2015 XC Mileage

Seniors	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	Average
Balossi	29	38.5	24.5	17	20	31	25	23	21	20	27	18	20	16	330	23.57142857
Bricker	22	14	24	17	15	5	15	12	11	5	6	0	0		146	11.23076923
Butler	48	55	45	37	43	41	51	48	32	6	0	22	28	28	484	34.57142857
Davidson	46	48	53	54	51	55	61	55	57	50	57	54	47	42	730	52.14285714
Goodwin	33	33	38	39	33	38	41	42	41	26	40	34	18		456	35.07692308
Lepak	51	57	60	61	51	59	66	62	54	52	54	60	53	42	782	55.85714286
McIntyre	37	48	47	49	41	45	47	23	24	43	46	38	21		509	39.15384615
Juniors	**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**	**Average**
Connaghan	38	40	40	43	36	41	41	41	41	38	40	40	18		497	38.23076923
Coriell	36	35	37	43	33	37	41	13	22	38	40	40	18		433	33.30769231
Gale	46	48	48	42	40	47	35	47	44	24	30	6			457	38.08333333
Hennes	35	35	38	42	33	37	41	41	41	39	41	40	18		481	37
Hunkins	20	10	15	21	22	20	26	27	20	20	33	6	15		255	19.61538462
Jackson	0	30.5	29	23	24	11	28	30	24	34	30	24	16		303.5	23.34615385
Kelly	46	47	47	49	43	47	53	50	40	39	51	43	48	39	642	45.85714286
Laughlin	51	54	48	49	43	50	55	53	50	45	58	52	48	42	698	49.85714286
Leeker	45	46	47	48	42	45	46	46	49	29	46	46	41	33	609	43.5
Lipinski	41	41	42	43	38	41	43	43	42	43	43	42	37	30	569	40.64285714
Ludwig	47	24	48	50	47	44	49	46	37	40	14	34	33		513	39.46153846
Moritz	33	33	38	39	34	37	40	39	39	36	39	31	17		455	35
Northcott	27	29	38	42	34	38	37	42	42	39	41	40	37	30	516	36.85714286
Spence	29	25	9	31	29	31	33	35	35	31	34	29	16		367	28.23076923
Uhlenbrock, J	0	31	34	34	29	21	31	35	35	28	36	36	16		366	28.15384615
Witzofsky	21	20	24	32	23	14	22	30	23	27	30	35	16		317	24.38461538
Sophs	**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**	**Average**
Burka	39	41	43	43	37	41	43	43	42	45	42	43	37	23	562	40.14285714
Cleeland	23	29	29	31	28	25	32	20	32	31	27	26	15		348	26.76923077
Correnti	23	29	33	35	29	33	36	35	35	34	36	19	16		393	30.23076923
Dattilo	29	29	29	26	28	25	32	32	32	31	33	32	15		373	28.69230769
Fike	23	18	17	31	28	26	26	34	28	16	16	32	16		311	23.92307692
Gomez	0	29	29	26	22	30	32	32	32	31	33	32	15		343	26.38461538
Gunn	38	41	43	41	37	42	42	43	41	39	41	41	37	30	556	39.71428571
Heller	36	40	12	0	0	38	35	38	38	32	24	40	18		351	27
Himich	40	41	43	43	37	34	42	43	41	39	41	23	18	27	512	36.57142857
Joy	19	14	24	22	23	26	27	7	16	16	27	16	15		252	19.38461538
Munsell	32	33	37	25	30	38	41	39	41	38	40	40	18		452	34.76923077
Schmitt	12	25	9	29	28	15	16	27	32	31	22	16	15		277	21.30769231

2015 XC Mileage

Stauder	38	39	37	39	30	36	40	40	40	38	40	19	18		454	34.92307692
Swiecicki	33	33	33	35	29	33	36	35	35	34	36	36	16		424	32.61538462
Tajkowski	39	41	38	43	35	39	42	43	41	39	40	40	18		498	38.30769231
Thomas	26	31	30	33	23	34	36	31	34	35	36	35	16		400	30.76923077
Trunko	23	27	29	31	28	25	32	32	32	31	33	32	15		370	28.46153846
Voras	15	33	37	39	30	37	40	37	39	36	40	40	18		441	33.92307692
Watkins	0	33.5	34.5	20	28	36	31	31	34	38	40	33	13		372	28.61538462
Freshmen	**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**	**Average**
Buehring	0	30	33	29	29	31	37	31	35	34	37	36	16		378	29.07692308
Christie	17	26	29	31	28	25	36	35	35	34	36	36	16		384	29.53846154
Dwyer	0	29	32	29	29	31	37	35	35	34	36	30	16		373	28.69230769
Hamed	12	28	29	16	28	28	27	22	26	26	10	33	15		300	23.07692308
Hetlage	26	36	33	37	31	39	37	39	36	44	39	36	33	36	502	35.85714286
Johnson	17	27	29	31	28	29	34	34	35	28	36	35	15		378	29.07692308
Kanady	0	22	29	31	28	29	32	32	31	26	27	27	15		329	25.30769231
Marzo	13	24	20	26	28	14	21	22	21	31	22	33	15		290	22.30769231
Milnor	2	30	33	29	29	32	37	38	36	34	37	36	33	27	433	30.92857143
Nolan	17	29	29	31	28	27	36	35	34	34	36	36	16		388	29.84615385
Nuccio	0	26	29	32	28	24	31	27	30	27	17	28	15		314	24.15384615
Perry	17	29	33	35	29	32	36	36	36	34	36	36	16		405	31.15384615
Pitti, C	18	28	0	11	28	29	33	33	31	34	36	35	16		332	25.53846154
Pitti, L	18	29	5	11	28	29	33	33	31	34	13	0	10		274	21.07692308
Poag	30	35	33	35	29	32	36	36	36	34	36	36	16		424	32.61538462
Rizzo	17	26	29	31	28	14	26	32	31	31	33	33	15		346	26.61538462
Sprague	14	19	30	26	24	26	30	0	0	0	0	0	0	0	169	12.07142857
Staley	15	26	29	26	28	31	35	35	34	34	35	36	16		380	29.23076923
															25003.5	

3 5 43 15 sec or x 3x
15 sec x 4

DATE: 8-3-15 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 (Last)	pu	dist	time	pulse	pace	grp	com	Name	pu	dist	time	pulse	pace	grp	com
McIntyre		6	44:39	156		B									
Laughlin		6	43:15	168		A									
Davidson		6	46:20	148		B									
Kelley		6	43:15	160		B									
Lepak		6	43:00	158		A									
Lipinski		6	50:06	176		C									
Butler		6	46:20	152		A									
Leeker		6	50:46	180		B									
Gale		6	50:06	190		B									
Ludwig		6	50:06	172		B									
Balossi		6	44:35	168		B									
Dernlan		6	44:39	160		B									
Poag		5	43:06	176		D									
Hetlage		5	38:59	148		D									
~~[illegible]~~ Moritz		5	43:00	—		D									
Hennes		4	44:15	216		D									
Tajkowski		5	42:00	180		C									
Stauder		5	42:47	184		C									
Swiecicki		5	50:45	168		D									
Himich		5	39:07	[illegible]		C									
Gunn		4	35:50	154		C									
Bricker		4	45:17	168		E									
Burka		4	35:50	172		C									
Goodwin		4	39:22	160		D									
Hunkins		4	45:17	204		E									
Munsell		4	36:15	172		D									
Coriell		4	34:00	160		C									
Deller		4	36:15	160		D									
Thomas		4	44:25	~~[illegible]~~	120	E									
Dattilo		4	46:01	164		E									
Spence		4	45:17	152		E									
Witzofsky		4	46:01	168		E									
Conaghan		4	34:[illegible]	165		C									

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

Date: 8-4-15 Conditions:

Workout: Drills/Jog 1m to Central Fields/Drills/ Push-ups /Tempo run A B=4 C=3 D=2 New Guys = 1 mile aerobic/4x200 / Full Stretch/ Jog SLUH/ Weights

Group A	Tempo	Time	Pulse	200	200	200	200	Comments
Butler	4	24.26	160	33	33	33	33	
Laughlin	4	26:12	172	34	34	35	33	
Lepak	4	25:13	180	33	34	33	33	
Group B								
Balossi								Direction Day
Davidson	4	25:05	188	33	33	37	33	
Dernlan								Direction Day
Gale	4	27:56	≈200	42	38	38	35	
Kelly	4	24:26	172	33	34	33	33	
Leeker	4	29:05	188	36	42	43	47	
Ludwig	4	26:36	176	32	35	37	39	
McIntyre	3	21:02	184	35	36	36	35	
Northcott	4	33:32	204	39	40	37	36	
Group C								
Burka	3	22:45	180	40	37	35	31	
Connaghan	3	23:30	180	35	35	34	34	
Coriell	3	24:17	180	36	33	35	33	
Gunn	2	16:01	172	40	31	36	33	
Himich	3	22:41	176	38	37	37	37	
Lipinski	3	22:35	172	33	32	32	29	
Stauder	3	26:08	188	48	50	47	43	
Tajkowski	2	16:01	172					
Group D								
Goodwin	2	17:05	160	43	36	39	34	
Heller	2	15:33	180	37	31	34	32	
Hennes	2	15:05	208	38	36	36	33	
Hetlage	2	13:03	174	37	33	33	32	
Moritz	2	15:17	124	43	42	41	33	
Poag	2	16:30	172					
Swiecicki	2	17:10	178	45	39	38	37	
Klausch	2	17:10	176	47	45	46	40	
Group E								
Bricker	1	9:45		42	43	45	40	
Dattilo	2	19:58	172	42	42	44	43	
Hunkins	2	17:00	181	38	33	35	38	
Munsell	2	16:25	180	[illegible]	39	40	38	
Spence	2	17:53	192	50	44	48	48	
Thomas	2	16:20	176					
Witzofsky	2	20:00	172	44	43	41	40	
Utsey	2	18:32	176					
New Guys	**Aerobic**	**Time**	**Pulse**	**200**	**200**	**200**	**200**	**Comments**
Cleeland		9:33	120	41	39	42	51	
Correnti		7:50	144	33	33	32	30	
Dougherty								Direction Day
Fike		8:38	140	42	39	38	52	
Johnson		9:20	92	42	38	38	41	
Joy		7:45	130	41	39	38	50	
Mahn		9:30	160	43	45	44	46	
Marzo		7:46	156	43	44	46	41	
Milnor								Direction Day
Nolan		7:41	132	42	40	40	42	
Perry		8:00	160	38	35	35	33	
Pitti, C	1:45	[illegible]	200	40	38	43	43	
Pitti, L		7:40	160	39	37	41	43	
Rizzo		7:50	124	41	35	36	37	
Staley		9:30	132	45	49	47	51	
Trunko		8:30	124	34	35	36	34	

Schmitt
1 mile
8:47
164

Date: 8-5-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/Core / Aerobic run A=8 B=6 C=5 D=4 E=3 New Guys = 2 mile aerobic/Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	8	59:20	156	
Laughlin	8	59:20	164	
Lepak	8	57:26	180	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	6	44:25	180	Left shin hurting
Davidson	6	44:25	160	
Dernlan				DNR
Gale	6	48:09	176	
Kelly	6	43:44	148	
Leeker	6	48:09	164	
Ludwig	8	61:54	140	
McIntyre	6	44:25	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	40:48	164	
Connaghan	5	40:45	180	
Coriell	5	40:48	180	
Gunn	5	40:48	172	
Himich	5	40:43	172	
Lipinski	5	40:42	164	
Stauder	4	37:22	172	
Tajkowski	5	40:43	172	
Northcott	5	43:27	180	TIGHT CALF
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Goodwin	4	38:27	164	
Heller	4	32:36	176	
Hennes	4	34:22	176	
Hetlage				Direction Day
Klarsch	4	37:22	180	
Moritz	4	34:22	160	
Poag	5	42:30	180	
Swiecicki	4	38:38	172	
Utsey	4	37:12	164 K	
VORAS	4	34:28	164	
Group E	**Mileage**	**Time**	**Pulse**	**Comments**
Bricker				ORTHODONTIST
Dattilo	3	30:43	172	
Hunkins	3	28:13	204	
Munsell	4	34:28	160	
Spence	3	27:00	156	
Thomas				DENTIST
Witzofsky	3	28:08	176	
Schmitt	2	18:23	172	
New Guys	**Mileage**	**Time**	**Pulse**	**Comments**
Cleeland	3	31:00	120	
Correnti	3	25:43	168	
Fike	3	28:08	172	
Johnson				Direction Day
Joy	3	25:40	124	
Mahn	2	19:23	160	
Marzo				?
Milnor				OUT OF TOWN
Nolan Joey	2	19:33	140	
Perry	2	18:23	176	
Pitti, C	3	26:35	140	
Pitti, L	3	26:25	160	
Rizzo	2	19:24	130	
Staley	2	19:00	168	
Trunko	3	28:23	172	
Sprague	3	27:00	180	
Christie	3	26:30	172	

Date: 8-6-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic run A=8 B=6 C=5 D=4 E=3 New Guys = 2 mile /Drills/ Flying 200s / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	—	—	—	D.D.
Laughlin	8	60:21	156	
Lepak	—	—	—	D.D

Group B	Mileage	Time	Pulse	Comments
Balossi	—	—	—	X.T.
Davidson	6	46:00	160	
Dernlan	—	—	—	Hurt quad
Gale	6	48:45	172	
Kelly	6	45:59	144	Slowed pace at halfway
Leeker	6	48:45	156	
Ludwig	6	48:45	160	
McIntyre	6	46:00	164	

Group C	Mileage	Time	Pulse	Comments
Burka	5	38:46	172	
Connaghan	5	39:13	160	
Coriell	5	40:18	180	
Gunn	5	40:48	164	
Himich	5	39:20	172	
Lipinski	5	38:38	156	
Stauder	5	41:13	176	
Tajkowski	5	39:12	160	
Northcott	5	43:13	164	

Group D	Mileage	Time	Pulse	Comments
Goodwin	—	—	—	D.D
Helier	5	39:43	164	
Hennes	4	33:02	172	
Hetlage	5	38:38	144	
Klarsch	3	27:30	160	
Moritz	4	33:02	164	
Poag	—	—	—	D.D.
Swiecicki	4	41:40	156	
Utsey	4	41:32	180	
Voras	4	33:07	164	

Group E	Mileage	Time	Pulse	Comments
Bricker	3	27:30	164	
Dattilo	3	27:30	160	
Hunkins	—	—	—	Absent
Munsell	4	33:07	168	
Spence	3	27:51	160	
Thomas	4	33:02	184	
Witzofsky	3	28:58	164	
Schmitt	3	28:24	152	

New Guys	Mileage	Time	Pulse	Comments
Trunko	3	29:30	144	
Staley	2	20:37	164	
Sprague	3	27:52	200	
Rizzo	2	20:31	124	
Pitti, L				D.D.
Pitti, C				
Perry				
Nolan				
Milnor				
Marzo				
Mahn				D.D.
Joy	3	24:36	174	
Johnson	2	20:37	156	
Fike	3	28:10	172	
Correnti	3	24:37	168	
Cleeland	3	29:32	188	
Christie	2	20:31	164	
[redacted]	2	20:31	≈120	Pulse 5 min. after run

Flying 4 wos @ 28:30 → 28:31 felt slow

20:31

20:37

30
x 4
120

Date: 8-7-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Core/ Aerobic run on Alumni Race Course A=6 B=5 C=4 D=3 E=2 New Guys = 2 mile /Strides/Hurdle Mobility / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	5	40:00	140	
Laughlin	6	47:20	152	
Lepak	6	47:20	160	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	4	32:00	140	Shin
Davidson	5	36:50	152	
Dernlan	2	17:00	170	Thigh
Gale	5	38:45	160	
Kelly	5	36:50	144	felt good
Leeker	5	38:45	152	
Ludwig	5	38:22	136	
McIntyre				DD
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	32:09	168	
Connaghan	4	32:09	168	
Coriell	2	16:13	160	sharp pain in left foot
Gunn	4	32:09	152	
Himich	4	32:09	164	
Lipinski	4	32:09	164	
Stauder	4	32:49	184	
Tajkowski	4	32:09	168	
Northcott	4	32:34	176	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Goodwin	5K	28:06	172	
Heller	3	27:15	164	
Hennes	3	28:06	172	
Hetlage	3	27:44	148	
Klarsch	2	17:05	164	
Moritz	3	28:00	160	
Poag	4	34:00	180	
Swiecicki	3	29:00	156	
Utsey	3	30:15	172	
Voras	3	29:00	178	

Group E	Mileage	Time	Pulse	Comments
Bricker	2	17:05	160	
Dattilo	2	19:30	154	
Hunkins	2	14:05	160	
Munsell	3	27:19	152	
Spence	2	16:13	164	
Thomas	3	27:19	180	
Witzofsky				
Schmitt				

New Guys	Mileage	Time	Pulse	Comments
Christie	2	16:30	140	
Cleeland	2	18:09	180	
Correnti	2	15:51	164	
Fike	2	16:02	160	
Hamed	2	20:00	140	
Johnson	2	18:00	136	
Joy	2	15:50	140	
Mahn	2	20:00	140	
Marzo	2	15:00	132	
Milnor				
Nolan	2	16:35	142	
Perry	2	16:00	148	
Pitti, C	2	16:11	120	
Pitti, L.	2	15:00	164	
Rizzo				DD
Sprague				DD
Staley				DD
Trunko	2	19:10	152	

21
x 4
84

Date: 8-10-15 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 Group F= 2 mile /Strides/Hurdle Mobility / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	6	44:12	140	(INJ- Bil
Laughlin	~~6~~ 8	59:23	176	a
Lepak	~~6~~ 8	59:23	180	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	6	45:21	174	
Davidson	6	45:50	172	
Dernlan	—			SICK
Gale	6	45:21	184	
Kelly	6	43:42	168	left for Gomez
Leeker	6	49:48	172	
Ludwig	6	45:21	140	
McIntyre	6	45:28	176	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	33:47	152	
Connaghan	4	33:40	208	
Coriell	pop around [illegible]	7:00	166	Pain on [illegible]
Gunn	5	44:10	164	
Himich	5	42:50	176	
Lipinski	5	42:45	148	
Stauder	5	48:36	184	
Tajkowski	5	48:36	160	
Northcott	4	33:52	204	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Goodwin	4	37:58	160	
Heller	5	42:50	172	
Hennes	4	41:12	176	
Hetlage	4	36:46	146	
Klarsch	3	39:53	170	
Moritz	4	41:12	160	
Poag	4	33:42	186	
Swiecicki	4	38:40	160	
Utsey	2			
Voras	4	35:37	172	
Jackson	2.5		184	Puked

4
Gomez
43:45 (164)

Group E	Mileage	Time	Pulse	Comments
Bricker	3	39:45	184	dehydrated
Correnti	3	30:43	168	
Dattilo	3	36:12	172	
Fike	2	23:26	140	
Hamed	2	23:28	140	
Hunkins				
Joy	2	23:27	140	
Marzo	3	35:20	172	
Munsell	4	35:37	176	
Nelson	3	26:20	168	
Perry	3	25:26	160	
Pitti, C	3	26:17	160	
Pitti, L	3	25:25	184	
Schmitt	2	✓		Knee
Spence	3	31:44	156	
Sprague				
Thomas	4	35:06	200	
Witzofsky	3	32:37	172	
Wilkins	3	26:10	164	
Callon	3	26:45	178	Back
Gomez	3	44:45	204	
Group F	**Mileage**	**Time**	**Pulse**	**Comments**
Christie	2	17:56	164	
Cleeland	3	31:26	184	
Johnson	2	20:57	144	
Mahn	2	24:30	150	
Milnor	2	16:08	192	
Rizzo	2	20:58	158	
Staley	2	25:00	160	
Trunko	2	18:01	158	
Sam McIntyre	2	24:50	177	
Jack Buehring	2	16:08	168	
Patrick Boyer	2	16:08	NP	
Max Nuccio				
Tyler Kanady	2	22:20	140	
Justin Surber	2	19:02	164	
Alvin Alaphat	2	20:59	120	

Date: 8-11-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups/ Tempo AB=4 C=3 DEF=2 /4x200 / Full Stretch/ Jog SLUH / Weights

Group A	Mileage	Time	Pulse	Comments
Butler	4	24:09		
Laughlin	4	25:45	188	
Lepak	4	28:52	176	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	4	24:16	184	
Davidson	3	19:15	180	threw up on 4th lap
Dernlan	MONO			
Gale	4	26:13	184	
Kelly	3	17:19	N/A	IT Band
Leeker	4	29:66	204	
Ludwig	4	25:22	180	NO INHALER
McIntyre	4	27:54	180	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	3	22:48	192	
Connaghan	3	22:50	180	
Coriell	2	14:48	186	
Gunn	3	22:51	188	
Himich	✓			
Lipinski	3	25:32	164	
Stauder	3	25:58	176	
Tajkowski	3	21:24	174	
Northcott	3	22:15	208	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Goodwin	2	15:00	176	
Heller	3	23:40	180	
Hennes	2	14:42	188	
Hetlage	3	19:47	180	
Klarsch	2	17:05	200	
Moritz	2	15:52	172	
Poag	2	14:52	184	
Swiecicki	2	17:06	132	
Utsey				
Voras	2	15:15	176	
Gomez, Rey	1			
Jackson	2	17:20	180	
Watkins	3	23:17	172	
Uhlenbrock	2	18:00	176	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Correnti	2	16:26	176	
Dattilo	2	20:30	172	
Fike	2	18:30	164	
Hamed	2	18:50	160	
Hunkins	2	18:48	204	
Joy				INJURY
Marzo	2	19:20	183	
Munsell	2	15:51	176	
Nolan	2	18:06	180	
Perry	2	15:04	172	
Pitti, C	2	19:11	180	
Pitti, L	2	16:20	192	
Schmitt	2	18:28	184	
Spence	2	18:53	188	
Sprague	2	17:22	164	
Thomas	2	16:04	200	
Witzofsky	2	18:55	172	
Gomez, Rod	2	21:58	234	
Buehring	2	14:34	76	
Dwyer				
Group F	**Mileage**	**Time**	**Pulse**	**Comments**
Christie	2	16:36	171	
Cleeland	2	19:41	180	
Johnson	2	20:40	176	
Mahn	2	20:48	180	
Milnor	2	13:10	204	
Rizzo	2	18:30	164	
Staley	2	20:41	188	
Trunko	2	17:70	189	
McIntyre	2	16:17	220	
Kanady	2	20:48	176	
Surber				
Alaphat	2	16:50	160	
Dwyer	2	19:50	180	

recovered okay, miles were 6:13, 6:39, 6:40... need to go back to doing stretching for leg pain was fairly local into SS & jump on it. should be okay. Also given new stretching routine (myself routine) to substitute for current stretches

