				
Galli					Hartung				
Gordon									
Johnson, M									
Johnson, T									
Kanady									

Date: 10-17-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=8 B=6 C=5 D=4 E=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	59:31	172	
Gunn	INJURED			
Kelly	8	59:05	156	
Laughlin	8	59:05	172	
Leeker	8	59:05	172	
Group B				
Buehring	INJURED			
Connaghan	6	48:18	188	RIGHT CALF
Gale	INJURED			
Hetlage	6	44:10	148	
Himich	6	47:58	172	
Koesterer	5	37:24	180	
Lipinski	6	44:10	164	
Milnor	6	44:10	176	FELT FLAT
Nolan	6	46:46	156	
Northcott	6	51:03	176	
Perry	6	49:20	156	
Poag	INJURED			
Stauder	6	52:28	172	
Tajkowski	6	50:22	140	
Group C				
Coriell	5	40:40	160	
Correnti	5	39:05	172	
Heller	5	41:19	152	
Hennes	5	36:24	168	
Joy	5	39:05	172	
Moritz	5	41:19	160	
Munsell	5	40:40	164	
Swiecicki	5	38:41	160	
Thomas	6	46:46	188	
Voras	5	44:16	164	
Group D				
Booher	4	31:10	176	
Callahan	4	~~DOCTOR~~ 33:50	164	
Catalano	~~4~~	~~33~~ DOCTOR	4 mile XT Pulse 152	
Dillon	4	32:56	200	
Galli	4	35:08	168	
Gordon	4	35:23	164	
Hartung	EXCUSED			
Johnson, M	2	19:30	124	
Johnson, T	4	30:48	172	
Kanady	3	25:24	176	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	30:33	172	
McIntyre	4	35:07	178	
McLaughlin	4	33:40	180	
Mittendorf	4	33:19	160	
Nuccio	2	15:03	192	
Pace	4	37:22	176	
Pitti, C	3	24:31	212	
Pitti, L	4	33:13	160	
Reilly	4	33:51	212	
Rizzo	3	24:31	168	
Ruyle	2	19:30	152	
Schmitt	INJURED			
Scott	5	36:28	168	
Seal	3	22:58	168	
Sommers	4	30:33	168	
Song	4	31:10	188	
Spence	4	34:35	168	
Uhlenbrock	4	35:23	160	
VanBree	4	32:24	208	
Witzofsky	4	33:06	176	
Group E				
Andrew	3	24:36	168	
Bock	ABSENT			
Devoll	3	25:51	190	
Floretta	3	24:36	180	
Friedrichs	3	22:58	168	
Garcia	3	23:36	188	
Gatewood	3	24:16	182	
Gomric	3	24:08	176	
Heard	4	36:05		NOT TAKEN DUE TO EXTREME SHORTNESS OF BREATH
Labarge	3	26:13	176	
Mark	EXCUSED			
Marx	4	32:56	168	
May	3	25:15	192	

Date: 10-18-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Clayton= 12x400 with gear changes 12=mile, 2x800,4x600 345= mile, 2x800, 2x600/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Clayton	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Booher	84	85	88	91	78	83	90	92	78	83	90	85	6.5
Connaghan	83	87	96	96	85	93	97	96	85	94	91	92	6
Coriell	84	90	94	98	83	87	93	96	81	87	84	85	
Hennes	84	85	95	96	83	86	90	90	81	83	86	88	6
Himich	80	88	91	91	77	81	88	88	74	81	90	88	6.5
Koesterer	81	82	85	84	79	78	84	84	71	76	83	80	6.5
Lipinski	78	80	85	88	75	75	80	78	70	72	74	76	6
Northcott	78	80	83	84	77	78	82	82	72	76	80	83	7.5
Pace	86	96	103	107	84	100	111	117	93	103	111	115	
Rizzo	85	90	94	98	83	93	101	108	85	88	95	95	
Spence	85	90	94	101	83	91	98	99	90	94	96	96	
Tajkowski	84	86	91	91	79	83	89	90	78	83	87	85	
Thomas	82	86	86	90	79	83	89	91	78	83	94	84	
Witzofsky	86	96	101	102	90	99	105	104	96	100	105	98	