Date: 8-12-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core / Aerobic Run on Loops A=8 B=6 C=5 D=4 =3 F=2 /Strides/ Hurdle Mobility / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	8	1:02:00	160	
Laughlin	8	58:43	168	
Lepak	8	58:43	176	

Group B	Mileage	Time	Pulse	Comments
Balossi	5½	40:09	164	Sick
Davidson	6	45:50	160	
Dernlan	0			
Gale	6	44:20	168	
Kelly	6	42:44	148	
Leeker	6	40:36	160	
Ludwig	6	46:51	180	
McIntyre	6	44:20	168	

Mono

Group C	Mileage	Time	Pulse	Comments
Burka	5	39:36	168	
Connaghan	5	38:55	180	
Coriell	3	24:24	180	
Gunn	5	40:19	152	
Himich	5	39:23	180	
Lipinski	5	38:52	184	
Stauder	5	42:57	180	
Tajkowski	5	39:20	168	
Northcott	5	38:55	200	

Group D	Mileage	Time	Pulse	Comments
Goodwin	4	35:51	164	
Heller	5	39:35	176	
Hennes	4	33:20	184	
Hetlage	4	30:36	144	
Klarsch	4	32:50	180	Rain w/ 4 E's
Moritz	4	33:20	164	
Poag	4	33:54	180	
Swiecicki	4	38:50	140	
Utsey	3	28:14	180	
Voras	4	35:01	140	
Gomez, Rey	3	33:02	160	
Jackson	1½	33:20	184	
Watkins	1½	42:57	164	
Uhlenbrock, J	4	33:20	164	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Correnti	3	24:07	172	
Dattilo	3	33:20	160	
Fike	3	28:13	172	
Hamed	3	27:30	164	
Hunkins				
Joy	3	28:09	164	
Marzo	3	30:26	140	
Munsell	4	30:54	160	
Nolan	3	27:45	160	
Perry	3	24:24	180	
Pitti, C	3	29:34	180	
Pitti, L	3	24:01	180	
Schmitt	3	28:29	176	
Spence	3	27:26	164	
Sprague				
Thomas	4	35:01	180	
Witzofsky	3	28:05	172	
Gomez, Rod	3	34:45	172	
Buehring	3	15:40	164	
Dwyer	3	15:46	172	

Group F	Mileage	Time	Pulse	Comments
Christie	2	18:30	140	
Cleeland	3	26:05	192	
Johnson	2	20:45	180	
Mahn	2	19:05	180	
Milnor	3	24:07	176	
Rizzo	2	17:19	164	
Staley		23:35	165	
Trunko	2	19:05	164	
McIntyre	2	17:10	180	
Kanady	2	18:45	170	
Surber				
Alaphat				
Nozzio	2	17:20	164	
Groesch	2		144	

Date: 8-13-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run on Loops A=8 B=6 C=5 D=4 =3 F=2 /Drills/ Flying 200s / Full Stretch/ Jog SLUH/ Stability Weights

Group A	Mileage	Time	Pulse	Comments
Butler	8	59:00	180	
Laughlin	6	44:18	180	
Lepak	8	57:35	176	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	44:30	156	
Dernlan				
Gale	6	48:10	184	
Kelly	6	43:59	140	Rt Knee
Leeker	6	48:10	164	
Ludwig				
McIntyre	6	45:48	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	41:40	164	
Connaghan	5	39:35	180	
Coriell	4	32:20	180	
Gunn	5	41:40	160	
Himich	5	40:40	176	
Lipinski	5	41:41	164	
Stauder	5	44:25	176	
Tajkowski	5	41:40	164	
Northcott	1/2	WALK		Rt. Knee
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Goodwin	4	36:48	164	
Heller	5	41:40	172	
Hennes	4	38:00	172	
Hetlage	4	30:27	144	
Klarsch	4	30:15	184	
Moritz	4	[illegible]	156	39:58
Poag	4	32:20	188	
Swiecicki	4	40:01	172	
Utsey				
Voras	4	34:11	164	
Gomez, Rey				
Jackson	3.6	28:23	184	
Watkins	4	31:52	144	
Uhlenbrock, J	3.6	28:29	170	

Group E	Mileage	Time	Pulse	Comments
Bricker	3	30:15	180	
Correnti	3	25:26	176	
Dattilo	3	36:30	184	
Fike				
Hamed	3	28:10	176	
Hunkins	3	32:11	162	
Joy	3	28:00	140	
Marzo				
Munsell	4	34:11	156	
Nolan	3	31:02	140	
Perry	3	23:36	168	
Pitti, C	3	33:50	—	
Pitti, L	3	34:25	168	
Schmitt	3	28:20	180	
Spence	3	33:18	168	Rt Knee
Sprague	3	27:27	180	
Thomas	3	28:00	160	
Witzofsky	3	31:45	156	
Gomez, Rod	3	37:14	184	
Buehring	3	23:50	164	
Dwyer	3	24:30	172	
Group F	**Mileage**	**Time**	**Pulse**	**Comments**
Christie	2	18:36	168	
Cleeland	3	27:10	188	
Johnson	3	31:47	170	
Mahn	2	20:10	190	
Milnor	3	23:36	190	
Rizzo	2	17:32	160	
Staley	2	23:16	160	
Trunko	3	28:39	168	
McIntyre	2	[illegible]	180	18:34
Kanady	2	21:24	172	
~~Surber~~				
~~Alaphat~~				
NUCCIO	2	19:50	154	

Date: 8-14-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Butler	6	44:43		
Laughlin	5	35:56	164	
Lepak	6	44:43		
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	4	30:03	168	
Davidson	5	35:50	148	
Dernlan	—			MO NO
Gale	5	35:50	172	
Kelly	5	34:26	156	
Leeker	5	38:37	186	
Ludwig				
McIntyre	5	37:29	156	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	31:38	140	
Connaghan	4	30:02	172	
Coriell	5	38:37	180	
Gunn	4	30:26	160	
Himich	4	30:26	176	
Lipinski	4	30:02	160	
Stauder	4	34:52	180	
Tajkowski	4	30:04	180	
Northcott				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Goodwin	3	26:14	152	
Heller	4	32:30	152	
Hennes	3	29:23	168	
Hetlage	3	20:52	152	RESTROOM
Klarsch	2	19:40	164	
Moritz	3	29:24	152	
Poag	3	26:16	184	
Swiecicki	3	29:45	156	
Utsey	2	17:38	164	
Voras	3	29:45	152	
Gomez, Rey	2	19:40	160	
Jackson	2½	21:37	160	RESTROOM
Watkins	2½	21:37	160	RESTROOM
Uhlenbrock, J	2½	22:30	164	

Group E	Mileage	Time	Pulse	Comments
Bricker	2	19:40	152	
Correnti	2	16:33	172	
Dattilo	2	20:00	166	
Fike	2	17:38	172	
Hamed	2	18:47	180	
Hunkins				
Joy	—			INJURY
Marzo	2	20:00	172	
Munsell	3	26:32	164	
Nolan	2	18:40	160	
Perry	2	15:15	180	
Pitti, C	2	18:51	140	
Pitti, L	2	17:00	164	
Schmitt	2	19:40	160	
Spence				
Sprague	2	14:45	136	
Thomas	2	17:55	160	
Witzofsky				
Gomez, Rod	2	20:00	172	
Buehring	2	14:14	178	
Dwyer	2	16:09	164	
Group F	**Mileage**	**Time**	**Pulse**	**Comments**
Christie	2	16:09	160	
Cleeland	2	17:30	188	
Johnson	2	19:20	160	
Mahn	2	20:19	180	
Milnor	2	14:14	184	
Rizzo	2	17:40	164	
Staley	2	20:39	156	
Trunko	2	18:50	156	
McIntyre	2	18:47	180	
Kanady				
~~Surber~~				
~~Alaphat~~				
Nuccio	2	17:50	170	
~~Abt~~				
Group G				
Klarsch	2	—	132	

Date: 8-15-15 Conditions:
Workout: Drills/Jog 1m to Central/ Push-ups / Groups 123=3on/2off fartlek for 6-10K Groups
456=6x800 / Full Stretch/ Jog SLUH/ Weights

Group 1	Distance	Time	Pulse	Comments
Balossi	8K	32:01	180	
Butler	9K	36:40	180	
Davidson	9K	36:40	196	
Gale	8K	34:45	184	
Kelly	8K	31:26	180	felt good, stopped for injury prevention
Laughlin	10K	39:20	172	
Lepak	10K	40:47	184	
Ludwig				
Group 2	**Distance**	**Time**	**Pulse**	**Comments**
Burka	8K	37:29	186	
Hetlage	6K	24:14	172	
Himich	8K	36:35	184	
Leeker	8K	36:25	172	
Lipinski	8K	36:23	168	
McIntyre	8K	34:45	184	
Tajkowski	7K	33:20	180	
Group 3	**Distance**	**Time**	**Pulse**	**Comments**
Buehring	6K	30:14	208	
Connaghan	6K	27:49	180	
Coriell	6K	29:51	180	
Dwyer	6K			Struggled
Gunn	6K	27:30	184	
Heller	6K	28:00	180	
Hennes	6K	29:31	206	
Milnor	6K	29:10	172	
Northcott	2K / 3K	8:29 / 16:10	192 after first 2	3K with a lone freshman slow
Poag	6K	27:55	176	

Group 4	800	800	800	800	800	800	Comments
Correnti	3:34	3:37	3:40	3:38	3:45	3:39	
Goodwin	3:20	3:11	3:24	3:28	3:26	3:14	
Jackson	3:25	3:45	3:53	3:55		3:54	
McIntyre	3:34	3:20	3:36	3:54	3:58	4:02	
Moritz	3:23	3:18	3:19	3:22	3:22	3:19	
Munsell	3:24	3:25	3:26	3:28	3:26	3:22	
Perry	3:34	3:40	3:46	3:38	3:49	3:29	
Pitti, C	3:48	3:47	4:23	x	x	x	
Pitti, L	3:34	3:30	3:30	3:27	3:31	3:32	
Sprague	3:22	3:11	3:21	3:41	3:38	3:20	
Stauder	3:34	3:38	3:45	3:44	3:50	3:40	
Swiecicki	3:34	3:34	3:40	3:35	3:31	3:12	
Thomas	3:30	3:25	3:39	3:32	3:42	3:23	
Voras	3:29	3:31	3:39	3:32	3:44	3:30	
Watkins	3:13	3:04	3:12	3:20	3:02	3:07	

Date: 8-15-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Groups 123=3on/2off fartlek for 6-10K Groups 456=6x800 / Full Stretch/ Jog SLUH/ Weights

Group 5	800	800	800	800	800	800	Comments
Christie	3:30	3:36	3:29	3:40	3:42	3:35	
Hamed	3:28	3:40	3:39	4:18	3:37	4:26	
Hunkins	X	X	X	X	X	X	
Joy	X	X	X	X	X	X	Happy
Klarsch	3:45	3:49	3:48	3:57	4:07	2:50	Rey had fun
Marzo	3:32	3:44	3:55	3:44	4:20	4:12	
Nolan	3:41	3:44	3:51	4:02	4:07	3:58	
Rizzo	3:33	3:52	4:06	4:19	4:30	4:20	No I'm good
Spence	X	X	X	X	X	X	
Uhlenbrock, J	3:19	3:22	3:26	—	3:54	3:37	
Utsey	3:20	3:24	3:15	3:19	3:32	3:20	I'm tired
Group 6	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Bricker	X	X	X	X	X	X	
Cleeland	3:42	3:25	3:15	3:44	4:04	3:29	
Dattilo	4:26	4:12	4:08	4:42	4:45	3:53	somebody had fun
Fike	X	X	X	X	X	X	
Gomez, Rey	4:34	4:35	4:32	5:07	5:02	4:14	I had fun
Gomez, Rod	4:34	4:37	4:34	5:07	5:01	3:52	My bro had fun
Johnson	3:51	3:49	3:23	3:34	3:51	3:31	
Kanady	3:47	3:38	3:43	3:53	3:57	3:49	
Mahn	4:29	4:17	4:35	5:05	4:57		
Nuccio	3:43	3:45	3:53	~~3:44~~ 4:09	3:58	4:15	
Staley	4:36	4:37	4:53	5:34	4:35		
Trunko	4:12	4:07	4:04	4:22	3:53	3:50	I wanna go home
Witzofsky	X	X	X	X	X	X	
IR							
Groesch	☺						Happy
Schmitt							
Dernlan							

Date: 8-17-15 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/ Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler				
Laughlin	6	42:07	164	
Lepak	8	57:39	176	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	5.5	41:02	180	RIGHT Shin
Davidson	6	43:19	172	
Gale	6	47:59	184	Threw up/ham.
Kelly	6	42:39	152	
Leeker	6	47:59	164	
Ludwig	6	43:19	180	
McIntyre	6	38:09	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	39:58	172	
Connaghan	5	35:29	168	
Coriell	4	31:57	182	REACO AD
Goodwin	5	44:53	168	
Gunn	5	40:50	172	
Hennes	5	47:32	176	Right leg Tight
Himich	5	39:42	176	
Lipinski	5	35:29	168	
Northcott	5	41:21	180	KNEE
Stauder	5	47:07	172	
Tajkowski	5	43:09	168	
Voras	5	47:07	160	
Watkins	4.5	35:25	180	Right Knee bad
Munsell	5	43:57	180	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	31:58	168	
Correnti	4	36:45	176	
Gomez, Rey	3	32:40	164	
Heller	5	39:58	164	
Hetlage	4	28:08	180	
Jackson	4	33:22	172	
Klarsch	3	32:40	174	
Milnor	4	31:05	164	
Moritz	5	45:34	160	MOVE TO C
Perry	4	35:10	180	
Poag	4	31:16	126	
Swiecicki	4	38:45	136	
Uhlenbrock, J	4	33:22	158	
Utsey	3	24:26	184	

Group E	Mileage	Time	Pulse	Comments
Bricker	3	32:40	164	
Christie	3	29:20	152	
Cleeland	3	29:59	178	
Dattilo	3	34:57	180	
Dwyer	3	23:48	176	
Fike	3	30:07	172	
Gomez, Rod	3	33:15	184	
Hamed	3	28:44	140	
Hunkins	3	30:24	193	
Johnson	3	31:25	180	
Joy				
Kanady	3	30:59	176	
Mahn	3	33:40	160	
Marzo				
McIntyre	3	28:49	176	
~~Munsell~~				
Nolan	3	25:26	160	
Pitti, C		X	X	
Pitti, L	3	34:57	164	
Rizzo	3	27:36	164	
Spence	2	22:46	168	
Sprague	3	24:55	168	
Staley	3	34:31	160	
Thomas	4	35:25	172	
Trunko	3	29:59	144	
Witzofsky	2	22:46	164	
NUCCIO	3	28:50	156	
Schmitt	3	33:15	160	
Group G				
Groesch	0	1:00:00	?	
IR				
Dernlan				
Schmitt				

Date: 8-18-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Groups 12=8x1K with 1:00 rest, 34=1600-2x800-4x400, 56= 4x800- 4x400 / Full Stretch/ Jog SLUH/ Weights

Group 1	Pace	1K	1K	1K	1K	1K	1K	1K	1K	Comments
Balossi	3:35	38	32							
Butler	3:35		34							
Davidson	3:35		34							
Gale	3:35		35							
Kelly	3:35		35							
Laughlin	3:35		36							
Lepak	3:35		35							
Ludwig	3:35		34							
Group 2	**Pace**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
Burka	4:00	53								
Hetlage	3:35	38	39							
Himich	4:00	53								
Leeker	4:00	54								
Lipinski	4:00	50								
McIntyre	4:00	45	50							
Tajkowski	4:00	54								
Gunn	4:00	53								
Heller	4:00	54								
Connaghan	4:00	54								
Group 3	**1600**	**800**	**800**	**400**	**400**	**400**	**400**		**Comments**	
Buehring										
Coriell										
Hennes										
Milnor										
Northcott										
Poag										
Watkins										
Group 4	**1600**	**800**	**800**	**400**	**400**	**400**	**400**		**Comments**	
Correnti										
Dwyer										
Goodwin										
Jackson										
McIntyre										
Moritz										
Munsell										
Perry										
Sprague										
Stauder										
Swiecicki										
Thomas										
Utsey										
Voras										

Date: 8-18-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Groups 12=8x1K with 1:00 rest, 34=1600-2x800-4x400, 56= 4x800- 4x400 / Full Stretch/ Jog SLUH/ Weights

Group 5	800	800	800	800	400	400	400	400	Comments
Christie	3:30	4:00							
Cleeland	3:26	3:54							
Hamed	3:29	3:[illegible]							
Hunkins									
Joy									
Klarsch	3:09	3:56							
Marzo									
Nolan									
Rizzo									
Spence									
Uhlenbrock, J	3:16	3:42							
Group 6	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Bricker									
Dattilo	3:56	4:19							
Fike									
Gomez, Rey									
Gomez, Rod									
Johnson									
Kanady									
Mahn									
Nuccio	3:27	4:10							
Staley									
Trunko									
Witzofsky									
IR									
Groesch									
Schmitt	2:55	2:53							
Dernlan									
Pitti, C									
Pitti, L									

Training

Date: 8-19-15 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/ Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	8		150	
Laughlin	8	56:35	164	
Lepak	8	56:38	160	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				Cross Team
Davidson	6	42:50	148	
Gale	6	47:27	160	
Kelly	6	41:00	144	
Leeker	6	47:27	152	
Ludwig	6	41:00	142	
McIntyre	6	45:25	164	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	34:44	172	
Connaghan	5	35:16	172	
Coriell	5	42:07	160	
Goodwin	5	42:43	168	
Gunn	5	37:46	152	
Hennes	5	42:07	172	
Himich	5	37:48	160	
Lipinski	5	34:44	156	
Moritz	5	42:07	160	
Munsell	5	40:47	164	
Northcott	5	35:16	172	
Stauder	5	43:28	188	
Tajkowski	5	37:46	168	
Voras	5	42:08	160	
Watkins	4	34:33	172	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	29:10	155	
Correnti	4	34:45	160	
Gomez, Rey	3	28:10	160	
Heller				Sick
Hetlage	4	28:08	140	
Jackson	4	31:13	168	
Klarsch	3	27:45	174	
Milnor	4	29:10	144	
Perry	4	34:24	148	
Poag	4	29:11	160	
Swiecicki	4	34:41	132	
Uhlenbrock, J	4	31:40	176	
Utsey	3	27:53	172	Shins

Group E	Mileage	Time	Pulse	Comments
~~Bricker~~	N/A			
Christie	3	22:50	154	
Cleeland	3	29:59	160	
Dattilo	3	31:15	180	
Dwyer	4	29:30	172	
Fike				
Gomez, Rod	3	31:15	176	
Hamed	3	28:03	160	
Hunkins				
Johnson	3	27:30	160	
Joy	3	27:53	160	
Kanady	3	27:27	166	
Mahn	3	30:41	164	
Marzo	3	30:25	172	
McIntyre	3	27:51	156	
Munsell				
Nolan	3	25:54		
Nuccio	3	27:40	150	
Rizzo	3	26:15	184	
Schmitt				
~~Spence~~				Sick
Sprague	3	23:55	200	
Staley	3	30:25	176	
Thomas	3	25:54	160	
Trunko	3	26:38	156	
Witzofsky	3	28:30	152	
Group G				
Groesch	3			
IR				
Dernlan				
Pitti, C				
Pitti, L				
Coach P	3	21:43	168	
Coach G	3	21:43	176	

Date: 8-20-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Groups 12=8x1K with 1:00 rest, 34=1600-2x800-4x400, 56= 4x800- 4x400 / Full Stretch/ Jog SLUH/ Weights

Group 1	Pace	1K	1K	1K	1K	1K	1K	1K	1K	Comments
Balossi	3:35	3 27	3 27	3 33	3 34	3 35	X	X	X	leg
Butler	3:35	3 27	3 32	3 31	3 30	3 26	3 22	3 17	3 19	Avg 3:25.5
Davidson	3:35	3 28	3 31	3 31	3 30	3 31	3 32	3 24	3 24	Avg. 3:28.88
Gale	3:35	3 29	3 33	3 31	3 31	3 36	3 42	3 40	X	Avg. 3:34.6
Kelly	3:35	3 30	3 35	3 35	3 35	3 40	3 38	X	X	Hip
Laughlin	3:35	3 31	3 35	3 32	3 34	3 36	3 48	X	X	Hip
Lepak	3:35	3 31	3 35	3 33	3 35	3 45	3 42	3 39	3 36	Avg. 3:37.0
Ludwig	3:35	3 29	3 35	3 37	3 46	X	4 10	X	X	Breathing
Group 2	**Pace**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
Burka	4:00	3 54	4 08	4 06	4 04	4 07	4 05	4 07	3 59	
Hetlage	3:35	3 30	3 36	3 45	3 45	X	3 39	3 45	X	
Himich	4:00	3 56	4 08	4 06	4 05	4 09	4 05	4 07	4 01	
Leeker	4:00	3 57	4 09	4 06	4 06	4 07	4 05	4 07	4 02	
Lipinski	4:00	3 57	4 08	4 05	4 04	4 04	4 05	4 07	3 59	
McIntyre	4:00	3 50	3 57	3 52	3 57	3 59	3 56	3 57	3 54	
Tajkowski	4:00	3 57	4 09	4 06	4 05	4 07	4 05	4 07	3 59	
Gunn	4:00	3 57	4 08	4 06	4 05	4 04	3 57	4 04	4 00	
Heller	4:00									Stress Fracture
Connaghan	4:00	3 56	4 08	4 06	4 05	4 07	4 05	4 07	4 02	

Group 3	1600	800	800	400	400	400	400	Comments
Buehring								
Coriell								
Hennes								
Milnor								
Northcott								
Poag								
Watkins								