Group 1	Pace	Mile	Pace	800	800	Pace	600	600	600	600	Comments
Burka	5:20	5:33	2:36	2:34	2:54	1:52	1:50	1:58	2:00	1:52	7
Hetlage	5:20	5:32	2:36	2:29	2:44	1:52	1:45	1:52	1:55	1:45	7
Kelly	5:20	5:32	2:36	2:31	3:04	1:52	1:52	2:01	2:07	1:50	
Laughlin	5:20	5:33	2:36	2:36	3:02	1:52	1:52	2:03	2:06	1:57	8
Leeker	5:30	5:55	2:40	2:38	3:05	1:58	1:53	2:11	2:15	1:51	8
Milnor	5:30	5:32	2:40	2:30	2:50	1:58	1:47	1:56	1:57	1:50	7
Scott	5:30	5:32	2:40	2:35	3:01	1:58	1:51	2:03	2:01	1:52	7
Perry	5:30	5:51	2:40	2:43	3:22	1:58	2:01	2:22	2:28	2:10	7 fun!

Group 2	Pace	Mile	Pace	800	800	Pace	600	600	600	600	Comments
Krieger	6:00	6:13	2:50	2:49	3:15	2:03	2:09	2:22	2:29	2:14	5.5
Munsell	6:00	6:13	2:50	2:48	3:20	2:03	2:03	2:20	2:29	2:14	6.5
Swiecicki	6:00	6:11	2:50	2:46	3:18	2:03	2:00	2:16	2:19	2:02	

Group 3	Mile	800	800	600	600	Comments
Callahan	6:44	2:52	3:30	2:22	2:22	
Catalano	7:23	3:06	3:30	2:22	2:19	
Correnti	6:41	2:55	3:21	2:05	2:10	
Heller	6:24	3:05	3:04	2:20	2:22	
Johnson, T						DOCT APP'T
Joy						Rolled Ankle 1st Mile
McLaughlin	6:44	2:52	3:24	2:15	2:11	
Mittendorf	6:19	2:44	3:15	2:03	2:19	
Nolan	6:20	2:50	3:15	2:03	2:17	6
Sommers	6:28	2:55	3:24	2:08	2:17	
Song	6:25	2:59	3:24	2:13	2:07	

Date: 10-18-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Clayton= 12x400 with gear changes 12=mile, 2x800,4x600 345= mile, 2x800, 2x600/ Cool-down/ Weights/ Full Stretch/Jog SLUH

Group 4	**Mile**	**800**	**800**	**600**	**600**	**Comments**
Johnson, M	7:08	3:26	3:54	2:20	2:34	
Voras	7:04	3:07	3:42	1:21	1:15	
Seal	6:35	3:00	3:25	1:59	2:12	
Uhlenbrock	6:36	3:01	3:25	1:08	2:22	
McIntyre	6:59	3:23	3:41	1:21	1:36	
Pitti, L	6:59	3:02	3:37	2:20	1:27	
Gordon	6:35	2:58	3:11	1:59	2:11	
Dillon	6:35	3:00	3:27	2:10	2:21	
Reilly	6:32	2:57	3:29	2:09	2:33	
Stauder	7:06	3:18	3:43	2:22	2:36	
VanBree	6:59	3:05	3:27	2:12	2:28	
Floretta	6:56	3:06	3:41	2:10	2:20	
Galli	6:38	3:08	3:58	2:03	2:35	
Labarge	6:59	3:05	3:41	2:11	2:33	
Moritz	7:04	3:15	3:43	2:15	2:32	
Heard	7:08	3:12	3:43	2:10	2:16	
Pitti, C	6:37	2:57	3:42	2:20	2:33	
Group 5	**Mile**	**800**	**800**	**600**	**600**	**Comments**
Friedrichs	7:05	3:12	3:42	2:18	2:18	
Gatewood	7:32	3:30	3:53	2:37	2:42	
Bock	6:57	3:04	3:50	2:17	2:38	
Gomric	7:04	3:03	3:36	2:14	2:31	
Marx	7:21	3:16	3:43	2:27	2:31	
Schmitt						
Garcia	7:07	2:58	3:27	2:12	2:27	
Kanady	7:18	3:14	3:45	2:30	2:30	
Andrew	7:13	3:13	3:30	2:19	2:30	
Mark	8:50	4:11	5:01	3:08	3:21	
Devoll	7:31	3:36	4:03	2:41	2:53	
May	8:52	4:06	4:44	3:05	3:23	
Ruyle	7:50	3:45	4:36	—	—	
Injured						
Buehring						
Gale						
Gunn						
Hartung						
Nuccio	6:35					7:51 again after
Poag	3 miles	24:03	164 pulse			

Date: 10-19-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=8 B=6 C=5 D=4 E=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	57:33	8	152	
Gunn	—	—	—	e
Kelly	57:33	—	148	
Laughlin	57:33	—	156	
Leeker	8	57:37	156	
Group B				
Buehring	—	—	—	e
Connaghan	—	—	—	e
Gale	—	—	—	e
Hetlage	6	43:03	140	
Himich	6	43:32	168	
Koesterer	5	38:38	152	
Lipinski	—	—	—	e 2 mile run 1 hour bike
Milnor	6	43:03	156	
Nolan	6	48:34	148	
Northcott	6	43:32	164	
Perry	6	48:30	156	
Poag	3	23:06	192	
Stauder	6	51:00	160	
Tajkowski				Sick
Group C				
Coriell	5	40:50	160	
Correnti	5	38:10	168	
Heller	5	41:30	140	
Hennes	5	41:00	168	
Joy				Injured
Moritz	5	41:00	160	
Munsell	5	40:00	152	
Swiecicki	5	38:10	172	
Thomas	6	43:03	184	
Voras	5	41:30	156	
Group D				
Booher	4	31:22	152	
Callahan	4	24:44	184	
Catalano	4	48:05	120	
Dillon	4	30:38	160	
Galli	4	34:56	168	
Gordon	4	38:48	160	
Hartung	—	—	—	e
Johnson, M	3	25:45	160	
Johnson, T	4	34:45	172	
Kanady	3	25:45	176	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	24:44	180	
McIntyre	4	33:23	176	
McLaughlin	4	31:21	164	
Mittendorf	4	31:21	144	
Nuccio	2.5	17:15	192	Packers Suck
Pace	4	33:58	176	
Pitti, C	3	23:25	184	
Pitti, L	4	33:34	164	
Reilly	4	33:34	160	
Rizzo	—	—	—	?
Ruyle	3	26:12	168	
Schmitt	—	—	—	e
Scott	5	34:38	176	
Seal	3	24:25	172	CRAMP!
Sommers	4	31:21	156	
Song	4	30:38	180	
Spence	—	—	—	e
Uhlenbrock		31:23	164	
VanBree	4	31:07	192	
Witzofsky	4	33:58	164	
Group E				
Andrew	3	24:19	164	
Bock	—	—	—	?
Devoll	3	24:36	174	
Floretta	3	24:18	168	ran w/ Garrett
Friedrichs	3	27:29	168	
Garcia	3	22:48	176	
Gatewood	3	22:33	182	
Gomric	3	25:30	176	
Heard	4	31:58	188	
Labarge	3	24:38	160	
Mark	3	24:21	195	
Marx	4	31:23	160	
May	3	27:35	162	

Date: 10-20-16 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run Clayton=Pre-race A=8 B=6 C=5 D=4 E=3 / Drills/ Flying 200s/ Stability Weights/ Full Stretch/Jog SLUH