Group 4	1600	800	800	400	400	400	400	Comments
Correnti								
Dwyer								
Goodwin								
Jackson								
McIntyre								
Moritz								
Munsell								
Perry								
Sprague								
Stauder								
Swiecicki								
Thomas								
Utsey								
Voras								

Date: 8-20-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Groups 12=8x1K with 1:00 rest, 34=1600-2x800-4x400, 56= 4x800- 4x400 / Full Stretch/ Jog SLUH/ Weights

	Group 1	Pace	1K	1K	1K	1K	1K	1K	1K	1K	Comments
Billy	Balossi	3:35									
Joe	Butler	3:35									
Dustan	Davidson	3:35									
	Gale	3:35									
William	Kelly	3:35									
Joe	Laughlin	3:35									
	Lepak	3:35									
	Ludwig	3:35									
	Group 2	**Pace**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
	Burka	4:00									
	Hetlage	3:35									
	Himich	4:00									
Thomas	Leeker	4:00									
Romary	Lipinski	4:00									
Ethan	McIntyre	4:00									
	Tajkowski	4:00									
matt	Gunn	4:00									
	Heller	4:00									
	Connaghan	4:00									

Group 3	1600	800	800	400	400	400	400	Comments
Buehring	6:26	2:52	3:03	1:16	1:14	1:35	1:10	
Coriell	6:02	2:49	3:12	1:23	1:25	1:29	78	
Hennes	6:34	2:50	3:21	1:22	1:24	1:36	1:29	
Milnor	8:20	3:12	3:26	82	79	92	87	
Northcott	6:24	2:46	3:09	73	86	93	80	
Poag	6:35	2:55	3:22	80	87	96	98	
Watkins	6:02	2:45	3:38	DNR	←	→		

Group 4	1600	800	800	400	400	400	400	Comments
Correnti	6:50	3:15	3:25	87	90	93	92	
Dwyer	6:55	2:56	3:28	87	85	95	95	
Goodwin	6:57	3:09	3:30	1:24	1:27	1:30	1:29	
Jackson								
McIntyre	7:44	3:23	3:45	1:35	1:42	1:55	2:03	
Moritz	7:01	3:12	3:44	1:27	1:31	1:40	1:44	
Munsell	7:08	3:18	3:35	1:31	1:31	1:40	1:39	
Perry	7:22	3:17	3:38	86	87	97	98	
Sprague								
Stauder	7:36	3:26	3:51	91	97	1:02	1:06	
Swiecicki	6:54	3:06	3:20	1:25	1:28	1:34	1:19	
Thomas	6:47	3:05	3:22	80	85	95	85	
Utsey								
Voras	7:01	3:16	3:38	84	91	1:01	94	
Joy	6:42	3:04	3:44					
Fike	6:59	3:07	3:46					

Date: 8-20-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Groups 12=8x1K with 1:00 rest, 34=1600-2x800-4x400, 56= 4x800- 4x400 / Full Stretch/ Jog SLUH/ Weights

Group 5	800	800	800	800	400	400	400	400	Comments
Christie	3:16	3:26	3:02	3:42	1:15	1:25	1:38	2:02	
Cleeland	3:46	3:44	3:37	4:22	1:32	1:44	1:39	1:51	
Hamed	3:35	3:49	3:44	3:58	1:39	1:58	1:59	1:50	
Hunkins	3:31	3:29	3:20	3:29	1:23	1:26	1:30	1:20	
Joy	[illegible]								
Klarsch	3:35	3:46	3:57	3:43	1:35	1:49	1:56	1:47	
Marzo	3:34	3:59	3:53	4:12	1:37	2:00	1:53	1:45	
Nolan	3:40	3:59	3:40	4:04	1:40	1:41	1:57	1:50	
Rizzo	3:30	3:43	3:20	3:40	1:25	1:35	1:40	1:45	
Cross Train Spence									
Uhlenbrock, J	3:02	3:15	3:09	3:28	1:31	1:32	1:38	1:32	
Group 6	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Bricker	3:35	4:01	4:01	4:21	1:35	1:46	1:55	2:01	
Dattilo	3:51	4:41	4:05	4:25	1:55	2:00	2:04	1:51	
6:59 Fike					1:14	2:02	1:52	1:40	
Gomez, Rey	3:55	4:17	4:04	4:32	1:55	1:53	2:10	2:05	
Gomez, Rod	3:55	3:49	4:09	4:42	1:58	2:10	2:32	2:07	
Johnson	3:20	3:51	3:23	4:01	1:27	1:27	1:50	1:55	
Kanady	3:18	3:58	3:15	4:12	1:32	1:44	2:04	1:56	
Mahn	3:55	4:30	3:45	4:24	1:30	1:53	2:08	2:10	
Nuccio	3:35	4:05	3:27	3:58	1:45	1:31	1:59	1:58	
Staley	3:41	3:51	3:30	3:42	1:40	1:50	2:03	1:49	
Trunko	3:24	3:50	3:21	3:49	1:24	1:30	1:42	1:39	
Witzofsky									
IR									
Groesch									
Schmitt									
Dernlan									
Pitti, C									
Pitti, L									

Sprague 3:00 3:20 3:04 3:30

Fike 1:20 1:28 1:44 1:37

Date: 8-21-15 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/ Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	6	44:50		
Laughlin	5	35:00	160	
Lepak	6	44:50	144	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	3	30:00		
Davidson	5	35:00	144	
Gale	5	36:27	179	
Kelly	5	35:00	144	
Leeker	5	34:27	184	
Ludwig	5	35:06	172	
McIntyre	4	30:37		[illegible]
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	28:53	160	
Connaghan	4	29:19	168	
Coriell	4	29:48	166	
Goodwin	4	34:44	168	
Gunn	4	28:53	164	
Hennes	4	35:51	172	
Himich	4	29:45	172	
Lipinski	4	28:53	180	
Moritz	4	35:51	160	
Munsell	4	36:16	152	
Northcott	4	29:50	176	
Stauder	4	36:16	164	
Tajkowski	4	36:16	140	
Voras	4	36:16	152	
Watkins	4	29:50	184	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	3	23:13	176	
Correnti	3	28:10	156	
Gomez, Rey	2	21:00	152	
Heller				
Hetlage	3	20:46	152	
Jackson	3	26:08	195	
Klarsch	3	26:08	164	
Milnor	3	21:13	160	
Perry	3	24:30	132	
Poag	3	20:50	154	
Swiecicki	3	28:20	144	
Uhlenbrock, J	3	26:06	156	
Utsey				

Group E	Mileage	Time	Pulse	Comments
Bricker	2	21:00	140	
Christie	2	15:42	164	
Cleeland	2	18:45	168	
Dattilo	2	21:00	160	
Dwyer	3	23:13	176	
Fike	2	19:34	172	
Gomez, Rod	2	21:00	176	
Hamed	2	18:35	136	
Hunkins				
Johnson	2	17:05	184	
Joy	2	18:45	168	
Kanady	2	16:50	164	
Mahn				
Marzo				
McIntyre	2	17:49	140	
Munsell				
Nolan	2	19:12	152	
Nuccio	2	17:15	158	
Rizzo	2	16:51	132	
Schmitt				
Spence				
Sprague	2	15:42	164	
Staley	2	18:45	164	
Thomas	2	18:45	168	
Trunko	2	17:18	144	
Witzofsky	2	18:43	156	
Group G				
Groesch				
IR				
Dernlan				
Pitti, C				
Pitti, L				

Date: 8-22-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Butler	10	1:10:58	148	
Laughlin	7	49:31	156	
Lepak	10	1:10:57	160	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	XT			
Davidson	8	57:43	136	
Gale	8	59:50	136	(work on math)
Kelly	8	57:43	140	
Leeker	8	59:50	144	
Ludwig	8	59:50	120	
McIntyre	8	59:50	148	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	6	48:16	160	
Connaghan	5	49:06	160	
Coriell	6	53:51	180	
Goodwin	6	53:51	140	
Gunn	6	48:16	164	
Hennes	6	53:51	160	
Himich	6	49:45	160	
Lipinski	6	48:16	136	
Moritz	6	53:51	160	
Munsell	6	53:51	164	
Northcott	5.85	49:41	140	
Stauder	6	54:21	172	
Tajkowski	6	48:16	160	
Voras	6	53:51	160	
Watkins	6	48:16	180	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	5	39:06	164	
Correnti	5	45:45	168	
Gomez, Rey	5	48:16	144	
Heller	XT			
Hetlage	5	35:20	152	
Jackson	5	45:35	172	
Klarsch	5	48:16	160	
Milnor	5	39:06	192	
Perry	5	41:31	144	
Poag	5	39:06	160	
Swiecicki	5	45:45	140	
Uhlenbrock, J	5	45:35	172	
Utsey				

Group E	Mileage	Time	Pulse	Comments
Bricker	3	31:59	152	
Christie	4	38:06	144	
Cleeland	4	41:44	172	
Dattilo	4	39:21	180	
Dwyer	5	40:01	164	
Fike				
Gomez, Rod	4	39:21	176	
Hamed	4	38:32	152	
Hunkins				
Johnson	4	40:53	144	
Joy	4	35:11	164	
Kanady	4	40:51	160	
Mahn	3	31:59	180	
Marzo	4	39:21	172	
McIntyre	4	40:53	144	
Munsell	4			
Nolan	4	38:00	140	
Nuccio	4			
Rizzo	4	38:32	164	
Schmitt	DNR			
Spence	XT			
Sprague	5	41:42	160	
Staley	4	39:21	160	
Thomas	4	35:11	164	
Trunko	4	35:11	156	
Witzofsky	4	38:43	160	
Group G				
Groesch				
IR				
Dernlan				
Pitti, C				
Pitti, L				

Date: 8-24-15 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/ Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler				
Laughlin	6	42:48	156	
Lepak	8	55:55	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	42:33	176	
Gale	6	47:48	172	
Kelly	6	42:33	148	
Leeker	6	47:48	168	
Ludwig	6	43:20	140	2A toe
McIntyre	6	43:25	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	39:41	160	
Connaghan	5	36:30	176	
Coriell	5	40:09	160	
Goodwin	5	42:52	160	
Gunn	5	39:41	148	
Hennes	5	42:52	160	
Himich	5	36:56	180	
Lipinski	5	35:36	160	
Moritz	5	42:53	160	
Munsell	5	40:40	168	
Northcott	5	36:50	182	
Stauder	5	43:51	172	
Tajkowski	5	39:41	172	
Voras	5	42:23	156	
Watkins	5	39:41	160	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	29:35	175	
Correnti	4	34:18	164	
Gomez, Rey	4	39:21	156	
Heller				injured
Hetlage	4	27:43	152	
Jackson	4	31:35	176	
Klarsch	4	39:21	180	
Milnor	4	29:43	168	
Perry	4	33:50	156	
Poag	4	29:43	184	
Swiecicki	4	33:30	176	
Uhlenbrock, J	4	31:35	168	
Utsey				

Group E	Mileage	Time	Pulse	Comments
Bricker	4	39:21	168	
Christie	3	33:10	128	
Cleeland	3	30:07	178	
Dattilo	3	30:30	176	
Dwyer	4	29:43	160	
Fike	3	31:14	176	
Gomez, Rod	3	30:30	178	
Hamed	3	33:20	108	
~~Hunkins~~				
Johnson	3	26:43	144	
Joy				
Kanady	3	25:40	148	
Mahn	3	33:50	152	
Marzo				
McIntyre	3	29:40	168	
~~[illegible]~~				
Nolan	3	28:53	144	
Nuccio	4	33:50		
Rizzo	3	27:14	146	
Schmitt	3	33:20	140	
Spence	3	30:45	168	
Sprague	3	[illegible]	172	22:57
Staley	3	29:54	166	
Thomas	4	33:49	160	
Trunko	3	26:35	138	
Witzofsky	3	27:14	160	
Group G				
Groesch				
IR				
Dernlan				
Pitti, C				
Pitti, L				

Date: 8-25-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Groups 123=4-5 mile tempo, 6xMuny Hills, 456=2-3 mile tempo, 4x200 / Full Stretch/ Jog SLUH/ Weights

Group 1	Tempo	Time	Pulse	Comments
Balossi	4	25:06	180	
Butler	3	20:00	146	
Davidson	5	30:20		
Gale	5	31:52	192	
Kelly	5	30:47	176	
Laughlin	5	32:10	192	
Lepak	5	32:53	180	
Ludwig	4	24:50		
Group 2	**Tempo**	**Time**	**Pulse**	**Comments**
Burka	4	28:44	184	
Hetlage	3	19:39	176	Rt Ankle
Himich	4	27:26	180	
Leeker	4	29:07	180	
Lipinski	4	28:02	160	
McIntyre	5	33:09	184	
Tajkowski	4	28:44		
Gunn	4	28:50	184	
Heller				
Connaghan	4	28:03	180	
Group 3	**Tempo**	**Time**	**Pulse**	**Comments**
Buehring	3	21:50	180	
Coriell	4	29:30	180	
Hennes	3	23:48	208	H.P
Milnor	3	20:47	188	
Northcott	3	20:32	176	
Poag	3	22:58	180	
Watkins				

Group 4	Tempo	Time	Pulse	200	200	200	200	Comments
Correnti	3	24:20	180	43	35	33	30	
Dwyer								
Goodwin	3	22:52	180	37	39	38	36	
Jackson	3	23:00	—	—	—	—	—	Ill
McIntyre	3	24:45	180	43	40	41	40	
Moritz	3	22:59	160	36	40	38	35	
Munsell	3	23:01	188					
Perry	3	24:22	188	46	45	47	47	
Sprague	2	15:49	182	42	44	42	36	
Stauder	3	24:15	184					
Swiecicki	3	23:52	168	43	40	36	32	
Thomas	3	23:35	182	38	38	35	34	
Utsey								
Voras	3	23:28	180	42	41	47	39	

Date: 8-25-15 Conditions:

Workout: Drills/Jog 1m to Central/ Push-ups / Groups 123=4-5 mile tempo, 6xMuny Hills, 456=2-3 mile tempo, 4x200 / Full Stretch/ Jog SLUH/ Weights

Group 5	Tempo	Time	Pulse	200	200	200	200	Comments
Christie	2	15:50	154	39	36	37	34	
Cleeland	2	19:00	156	41	34	34	34	
Hamed								
Hunkins								
Joy								
Klarsch	2	16:10	180	40	39	39	34	
Marzo	2	16:30	172	41	41	42	40	
Nolan	2	17:30	160					
Rizzo	2	15:59	164	36	36	36	36	
Spence	2	16:39	192	49				
Uhlenbrock, J	3	23:45	174					
Group 6	**Tempo**	**Time**	**Pulse**	**200**	**200**	**200**	**200**	**Comments**
Bricker								
Dattilo								
Fike	2	15:52	156	37	36	34	38	
Gomez, Rey								
Gomez, Rod								
Johnson	2	16:49	180	40	36	38	39	
Kanady	2	16:30	170	37	38	39	34	
JF — Mahn	2	19:23	160					
Nuccio	2	16:28	162	38	37	35	40	
Staley	2	15:50	182	39	38	39	37	
Trunko	2	15:37	164	35	38	37	36	
Witzofsky	2	16:50	172	43	41	38	36	
IR								
Groesch								
— Schmitt	2	20:38	148	~~Knee~~				~~Knee~~ Knee
Dernlan								
Pitti, C								
Pitti, L								

Date: 8-26-15 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/ Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	5	34:30	132	
Laughlin	6	42:29	156	
Lepak	8	57:18	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	42:38	166	
Gale	6	48:30	168	
Kelly	6	42:38	152	
Leeker	6	48:20	168	
Ludwig	6	44:19	160	
McIntyre	6	44:45	164	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	40:05	160	
Connaghan	5	35:56	172	
Coriell	5	37:55	160	
Goodwin	5	44:41	160	
Gunn	5	40:05	168	
Hennes	5	41:26	172	
Himich	5	39:37	168	
Lipinski	5	39:29	132	
Moritz	5	41:06	160	
Munsell	5	41:43	156	
Northcott	5	37:30	160	
Stauder	5	47:42	160	
Tajkowski	5	39:55	160	
Voras	5	47:42	152	
Watkins				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	28:17	158	
Correnti	4	38:45	176	
Gomez, Rey	4	41:11	160	
Heller				
Hetlage	4	27:50	152	
Jackson				
Klarsch	4	41:11	174	
Milnor	4	28:22	164	
Perry	4	34:51	188	
Poag	4	30:26	184	
Swiecicki	4	38:45	164	
Uhlenbrock, J	4	32:05	178	
Utsey				

Group E	Mileage	Time	Pulse	Comments
Bricker				
Christie	3	23:36	156	
Cleeland	3	26:27	[illegible]	144
Dattilo	3	30:50	176	
Dwyer	4	30:59	164	
Fike	3	28:17	164	
Gomez, Rod	3	30:50	180	
~~Hamed~~				Injured
Hunkins	3	26:40	133	
Johnson	3	28:12	160	
Joy	3	24:57	180	
Kanady	3	26:00	160	
Mahn				excused
Marzo	3	30:00	160	
McIntyre	3	28:16	160	
~~Munsell~~				
Nolan	3	26:20	140	
Nuccio	3	28:15	160	
Rizzo	3	27:41	164	
Schmitt	3	24:57	176	
Spence	3	29:11	164	
~~Sprague~~				DR excused
Staley	3	27:41	156	
Thomas	3	24:57	172	
Trunko	3	26:11	144	
Witzofsky	3	26:30	164	
Group G				
Groesch				
IR				
Dernlan				
Pitti, C				
Pitti, L				

Date: 8-27-15 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

continuation of no flys → to rest leg, guys did all flying 4 was

Group A	Mileage	Time	Pulse	Comments
Butler	5	35:36	120	hurt
Laughlin	6	42:32	156	
Lepak	8	56:35	156	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	42:58	144	
Gale	6	47:45	168	
Kelly	6	42:58	148	felt tight
Leeker	6	47:45	160	
Ludwig	6	42:58	152	2 - Tue 4th
McIntyre	6	43:50	162	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	37:00	164	
Connaghan	5	35:36	188	
Coriell	5	36:32	200	
Goodwin	5	43:14	160	
Gunn	5	37:00	160	
Hennes	5	40:01	172	
Himich	5	37:00	164	
Lipinski	5	35:36	140	
Moritz	5	34:50	160	
Munsell	5	40:11	168	
Northcott	5	38:28	168	
Stauder	5	44:54	168	
Tajkowski	5	40:11	160	
Voras	5	40:11	176	
Watkins	→			
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	28:55	159	
Correnti	4	33:41	176	
Gomez, Rey	4	40:19	160	
Heller				
Hetlage	4	27:19	152	
Jackson	4	30:52	164	
Klarsch	4	40:15	174	
Milnor	4	28:55	172	
Perry	4	37:43	164	
Poag	4	28:55	184	
Swiecicki	4	37:34	140	
Uhlenbrock, J	4	30:52	164	
Utsey				

Group E	Mileage	Time	Pulse	Comments
Bricker				
Christie	3	23:50	160	
Cleeland	3	25:47	168	
Dattilo	3	28:16	176	
Dwyer	4	29:40	172	
Fike	4	32:52	176	
Gomez, Rod	3	28:16	180	
Hamed				
Hunkins	3	23:20	131	
Johnson	3	24:23	180	
Joy	4	32:36	140	
Kanady	3	25:44	160	
Mahn	1	8:30	80	hurt back
Marzo	3	26:07	164	
McIntyre	3	25:19	168	
Munsell	3			
Nolan	3	24:45	160	
Nuccio	4	35:40	160	
Rizzo	3	24:59	132	
Schmitt	4	32:50	172	
Spence	3	24:31	168	
Sprague	3	23:20	184	
Staley	3	26:50	176	
Thomas	3	24:31	135	
Trunko	3	25:24	152	
Witzofsky	3	25:19	164	
Group G				
Groesch				
IR				
Dernlan				
Pitti, C				
Pitti, L				

Date: 8-28-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Butler	5	36:30	140	
Laughlin	5	35:49	152	
Lepak	6	42:55	156	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	XC			
Davidson	5	36:30	140	
Gale	XC			
Kelly	5	35:49	144	
Leeker	5	38:29	160	
Ludwig	DNF			
McIntyre	5	35:40	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	29:45	128	
Connaghan	4	28:19	176	
Coriell	4	28:18	180	
Goodwin	4	34:55	160	
Gunn	4	29:45	144	
Hennes	≈4	32:00	160	
Himich	4	29:30	168	
Lipinski	4	28:18	166	
Moritz	4	36:29	160	
Munsell	4	35:06	156	
Northcott	4	31:02	168	R. Knee
Stauder	4	35:13	172	
Tajkowski	4	35:06	150	
Voras	4	35:06	156	
Watkins	3	26:31	164	Knee
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	3	22:16	146	
Correnti	3	24:40	172	
Gomez, Rey	3	24:30	160	
Heller				
Hetlage	3	22:14	140	
Jackson	DC.			
Klarsch	3	24:30	160	
Milnor	3	22:17	160	
Perry	3	24:15	156	
Poag	3	22:16	168	
Swiecicki	3	25:45	160	
Uhlenbrock, J	3	26:30	168	
Utsey				

Group E	Mileage	Time	Pulse	Comments
Bricker	3	24:30	170	
Christie	3	28:00	140	
Cleeland	3	25:22	176	
Dattilo	3	29:30	176	
Dwyer	3	23:22	168	
Fike	~~3~~			Didn't report
Gomez, Rod	3	29:30	172	
Hamed	3	29:30	156	
Hunkins	3	25:30	187	
Johnson	3	27:25	160	
Joy	3	23:23	162	
Kanady	3	26:40	150	
Mahn				
Marzo	3	25:45	166	
McIntyre	3	27:25	156	
Munsell				
Nolan	3	26:45	160	
Nuccio	3	~~[illegible]~~	160	23:30
Rizzo	3	25:51	164	
Schmitt	1	—	—	Knee
Spence	3	24:30	168	
Sprague	3	~~[illegible]~~	176	23:00
Staley	3	29:29	172	
Thomas	3	22:17	160	
Trunko	3	25:45	144	
Witzofsky	3	26:41	156	
Group G				
Groesch	DC.			
IR				
Dernlan				
Pitti, C				
Pitti, L				

- Bike crunches
- Full crunch
- shoulder crunch
- leg-up crunch
- side crunch
- reverse crunches
- leg lifts
- Boat
- on belly, leg/opposite arm