Clayton	Mileage	Time	Pulse	Comments
Connaghan	5	40:30	152	
Himich	5	34:27	176	
Koesterer	4	30:41	156	
Lipinski	4	28.09	136	
Northcott	5	37:37	140	
Tajkowski	—			Sick
Coriell	4	32:07	160	
Hennes	4	32:07	164	
Thomas	5	34:27	180	
Pace	3	24:03	168	
Spence	3	22:29	168	
Booher	3	21:05	152	
Rizzo	3	23.42	186	
Witzofsky	3	24:03	168	
Group A	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	8	58:03	132	
Gunn	—	—	—	
Kelly	8	58:03	148	
Laughlin	8	58:03	152	
Leeker	8	58.03	152	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	—	—	—	Injured
Hetlage	6	44:19	144	
Milnor	6	44:19	138	
Nolan	6	47:18	148	
Perry	6	47.18	152	
Stauder	6	49:53	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Correnti	5	38:15	156	
Heller	5	41:13	144	
Joy	5	38:15	156	
Moritz	5	40:20	160	Vomiting
Munsell	5	38:15	160	
Swiecicki	5	38:15	160	
Voras	5	38:15	160	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Callahan	4	28:32	176	
Catalano	4	30:05	152	
Dillon	4	29:47	144	
Galli	4	34:24	152	
Gordon	4	31:28	140	
Hartung	—	—	—	PT
Johnson, M	4	33:36	156	
Johnson, T	4	27 04	172	
Kanady	3	25:19	172	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	28.09	180	
McIntyre	4	31:34	172	
McLaughlin	4	30:05	160	
Mittendorf	4	30.05	100	
Nuccio	2	15:39	192	
Pitti, C	3	23:42	192	
Pitti, L	4	29:12	172	
Reilly	4	30:28	180	
Ruyle	3	24:30	172	
Schmitt	—	—	—	Injured
Scott	5	37:37	140	
Seal	3	21.07	172	
Sommers	4	29:45	152	
Song	4	27:39	172	
Uhlenbrock	4	30.05	156	
VanBree	4	32:46	180	
Group E	**Mileage**	**Time**	**Pulse**	**Comments**
Andrew	3	23:49	180	
Bock	3	22:51	172	
Devoll	3	23.55	180	
Floretta	3	22:11	160	
Friedrichs	3	22:11	152	
Garcia	3	22:19	172	
Gatewood	3	23:16	172	
Gomric	3	22:59	176	
Heard	4	27:04	220	
Labarge	3	23.54	152	
Mark	—	—	—	Sick
Marx	4	31:34	168	
May	3	26:21	159	
IR	**Mileage**	**Time**	**Pulse**	**Comments**
Gale				
Poag	3	24:46	164	

Date: 10-21-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Clayton Invite Districts = Pre-race
2345=12x400 with gear changes/ Cool-down/ Full Stretch/Jog SLUH

Clayton													
Booher													
Connaghan													
Coriell													
Hennes													
Himich													
Koesterer													
Lipinski													
Northcott													
Pace													
Rizzo													
Spence													
Tajkowski													
Thomas													
Witzofsky													

Districts	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	6	46:02	116	I wrote comments b4 they were cool
Hetlage	5	37:10	140	The Moms disowned us
Kelly	6	46:02	128	Oh, okay, more in
Laughlin	6	46:02	144	of the best part of waking up.
Leeker	6	46:02	132	is going on a 6 mile run
Milnor	5	37:10	148	Noah didn't do his homework.
Scott	4	28:52	136	my dog ate my homework

Sorry Mr. Porter
Sincerely,
The Soccer Mo

Group 2	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Perry	84	85	86	82	79	78	79	78	75	77	77	75	
Krieger	89	89	90	87	88	88	89	88	85	85	85	85	
Munsell	92	90	91	90	88	90	88	89	87	85	85	85	
Swiecicki	93	93	93	92	88	88	90	88	85	84	85	83	

Group 3	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Callahan	98	98	98	94	92	93	90	92	90	92	84	90	
Catalano	96	96	96	93	90	92	93	91	89	89	89	88	
Correnti	93	93	93	92	88	88	90	87	84	83	84	81	
Heller	90	92	93	92	89	89	90	89	85	85	86	86	
Johnson, T	92	93	92	91	89	89	90	89	86	84	86	84	
Joy	88	88	89	83	83	80	83	81	79	80	85	80	
McLaughlin	95	96	95	92	90	91	91	91	88	88	88	88	
Mittendorf	91	93	94	91	89	91	91	91	86	86	88	87	
Nolan	87	87	87	86	87	87	88	88	84	93	87	87	
Sommers	92	94	94	91	89	89	89	89	88	94	87	87	
Song	90	95	98	95	91	94	94	93	89	88	89	78	

Date: 10-21-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups / Clayton Invite Districts = Pre-race
2345=12x400 with gear changes/ Cool-down/ Full Stretch/Jog SLUH

Group 4	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Johnson, M	98	98	98	100	97	97	99	96	95	92	96	92	
Voras	98	98	101	101	95	95	94	92	92	89	87	90	
Seal	91	97	96	96	88	89	94	93	91	92	89	92	
Uhlenbrock													
McIntyre	104	104	103	103	98	98	100	99	94	96	95	94	
Pitti, L	96	96	94	94	92	91	95	95	90	89	90	90	
Gordon	100	104	100	101	101	96	98	98	94	93	94	95	
Dillon	102	101	98	96	92	94	96	97	92	92	91	91	
Reilly	98	101	98	96	92	93	94	95	91	91	91	91	
Stauder	96	101	101	103	97	98	98	98	92	95	93	92	
VanBree	100	101	99	99	95	99	97	97	93	95	94	94	
Floretta	90	100	98	98	92	95	96	96	90	95	95	94	
Galli	90	95	95	95	87	90	91	94	90	91	92	94	
Labarge	104	106	103	104	99	100	99	98	96	96	95	94	
Moritz	98	102	97	100	98	99	99	98	95	96	96	95	
Heard													
Pitti, C	103	102	98	98	92	98	100	98	96	96	96	95	
Group 5	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Friedrichs	98	96	95	95	90	92	92	93	90	91	90	82	
Gatewood	106	101	98	97	100	98	99	99	94	96	93	87	
Bock	108	108	109	114	108	112	105	100	105	99	101	89	
Gomric	95	91	92	91	90	90	92	91	88	87	90	83	
Marx	105	99	99	99	96	99	99	99	96	96	96	94	
Schmitt													
Garcia	105	102	102	99	97	98	97	97	93	95	93	91	
Kanady	100	96	100	96	96	96	96	96	91	91	91	89	
Andrew	107	105	103	101	99	99	99	99	96	97	96	89	
Mark	115	115	117	109	113	116	118	123	119	116	106	106	
Devoll	107	100	96	93	92	93	94	92	91	96	96	94	
May	113	115	123	122	119	120	115	111	108	109	113	116	
Ruyle	90	84	86	84	88	89	89	88	85	90	89	81	
Injured	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Buehring													
Gale													
Gunn													
Hartung													
Nuccio													
Poag													

Date: 10-22-16 Conditions:
Workout: DISTRICTS Aerobic Run B=60 minutes C=50 minutes D=45 minutes E=40 minutes / Strides/ Full Stretch

Districts				
Burka	✓			
Hetlage	✓			
Kelly	✓			
Laughlin	✓			
Leeker	✓			
Milnor	✓			
Scott	✓			
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Connaghan	✓		152	
Himich	✓			
Koesterer	✓		140	
Lipinski	✓		144	
Nolan	✓		160	
Northcott	ALT			
Perry	✓		152	
Stauder	✓		136	
Tajkowski	LL			
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Coriell	✓		164	
Correnti	✓		156	
Heller	✓		140	
Hennes	✓		160	
Joy	✓		152	
Moritz	E			
Munsell	ALT			
Swiecicki	✓		160	
Thomas	✓		164	
Voras	✓		144	
Group D				
Booher				
Callahan	✓		144	
Catalano	✓		140	
Dillon	✓		148	
Galli	✓		148	
Gordon	✓		120	
Johnson, M	✓		136	
Johnson, T				
Kanady	✓		—	

Group D	Mileage	Time	Pulse	Comments
Krieger	✓		—	
McIntyre	—			
McLaughlin	✓		140	
Mittendorf	✓		—	
Nuccio	✓		168	
Pace	✓		144	
Pitti, C	✓			
Pitti, L	✓			
Reilly	✓		120	
Rizzo	✓			
Ruyle	✓		140	
Schmitt	—			
Seal	—			3 total 22:53 (156)
Sommers	✓		124	
Song	✓		160	
Spence	✓		156	
Uhlenbrock	✓		154	
VanBree	✓		160	
Witzofsky	✓		156	
Group E	**Mileage**	**Time**	**Pulse**	**Comments**
Andrew	✓		172	
Bock	✓			
Devoll	✓		148	
Floretta	✓		168	
Friedrichs	✓		132	
Garcia	✓		160	
Gatewood	✓		158	
Gomric	✓			
Heard	→			
Labarge	✓		148	
Mark	✓			
Marx	✓		—	
May	✓		126	
IR				
Gunn	✓			
Gale	✓			
Buehring	✓			
Poag	✓	45	176	
Hartung	✓			