Date: 8-31-15 Conditions:

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

40

Group A	Mileage	Time	Pulse	Comments
Butler				
Laughlin			140	
Lepak			140	
Davidson			124	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson			124	
Gale			160	
Kelly			132	
Leeker			152	
Ludwig	5	46:12	—	wet
McIntyre			156	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka			112	
Connaghan			✓	
Coriell			160	
Goodwin			140	
Gunn			124	
Hennes			160	
Himich			174	
Lipinski			88	
Moritz		30:00	160	
Munsell			148	
Northcott			164	
Stauder			160	
Tajkowski			140	
Voras			[illegible]	156
Watkins				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring			124	
Correnti			156	
Gomez, Rey			160	
Heller				
Hetlage				
Jackson			142	
Klarsch			164	
Milnor			134	
Perry			128	
Poag			152	
Swiecicki			120	
Uhlenbrock, J			140	
Utsey				

35

assigned shorts, pace treadfor compromised due to mental factors

30

Group E	Mileage	Time	Pulse	Comments
Bricker				
Christie			144	
Cleeland			168	
Dattilo			160	
Dwyer			140	
Fike			142	
Gomez, Rod			160	
Hamed			148	
Hunkins			180	
Johnson			120	
Joy			124	
Kanady			142	
Mahn				
Marzo			155	
McIntyre			132	
Munsell	—	TAKE OFF	E's	— he's a C
Nolan			144	
Nuccio			136	
Rizzo			143	
Schmitt			128	
Spence			124	
Sprague			156	
Staley			140	
Thomas			120	
Trunko			132	
Witzofsky			156	
Group G				
Groesch	0	—	—	
IR				
Dernlan				
Pitti, C			140	
Pitti, L			160	

25

25

Date: 9-1-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run on Loops A=6 B=5 C=4 DE=3 3x1 min. pickups for non-racers/Strides / Full Stretch/ Jog SLUH / Weights

Group A	Mileage	Time	Pulse	Comments
Butler	5	39:11	140	
Laughlin	5	34:30	168	
Lepak	6	44:37	176	✓
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	–			
Davidson	6	44:47	172	
Gale	5	37:20	180	
Kelly	5	34:30	156	
Leeker	5	40:45	172	
Ludwig	5	36:00	162	
McIntyre	5	36:00	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	33:49	180	
Connaghan	4	30:16	172	
Coriell	4	37:00	180	
Goodwin	4	37:29	168	
Gunn	4	33:49	144	
Hennes	4	39:37	176	
Himich	4	32:20	180	
Lipinski	4	34:54	136	
Moritz	4	34:14	160	
Munsell	3	26:50	156	
Northcott	3.4	27:28		Knee
Stauder	3	27:02	184	
Tajkowski	3	26:22	156	
Voras	3	26:22	152	
Watkins	4	35:40	173	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	3	22:37	158	
Correnti	3	28:03	176	
Gomez, Rey	3	30:30	160	
Heller				
Hetlage	3	22:37	190	
Jackson	3	30:30	174	
Klarsch	4	36:30	174	
Milnor	3	22:37	168	
Perry	3	24:36	168	
Poag	3	22:37	168	
Swiecicki	3	27:45	156	
Uhlenbrock, J	3	26:26	174	

Group E	Mileage	Time	Pulse	Comments
Bricker	3	30:30	168	
Christie	3	28:42	152	
Cleeland	3	26:48	188	
Dattilo	3	30:09	180	
Dwyer	3	29:00	160	
Fike	3	28:24	160	
Gomez, Rod	3	32:09	176	
Hamed	3	26:48	160	
Hunkins	3	25:22	180	✓
Johnson	3	29:30	172	
Joy				
Kanady	3	30:10	160	
Mahn	3	30:00	190	
Marzo	3	30:45	165	
McIntyre	3	30:08	160	
Nolan	3	25:40	164	
Nuccio	3	25:45	148	
Rizzo	3	28:21	184	~~Knee~~
Schmitt	3	32:09	144	Knee
Spence	3	28:18	156	
Sprague	3	25:00	180	
Staley	3	30:15	172	
Thomas	3	22:52	168	
Trunko	3	27:22	144	
Witzofsky	3	28:33	160	
Group G				
Groesch				
IR				
Dernlan				
Pitti, C	3	28:48	152	
Pitti, L	3	28:44	178	

Date: 9-2-15 Conditions:

Workout: O'FALLON RACE or Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run on Loops A=6 B=5 C=4 DE=3 /Strides / Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler				O'Fallon
Laughlin				O'Fallon
Lepak				O'Fallon
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				O'Fallon
Davidson				O'Fallon
Gale				O'Fallon
Kelly				O'Fallon
✓Leeker	5	41:43	164	
Ludwig				Absent
McIntyre				O'Fallon
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka				
✓Connaghan	4	31:35	168	
✓Coriell	4	32:45	180	
✓Goodwin	4	35:50	168	
Gunn				
✓Hennes,	4	38:01	172	[illegible]
Himich				
✓Lipinski	4	32:31	172	
✓Moritz	4	38:01	140	
Munsell				
✓Northcott	4	32:25	192	—
Stauder				
Tajkowski				
Voras				
Watkins				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring				
Correnti				
✓Gomez, Rey	3	32:33	168	
Heller				
Hetlage				
✓Jackson	3	26:59	180	hotas hell
✓Klarsch	3	27:37	180	
Milnor				
Perry				
Poag				
Swiecicki				
✓Uhlenbrock, J	3	27:00	184	

Group E	Mileage	Time	Pulse	Comments
Bricker				Absent
Christie				
Cleeland				
Dattilo				
Dwyer				
Fike				
Gomez, Rod				
Hamed				
✓Hunkins	3	26:36	188	
Johnson				
Joy				
Kanady				
Mahn				
Marzo				
McIntyre				
Nolan				
Nuccio				
Rizzo				
Schmitt				
✓Spence	3	25:50	172	
Sprague				
Staley				
Thomas				
Trunko				
Witzofsky				
Group G				
Groesch				
IR				
Dernlan				
Pitti, C				
Pitti, L				

Date: 9-3-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Aerobic Run on Loops A=6 B=5 C=4 DE=3 /Drills / 4x200 / Full Stretch/ Jog SLUH / Stability Weights

Group A	Mileage	Time	Pulse	Comments
Butler	6	46:22	—	
Laughlin	5	36:15	160	
Lepak	6	46:22	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson				
Gale	5	37:14	180	
Kelly	5	34:15	156	110 flipping 200
Leeker	5	39:51	168	
Ludwig	5	34:41	160	
McIntyre	5	39:10	164	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	31:12	172	
Connaghan	4	37:39	172	
Coriell	4	34:15	200	
Goodwin	4	36:07	160	
Gunn	4	31:12	152	
Hennes	4	38:20	176	
Himich	4	31:12	180	
Lipinski	4	29:39	160	dying
Moritz	4	38:20	140	
Munsell	4	33:24	168	
Northcott	4	30:20	180	
Stauder	4	36:51	180	
Tajkowski	4	31:12	166	
Voras	4	36:51	160	
Watkins	4	31:12	156	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	3	23:16	160	
Correnti	3	26:41	172	
Gomez, Rey	3	29:15	172	
Heller				
Hetlage	3	22:00	140	
Jackson				
Klarsch	3	29:15	184	
Milnor	3	23:16	176	
Perry	3	25:44	160	
Poag	3	22:05	194	
Swiecicki	3	25:12	148	
Uhlenbrock, J	3	26:00	180	

Group E	Mileage	Time	Pulse	Comments
Bricker	3	29:15	168	very sick
Christie	3	25:56	160	
Cleeland	3	23:59	196	
Dattilo	3	30:00	200	dying
Dwyer	3	22:18	172	
Fike	3	26:20	176	
Gomez, Rod	3	[illegible]	170	30:59
Hamed	3	25:44	160	
Hunkins				
Johnson	3	26:30	168	
Joy	3	24:48	188	
Kanady	3	29:15	146	
Mahn				
Marzo	3	26:15	170	
McIntyre	3	25:45	176	
Nolan	3	24:40	160	
Nuccio	3	28:40	160	
Rizzo	3	27:35	148	
Schmitt	3	26:50	164	
Spence	3	26:01	168	
Sprague	3	23:43	176	
Staley	3	26:35	180	
Thomas				
Trunko	3	27:51	148	
Witzofsky	3	26:19	164	
Group G				
Groesch	0	60:00	—	
IR				
Dernlan				
Pitti, C	3	28:50	148	
Pitti, L	3	26:07	148	

see coach →

Dustan 20x400 82 → 72

Date: 9-4-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Butler	4	—	—	
Laughlin	5	34:57	172	
Lepak	5	35:00	160	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson				
Gale	5	35:00	160	
Kelly	5	34:53	156	
Leeker	5	39:46	160	
Ludwig	5	35:41	[illegible]	128
McIntyre	5	38:39	156	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	29:[illegible]	152	
Connaghan	4	29:[illegible]	172	
Coriell	4	33:04	180	
Goodwin	4	34:28	164	
Gunn	4	30:32	168	
Hennes	4	33:03	180	
Himich	4	30:32	176	
Lipinski	4	29:[illegible]	146	
Moritz	4	33:04	160	
Munsell	4	34:44	160	
Northcott	4	36:55	176	SICK
Stauder	4	36:38	172	
Tajkowski	4	30:32	175	
Voras	4	34:28	168	
Watkins	3	26:10	152	Left Hamstring
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	3	23:16	164	
Correnti	3	28:56	168	
Gomez, Rey	3	29:40	168	
Heller	3			
Hetlage	3	23:05	140	
Jackson	3	26:10	—	
Klarsch	3	29:40	174	
Milnor	3	23:16	168	
Perry	3	23:11	196	
Poag	3	23:16	180	
Swiecicki	3	28:56	148	
Uhlenbrock, J	3	26:10	174	

CT —

Group E	Mileage	Time	Pulse	Comments
Bricker				SICK
Christie	2	16:24	152	
Cleeland	2	15:26	180	
Dattilo	2	19:30	180	
Dwyer	2	23:16	160	
Fike	2	16:20	160	
Gomez, Rod	2	19:49	176	
Hamed	2	15:53	188	
Hunkins	2	16:46	196	
Johnson	2	16:40	180	
Joy	2	19:46	184	
Kanady	2	16:20	140	
Mahn				
Marzo	2	16:25	175	
McIntyre	2	18:05	140	
Nolan	2	16:35	148	
Nuccio	2	16:35	170	
Rizzo	2	16:35	164	
Schmitt	2	18:08	136	
Spence	2	16:48	168	
Sprague				
Staley	2	18:56	172	
Thomas	2	17:30	132	
Trunko	2	18:08	186	
Witzofsky				
Group G				
Groesch	2	—	—	
IR				
Dernlan				
Pitti, C	2	16:54	152	
Pitti, L	2	~~14:50~~		
		16:49	148	

Date: 9-5-15 Conditions:

Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=5x4x400 3456=5x1K mile / Full Stretch/ Jog SLUH/ Weights

Group 1	Pace	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Com
Balossi	85-75	89	85	88	86	83	84	83	84	84	84	—	84	89	89	79	85	—	—	—	—	
Butler	85-75	86	83	87	85	82	83	82	83	80	78	82	80	76	74	89	78	74	74	69	69	
Davidson	85-75	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	
Gale	85-75	86	81	86	84	82	82	82	82	81	81	78	81	79	80	80	78	79	80	79	78	
Hetlage	85-75	87	83	85	85	83	82	83	84	81	81	86	86	—	—	—	—	75	74	76	89	
Kelly	85-75	86	82	85	85	83	83	82	83	81	81	79	80	78	78	78	77	74	74	71	73	
Laughlin	85-75	85	80	86	84	83	81	80	82	80	78	80	80	77	78	78	77	74	77	77	73	
Lepak	85-75	85	80	86	84	83	83	83	83	81	79	81	81	79	80	84	84	81	—	72	75	
Ludwig	85-75	86	83	86	83	83	82	81	83	81	78	81	80	78	78	78	77	74	74	72	68	
														77								
Group 2																						
Burka	90-80	92	89	92	89	86	88	87	88	86	87	89	87	85	84	86	83	80	—	—	—	
Connaghan	90-80	92	90	91	90	89	89	90	90	90	89	90	91	—	—	91	90	89	89	91	—	
Gunn	90-80	93	89	92	90	87	87	88	89	87	87	90	89	86	88	91	86	80	—	—	—	
Himich	90-80	92	89	90	89	87	88	87	88	86	86	89	89	85	86	89	86	86	—	—	—	
Leeker	90-80	93	89	91	90	89	89	91	91	89	87	91	90	87	90	92	89	88	89	91	91	
Lipinski	90-80	92	89	91	89	86	87	87	88	86	87	90	88	85	85	88	82	77	77	—	—	YEAAAHHH
McIntyre	90-80	90	88	88	88	86	86	86	87	85	85	87	86	85	85	86	85	85	85	89	89	
Tajkowski	90-80	93	90	91	90	88	88	88	89	89	88	90	90	89	90	91	85	86	—	—	—	

Date: 9-5-15 Conditions:

Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=5x4x400 3456=5x1K mile / Full Stretch/ Jog SLUH/ Weights

Group 3	Pace	1K	1K	1K	1K	1K	Comments
Buehring	3:55	4:05	3:37	3:56	3:51	3:35	
Coriell	3:55	3:52	3:51	4:02	4:11	3:54	
Goodwin	3:55	3:52	3:54	3:54	4:00	3:45	
Hennes	3:55	3:51	3:57	4:02	4:11	4:00	
* Milnor	3:55	4:02	3:36	3:41	3:39	3:33	
Northcott	3:55	3:52	3:42	3:49	3:55	3:54	
Perry	4:00	4:28	4:22	4:16	4:21	4:04	
Poag	4:00	4:03	3:52	3:54	4:00	3:53	
Thomas	4:00	4:10	4:00	4:06	4:14	3:54	
* Watkins	3:55	3:33	3:37	3:37	3:38	3:25	Ran well
Group 4	**Pace**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
Christie	4:13	4:20	4:10	4:12	4:16	4:01	
Correnti	4:20	4:32	4:30	4:33	4:36	4:16	
Dwyer	4:13	4:08	4:07	4:06	4:14	3:59	
Jackson	4:13	4:14	4:12	4:12	4:35	4:07	
Joy		4:22	4:00	3:54	3:49	3:48	
Klarsch	4:13	4:41	4:32	4:40	4:39	4:24	
McIntyre	4:25	4:40	4:32	4:44	4:42	4:23	
Moritz	4:25	4:21	4:19	4:16	4:15	4:19	
Munsell	4:13	4:10	4:05	4:12	4:16	3:59	
Nolan	4:20	4:29	4:19	4:04	4:19	4:19	
– Schmitt	4:20	4:57	4:36	5:30	5:17	5:06	went w. 5/6's first 2
Sprague	4:13	4:05	4:02	3:57	4:08	3:58	
Stauder	4:25	4:32	4:32	4:38	4:32	4:30	
Swiecicki	4:13	4:21	4:11	4:12	4:16	3:58	
Trunko	4:20	4:20	4:12	4:16	4:17	3:57	
Uhlenbrock, J	4:13	4:20	4:20	4:22	4:35	4:25	
Voras	4:25	4:22	4:25	4:20	4:17	4:05	

* weight

Date: 9-5-15 Conditions:

Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=5x4x400 3456=5x1K mile / Full Stretch/ Jog SLUH/ Weights

Group 5		**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
Cleeland	4:30	4:46	4:42	5:01	5:44	5:49	
Fike	4:30	4:12	4:29	4:26	4:14	4:22	
Hamed	4:45	4:55	4:53	4:11	4:12	4:05	
Hunkins	4:45	3:57	4:09	3:54	4:06	4:10	
Marzo	4:45	4:20	4:24	4:24	4:15	4:33	
Nuccio	4:45	4:30	4:42	4:40	4:55	4:36	
Rizzo	4:30	4:28	4:31	4:35	4:37	4:35	
Spence	4:45	4:30	4:29	4:09	4:03	4:04	
Staley	4:30	5:07	5:07	4:47	4:55	4:12	
Group 6	**Pace**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**
Bricker	5:00	4:42	5:06	—	—		
Dattilo	5:00	5:00	5:10	5:10	5:30	5:20	
Gomez, Rey	5:00						
Gomez, Rod	5:00	5:06	5:32	5:39	5:55		6:09
Johnson	5:00	4:29	4:34	4:24	4:47		
Kanady	5:00	4:34	4:30	4:23	4:49	4:22	
Pitti, C	5:00	4:57	4:57	4:49	4:47	4:33	
Pitti, L	5:00	4:42	4:52	4:51	4:45	4:22	
Trunko	5:00						
Witzofsky	5:00						
IR							
Dernlan							
Heller							
Groesch							

Date: 9-7-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Butler	8	58:35	≈100	
Laughlin	8	57:35	164	
Lepak	8	57:35	176	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	6	44:01	180	Shin Better
Davidson	6	45:01	160	
Gale	6	48:12	160	
Kelly	6	43:01	156	
Leeker	6	48:12	168	
Ludwig	≈5	35:52		Breathing prob
McIntyre	6	44:50	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	38:53	160	
Connaghan	5	36:07	160	
Coriell	5	36:07	200	
Goodwin	5	42:07	168	
Gunn	5	38:53	148	
Hennes	5	42:07	176	
Himich	5	38:53	180	
Lipinski	5	36:39	148	
Moritz	5	42:07	150	
Munsell	5	42:07	164	
Northcott	5	36:39	188	
Stauder	5	46:46	180	
Tajkowski	5	38:53	176	
Voras	5	46:45	156	
Watkins	4.5	35:28		Did not finish
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	29:05	168	
Correnti	4	38:18	164	
Gomez, Rey	3	29:30	160	
Heller	1	7:30	140	
Hetlage	4	28:41	152	
Jackson				
Klarsch				
Milnor	4	29:11	178	
Perry	4	32:44	160	
Poag	4	29:09	176	
Swiecicki	4	38:18	152	
Uhlenbrock, J				
Christie	4	32:40	164	
Thomas	5	46:46	160	
Dwyer	4	32:15	148	Foot hurts
McIntyre	4	37:57	160	
Nolan	4	33:00	152	
Sprague	~~3~~ 4	31:37	180	
Staley	4	37:54	174	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	30:11	172	
Dattilo	3	31:00	180	
Fike	3	29:51	152	
Gomez, Rod	3	30:16	176	
Hamed	3	25:16	148	
Hunkins	3	27:45	190	
Johnson	4	36:20	184	
Joy	4	33:22	164	
Kanady	3	29:40	138	
Marzo	4	36:02	160	
Nuccio	4	35:58		
Rizzo	3	25:16	164	
Schmitt				
Spence	4	35:58	168	
Trunko	3	25:45	156	
Witzofsky	3	30:56	172	
Pitti, C	3	29:32	148	
Pitti, L	3	29:31	156	
Group G				
Groesch				
IR				
Dernlan				

Date: 9-8-15 Conditions:

Workout: Drills/ Push-ups / Aerobic Run in FieldhouseA=8 B=6 C=5 D=4 E=3 /Strides / Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments	Group E	Mileage	Time	Pulse	Comments
Butler					Bricker			156	
Laughlin					Cleeland		40:00	160	
Lepak		7000			Dattilo	X	40:00	150	
					Fike				
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Gomez, Rod	+	40:00	156	
Balossi					Hamed			158	
Davidson					Hunkins				
Gale	all of the	55:00	X		Johnson		40:00	140	
Kelly	60:00	57:28	156	slightly injured	~~Kay~~	X	40:00	162	
Leeker		60	168		~~Kanady~~		40:00	120	
Ludwig		60:00	168		Marzo				Heavy Limp
McIntyre		60	168		Nuccio				
					Rizzo				
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt	—	40:00	160	
Burka		50:00	140		Spence	—	40:00	164	
Connaghan	more than extra	50:00	172		Trunko		40:00	156	
Coriell		50:00	160		Witzofsky	—	40:00	172	
Goodwin		50:00	156		Pitti, C		40	156	
Gunn		50:00	148		Pitti, L		40	160	
Hennes		50:00	168						
Himich		50:00	174						
Lipinski	∞	50:00	140	unchanged					
Moritz		50:00	160						
Munsell		50:00	148						
Northcott	[redacted]	50:00	160						
Stauder		48:34	164						
Tajkowski		50:00	156						
Voras		50:00	156		**Group G**				
Watkins		50:00			Groesch				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring			150		**IR**				
Correnti	+	40:	156		Dernlan				
Gomez, Rey			156						
Heller	32:00	32 —	148	no pain					
Hetlage	50:00	50:00	156						
Jackson									
Klarsch			164						
Milnor		40	140						
Perry			120						
Poag			176						
Swiecicki		40	164						
Uhlenbrock, J									
Christie	[redacted]	40	140						
Thomas		40	140						
Dwyer	+	40	140						
McIntyre			152						
Nolan		40	144						
Sprague	[redacted]	40	160						
Staley	1738	40	144						

≈8 mi
felt okay a little mentally fatigued

0

Date: 9-9-15 Conditions:

Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=2 mile tempo, 3x1k 3456=6x800 / Full Stretch/ Jog SLUH/ Weights

Group 1	Tempo	Pulse	1K Pace	1K	1K	1K	Comments
Balossi	11:36	188	3:19	3:33	3:24	3:36	
Butler	11:45	140	3:19	3:26	3:24		
Davidson	11:36	176	3:19	3:26	3:22	3:24	
Gale	11:36	180	3:19	3:28	3:23	3:37	
Hetlage	12:45	184	3:19	3:42		3:42	
Kelly	11:46	164	3:19	3:33	3:27	3:44	fatigued via dehydration potential
Laughlin	12:05	176	3:19	3:41	3:39	3:54	sleep problem (7hrs vs. normal 8hrs, and on couch...)
Lepak	11:36	176	3:19	3:30	3:42	3:57	
Ludwig	11:36	196	3:19	3:33	3:27	3:45	
Group 2	**Tempo**	**Pulse**	**1K Pace**	**1K**	**1K**	**1K**	**Comments**
Burka	13:03	180	3:35	3:59	3:45	3:58	
Connaghan	13:20	172	3:35	4:01	3:40	4:06	
Gunn	12:53	160	3:35	3:42	3:45	3:59	
Himich	13:02	184	3:35	3:59	3:46	4:03	
Leeker	14:14	172	3:35	4:06	4:12	4:24	
Lipinski	13:15	140	3:35	3:59	3:43	3:46	
McIntyre	12:18	176	3:35	3:42	3:43	3:54	
Tajkowski	12:53	216	3:35	4:00	3:47	4:02	
Heller	14:22	180					

avg ≈ 3:34.5

also had ill ~~[illegible]~~ knowledge of course in accordance w/ a bit of a cold