Date: 10-23-16 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka				Off	Krieger				
Gunn					McIntyre				
Kelly	4				McLaughlin				
Laughlin					Mittendorf				
Leeker	—	—	—		Nuccio				
					Pace				
Group B					Pitti, C				
Buehring					Pitti, L				
Connaghan					Reilly				
Gale					Rizzo				
Hetlage	4	—	—	shake out	Ruyle				
Himich	3			Bike	Schmitt				
Koesterer	3	—		Slow Jog	Scott				
Lipinski		30:00		Walk	Seal				
Milnor	3	21:10	152		Sommers				
Nolan					Song				
Northcott					Spence				
Perry	—	30 min		Bike	Uhlenbrock				
Poag					VanBree				
Stauder					Witzofsky				
Tajkowski									
					Group E				
					Andrew				
Group C					Bock				
Coriell					Devoll				
Correnti					Floretta				
Heller					Friedrichs				
Hennes					Garcia				
Joy					Gatewood				
Moritz					Gomric				
Munsell					Heard				
Swiecicki					Labarge				
Thomas					Mark				
Voras					Marx				
					May				
Group D									
Booher									
Callahan									
Catalano									
Dillon									
Galli									
Gordon									
Hartung									
Johnson, M									
Johnson, T									
Kanady									

Date: 10-24-16 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:49	144	
Kelly	8	57:49	152	
Laughlin	8	57:49	156	
Leeker	8	57:49	160	
Group B		49:02	160	sick
Connaghan	6	[illegible]		succ
Gale				
Hetlage	6	42:09	144	
Himich	6	47:09	148	
Koesterer	6	42:09	168	
Lipinski	6	42:09	152	
Milnor	6	42:09	168	
Nolan	6	46:10	148	
Northcott	6	45:03	152	
Perry	6	47:09	164	
Poag	3	22:06	180	
Stauder	6	49:55	164	
Tajkowski				
Group C				
Coriell	5	41:55	160	
Correnti	5	39:38	172	
Heller	5	39:38	160	
Hennes	5	41:55	164	
Joy	5	40:06	164	
Moritz	5	41:55	152	
Munsell	5	39:38	156	
Swiecicki	5	40:06	164	
Thomas	6	45:03	184	
Voras	5	40:06	164	
Group D				
Booher	4	28:23	160	
Callahan	4	32:15	172	
Catalano				
Dillon	4	30:53	154	
Galli	4	32:12	168	
Gordon	4	32:16	164	
Johnson, M	4	34:54	148	
Johnson, T	4	28:23	180	
Kanady	3	23:26	188	

Group D	Mileage	Time	Pulse	Comments
Krieger	4	28:23	180	
McIntyre	4	32:40	179	
McLaughlin	4	32:14	144	
Mittendorf	4	32:14	124	
Nuccio	2	13:52	196	
Pace	4	33:06	164	
Pitti, C	3	21:30	184	
Pitti, L	4	29:45	160	
Reilly	4	37:41	132	
Rizzo	3	23:26	164	
Ruyle	3	25:45	172	
Schmitt				
Scott				
Seal	3	21:20	156	
Sommers	4	28:23	160	
Song	3	26:28	210	
Spence	4	30:27	164	
Uhlenbrock	4	32:15	168	
VanBree	4	32:14	192	
Witzofsky		RT		
Group E				
Andrew	3	25:30	168	
Bock				
Devoll				
Floretta	3	22:04	172	
Friedrichs	3	22:04	156	
Garcia	3	23:33	176	
Gatewood	3	22:11	172	
Gomric	3	23:25	176	
Heard	4	31:33	212	
Labarge	3	23:02	152	
Mark	3	27:42	161	
Marx	4	32:40	160	
May	3	23:08	207	
IR				
Gunn				
Buehring				
Hartung				

Don't know why crossed out... I did run.

Date: 10-25-16 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups/ Aerobic Run AB=5 C=4 DE=3 / Strides/ Full Stretch/Jog SLUH SECTIONAL RACERS: 6-8x800@ 5K with 2:30 recovery/ Weights

Sectionals	Pace	800	800	800	800	800	800	800	800	Comments
Burka		2:32	2:44	2:32	2:45	2:27	2:41	2:32	2:42	7
Kelly		2:29	2:41	2:31	2:44	2:29	2:54	2:31	3:07	8
Laughlin		2:31	2:43	2:31	2:44	2:26	2:41	2:24	2:39	7
Leeker		2:31	2:43	2:33	2:59	2:29	2:56	2:40	3:04	7
Hetlage		2:31	2:43	2:31	2:44	2:26	2:41	2:24	2:44	7
Lipinski		2:30	2:44	2:31	2:54	2:31	2:44	2:31	2:47	7 I ♥ Reed's
Milnor	2:31		2:44	2:33	2:52	2:31	2:52	2:33	2:49	7 glasses