Date: 9-9-15 Conditions:

Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=2 mile tempo, 3x1k 3456=6x800 / Full Stretch/ Jog SLUH/ Weights

Group 3	800	800	800	800	800	800	Comments
Buehring	2:52	2:54	3:05	3:05	3:02	2:44	
Coriell	2:59	2:59	3:02	3:02	2:58	2:54	
Goodwin	3:04	3:02	3:17	3:18	3:11	2:56	
Hennes	3:00	2:59	3:10	3:15	3:13	2:58	
Milnor	3:03	2:57	3:04	3:02	2:59	2:52	
Northcott	2:59	3:01	3:12	3:12	3:08	2:58	
Perry	3:15	3:07	3:20	3:14	3:13	3:00	
Poag	3:04	3:02	3:17	3:12	3:17	3:07	
Thomas	3:23	3:07	3:10	3:21	3:15	2:58	
Watkins	2:46	2:53	3:33	3:23	3:05	2:54	
Group 4	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Christie	3:28	3:10	3:34	3:30	3:24	3:20	
Correnti	3:38	3:42	3:26	3:26	3:25	3:22	
Dwyer	3:10	3:03	3:18	3:12	3:17	3:10	
Jackson							
Joy							
Klarsch	3:40	3:42	3:29	3:39	3:38	3:30	
McIntyre	3:40	3:26	3:26	3:23	3:24	3:09	
Moritz	3:17	3:17	3:32	3:26	3:32	3:21	
Munsell	3:20	3:17	3:27	3:23	3:27	3:15	
JUG- Nolan							
SICK Schmitt							
Sprague	3:05	3:10	3:21	3:23	3:22	3:15	
Stauder	3:38	3:42	3:42	3:39	3:42	3:28	
Swiecicki	3:30	3:42	3:30	3:30	3:22	3:08	
Trunko	3:26	3:28	3:28	3:27	3:31	3:17	
Uhlenbrock, J	3:27	3:15	3:31	3:23	3:30	3:23	
Voras	3:38	3:42	3:38	3:32	3:32	3:20	

Date: 9-9-15 Conditions:
Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=2 mile tempo, 3x1k 3456=6x800 / Full Stretch/ Jog SLUH/ Weights

Group 5	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Cleeland	3:32	3:30	3:18	3:28			
Fike	3:30	3:35	3:24	3:54	3:54	3:15	
Hamed	3:45	3:38	3:59	3:26	3:26	3:15	
Hunkins							
Marzo							
Nuccio	3:35	3:40	3:38	3:34	3:29	3:41	
Rizzo							
Spence	3:40	3:44	3:36	3:22	3:40	3:38	
Staley	3:44	3:41	3:41	3:42	3:40	3:42	
Group 6	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Bricker							
Dattilo	3:50	3:44	4:05	4:16	4:20	3:59	
Gomez, Rey							
Gomez, Rod	4:04	4:04	4:12	4:14	4:20	3:59	
Johnson	3:36	3:30	3:30	3:28	3:30	3:03	
Kanady	3:34	3:30	3:29	3:31	3:40	3:31	
Pitti, C	3:33	3:46	3:32	3:42	3:49	3:32	
Pitti, L	3:33	3:45	3:32	3:31	3:40	3:37	
Trunko							
Witzofsky							
IR							
Dernlan							
Heller							
Groesch							

Date: 9-10-15 Conditions:

Workout: Drills/ 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
Butler				
Laughlin	6	[illegible]	164	
Lepak	8	[illegible]	160	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	[illegible]	132	
Gale	6	[illegible]	193	[illegible]
Kelly	6	[illegible]	156	
Leeker	6	[illegible]	176	
Ludwig	4	31:30	168	
McIntyre	10			
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	[illegible]	[illegible]	
Connaghan	5	41:20	150	
Coriell	4			
Goodwin	5	[illegible]	[illegible]	[illegible]
Gunn	5			
Hennes	4			
Himich				
Lipinski	5	[illegible]		
Moritz	4	[illegible]	[illegible]	[illegible]
Munsell	5	43:10	148	
Northcott	5	39:50	[illegible]	
Stauder	4			
Tajkowski	3	28:25	164	bad [illegible]
Voras	4	[illegible]	[illegible]	
Watkins	5	4[illegible]	[illegible]	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	5	31:14	130	
Correnti	4	36:15	[illegible]	
Gomez, Rey	4	[illegible]	[illegible]	
Heller	3	34:—	168	
Hetlage	4	28:18	148	
Jackson	4	28:31	160	
Klarsch	4	[illegible]	[illegible]	
Milnor	[illegible]	31:4[illegible]	13[illegible]	
Perry	[illegible]	[illegible]	[illegible]	
Poag	6	31:4	130	
Swiecicki	[illegible]			
Uhlenbrock, J	4	31:00	174	
Christie				
Thomas	4	36:15	150	
Dwyer	[illegible]			
McIntyre	4	[illegible]	[illegible]	
Nolan	4	[illegible]	144	
Sprague				
Staley	[illegible]	[illegible]	120	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland				
Dattilo	3			
Fike	3	[illegible]	172	
Gomez, Rod	[illegible]		[illegible]	
Hamed	3	[illegible]	[illegible]	20K
Hunkins	3	24:26	185	
Johnson				
Joy		[illegible]	[illegible]	
Kanady	3	25:11	167	
Marzo				
Nuccio				
Rizzo				
Schmitt	3	[illegible]	[illegible]	
Spence	3.5	[illegible]	[illegible]	
Trunko	[illegible]	[illegible]	156	
Witzofsky	3	26:14	160	
Pitti, C	[illegible]	25[illegible]	148	
Pitti, L		[illegible]	157	

6x's

Date: 9-11-15 Conditions:

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

100m
2 light post to Finish

Group A	Mileage	Time	Pulse	Comments	Group E	Mileage	Time	Pulse	Comments
Butler	5	37:20	140		Bricker	3	27:00	164	
Laughlin	6	44:07	152		Cleeland	3	31:43	140	
Lepak	6	44:07	152		Dattilo	3	25:30	160	
					Fike	3 miles	24:25	168	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Gomez, Rod	3	28:30	168	
Balossi	5	36:13	168		Hamed	3K	14:15	140	
Davidson	5	37:20	156		Hunkins	3 miles	24:05	180	
Gale	5	36:13	172		Johnson	3.5	28:57	160	
Kelly	5	34:48	144		Joy	3	26:15	164	
Leeker	5	38:17	148		Kanady	3	28:30	140	
Ludwig					Marzo				
McIntyre	5	37:09	156		Nuccio	3 miles	23:15	156	
					Rizzo				
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt	3	26:15	160	
Burka	4	31:00	160		Spence	3	26:12	176	
Connaghan	4	31:00	160		Trunko	3	26:54	152	
Coriell	4	23:51	140		Witzofsky				
Goodwin	4	32:51	144		Pitti, C	3K	14:16	148	
Gunn	4	31:00	144		Pitti, L	3K	14:16	176	
Hennes	4	33:51	160						
Himich	4	31:00	164						
Lipinski	4	31:00	137						
Moritz	4	33:51	160						
Munsell	4	44:43	148						
Northcott	4	32:09	144						
Stauder	4	35:32	160						
Tajkowski	4	34:40	148						
Voras	4	34:43	144		**Group G**				
Watkins	3.5	27:48	152		Groesch				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring	3	14:00			**IR**				
Correnti	3	26:54	168		Dernlan				
Gomez, Rey	3	27:00	164						
Heller	3.5	27:48	160						
Hetlage	5K	≈23:00	150						
Jackson	3	23:07	—						
Klarsch	3	27:00	160						
Milnor	3	14:00							
Perry	3 miles	23:15	132						
Poag	3	14:00							
Swiecicki	3	26:54	158						
Uhlenbrock, J	3	22:57	/						
Christie	5K	23:30	144						
Thomas	5K	26:13	148						
Dwyer	3K	14:00	158						
McIntyre	3	27:20	140						
Nolan	3 miles	23:15	148						
Sprague		14:00							
Staley	3.5	28:57	156						

Date: 9-14-15 Conditions:

Workout: Drills/ Push-ups / 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
Butler	10	90:00	120	
Laughlin	10	72:58	168	
Lepak	10	72:68	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	6	44:20	188	Joe Shoi
Davidson	8	56:20	172	
Gale	8	1:06	176	
Kelly	8	59:31	156	Coach Hutton CT
Leeker	8	60:30	180	
Ludwig	8	56:40	188	
McIntyre	8	56:52	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	6	43:09	180	
Connaghan	6	43:10	180	
Coriell	6	42:21	200	
Goodwin	6	52:47	164	
Gunn	6	43:09	156	
Hennes	6	51:48	176	
Himich	6	43:39	176	
Lipinski	6	43:08	160	
Moritz	6	51:58	176	
Munsell	6	49:30	170	
Northcott	6	48:50	164	
Stauder	6	52:02	176	
Tajkowski	6	43:38	188	
Voras	6	42:02	160	
Watkins	6	48:30	168	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	5	38:56	146	
Correnti	5	45:10	176	
Gomez, Rey	4	39:47	164	
Heller	4	32:15	160	
Hetlage	5	33:53	153	
Jackson	5	45:38	184	
Klarsch	4	39:47	162	
Milnor	5	38:36	148	
Perry	5	44:20	148	
Poag	5	38:56	162	
Swiecicki	5	45:10	144	
Uhlenbrock, J	5	45:38	176	
Christie	5	40:56	152	
Thomas	6	50:04	162	
Dwyer	5	38:33	144	
McIntyre	5	45:10	176	
Nolan	5	39:10	148	
Sprague	5	49:00	152	
Staley	5	44:15	157	

Group E	Mileage	Time	Pulse	Comments
~~Bricker~~				
Cleeland	4	37:06	168	
Dattilo	4	40:20	180	
~~Fike~~ Fike				
Gomez, Rod	4	39:57	176	
Hamed	4	35:41	156	
Hunkins	4	35:45	204	
Johnson	5	46:20	172	
Joy				
Kanady	4	39:30	148	
Marzo				
Nuccio	5	39:20	156	
Rizzo				
Schmitt	4	37:00	160	
Spence	4	35:41	176	
Trunko	4	35:25	164	
Witzofsky	4	35:48	172	
Pitti, C	4	39:32	152	
Pitti, L	4	35:08	168	
Group G				
Groesch				

Date: 9-15-15 Conditions:

Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=4-5xmile @10K pace with 2:30 rest 345=3-4xmile @ 5K pace with 3:30 rest / Full Stretch/ Jog SLUH/ Weights

Group 1	Pace	Mile	Mile	Mile	Mile	Mile	Comments
Davidson	5:28	5:31	5:29	5:28	5 29	5:20	
Balossi	5:38	5:31	5:30	5 52			
Butler	5:38						
Kelly	5:38	5:36	5:33	5:30	5 34	5:29	
Laughlin	5:38	5:47	5:41	5:48	5 52		
Gale	5:46	5:49	5:49	5:58	5 52	5:58	
Lepak	5:46	5:48	5:45	5:50	5 52	5:55	
Ludwig	5:46	5:43	5:33	5:36	5 39	5:43	
Group 2	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**Mile**	**Comments**
Hetlage	6:00	5:53	5:50	6:02	6:06		
Lipinski	6:08	6:06	6:24	6:32	6:58		
Burka	6:11	6:06	6:19	6:31	6:22	6:11	
Himich	6:11	6:05	6:11	6:21	6:22	6:26	
Gunn	6:16	6:00	5:51	6:02	5:59	6:09	
McIntyre	6:16	6:00	6:08	6:17	6:13	dropped at 400	breathing / cramp
Buehring	6:21	6:08	6:24	6:33	6:10		
Leeker	6:21	6:27	6:45	6:52	6:58		
Milnor	6:21	6:08	6:24	6:33	6:10		
Tajkowski	6:21	6:19	6:28	6:32	6:22	6:22	

4

Date: 9-15-15 Conditions:

Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=4-5xmile @10K pace with 2:30 rest 345=3-4xmile @ 5K pace with 3:30 rest / Full Stretch/ Jog SLUH/ Weights

Group 3	Pace	Mile	Mile	Mile	Mile	Mile	Comments
Northcott	6:17	5:58	5:56	6:03	5:59		
Perry	6:17	6:30	6:10	6:16	6:06		
Poag	6:17	6:10	6:17	6:43	6:36		
Watkins	6:17	5:58	6:48	6:26			
Connaghan	6:23	6:06	6:13	6:28	6:26		
Hennes	6:23	6:21	6:13	6:29	6:25		
Coriell	6:26	6:05	6:13	6:29	6:25		
Dwyer	6:33	6:34	6:36	6:53	7:10		Right foot/calf
Goodwin	6:33	6:29	6:24	6:26	6:23		
Munsell	6:33	6:41	6:49	7:09	6:52		
Christie	6:40	6:50	6:52	7:20	7:16		
Heller	6:40	6:28	6:36	—	6:39		
McIntyre,S	6:40	6:39	6:43	7:18	7:24		
Staley	6:40	6:40	6:46	7:15	7:15		
Thomas	6:40	6:40	6:37	6:53	6:29		
SPRAGUE	6:33	6:38	6:42	—	6:56		
Group 4	**Pace**	**Mile**	**Mile**	**Mile**	**Mile**	**Mile**	**Comments**
Hamed	6:50	6:58	7:38	7:20	7:37		
Jackson	6:50	7:19	7:04	7:07			
Joy	6:50						
Klarsch	6:50	7:17	7:13	7:09	6:43		
Moritz	6:50	7:19	7:40	8:00			
Swiecicki	6:50	6:59	6:46	6:55	6:43		
Uhlenbrock, J	6:50	6:51	6:41	7:00	7:11		
Voras	6:50	7:07	7:14	7:26	7:17		
Correnti	7:00	7:16	7:10	7:26	7:21		
Johnson	7:00	7:02	7:14	7:33			
Nolan	7:00	6:46	6:41	6:59	6:59		
Pitti, C	7:00	7:31	7:45	—	7:38		
Pitti, L	7:00	7:19	6:58	7:27	7:29		
Spence	7:00	7:26	7:06	7:05	7:13		
Stauder	7:08	7:06	7:12	7:17	7:16		
Trunko	7:08	6:54	6:53	6:57	6:47		

Date: 9-15-15 Conditions:

Workout: Drills/Jog 1m to West end of Aviation/ Push-ups / Groups 12=4-5xmile @10K pace with 2:30 rest 345=3-4xmile @ 5K pace with 3:30 rest / Full Stretch/ Jog SLUH/ Weights

Group 5	Pace	Mile	Mile	Mile	Mile	Mile	Comments
Fike	7:18	6:44	7:04	7:02			
Hunkins ✓	7:18	7:13	7:25	7:35			
Kanady	7:18	7:17	7:35	7:30			
Nuccio	7:18	7:15	7:17	7:31			
Rizzo	7:18	7:14	7:20				
Cleeland ✓	7:23	7:04	6:47	6:54			
Schmitt ✓	7:23	7:12	6:58	6:54			
Bricker	7:43	7:27	7:47	—			
Gomez, Rey	~~7:43~~						
Marzo	7:43	7:27	8:15	8:51			
~~Witzofsky~~	7:43						
Dattilo	7:53	7:35	8:10	8:20			
Gomez, Rod	8:22	7:58	8:31	8:26			
Pitts C	7:38						
IR							
Groesch							

Date: 9-16-15 Conditions:

Workout: Drills/ Push-ups / 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 E	Mileage	Time	Pulse	Comments
Butler	6	41:51	160		Bricker	4	42:00	166	—
Laughlin	8	56:18	176		Cleeland	3	27:26	168	
Lepak	8	56:18	172		Dattilo	3	32:00	180	
					Fike	3	34:29	180	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Gomez, Rod	3	32:00	156	
Balossi	3	21:32	156	Shin Pain	Hamed	3	31:02	190	
Davidson	6	41:51	172		Hunkins	3	28:30	182	
Gale	6	45:50	180		Johnson	3	38:00	178	
Kelly	6	41:51	148		Joy	3	34:25	184	
Leeker	6	45:50	156		Kanady	3	35:10	164	
Ludwig	4	25:30			Marzo	—	—	—	XT
McIntyre	6	45:26	164		Nuccio	3	26:30	168	Right foot
					Rizzo	3	26:20	164	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt	3	31:30	[illegible]	Knee
Burka	5	39:18	172		Spence	3	27:29	176	
Connaghan	5	37:48	180		Trunko	3	25:10	160	
Coriell	5	38:06	180	—	Witzofsky	3	28:38	160	
Goodwin	5	45.48	168		Pitti, C	3	28:38	160	
Gunn	5	34:18	168		Pitti, L	3	24:40	164	
Hennes	5	43:15	176						
Himich	5	39:40	176						
Lipinski	5	39:39	148						
Moritz	5	43:15	180						
Munsell	5	42:26	164						
Northcott	5	47:40	144	left knee					
Stauder	5	45:12	176						
Tajkowski	5	39:18	168						
Voras	5	43:18	168		**Group G**				
Watkins	5	39:18	172		Groesch				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring	4	30:00	156						
Correnti	4	36:24	172						
Gomez, Rey	4	42:00	156						
Heller	4	32:20	164	Calf pain					
Hetlage	4	28:48	154						
Jackson				Physics					
Klarsch	4	42:00	170						
Milnor	4	30:00	168						
Perry	4	34:09	160						
Poag	4	30:00	176						
Swiecicki	4	34:28	174						
Uhlenbrock, J	4	31:16	176						
Christie	4	34:00	156						
Thomas	4	32:50	170						
Dwyer	4	31:14	160						
McIntyre	4	40:27	140	Hurt Stomach					
Nolan	4	32:05	148						
Sprague	4	37:16	180						
Staley	4	39:20	164						

Date: 9-17-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Butler	6	56:00	140	
Laughlin	8	56:20	176	
Lepak	8	57:59	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	41:57	160	
Gale				
Kelly	6	42:17	160	ata [illegible]
Leeker	6	46:06	172	
Ludwig	5	36:08	148	Knee
McIntyre	6	45:50	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	40:11	160	
Connaghan	5	38:33	168	
Coriell	5	38:33	180	
Goodwin	5	46:00	172	
Gunn	6	40:11	172	
Hennes	5	44:26	176	
Himich		40:11	172	
Lipinski	5	40:10	128	
Moritz	5	44:26	172	
Munsell	5	42:22	156	
Northcott	3	28:25	140	Right Knee
Stauder	5	45:16	180	
Tajkowski	5	42:19	160	
Voras	5	44:38	160	
Watkins				JUG
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	30:52	164	
Correnti	4	38:05	168	
Gomez, Rey	3	30:09	150	
Heller	5	41:30	152	
Hetlage	4	30:32	148	
Jackson	4	33:50	184	
Klarsch	3	30:09	163	
Milnor	4	30:50	142	
Perry	4	32:50	164	198
Poag	4	30:50	176	
Swiecicki	4	30:35	150	
Uhlenbrock, J		33:52	176	
Christie	3	25:05	156	
Thomas	3	27:66	162	
Dwyer	4	30:00	158	
McIntyre	4	38:49	170	
Nolan	4	33:00	170	
Sprague				
Staley	3	26:15	160	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	26:33	176	
Dattilo	3	31:30	180	
Fike	3	28:56	160	
Gomez, Rod	3	31:12	176	
Hamed	3	30:00	152	
Hunkins	3	26:35	184	
Johnson	4	33:10	168	
Joy	3	27:13	164	
Kanady	3	28:03	158	
Marzo	3	26:50	164	
Nuccio	3	25:55	158	
Rizzo	3	27:56	168	
Schmitt				
Spence	3	27:06	176	
Trunko	3	26:38	168	
Witzofsky				
Pitti, C	3	25:01	164	
Pitti, L	3	24:36	164	
Group G				
Groesch	1.5	—	—	

Date: 9-18-15 Conditions:

Workout: Drills/ 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
Butler	6			
Laughlin				Retreat
Lepak	8	58:04	160	[illegible]
				[illegible]

Group B	Mileage	Time	Pulse	Comments
Balossi				XT
Davidson	8	42:54	180	
Gale	6	42:59	182	
Kelly	6	[illegible]	168	high pulse
Leeker	6	41:29	164	
Ludwig	3		158	Knee :(
McIntyre	5	38:02	164	

Group C	Mileage	Time	Pulse	Comments
Burka	4	31:35	168	
Connaghan	4	31:34	176	
Coriell	4	34:35	180	
Goodwin	4	37:30	168	
Gunn	4	31:57	172	
Hennes	4	28:02	180	rt. hip
Himich	4	31:38	176	
Lipinski	4	31:34	156	
Moritz	4	32:38	156	
Munsell	4	35:00	156	
Northcott	3	24:28	172	
Stauder	4	37:32	184	
Tajkowski	4	24:39	165	
Voras	4	38:32	168	
Watkins	3	26:00	168	

Group D	Mileage	Time	Pulse	Comments
Buehring	3	22:40	168	
Correnti	3	29:52	176	
Gomez, Rey	4	40:30	160	
Heller	2	[illegible]	150	Calfs
Hetlage	3	22:40	140	
Jackson	3	28:02	172	
Klarsch	4	40:30	174	
Milnor	3	22:40	174	
Perry	3	22:42	168	
Poag	3	22:40	176	
Swiecicki	3	29:52	148	
Uhlenbrock, J				sick
Christie	3	30:31	148	
Thomas	3	28:02	180	
Dwyer	3	23:15	160	
McIntyre	3	27:48	168	
Nolan	3	24:23	160	
Sprague	3	23:25	168	
Staley	3	23:23	188	