Group B	Mileage	Time	Pulse	Comments
Connaghan	5	42:16	160	
Gale				
Himich	5	38:33	156	
Koesterer	5	38:33	180	
Nolan	5	40:35	156	
Northcott	5	39:50	136	
Perry	5	38:40	160	
Poag	2	15:29	180	
Stauder	5	40:55	152	
Tajkowski	3	25:30	164	

Group C	Mileage	Time	Pulse	Comments
Coriell	4	34:31	160	
Correnti	4	34:25	156	
Heller	4	32:30	152	
Hennes	4	34:32	160	
Joy	4	31:14	152	
Moritz	4	33:10	152	
Munsell	4	31:14	164	
Swiecicki	5	32:28	156	
Thomas	5	38:25	188	
Voras	4	31:14	156	

Group D	Mileage	Time	Pulse	Comments
Booher	3	23:10	156	
Callahan	3	24:57	156	
Catalano	3	24:47	140	
Dillon	3	24:15	154	
Galli	3	27:10	156	
Gordon	3	24:58	148	
Johnson, M	2	16:35	136	
Johnson, T	2	15:45	172	
Kanady	3	27:09	160	
Krieger	3	22:35	168	
McIntyre	3	24:45	170	
McLaughlin	3	24:57	144	
Mittendorf	3	25:00	120	

Group D	Mileage	Time	Pulse	Comments
Nuccio				
Pace	3	25:11	156	
Pitti, C	3	23:47	168	
Pitti, L	3	23:03	160	
Reilly	3	25:35	160	
Rizzo	3	25:53	164	
Ruyle	3	26:00	192	
Schmitt				
Seal	3	25:43	144	
Sommers	3	23:13	148	
Song	3	25:00	156	
Spence	3	25:28	172	
Uhlenbrock	3	24:50	164	
VanBree	3	27:06	192	
Witzofsky	3	27:15	172	

Group E	Mileage	Time	Pulse	Comments
Andrew	3	25:44	148	
Bock	2	16:50	162	
Devoll	3	27:58	140	
Floretta	3	24:58	172	
Friedrichs	3	24:52	168	
Garcia	3	27:51	164	
Gatewood	3	24:53	167	
Gomric	3	24:59	168	
Heard	3	25:43	196	
Labarge	3	25:45	144	
Mark	3	27:08	158	
Marx	3	24:43	168	
May	3	26:37	177	

IR
Gunn
Buehring
Hartung
Scott

Date: 10-26-16 Conditions:

Workout: Drive Central Fields/ Drills/ Push-ups/ Total Volume on Day Aerobic Run A=8 B=7 C=6 / Strides/ Full Stretch/Jog SLUH

Sectionals	Mileage	Time	Pulse	Comments
Burka	8	43:21 (6)	I talked to the Webster ppl	
Kelly		43:21 (6)		caff okay
Laughlin	8	43:21 (6)	forgot to tell	
Leeker	8	43:21 (6)	forgot too, too started 4 freshmen	
Hetlage	7	37:34 (5)	forgot to [redacted]	
Lipinski	7	37:34 @ 5	136	Joe Laughlin is mean when he leads. He took us through a bunch of plants then made me step in a hidden hole. Reed's glasses allowed me to find my way to success though.
Milnor	7	37:34 (5)	120	

Roman

Date: 10-27-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=8 B=6 C=5 D=4 E=3 / Drills/ Flying 200s/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:03	128	
Kelly	8	57:03	148	
Laughlin	8	57:03	152	
Leeker	8	57:03	148	
Group B				
Hetlage	6	42:22	140	
Himich	5	37:14	164	
Koesterer	5	38:50	148	
Lipinski	6	42:32	144	
Milnor	6	42:32	152	
Northcott	5	37:36	144	
Perry	5	38:40	152	
Tajkowski				
Group C				
Thomas	5	37:14	184	
Group D				
Scott				
IR				
Gunn				

Date: 10-28-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=6 B=5 C=4 D=3 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	44:21	140	
Kelly	6	44:21	148	
Laughlin	6	44:21	164	
Leeker	6	44:21	160	
Group B				
Hetlage	5	40:26	136	
Himich	6	45:30	152	
Koesterer	6	45:30	156	
Lipinski	5	40:26	132	
Milnor	5	40:26	140	
Northcott	5	37:39	152	
Perry	6	45:30	164	
Tajkowski				
Group C				
Thomas	6	45:30	188	
Group D				
Scott	3	22:24	164	
IR				
Gunn				