Group E	Mileage	Time	Pulse	Comments
Bricker				sick
Cleeland	3	28:33	185	
Dattilo	3	36:20	192	knee
Fike	3	30:15	180	
Gomez, Rod	3	32:14	184	
Hamed				excused
Hunkins	3	27:10	204	
Johnson	3	29:20	164	
Joy	3	28:01	184	
Kanady	3	29:45	162	
Marzo	3	30:45	157	
Nuccio	2	16:10	154	foot
Rizzo	3	27:39	170	hip
Schmitt				?
Spence	3	31:06	152	threw up
Trunko	3	29:25	156	
Witzofsky	3	29:41	172	
Pitti, C	3	28:19	192	
Pitti, L	3	25:43	168	

Group G				
Groesch	—	—	—	

fatigued

Date: 9-21-15 Conditions:

Workout: Drills/ 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
Butler	8	53:28	145	
Laughlin	8	53:21	172	
Lepak	10		1:09:15	150
			1:09:15	

Group B	Mileage	Time	Pulse	Comments
Balossi				
Davidson	8	53:21	168	
Gale	6	42:44	184	
Kelly	8	55:25	152	left [illegible]
Leeker	8	58:27	164	
Ludwig	8	53:25	160	
McIntyre	8	57:38	168	

Sprained ankle → trouble, but okay

Group C	Mileage	Time	Pulse	Comments
Burka	6	47:26	168	
Connaghan	6	42:44	180	
Coriell	6	42:44	180	
Goodwin	7	57:45	156	
Gunn	6	47:37	160	
Hennes	6	47:19	176	
Himich	6	47:37	176	
Lipinski	6	42:44	152	
Moritz	6	47:19	180	
Munsell	6	47:19	164	
Northcott	6.25	48:28	168	
Stauder	6	50:00	156	
Tajkowski	6	47:37	166	
Voras	6	47:19	168	
Watkins				

Group D	Mileage	Time	Pulse	Comments
Buehring				DNR
Correnti	5	43:45	176	
Gomez, Rey	5	43:14	168	
Heller	5	40:40	160	
Hetlage	5	36:20	144	UR BAD
Jackson	5	47:37	176	
Klarsch	5	43:14	164	
Milnor	5	40:08	160	
Perry	5	42:50	160	
Poag	5	40:06	176	
Swiecicki	5	42:36	140	
Uhlenbrock, J	5	42:37	164	
Christie	5	42:30	140	
Thomas	5	40:56	172	
Dwyer	5	37:15	140	
McIntyre	5	46:05	168	
Nolan	5	40:08	148	
Sprague				DNR
Staley	5	46:05	144	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	30:37	160	Achilles
Dattilo	4	42:00	180	
Fike	5	42:45	180	
Gomez, Rod	4	42:00	154	
Hamed	4	30:56	168	
Hunkins	4	36:38	184	
Johnson	3	46:05	160	
Joy	5	42:56	164	
Kanady	4	36:40	144	
Marzo	4	37:35	172	
Nuccio				DNR
Rizzo	4	30:56	164	
Schmitt	4	37:08	160	
Spence	5	41:47	176	
Trunko	4	36:41	148	
Witzofsky	5	44:44	168	
Pitti, C	5	42:50	168	
Pitti, L	5	44:43	168	

Group G
Groesch

Date: 9-22-15 Conditions:

Workout: Drills/Jog 1m to West end of Central/ Push-ups / Groups 123=5-6x800-200 @5K pace 45=6x800 @ 5K pace / Full Stretch/ Jog SLUH/ Weights

		1		2		3		4		5		6			
Group 1	**Pace**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**Comments**	
Davidson	2:35/35	2 40	35	2 30	35	2 32	36	2 30	35	2 20	36	2 24	35	15:12	
Balossi	2:40/35	2 45	36	2 38	38	2 39	39	2 33	37	2 32	39	—	—	16:16	
Butler	2:40/35	2 45	38	2 50	38	—	—	2 30	37	2 30	39	2 36	35	16:18	
Kelly	2:40/35	2 43	36	2 35	36	2 38	36	2 33	36	2 32	36	—	—	16:01	mental effort fatigued
Laughlin	2:40/35	2 44	36	2 38	36	2 38	37	2 40	36	2 39	38	2 40	36	16:15	8
Gale	2:40/35	2 42	37	2 34	38	2 38	38	2 42	38	2 39	39	—	—	16:05	
Lepak	2:40/35	2 43	36	2 36	35	2 39	38	2 41	38	2 41	37	—	—	16:24	8
Ludwig	2:40/35	2 43	36	2 35	36	2 37	37	2 33	36	2 25	35	2 30	36	15:39	6
Group 2	**Pace**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**800**	**200**	**Comments**	
Hetlage	2:45/35	2:54	34	2:43	34	2:43	37	2:46	36	2:51	36	—	—	16:54	6.1
Lipinski	2:45/35	2:54	34	2:43	33	2:46	35	2:51	34	2:43	34	2:52	35	16:46	
Burka	2:45/35	2:56	37	2:46	36	2:50	37	2:52	37	2:46	36	—	—	17:13	7
Himich	2:50/35	2:57	36	2:50	37	2:53	38	2:55	40	2:53	41	—	—	17:40	6.5
Gunn	2:50/35	2:54	34	2:51	35	2:51	38	2:54	39	2:50	40	2:54	39	17:25	7
McIntyre	2:50/35	3:00	40	3:04	40	—	—	2:54	40	3:00	40	—	—		6.5
Buehring	2:55/35	3:00	36	2:50	36	2:56	39	2:57	37	2:53	40	—	—	17:44	6.1
Leeker	2:55/35	3:02	39	2:56	39	3:01	43	3:03	42	2:52	38	2:54	41	18:04	5.1
Milnor	2:55/35	2:59	36	2:46	36	2:52	39	2:55	45	2:52	39	—	—	17:34	5.1
Tajkowski	2:55/35	2:58	36	2:50	37	2:53	39	2:53	37	2:49	38	2:53	37	17:23	7
Northcott	2:55/35	2:56	35	2:51	36	2:53	37	2:53	36	2:55	39	—	—	17:31	6.1

Date: 9-22-15 Conditions: Sunny, 85°

Workout: Drills/Jog 1m to West end of Central/ Push-ups / Groups 123=5-6x800-200 @5K pace 45=6x800 @ 5K pace / Full Stretch/ Jog SLUH/ Weights

Group 3	Pace	800 #1	800 #2	800 #3	800 #4	800 #5	800 #6	800 #7	Comments
Perry	3:04	2:56	2:52	2:51	2:54	2:46	2:38		
Poag	3:06	3:05	2:59	3:04	3:06	3:03	2:57		
Watkins	2:43	2:50	2:55	—	2:57	2:41	—		
Connaghan	2:57	2:50	2:51	2:52	2:50	2:54	2:54		
Hennes	2:57	2:48	2:42	2:43	2:50	2:54	2:53		
~~Gamell~~									
~~Dever~~									
Goodwin	3:07	3:03	2:57	2:58	3:01	3:04	2:45		
Munsell	3:03	3:05	3:03	3:06	3:08	3:08	2:59		
Christie	3:10	3:05	3:01	3:03	2:57	3:06	3:12		
Heller	2:57	3:05	—	3:05	—	3:08	—		
McIntyre,S	3:10	3:08	3:10	3:12	3:15	3:17	3:12		
Staley	3:26	3:22	3:24	3:24	3:20	3:09	—		
~~Thomas~~									

Group 4	Pace	800 #1	800 #2	800 #3	800 #4	800 #5	800 #6	800 #7	Comments
Hamed	3:10	3:20	3:42	3:09	3:12	3:20	3:10		
~~Jackson~~									
~~Joy~~									
Klarsch	3:27	3:30	3:45	3:45	3:49	3:55	—		shin splints
Moritz	3:07	3:07	3:09	3:21	3:17	3:14	—		
Swiecicki	3:10	3:05	3:01	2:57	3:04	3:00	—		
Uhlenbrock, J	3:25	3:18	3:12	3:15	3:23	3:27	—		
Voras	3:14	3:12	3:08	3:12	3:10	3:08	—		
Correnti	3:15	3:13	3:14	3:18	3:14	3:08	—		
Johnson	3:15	3:18	3:25	3:30	3:30	2:55	—		
Nolan	3:17	3:07	3:02	3:08	3:09	3:10	3:00		
Pitti, C	3:30	3:26	3:18	3:17	3:15	3:25	—		
Pitti, L	3:27	3:23	3:16	3:19	3:23	3:24	—		
Spence	3:24	3:15	3:11	3:17	3:28	3:33	—		
Stauder	3:22	3:20	3:16	3:22	3:21	3:26	3:13		
Trunko	3:17	3:14	3:13	3:10	3:04	2:49	—		

R

Date: 9-22-15 Conditions:

Workout: Drills/Jog 1m to West end of Central/ Push-ups / Groups 123=5-6x800-200 @5K pace 45=6x800 @ 5K pace / Full Stretch/ Jog SLUH/ Weights

7th 800

Group 5	Pace	800	800	800	800	800	800	Comments
Fike		3:14	3:05	3:32	3:34	3:34	3:05	
Hunkins		3:31	3:33	3:33	3:31	3:37	3:37	
Kanady		3:22	3:24	3:26	3:35	3:34	3:25	
Nuccio		3:29	3:28	3:32	3:35	3:37	3:40	
Rizzo		3:25	3:34	3:36	3:40	3:48	3:55	
Cleeland		3:07	3:12	3:22	3:29	–	–	
Schmitt		3:36	3:30	3:40	3:56	3:54	3:53	
Bricker		3:38	3:43	3:46	3:52	3:51	3:56	
Gomez, Rey		3:39	3:43	3:46	3:52	3:51	3:56	
Marzo		3:38	3:32	3:48	3:41	3:51	4:07	3:31
Witzofsky		3:26	3:32	3:32	3:42	3:42	3:40	
Dattilo		3:40	3:50	3:58	4:10	4:15	4:20	3:26
Gomez, Rod		3:42	3:50	3:58	4:04	4:01	3:53	
IR								
Groesch								

Date: 9-23-15 Conditions:

Workout: Drills/ 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 E	Mileage	Time	Pulse	Comments
Butler	6	43:00	124		Bricker				
Laughlin	8	58:58			Cleeland				XT
Lepak	8	58:58	180		Dattilo	3	32:05	160	
					Fike	3	27:20	180	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Gomez, Rod	3	32:42	168	
Balossi				XT	Hamed				Fasting
Davidson	6	41:30	168		Hunkins	3	24:40	224	
Gale	6	45:19	172		Johnson	3	26:30	160	
Kelly	6	41:30	152		Joy				
Leeker	6	45:19	172		Kanady	3	27:02	160	
Ludwig	6	43:00	140		Marzo				
McIntyre				XT	Nuccio	3	24:55	168	
					Rizzo	3	26:15	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt				?
Burka	5	40:25	160		Spence	4	34:52	176	
Connaghan	5	37:58	180		Trunko	3	24:56	160	
Coriell				XT	Witzofsky	4	36:33	168	
Goodwin	5	43:22	160		Pitti, C	3	23:40	176	
Gunn	5	40:25	164		Pitti, L	3	24:32	168	
Hennes	5	43:40	168						
Himich	5	38:10	168						
Lipinski	5	37:58	144						
Moritz	5	43:40	160						
Munsell	5	43:30	148						
Northcott	5	38:10	176						
Stauder	5	45:04	176						
Tajkowski	5	37:58	168						
Voras	5	45:04	164		**Group G**				
Watkins	5	41:25	184		Groesch	2.5	24:40	?	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring	4	31:08	178						
Correnti	4	33:03	176						
Gomez, Rey	5	27:02	160						
Heller	5	43:40	152	Calf Tightness					
Hetlage	4	28:32	148						
Jackson	4	31:28	192						
Klarsch				Sick					
Milnor	4	31:08	168						
Perry	4	31:28	176						
Poag	4	31:08	176						
Swiecicki	4	36:30	160						
Uhlenbrock, J	4	32:45	168						
Christie	4	36:30	140						
Thomas	4	33:57	172						
Dwyer	4	31:18	160						
McIntyre	4	34:29	180	Cutest Fr.					
Nolan	4	32:20	152						
Sprague									
Staley	4	34:31	184						

Date: 9-24-15 Conditions:

Workout: Drills/ 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
Butler	≈4	37:00	—	
Laughlin	8	57:04	172	
Lepak	8	57:04	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	XT	—	—	XT
Davidson	6	41:50	172	
Gale	6	45:50	168	
Kelly	6	41:50	152	
Leeker	6	45:55	162	
Ludwig	4.5	36:00	Low	Knee
McIntyre				
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	36:54	156	
Connaghan	5	36:27	176	
Coriell	3	23:50	180	Plantar Fascia
Goodwin	5	45:35	140	
Gunn	5	38:16	164	
Hennes	5	43:16	168	
Himich	5	38:19	172	
Lipinski	5	45:35	124	
Moritz	5	45:16	160	
Munsell	5	42:43	148	
Northcott	5	37:13	168	
Stauder	5	44:39	172	
Tajkowski	5	37:54	168	
Voras	5	44:38	156	
Watkins	5	37:54	164	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	29:53	164	
Correnti	4	33:58	172	
Gomez, Rey	5	43:21	168	
Heller	5	42:40	160	
Hetlage	4	27:41	152	
Jackson	4	35:40	164	
Klarsch	5	43:21	178	Bloody Nose
Milnor	4	29:53	164	
Perry	4	30:05	156	
Poag	4	29:53	176	
Swiecicki	—	—	—	JUG
Uhlenbrock, J	4	35:40	168	
Christie	4	32:48	152	
Thomas	4	34:54	168	
Dwyer	4	30:12	164	
McIntyre	4	36:36	144	
Nolan	4	30:14	160	
Sprague	DNA			
Staley	4	36:36	180	

Group E	Mileage	Time	Pulse	Comments
Bricker	5	43:21	172	
Cleeland				
Dattilo	3	29:59	180	
Fike	4	32:18	180	
Gomez, Rod	3	29:52	176	
Hamed	3	25:24	168	
Hunkins	3	24:38	201	
Johnson	4	35:13	172	
Joy				
Kanady	3	26:30	160	
Marzo				
Nuccio	4	32:00	160	
Rizzo	3	25:42	180	
Schmitt	3	25:42	172	
Spence	4	32:21	172	
Trunko	3	24:58	164	
Witzofsky	4	35:35	168	
Pitti, C	3	24:43	174	
Pitti, L	3	24:38	168	
Group G				
Groesch	1	—	low	

Date: 9-25-15 Conditions:

Workout: Drills/ Push-ups / Aerobic Run A=6 B=5 C=4 DE=3 /Strides / Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments	Group E	Mileage	Time	Pulse	Comments
Butler	—				Bricker	NOT HERE			
Laughlin	—				Cleeland	3	27:00	172	
Lepak	—				Dattilo	3	27:51	188	
					Fike	3	25:57	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Gomez, Rod	3	28:12	164	
Balossi	—				Hamed	ORTHO APPT.			
Davidson	—				Hunkins	◯			
Gale	—				Johnson	3	25:33	140	
Kelly	—				Joy	—			
Leeker	4	32:05	156		Kanady	3	26:00	160	
Ludwig	—				Marzo	3	26:08	172	
McIntyre	—				Nuccio	3	23:43	156	
					Rizzo	3	26:00	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt	3	26:25	160	
Burka	4 —	28:15	172		Spence	3	26:29	156	
Connaghan	4	30:05	180		Trunko	3	25:54	148	
Coriell	IN J.				Witzofsky	MADDOG - Witz			
Goodwin	4	34:55	140		Pitti, C	3	25:38	176	
Gunn	—				Pitti, L	3	25:38	160	
Hennes	4	34:59	164						
Himich	—								
Lipinski	—								
Moritz	4	34:59	160						
Munsell	4	33:05	160						
Northcott	—								
Stauder	4	36:06	172						
Tajkowski	—								
Voras	4	33:05	164		**Group G**				
Watkins	4	30:41	164		Groesch	OT			
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring	—								
Correnti	3	25:55	172						
Gomez, Rey	—								
Heller	4	30:41	172						
Hetlage	—								
Jackson	3	24:20	172						
Klarsch	3	25:36	156						
Milnor	—								
Perry	3	22:57	160						
Poag	3	22:57	176						
Swiecicki	3	25:30	164						
Uhlenbrock, J	3	24:30	160						
Christie	3	25:30	152						
Thomas	3	24:11	160						
Dwyer	3	22:33	164						
McIntyre	3	25:03	164						
Nolan	3	23:15	148						
Sprague	OT								
Staley	3	25:03	176						

Date: 9-28-15 Conditions:
Workout: Drills/ Push-ups /Core/ Aerobic Run A=10 B=8 C=6 D=5 E=4 /Strides / Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	6			
Laughlin	8	56:00	168	
Lepak	8	56:00	172	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
ct ~~Balossi~~				
Davidson	8	56:00	164	
Gale	4½	37:05	140	~~[illegible]~~ glot
~~Kelly~~				
Leeker	8	64:27	160	
Ludwig	8	56:00	146	
~~McIntyre~~				
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	6	46:49	158	
Connaghan	6	45:30	180	
ct ~~Coriell~~				
Goodwin	6	49:24	164	
Gunn	6	46:58	172	
Hennes	6	50:52	168	
Himich	6	47:56	176	
Lipinski	6	45:30	140	
Moritz	6	50:52	160	
Munsell	6	50:52	172	
Northcott	6	46:30	176	
Stauder	6	51:51	176	
Tajkowski	6	46:58	168	
Voras	6	51:53	152	
Watkins	6	46:58	168	
Heller	6	47:40	152	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	5	36:05	164	
Correnti	5	42:40	176	
Heller	~~6~~	~~42:42~~	~~148~~	
Hetlage	5	34:00	152	Stop to Poop
Jackson	5	37:45		
Milnor	5	36:05	164	
Perry	5	37:05	160	
Poag	5	36:05	160	
Swiecicki	5	42:40	148	
Uhlenbrock, J	5	44:00	172	
Christie	5	43:24	168	Stay RT.
Thomas	5	39:02	168	
Dwyer	5	36:54	166	
McIntyre	5	46:01	168	
Nolan	5	37:05	148	
~~Sprague~~				
Staley	5	~~[illegible]~~		
		46:01	180	

Group E	Mileage	Time	Pulse	Comments
~~Bricker~~				
Cleeland 4	32:27		164	
Dattilo	~~4~~ 4	39:59	160	
Fike	~~4~~ 5	~~44:40~~	176	
Gomez, Rod	~~4~~ 4	39:57	172	
Hamed	4	35:04	152	
Hunkins	3	35:46	160	
Johnson	5	43:34	180	
~~Joy~~				
Kanady	4	36:11	152	
~~Marzo~~				
Nuccio 4	31:05	180		
Rizzo	4	35:06	160	
Schmitt	4	35:30	160	
Spence	5	39:46	176	
Trunko	4	34:01	164	
~~Witzofsky~~				
Pitti, C 4	30:50	200		
Pitti, L 4	32:34		168	
Group G				
Groesch				

Date: 9-29-15 Conditions:

Workout: Drills/Jog 1m to West end of Central/ Push-ups / Group 123= 2-3 mile tempo 6x400 Groups 45= 2xmile, 4x400 / Full Stretch/ Jog SLUH/ Weights

Group 1	Tempo	Pulse	400 Pace	400	400	400	400	400	400	400	Comments
Davidson	3	17:10 - 180		69	68	69	67	66	64		65 - 63
Balossi	18:30	220		74	77	77	78	76	69		
Butler	3 - 18:30	160									
Kelly	3 - 18:09	192		73	75	73	73	71	69		8.5 - extreme
Laughlin	3 - 18:20	188		74	74	74	77	74	76		8.5 miles on
Gale	3 - 18:00	184		76	74	76	77	74	78		7.5 miles on day
Lepak	3 - 18:37	180		74	74	74	73	73	71		8 miles
Ludwig	3 - 17:49	176		73	71	71	71	69	66		8 miles on day
Group 2	**Tempo**	**Pulse**	**400 Pace**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Hetlage	3 - 18:10	184		73	77	77	78	76	72		7 m
Lipinski	3 - 19:22	180		73	77	76	75	72	72		7 m
Burka	3 - 19:34	184		71	79	78	78	76	72		7
Himich	3 - 19:56	180		80	86	88	88	87	84		7 miles
Gunn	3 - 19:23	188		76	77	76	75	72	73		7 miles
McIntyre	3 - 20:30	176		85	84	86	87	84	79		8
Buehring	3 - 19:30	180		80		75	78	76	80		6.25 on day
Leeker	3 - 21:16	180		83	85	86	85	80	83		8.5
Milnor	3 - 19:30	184		77	77	77	77	76	75		6.5 on day
Tajkowski	3 - 19:36	180		83	87	80	78	77	75		6.5
Northcott	3 - 19:40	180		79	79	77	77	74	73		7.5
Perry	3 - 20:15	188		78	78	78	78	76	74		7 miles
Group 3	**Tempo**	**Pulse**	**400 Pace**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Poag	3 - 19:28	192		84	84	85	87	84	84		7 miles
Watkins	3 - 20:28	148		73	76		84	73	79		7 miles
Connaghan	3 - 20:02	180		81	79	83	83	81	73		
Hennes	3 - 21:16	184		80	79	84	83	77	75		7 m
Coriell	Aerobic 3	22:09 / 180									
Dwyer 2	2 - 13:04	160		80	81	83	82	82	78		5.5
Goodwin	21:47	172		82	83	84	86	85	72		6.5
Munsell	3 - 21:49	188		84	84	86	86	85	80		
Christie 2	14:26	180		80	75	79	82	84	77		5.5
Heller 2	14:30	172			81						
McIntyre,S 2	14:13	180		85	84	84	82	80	84		
Staley 2	14:31	196		86	86	85	84	85	85		6 miles
Thomas											

mental fatigue

m c

Date: 9-29-15 Conditions:

Workout: Drills/Jog 1m to West end of Central/ Push-ups / Group 123= 2-3 mile tempo 6x400 Groups 45= 2xmile, 4x400 / Full Stretch/ Jog SLUH/ Weights

Group 4	Mile	Mile	400	400	400	400	Comments
Hamed	7:40	7:25	83	84	88	85	
Jackson	7:05	7:00	77	75	72	68	
~~Joy~~							
Moritz	7:08	7:04	87	92	90	87	
Swiecicki	7:01	7:30	90	90	98	104	
Uhlenbrock, J	7:07	7:08	86	90	86	80	
Voras	6:38	6:44	88	86	86		
Correnti	6:54	6:52	76	83	83	78	
Johnson	7:12	7:20	84	93	95	73	
Nolan	6:40	6:42	78	78	85	80	80 5th
Pitti, C	6:33	6:34	85	85	84	81	
Pitti, L	6:55	6:53	85	85	84	83	
Spence	6:45	6:47	89	96	100	97	
Stauder	7:21	7:24	93	91	92	93	89 5th
Trunko	6:19	6:02	78	78	79	74	
Group 5	**Mile**	**Mile**	**400**	**400**	**400**	**400**	**Comments**
Fike	6:54	8:08	88	80	88	88	
~~Hunkins~~							
Kanady	7:30	7:33	83	90	90	84	
Nuccio	7:03	6:59	84	81	89	75	
Rizzo	7:10	7:30	84	85	88	88	
Cleeland	6:52	7:04	81	80	79	78	
Schmitt	—	8:28	96	107	104	99	
Bricker	7:50	8:25	87	95	—	—	
~~Marzo~~							
~~Witzofsky~~							
Dattilo	8:01	8:40	100	101	104	98	
Gomez, Rod	8:13	8:29	100	1:51	108	97	
Thomas	6:19	6:01	74	75	77	70	
IR							
Groesch							

Date: 9-30-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments	Group E	Mileage	Time	Pulse	Comments
Butler	4		120		Bricker	—	—	—	
Laughlin	6	42:00	164		Cleeland	[illegible]	24:59	180	
Lepak	6	42:00	164		Dattilo	3	27:10	180	
					Fike	3	27:02	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Gomez, Rod	3	25:10	174	
Balossi					Hamed	3	25:40	136	
Davidson	6	42:00	[illegible]		Hunkins	3	25:52	180	
Gale	6	45:48	168		Johnson	4	36:20	176	
Kelly	6	42:02	152	[illegible]	Joy				
Leeker	6	45:48	156		Kanady	3	24:57	154	
Ludwig	—	—	—		Marzo	3	25:45	168	
McIntyre	6	42:00	168		Nuccio	4	35:40	174	CAMP
					Rizzo	4	22:56	178	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt	3	26:32	168	
Burka	5	37:30	160		Spence	4	[illegible]	[illegible]	
Connaghan	5	37:20	160		Trunko	3	26:32	148	
Coriell	—	—	—		Witzofsky	4	36:44	164	
Goodwin	5	44:35	140		Pitti, C	3 [illegible]	22:03	176	
Gunn	5	37:30	148		Pitti, L	3 [illegible]	22:03	168	
Hennes	5	40:52	168						
Himich	5	37:48	168						
Lipinski	5	37:30	140						
Moritz	5	40:52	160						
Munsell	5	40:95	164						
Northcott	5	37:20	164						
Stauder	5	45:16	164						
Tajkowski	5	37:35	168						
Voras	5	40:54	160		**Group G**				
Watkins	—	—	—		Groesch				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring	4	29:15	168						
Correnti	4	36:52	168						
Heller	5	42:10	156						
Hetlage	4	28:45	144						
Jackson	4	32:45	168						
Milnor	4	29:16	148						
Perry	4	30:00	156						
Poag	4	29:16	168						
Swiecicki	4	30:52	152						
Uhlenbrock, J	4	32:45	168						
Christie	3	23:40	164						
Thomas	4	35:4	160						
Dwyer	4	29:19	164						
McIntyre	4	35:54	140						
Nolan	4	29:44	140						
Sprague	—	—	—						
Staley	4	35:54	172						

Date: 10-1-15 Conditions:

Workout: Drills/ 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
Butler	5	34:40	120	
Laughlin	6	42:08	168	
Lepak	6	42:08	164	wolf pack
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	42:08	144	
Gale	6	44:00	164	
Kelly	6	42:08	152	felt good
Leeker	6	44:00	152	
Ludwig				
McIntyre	6	42:08	168	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	34:32	160	
Connaghan	5	34:32	168	
Coriell	3	22:20	180	
Goodwin	5	41:14	160	
Gunn	5	34:32	168	
Hennes	5	38:18	172	
Himich	5	34:37	164	
Lipinski	5	34:32	140	
Moritz	5	38:18	160	
Munsell	5	38:20	168	
Northcott	5	35:38	168	
Stauder	5	42:46	164	
Tajkowski	5	36:01	160	
Voras	5	42:46	148	
Watkins	5	35:48	172	Hip
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	27:32	164	
Correnti	4	33:50	164	
Heller	5	37:10	172	
Hetlage	4	26:48	152	
Jackson				
Milnor	4	27:32	156	
Perry	4	29:45	152	
Poag	4	27:58	160	
Swiecicki	4	33:50	132	
Uhlenbrock, J	4	30:30	178	
Christie	4	30:52	160	
Thomas	3	24:27	168	
Dwyer	4	27:28	164	
McIntyre	4	33:36	152	
Nolan	4	31:07	152	
Sprague				
Staley	3	26:32	156	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	28:28	148	
Dattilo	3	30:17	172	
Fike				
Gomez, Rod	3	30:17	176	
Hamed				
Hunkins	3	24:10	176	
Johnson	4	31:53	168	
Joy	3	24:27	162	
Kanady	3	23:15	160	
Marzo	4	31:30	176	
Nuccio	2	≈24:00	—	knee
Rizzo	3	23:19	167	
Schmitt	3	24:27	164	
Spence	4	29:22	168	
Trunko	3	24:32	148	
Witzofsky	4	33:54	156	
Pitti, C	4	29:22	168	
Pitti, L	4	29:22	172	
Group G				
Groesch				

Flying 200s @
29
29
31
30

Date: 10-2-15 Conditions:

Workout: Drills/ Push-ups / Aerobic Run A=6 B=5 C=4 DE=3 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments	Group E	Mileage	Time	Pulse	Comments
Butler	CROSS TRAIN				Bricker	4	35:12	172	
Laughlin	5	36:40	152		Cleeland	3	24:08	184	
Lepak	5	36:40	150		Dattilo	3	29:55	180	
					Fike	3	26:06	160	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Gomez, Rod	3	29:55	176	
Balossi	4	35:10	160	Shin Pain	Hamed	3	24:26	180	
Davidson	WORKOUT				Hunkins	3	23:46	192	
Gale	5	34:20	160		Johnson	3	21:45	188	
Kelly	5	36:40	136		Joy	3	25:17	164	
Leeker	5	38:21	152		Kanady	3	25:40	130	
Ludwig	5	38:21	150		Marzo	3	24:09	168	
McIntyre					Nuccio	3	22:48	[illegible]	164
					Rizzo	3	23:36	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt	3	27:30	160	
Burka	4	28:39	164		Spence	3	22:47	176	
Connaghan	4	28:39	160		Trunko	3	25:22	148	
Coriell	3	22:27	180		Witzofsky	3	25:04	156	
Goodwin	4	35:10	160		Pitti, C	3	23:17	176	
Gunn	4	28:42	160		Pitti, L	3	23:17	168	
Hennes	4	32:28	168						
Himich	4	28:44	168						
Lipinski	4	28:39	140						
Moritz	4	32:28	140						
Munsell	4	31:45	152						
Northcott	4	31:06	152						
Stauder	4	37:24	156						
Tajkowski	4	31:45	148						
Voras	4	36:24	152		**Group G**				
Watkins	4	28:42	140		Groesch				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring	3	21:45	160						
Correnti	3	25:35	156						
Heller	3	21:41	160						
Hetlage	3	21:45							
Jackson	4	35:10	160						
Milnor	3	21:45	168						
Perry	3	23:11	160						
Poag	3	22:28	176						
Swiecicki	3	25:52	148						
Uhlenbrock, J	3	24:00	168						
Christie	3	23:36	136						
Thomas	3	23:17	160						
Dwyer	3	21:58	160						
McIntyre	3	25:41	140						
Nolan	3	23:35	140						
Sprague	INJURED								
Staley	3	26:07	164						

Dustan's Workout

6x 1K w/2:30 Rest

3:12, 3:08, 3:09, 3:11, 3:08, 3:05

Date: 10-5-15 Conditions:

Workout: Drills/ Push-ups / Core/ Bounce: 6 miles / Everyone Else: Aerobic Run B=6 C=5 D=4 E=3 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Butler	4	29:60	—	
Laughlin	6	43:18	156	
Lepak	6	43:18	164	
Davidson	6	41:40	152	
Gale	6	43:44	172	
Kelly	6	43:10	144	
Ludwig	6			
Burka	6	43:44	176	
Lipinski	6	43:18	148	
Hetlage	6			
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Leeker	6	47:34	156	
McIntyre	6	44:00	164	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Connaghan	5	35:51	172	
Coriell	5	35:46	180	
Goodwin				
Gunn	5	34:12	164	
Hennes	5	39:54	168	
Himich	5	36:52	172	
Moritz	3	28:35	160	[illegible]
Munsell	5	39:54	156	
Northcott	5	37:29	172	
Stauder	5	46:07	172	
Tajkowski	5	36:43	164	
Voras	4	36:23	152	
Watkins	5	35:50	180	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	30:38	164	
Correnti	4	38:39	172	
Heller	5	46:20	160	calves
Jackson	4	32:07	172	
Milnor	4	30:38	176	
Perry	4	30:42	160	
Poag	4	30:38	176	
Swiecicki	4	32:39	144	
Uhlenbrock, J	4	32:07	160	
Christie	4	34:00	152	
Thomas	4	33:31	160	
Dwyer	4	28:52	160	sick
McIntyre	4	35:50	168	
Nolan	4	30:45	152	
Sprague	DNR			
Staley	4	35:50	184	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	27:59	192	
Dattilo	3	30:04	172	
Fike	Ankle			
Gomez, Rod	3	30:03	176	
Hamed	3	30	168	knee
Hunkins	3	25:04	192	
Johnson	4	35:17	172	
Joy				
Kanady	3	25:44	140	
Marzo	3	27:50	150	
Nuccio	Injured	Foot		
Rizzo	3	23:16	172	
Schmitt	3	25:39	160	
Spence	3	28:36	168	Right Knee
Trunko	3	25:51	156	
Witzofsky	4	32:43	168	
Pitti, C	4	30:39	172	
Pitti, L	4	30:24	168	
Group G				
Groesch	2	—	—	

Date: 10-6-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Bounce=6 miles with 3x1 min. pickups/ Drills/ Strides Everyone Else: 4x800, 4x400 / Full Stretch/ Jog SLUH/ Weights

Bounce	Mileage	Time	Pulse	Comments
Davidson	10 K	44:06	160	
Butler				
Kelly	5 K	19:31	164	3 pick-ups (800 IM 1.9M), felt okay, semi-fatigued (mental focus iffy)
Laughlin	10K	44:06	148	William has fancy handwriting
Gale	10K	44:06	168	William has fancy handwriting
Lepak	10K	44:06		William has fancy handwriting
Ludwig				
Hetlage	10 K	44:14	160	
Lipinski	10 K	44:06	152	ROMAN DOES NOT HAVE FANCY HANDWRITING
Burka	10 K	44:15	172	

Group 1/2	800	800	800	800	400	400	400	400	Comments
Balossi	2:38	2:36	2:36	2:45	71	73	75	72	
Himich	2:50	2:50	2:58	2:59	82	84	84	86	
Gunn	2:43	2:37	2:44	2:45	76	80	81	85	
McIntyre	2:49	2:50	2:52	2:55	84	83	83	86	
Buehring	2:46	2:48	2:50	2:53	80	84	83	80	
Leeker	2:57	2:59	3:07	3:04	86	86	82	82	
Milnor	2:46	2:44	2:47	2:47	76	78	80	79	
Tajkowski	2:51	2:50	2:59	2:51	82	82	82	80	
Northcott	2:50	2:48	2:50	2:51	78	82	81	81	
Perry	2:51	2:51	2:59	2:56	81	81	80	80	

Group 3	800	800	800	800	400	400	400	400	Comments
Poag	3:00	2:52	3:05	2:58	84	82	87	83	
Watkins	2:54	2:48	3:02	2:58	82	78	83	81	
Connaghan	2:48	2:50	2:56	2:57	82	82	82	83	
Hennes	2:49	2:46	2:52	2:57	78	77	88	80	
Coriell	2:48	2:46	2:52	2:57	78	84	91	81	
Dwyer	2:47	2:52	3:05	3:06	86	84	91	82	
Goodwin									
Munsell	3:05	3:06	3:08	3:08	86	86	88	80	
Christie	3:03	3:05	3:10	3:12	87	83	90	83	
Heller	3:10	3:05	~~3:06~~	~~3:58~~					
McIntyre,S	3:14	3:03	3:06	3:08	80	82	91	80	
Staley	3:17	3:14	3:17	3:19	88	88	92	89	
Thomas	3:05	3:04	3:06	2:58	1:16	1:20	1:19	1:16	

Date: 10-6-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / Bounce=6 miles with 3x1 min. pickups/ Drills/ Strides Everyone Else: 4x800, 4x400 / Full Stretch/ Jog SLUH/ Weights

Group 4	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Hamed									Knee problems
Jackson	3:01	2:53	2:53	2:51	73	79	82	78	
Joy									
Moritz	3:17	3:24	3:30	3:32	90	93	95	95	
Swiecicki	3:19	3:16	3:18	3:10	90	90	88	80	
Uhlenbrock, J	3:18	3:09	3:08	3:03	85	90	84	84	
Voras	3:20	3:13	3:13	3:16	91	87	90	89	
Correnti	3:18	3:13	3:11	3:05	82	83	81	81	
Johnson	3:03	3:05	3:13	3:12	88	86	91	83	
Nolan	3:05	3:00	3:05	3:03	81	84	84	87	
Pitti, C	3:12	3:09	3:10	3:11	87	96	95	95	
Pitti, L	3:12	3:09	3:10	3:11	87	87	88	93	
Spence	3:24	3:11	3:17	3:30	105	96	95	97	
Stauder	3:24	3:26	3:29	3:32	97	97	91	91	
Trunko	3:19	3:17	3:18	3:12	90	86	86	87	
Group 5	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Fike									
Hunkins	3:19	3:15	3:16	3:11	88	93	94	93	
Kanady	3:24	3:03	3:23	3:03	89	94	94	94	
Nuccio	3:27						89		
Rizzo	3:20	3:18	3:30	3:20	88	90	95	90	
Cleeland	3:10	3:08			97	94	94	84	
Schmitt	3:29	3:32	3:35	3:25	80	87	78	81	
Bricker									
Marzo	3:32	3:37	3:40	3:36	100	98	101	99	
Witzofsky	3:30	3:23	3:21	3:24	90	91	92	94	
Dattilo	3:33	3:22	3:40	3:43	105	104	105	100	
Gomez, Rod	3:36	3:38	3:43	3:35	103	102	104	105	
IR									
Groesch									

Date: 10-7-15 Conditions:

Workout: Drills/ Push-ups / Core/ Bounce: 6 miles / Everyone Else: Aerobic Run B=6 C=5 D=4 E=3 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Butler	OFF			
Laughlin	10K	43:35	152	
Lepak	10K	43:35	160	
Davidson	10K	43:35	156	
Gale	10K	43:35	180	
Kelly	10K	43:35	152	
Ludwig	10K	43:35	140	
Burka	10K	43:35	172	
Lipinski	10K	43:35	148	
Hetlage	10K	43:35	156	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	X TRAN			
Leeker				
McIntyre	6	44:30	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Connaghan	~5	34:45	156	
Coriell	~5	34:45	180	
Goodwin	5	43:30	156	
Gunn	~5	34:48	162	
Hennes	5	39:25	164	
Himich	5	35:25	170	
Moritz	5	41:30	160	
Munsell	5	41:06	152	
Northcott	5	35:25	172	
Stauder	5	48:12	148	
Tajkowski	~5	34:48	160	
Voras	5	48:12	144	
Watkins	5	37:57	164	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4.6	26:20	148	
Correnti	4	34:05	160	
Heller	4.6	31:41	152	
Jackson	4	32:01	169	
Milnor	4.6	26:20	148	
Perry	4+?	31:40	160	
Poag	4.6	26:20	176	
Swiecicki	4.0	34:10	154	
Uhlenbrock, J	4	32:00	160	
Christie	4	31:59	152	
Thomas	3	20:40	184	
Dwyer	3.6	28:00	160	
McIntyre	4	36:39	140	
Nolan	4+?	28:00	148	
Sprague	INJ			
Staley	4	38:39	148	

Group E	Mileage	Time	Pulse	Comments
Bricker	3	24:50	148	
Cleeland	3	24:40	160	
Dattilo	3	29:45	160	
Fike				
Gomez, Rod	3	29:45	176	
Hamed	3	26:00	144	
Hunkins	3	25:29	182	
Johnson				
Joy				
Kanady	3	28:30	110	
Marzo	3	28:30	115	
Nuccio	4	32:25		
Rizzo	3	26:00	168	
Schmitt	3	24:40	168	
Spence	3.1	24:16	152	
Trunko	3	26:40	156	
Witzofsky	3.1	25:00	160	
Pitti, C	4	31:55	160	
Pitti, L	4	32:38	160	

Date: 10-8-15 Conditions:

Workout: Drills/ Push-ups / Core/ Bounce: 6 miles / Everyone Else: Aerobic Run B=6 C=5 D=4 E=3 /Drills/ Flying 200s/ Full Stretch/ Jog SLUH

4 flying → 200s returned to band p/ups

Bounce	Mileage	Time	Pulse	Comments
Butler	—			
Laughlin	6	47:00	168	
Lepak	6	42:34		
Davidson	6	42:34	144	
Gale	—			
Kelly	4	27:56	160	mentality attitude
Ludwig	6	43:30	136	
Burka	6	43:30	184	
Lipinski	6	43:30	164	
Hetlage	6	42:34	152	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	—			
Leeker	6	48:02	152	
McIntyre	6	43:30	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Connaghan	5	37:15	180	
Coriell	5	37:15	180	
Goodwin	5	46:01	140	
Gunn	5	37:01	144	
Hennes	5	39:47	168	
Himich	5	35:59	172	
Moritz	5	46:01	152	
Munsell	5	40:02	164	
Northcott	5	35:38	176	
Stauder	5	47:47	160	
Tajkowski	5	38:01	152	
Voras	4	33:31	152	
Watkins	5	38:01	172	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	26:38	164	
Correnti	4	33:31	164	
Heller	3	24:15	170	calves
Jackson	4	32:01	168	
Milnor	4	26:38	168	
Perry	4	32:40	152	
Poag	4	26:38	176	
Swiecicki	4	33:31	132	
Uhlenbrock, J	4	32:00	156	
Christie	4	34:15	152	
Thomas	5	46:01	160	
Dwyer	4	30:00	140	
McIntyre	4	32:40	156	
Nolan	4	26:48	144	
Sprague	—			
Staley	4	34:12	172	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	30:38	184	
Dattilo	3	29:15	160	
Fike	3	31:15	152	
Gomez, Rod	3	29:15	172	
Hamed	3	26:00	172	Late
Hunkins	3	29:16	182	
Johnson	4	35:20	150	
Joy	3	31:15	164	
Kanady				
Marzo	3	31:15	146	
Nuccio	3	23:45	168	
Rizzo	3	26:00	170	
Schmitt	3	31:15	160	
Spence	3	27:51	168	
Trunko	3	26:45	152	
Witzofsky	—			
Pitti, C	4	32:26	160	
Pitti, L	4	32:26	152	
Group G				
Groesch	0.3	—	—	Couldn't continue

Date: 10-9-15 Conditions:

Workout: Drills/ Push-ups / Core/ Bounce: 5 miles / Everyone Else: Aerobic Run B=5 C=4 DE=3 /Strides / Hurdle Mobility/ Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Butler				
Laughlin	5	35:25	156	
Lepak	5	35:25		
Davidson				
Gale				
Kelly	5	35:25	144	
Ludwig	4	≈30	—	
Burka	5	35:25	168	
Lipinski	3	—	—	Foot Hurt
Hetlage	5	36:15	144	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	4	29:48	144	Shin Pain
Leeker	5	36:15	152	
McIntyre	5	36:50	156	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Connaghan	4	30:10	160	
Coriell	4	30:10	180	
Goodwin	4	37:18	140	
Gunn	4	29:48	136	
Hennes	4	31:44	168	
Himich	4	28:16	160	
Moritz	4	32:34	144	
Munsell	4	37:01	152	
Northcott	4	28:16	148	
Stauder	4	36:28	148	
Tajkowski	4	31:01	150	
Voras	4	~~[illegible]~~	35:17	(156)
Watkins	4	28:48	168	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	3	22:04	164	
Correnti	3	25:45	140	
Heller	3	24:10	148	
Jackson	3	23:30	164	
Milnor	3	22:04	124	
Perry	3	25:12	152	
Poag	3	22:04	154	
Swiecicki	3	25:45	128	
Uhlenbrock, J	3	23:30	160	
Christie	3	25:14	160	
Thomas	3	25:00	160	
Dwyer	3	22:04	132	
McIntyre	3	25:12	148	
Nolan	3	23:00	140	
Sprague				
Staley	3	25:54	164	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	25:04	168	
Dattilo	3	27:30	160	
Fike	3	25:29	160	
Gomez, Rod	3	27:30	172	
Hamed	3	25:00	168	
Hunkins				
Johnson	3	23:30	180	
Joy	3	26:17	?	
Kanady	3	25:00	140	
Marzo	3	23:25	?	
Nuccio	3	23:10	168	
Rizzo	3	25:00	168	
Schmitt	3	29:27	160	
Spence	3	25:29	160	
Trunko	3	24:50	156	
Witzofsky	3	25:55	164	
Pitti, C	3	25:12	160	
Pitti, L	3	26:52	140	
Group G				
Groesch				