Date: 10-31-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run A=8 B=6 C=5 D=4 / Strides/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	58:40	152	
Kelly	8	58:40	148	
Laughlin	8	58:40	156	
Leeker	8	58:40	164	
Group B				
Hetlage	5	35:00	144	
Himich	6	48:13	152	
Koesterer	6	44:52	140	
Lipinski	6	44:46	136	
Milnor	6	44:12	152	
Northcott	6	46:04	156	
Perry	6	48:15	168	
Tajkowski				
Group C				
Thomas	6	47:25	176	
Group D				
Scott	4	28:28	176	
IR				
Gunn				

Date: 11-1-16 Conditions:
Workout: Drills/Jog 1m to Central Fields/ Push-ups/2nd Set of Drills/ 2 mile tempo - 8x400 at 5K pace with surges/ Full Stretch/Jog SLUH

Group 1	Tempo	Pace	400	400	400	400	400	400	400	400	Comments
Burka	12:01		73	84	80	83	78	79	77	76	7
Hetlage	12:01		73	84	80	83	78	79	77	76	6
Kelly	12:01		73	84	80	83	78	79	77	76	8 total felt good
Laughlin	12:01		71	84	80	83	78	79	77	76	8 total
Leeker	12:01		74	84	80	83	78	79	77	76	8
Milnor	12:01		72	84	80	83	78	79	77	76	8 total
Group 2											
Himich	13:37		81	90	89	93	86	93	88	90	6.5
Koesterer	13:31		73	82	78	82	79	83	79	80	6.5
Lipinski	12:21		70	80	76	79	77	80	78	78	7 total
Northcott	12:13		72	82	79	82	79	83	79	79	7, feeling spooky
Perry	13:37		80	88	85	91	86	89	88	87	7
Thomas	13:37		81	88	87	92	87	90	88	87	7
Dr. Divan	12:01		74	84	80	83	78	79	77	76	8 total
Scott											
IR											
Gunn											
Tajkowski											

Date: 11-2-16 Conditions:
Workout: Drills/Jog 1m to Central Fields/ Push-ups/ Aerobic Run A=6 B=5 CD=4 / Strides/ Full Stretch/Jog SLUH
Noah: 2 mile tempo + 2x400 @ race pace

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:18	140	
Kelly	6	43:18	156	
Laughlin	6	43:18	168	
Leeker	6	43:18	156	
Group B				
Hetlage	5	38:00	144	
Himich	5	39:45	152	
Koesterer	5	39:30	144	
Lipinski	5	38:15		
Milnor	5	38:00	164	
Northcott	5 ish	36:13	144	
Perry	5	39:45	164	
Tajkowski				
Group C				
Thomas	5	39:40	180	
Group D	**Tempo**	**400**	**400**	
Scott	12:30	74	73	
[redacted]				
Goodwin	glasses	prayer	"Sex appeal"	
IR				
Gunn				

Date: 11-3-16 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic Run AB=5 CD=4 / Drills/ Flying 200s/ Full Stretch/Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	5	37:24	136	
Kelly	5	37:24	148	
Laughlin	5	37:24	156	
Leeker	5	37:24	156	
Group B				
Hetlage	5	37:24	140	
Himich	5	37:37	152	
Koesterer	5	39:30	120	
Lipinski	5	37:24	148	
Milnor	5	37:24	144	
Northcott	5	37:24	160	
Perry	5	39:30	164	
Group C				
Thomas	5	37:24	172	
Group D				
Scott				DOCTOR
IR				
Gunn				
Tajkowski				

Date: 11-4-16 Conditions:
Workout: Pre-Race Run and Strides

Group A	Mileage	Time	Pulse	Comments
Burka	6.2	45:44	136	
Kelly	6.2	45:44	152	
Laughlin	6.2	45:44	160	No comment
Leeker	6.2	45:44	156	
Group B				
Hetlage	6.2	45:44	136	
Himich	6.2	46:44	152	
Koesterer	6.2	46:44	156	
Lipinski	6.2	45:44	132	I can definitely do well in this course
Milnor	6.2	45.44	152	
Northcott	5.5	40:32	144	Sick because I ate too much.
Perry	6.2	45:44	168	
Group C				
Thomas	6.2	45:44	180	Foot hurts
Group D				
Scott	6.2	48:10	180	
IR				
Gunn	To the bathroom/back	3:00	—	
Tajkowski				