Date: 10-12-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Butler				
Laughlin	10	1h 8:12		68:12
Lepak	10	68:12	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	8	55:20	172	
Gale				
Kelly	8	53:33	164	too fast (ha
Leeker	8	59:12	160	To fun by
Ludwig	8	57:30	172	off / 0 reps
McIntyre	7+	56:00	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	6	45:59	184	
Connaghan	6	44:22	184	
Coriell	6	44:22	180	
Goodwin	6	49:22	160	
Gunn	6	45:59	168	
Hennes	6	49:20	168	
Himich	6	46:02	176	
Lipinski	6	45:30	142	
Moritz	6	50:21	160	
Munsell	6	49:44	172	
Northcott	6	41:35	176	
Stauder	6	53:13	152	
Tajkowski	6	45:59	180	
Voras	6	49:44	160	
Watkins	6	45:59	176	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	5	37:14	164	7:27/mi
Correnti	5	40:14	176	8:03/mi
Heller				excused
Hetlage	5	37:03	148	7:25/mi
Jackson	5	40:20	168	8:04/mi
Milnor	5	37:26	132	7:29/mi
Perry	5	39:20	164	7:54/mi
Poag	5	37:42	128	7:32/mi
Swiecicki	5	39:30	160	7:54/mi
Uhlenbrock, J	5	40:20	168	8:04/mile
Christie	5	39:12	168	7:50/mile
Thomas	5	37:45	176	7:33/mi
Dwyer	5	37:40	160	7:32/mi
McIntyre	5	41:41	160	8:20/mi
Nolan	5	37:45	160	7:33/mi
Sprague				excused
Staley	5	44:02	160	8:48/mi

Group E	Mileage	Time	Pulse	Comments
Bricker	4	39:30	172	9:52/mile
Cleeland	4	32:43	196	8:11/mile
Dattilo	4	40:15	180	10:04/mi
Fike	4	36:20	172	9:05/mi
Gomez, Rod	4	39:48	176	9:57/mi
~~Hamed~~				
Hunkins	4	32:42	180	8:11/mile
Johnson	5	38:02	172	7:36/mile
Joy	4	36:20	164	9:05/mile
Kanady	4	35:40	156	8:55/mile
Marzo	4	40:10	176	10:03/mile
~~Nuccio~~				
Rizzo	4	32:40	178	8:10/mi
Schmitt	4	36:20	168	9:05/mi
Spence				
Trunko	4	36:20	156	9:05/mi
Witzofsky	5	40:15	168	10:04/mi
Pitti, C	5	39:30	160	7:54/mi
Pitti, L				XT

Date: 10-13-15 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups / 12=3xmile, 2x800 345=2xmile, 2x800 / Full Stretch/ Jog SLUH/ Weights

	Group 1	Mile	Mile	Mile	800	800	Comments
5:20	Davidson	5:24	5:15	5:19	2:25	2:30	9 miles
	Butler	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	Mono
	Kelly	5:42	5:38	5:38	2:37	2:36	did solo b/c of doctor's appt.
	Laughlin	5:53	5:42	5:58	2:43	2:53	9 miles
5:40	Gale	5:43	5:40	5:48	2:48	2:58	8 miles
	Lepak	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	sick
	Ludwig	5:52	5:33	XXXXXX	XXXXXX	XXXXXX	ANKLE-4 miles
	Balossi	6:00	5:50	5:52	2:44	2:54	8 miles
	Group 2	**Mile**	**Mile**	**Mile**	**800**	**800**	**Comments**
	Hetlage	5:52	5:37	5:54	2:37	2:46	6 miles
5:50	Lipinski	6:01	5:46	5:48	2:37	2:44	8.5 miles
	Burka	6:00	5:48	5:54	2:41	2:47	
	Himich	6:02	6:04	6:12	2:50	3:04	6.5 miles
	Buehring	6:16	5:52	6:03	2:43	2:54	6 miles
	Hennes	6:17	6:05	6:38	2:50	3:04	7 miles
	Leeker	6:03	5:59	6:04	2:57	3:04	7 miles
6:05	McIntyre	6:01	6:09	6:18	2:48	2:54	8 miles
	Milnor	6:16	5:52	6:01	2:46	2:57	6 miles
	Northcott	5:53	5:52	6:08	2:44	3:06	7 miles
	Perry	6:17	6:14	6:19	2:50	3:01	6 miles
	Tajkowski	6:18	5:05	6:16	2:50	3:04	7 miles
	Gunn	6:02	5:56	6:08	2:41	2:50	6.5 miles
	Poag	6:18	6:27	7:04	XXXXXX	XXXXXX	[redacted]
	Group 3	**Mile**	**Mile**	**Mile**	**800**	**800**	**Comments**
	Watkins	5:59	6:15		2:53	3:04	
	Connaghan	6:24	6:22		3:03	3:10	
	Coriell	6:05	6:03		2:42	2:55	
	Dwyer	6:14	6:15		2:56	3:11	
	Goodwin	6:35	6:42		3:07	3:21	
	Munsell	6:36	6:50		3:04	3:17	
	Christie	6:44	6:45		3:03	3:20	
	Heller	XXXXXX	XXXXXX		XXXXXX	XXXXXX	
	McIntyre,S	6:45	7:14		3:01	3:20	
	Staley	6:45	7:15		3:14	3:21	
	Thomas	6:36	6:50		3:01	3:10	
	Nolan	6:18	6:18		2:57	3:13	

Date: 10-13-15 Conditions:
Workout: Drills/Jog 1m to Central Fields/ Push-ups / 12=3xmile, 2x800 345=2xmile, 2x800 / Full Stretch/ Jog SLUH/ Weights

Group 4	Mile	Mile	Mile	800	800	Comments
Hamed						
Jackson	6:36	6:56		2:59	3:13	
Joy	—	—		—	—	
Moritz	7:00	7:07		3:18	3:43	
Swiecicki	6:48	6:43		3:09	3:16	
Uhlenbrock, J	6:45	6:57		3:11	3:24	
Voras	6:52	6:48		3:09	3:23	
Correnti	6:46	6:47		3:08	3:12	
Johnson	6:43	6:55		3:06	3:21	
Nolan	6:18	other board		other board	other board	
Pitti, C	6:36	6:49		3:09	3:21	
Pitti, L	7:48	7:05		3:27	3:29	
Spence	6:33	6:27		2:59	3:14	
Stauder	7:27	7:02		~~3:25~~ 3:03	3:25	
Trunko	6:52	6:58		3:09	3:22	
Group 5	**Mile**	**Mile**	**Mile**	**800**	**800**	**Comments**
Fike	—	—		—	—	
Hunkins	6:56	6:55		3:12	3:21	
Kanady	7:40	7:30		3:30	3:50	
Nuccio	—	—		—	—	2miles, 17:10
Rizzo	7:38	7:40		3:03	3:43	
Cleeland	—	—		—	—	
Schmitt	7:48	8:40		3:57	4:17	asthma
Bricker	—	—		—	—	
Marzo	7:34	7:59		3:42	4:19	
Witzofsky	7:00	6:54		3:12	3:30	
Dattilo	7:47	8:00		3:46	3:46	
Gomez, Rod	7:42	7:45		3:18	3:30	
IR						
Groesch	—	—	—	—	—	

Date: 10-14-15 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Butler				
Laughlin	8	58:01	164	
Lepak	8	58:40	164	Felt like crap looks like crap
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	4	28:53	164	
Davidson	6	42:00	160	
Gale	6	42:20	180	
Kelly	6	41:53	152	felt good *
Leeker	6	47:17	160	
Ludwig				
McIntyre	6	43:40	164	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	36:00	172	
Connaghan	5	36:04	184	
Coriell	5	36:04	180	
Goodwin	5	41:39	164	
Gunn	5	37:14	164	
Hennes	5	41:28	168	
Himich	5	36:05	180	
Lipinski	5	36:04	148	
Moritz	4	35:40	160	
Munsell	5	41:09	160	
Northcott	5	37:59	172	
Stauder	5	44:12	172	
Tajkowski	5	37:14	168	
Voras	5	41:09	164	
Watkins	5	37:14	176	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	29:15	160	
Correnti	4	35:21	176	
Heller	4	33:30	172	
Hetlage	4	28:53	152	
Jackson				
Milnor	4	29:30	176	
Perry	4	29:30	168	
Poag	4	29:30	176	
Swiecicki	4	35:21	164	
Uhlenbrock, J	4	34:30	178	
Christie	4	32:55	164	
Thomas	4	31:49	168	
Dwyer	4	30:11	164	
McIntyre	4	35:09	152	
Nolan	4	30:11	152	
Sprague				
Staley	4	35:40	168	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	25:25	172	
Dattilo	3	29:53	180	
Fike				
Gomez, Rod	3	29:52	172	
Hamed				
Hunkins	3	24:39	192	
Johnson	4	35:05	164	
Joy	3	24:20	172	
Kanady	3	27:17	144	
Marzo				
Nuccio	4	35:40	172	
Rizzo	3	24:28	160	
Schmitt				
Spence	4	31:49	168	
Trunko	3	25:41	156	
Witzofsky	4	33:40	172	
Pitti, C	4	31:49	172	
Pitti, L				

Date: 10-15-15 Conditions:

Workout: Drills/ 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
Butler	—			
Laughlin	8	57:30	152	
Lepak	8	57:30	168	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	XT			
Davidson	6	43:30	164	
Gale	XT			
* Kelly	~? (6m)	6:42:52	152	left good
Leeker	6	46:32	156	
Ludwig	—			
McIntyre	6	43:30	164	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	34:05	172	
Connaghan	5	34:38	172	
Coriell	5	34:38	180	
Goodwin	5	42:03	164	
Gunn	5	34:05	172	
Hennes	5	37:49	164	
Himich	5	34:49	180	
Lipinski	5	35:25	144	
Moritz	5	42:16	148	
Munsell	5	38:45	168	
Northcott	5	35:25	176	
Stauder	5	42:46	160	
Tajkowski	5	34:52	172	
Voras	5	42:16	152	
Watkins	5	37:49	172	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	27:47	160	
Correnti	4	33:51	172	
Heller	5	42:10	148	
Hetlage	4	26:51	156	
Jackson	4	34:11	176	
Milnor	4	26:51	184	
Perry	4	29:15	152	
Poag	4	28:00	176	
Swiecicki	4	33:21	168	
Uhlenbrock, J	4	34:10	176	
Christie	4	32:21	156	
Thomas	4	31:42	172	
Dwyer	4	29:13	152	
McIntyre	4	33:35	152	
Nolan	4	29:31	144	
Sprague	—			
Staley	3	27:47	148	

Group E	Mileage	Time	Pulse	Comments
Bricker	—			
Cleeland	3	25:02	180	
Dattilo	3	28:27	180	
Fike	3	33:00	160	
Gomez, Rod	3	28:27	172	
Hamed	3	28:21	176	
Hunkins	3	25:02	180	
Johnson	4	32:23	172	
Joy	3	24:30	176	
Kanady	3	24:45	164	
Marzo	3	33:00	176	
Nuccio	4	33:35	172	
Rizzo	3	24:17	164	
Schmitt	3	33:00	160	
Spence	4	29:15	164	
Trunko	3	25:12	156	
Witzofsky	4	33:23	164	
Pitti, C	4	33:35	172	
Pitti, L	—			
Group G				
Groesch				

(no jumps to accomodate knees)

*= six mile run "ups & flying twos at West Camp", one mile cool down". Flying twos felt good at 30, 31, 30, 28; mentality

Date: 10-16-15 Conditions: Perfect

Workout: Drills/ Push-ups / District Racers plus Hetlage: 6xArt Hill Figure 8s Everyone Else:Aerobic Run A=6 B=5 C=4 DE=3 /Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Art Hill	Mileage	Time	Pulse	Comments	Group E	Mileage	Time	Pulse	Comments
Laughlin ✓					Bricker	0			
Lepak ✓					Cleeland	3	27:35	168	
Balossi ✓					Dattilo	3	26:20	180	
Davidson ✓					Fike	3	28:53	172	
Gale ✓					Gomez, Rod	3	27:27	172	
* Kelly ✓					Hamed	3	24:20	172	
Hetlage ✓					Hunkins	3	24:53	164	
					Johnson	3	24:46	164	
					Joy	3	24:56	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Kanady	3	28:40	160	
Leeker	5	36:50	156		Marzo	3	29:39	164	
McIntyre	5	36:50	152		Nuccio	0			
					Rizzo	3	27:27	136	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt	3	24:35	156	
Burka	4	28:10	164		Spence	3	21:22	168	
Connaghan	4	28:26	164		Trunko	3	25:05	156	
Coriell	4	28:21	180		Witzofsky	3	23:50	160	
Goodwin	4	35:57	160		Pitti, C	3	23:06	142	
Gunn	4	28:21	156		Pitti, L				
Hennes	4	32:00	168						
Himich	4	28:36	168						
Lipinski	4	28:10	148						
Moritz	4	36:28	140						
Munsell	4	32:30	156						
Northcott	4	30:16	168						
Stauder	4	36:00	184						
Tajkowski	4	32:30	160						
Voras	4	32:30	148		**Group G**				
Watkins	4	28:21	160		Groesch	0			
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring	3	21:58	140		**IR**				
Correnti	3	25:08	168		Butler				
Heller	3	26:14	144		Ludwig				
Jackson	3	25:10	164						
Milnor	3	19:56	168						
Perry	3	22:52	152						
Poag	3	22:20	168						
Swiecicki	3	24:20	160						
Uhlenbrock, J	3	25:10	168						
Christie	3	22:32	164						
Thomas	3	22:47	168						
Dwyer	3	23:06	142						
McIntyre	3	24:55	152						
Nolan	3	22:50	152						
Sprague	0	—							
Staley	3	24:55	160						

* felt okay. Didn't push hard enough on first half, but re-found beginning of season mentality

Date: 10-19-15 Conditions:

Workout: Drills/ Push-ups / Aerobic Run A=10 B=8 C=6 D=5 E=4 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	2	14:30		
Laughlin	10	69:01	164	
Lepak	10	69:01	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				XT
Davidson	8	57:10	172	
Gale				XT
* Kelly				WorKout
Leeker	8	61:54	156	
Ludwig				XT
McIntyre	8	60:00	160	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	6	45:51	172	
Connaghan	6	42:44	176	
Coriell	6	42:22	180	
Goodwin	6	49:31	160	
Gunn	6	45:51	164	
Hennes	6	47:22	168	
Himich				
Lipinski	6	42:22	160	
Moritz	5	40:30	160	
Munsell	6	47:22	172	
Northcott	6	42:44	168	
Stauder				XT
Tajkowski	6	43:52	172	
Voras	6	51:00	164	
Watkins	6	47:22	168	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	5	34:10	172	
Correnti	5	43:51	168	
Heller	6	49:00	148	
Hetlage	5	34:10	160	
~~Jackson~~				
Milnor	5	34:10	172	
Perry	5	40:10	160	
Poag	5	36:19	184	
Swiecicki	5	43:50	164	
Uhlenbrock, J	5	40:30	164	
Christie	5	43:44	160	
Thomas	5	38:20	184	
~~Dwyer~~				
McIntyre	5	44:21	152	
Nolan	5	37:38	152	
~~Sprague~~				
Staley	5	43:48	160	

Group E	Mileage	Time	Pulse	Comments
~~Bricker~~				
Cleeland	1/2			Sick
Dattilo	4	38:30	180	
Fike	4	33:37	176	
Gomez, Rod	4	38:31	176	
Hamed	4	33:22	168	
~~Hunkins~~				
Johnson	5	40:10	172	
Joy	4	32:04	176	
Kanady	4	29:00	120	
Marzo	4	38:35	140	
Nuccio	4	40:48	168	
Rizzo	4	32:52	168	
Schmitt	3			With Cleeland
Spence	4	38:27	176	
Trunko	4	33:03	164	
Witzofsky	4	42:44	168	
Pitti, C	4	40:10	172	
Pitti, L				
Group G				
Groesch				

*= poor mentality, felt sick/dizzy, but ended decently

2K	400	1M	400	800
7:12	70	6:00	78	2:39

Date: 10-20-15 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups / Clayton Racers: 12x400 with surge zones 12=2K-400-1600-400-1200-400 345=6x800 / Full Stretch/ Jog SLUH/ Weights

Group 1	2K Pace	1600 Pace	1200 Pace	400 Pace	2K	400	1600	400	1200	400	Comments
Davidson 8	6:50 (82)	5:21 (80)	3:48 (76)	73	6:37	69	5:19	73	3:53	69	
Kelly	7:05 (85)	5:32 (83)	3:57 (79)	73							Aerobic (6) → ran workout Monday
Laughlin 8	7:05 (85)	5:32 (83)	3:57 (79)	73	6:58	71	5:32	74	3:59	75	
Gale	7:05 (85)	5:32 (83)	3:57 (79)	73	7:23	69	6:16	74	—	Knee	
Lepak 8	7:05 (85)	5:32 (83)	3:57 (79)	73	7:13	71	5:45	75	4:10	72	
Ludwig 6	7:05 (85)	5:32 (83)	3:57 (79)	73	7:08	79	800 (3:05)	—	400 (80)	1200 (4:23)	
Balossi	7:05 (85)	5:32 (83)	3:57 (79)	73	7:10	73	5:57	73	4:00	—	
Group 2	**2K Pace**	**1600 Pace**	**1200 Pace**	**400 Pace**	**2K**	**400**	**1600**	**400**	**1200**		**Comments**
Lipinski 8	7:40 (92)	6:00 (90)	4:18 (86)	79	7:35	76	6:05	80	4:16	76	
Burka 7	7:40 (92)	6:00 (90)	4:18 (86)	79	7:25	78	6:06	81	4:22	76	
Himich	7:40 (92)	6:00 (90)	4:18 (86)	79	XT	XT	XT	XT	XT		XT
Buehring 6	7:55 (95)	6:15 (93)	4:33 (91)	81	7:24	78	6:05	80	4:45	87	
Leeker 7	7:55 (95)	6:15 (93)	4:33 (91)	81	7:39	79	6:29	86	4:50	90	
Milnor 6	7:55 (95)	6:15 (93)	4:33 (91)	81	7:27	78	5:59	81	4:18	78	
Perry 6	7:55 (95)	6:15 (93)	4:33 (91)	81	7:34	79	6:15	81	4:25	78	
Gunn 7	7:55 (95)	6:15 (93)	4:33 (91)	81	7:32	79	6:12	85	4:29	82	
Poag 6	7:55 (95)	6:15 (93)	4:33 (91)	81	7:52	81	6:32	94	4:54	96	
Group 3	**800**	**800**	**800**	**800**	**800**	**800**					**Comments**
Watkins	2 40	3 08	2 51	3 09	2 51	3 03					
Connaghan	3 00	3 07	2 55	3 06	2 52	3 04					
Coriell	2 59	3 02	2 52	3 01	2 49	2 53					
Dwyer	—	—	—	—	—	—					
Munsell	3 03	3 19	3 03	3 22	3 04	3 15					
Christie	3 12	3 28	3 07	3 29	3 04	3 18					
Heller	3 03	3 20	3 08	3 20	3 08	3 18					
McIntyre,S	3 10	3 30	3 09	3 19	3 13	3 19					
Staley	3 14	3 28	3 11	3 29	3 14	3 14					
Thomas	3 03	3 23	3 06	3 14	3 01	3 04					
Nolan	3 02	3 23	3 06	3 20	3 03	3 19					

Date: 10-20-15 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups / Clayton Racers: 12x400 with surge zones 12=2K-400-1600-400-1200-400 345=6x800 / Full Stretch/ Jog SLUH/ Weights

Group 4	800	800	800	800	800	800	Comments
Hamed	3:10	3:29	3:15	4:02	3:29	3:4[illegible]	
Jackson	3:22	3:39	3:01	3:05	2:53	3:03	
Joy	—	—	—	—	—	—	
Moritz	—	—	—	—	—	—	
Swiecicki	3:15	3:31	3:14	3:26	3:16	3:06	
Uhlenbrock, J	3:21	3:34	3:20	3:40	3:19	3:33	
Voras	3:15	3:38	3:20	3:38	3:19	3:41	
Correnti	3:13	3:37	3:17	3:27	3:16	3:15	
Johnson	2:48	3:21	2:57	3:25	3:19	3:21	
Nolan	—	—	—	—	—	—	
Pitti, C	3:11	3:27	3:10	3:26	3:18	3:25	
Pitti, L	—	—	—	—	—	—	
Spence	2:53	3:07	2:58	3:15	3:03	3:21	
Stauder	—	—	—	—	—	—	
Trunko	3:08	3:24	3:12	3:21	3:04	3:24	
Group 5	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Fike	3:20	3:36	3:26	3:46	3:28	3:48	
Hunkins	—	—	—	—	—	—	
Kanady	3:20	3:45	3:26	4	—	—	
Nuccio	3:01	3:33	—	—	~~[illegible]~~ 3:0[illegible]	3:22	
Rizzo	3:21	3:38	3:36	3:54	3:33	3:50	Ankle
Cleeland	3:06	3:32	3:21	3:19	3:05	3:09	
Schmitt	3:23	3:51	3:22	3:58	3:34	3:51	
Bricker	—	—	—	—	—	—	
Marzo	3:31	3:47	3:25	4:09	3:38	4:11	
Witzofsky	3:18	3:42	3:23	3:47	3:24	3:46	
Dattilo	3:24	3:43	3:51	—	—	—	sick
Gomez, Rod	3:1[illegible]	3:45	~~[illegible]~~ 3:56	4:06	3:39	4:08	
IR							
Groesch	2:21	2:11	2:25	2:04	2:20	3:06	road in truck

Date: 10-20-15 Conditions:

Workout: Drills/Jog 1m to Central Fields/ Push-ups / Clayton Racers: 12x400 with surge zones 12=2K-400-1600-400-1200-400 345=6x800 / Full Stretch/ Jog SLUH/ Weights

	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Butler	n/a	n/a	80	79	79	78	80	n/a	77	75	69	n/a	
Hetlage	74	81	80	79	79	77	78	76	75	75	73	73	7M
Hennes	79	83	82	82	80	81	82	80	79	79	78	80	
McIntyre	78	82	81	81	80	80	81	79	78	79	78	77	7M
Northcott	74	81	80	79	78	77	78	76	75	75	76	76	
Tajkowski	79	83	82	82	80	81	81	79	79	79	78	77	
Goodwin	78	82	81	81	80	80	80	78	77	77	73	73	

Date: 10-21-15 Conditions:

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

Total Mileage. Done @ Blackburn Park

Districts	Mileage	Time	Pulse	Comments
Laughlin	10	71:12	152	
Lepak	10	71:12	NP	
Balossi	4	29:00	148	
Davidson	8	58:30	144	
Gale	—	—	—	
Kelly	8	56:12	160	
Ludwig	7	51:32	164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Butler	3	22:00		felx time
Leeker	6	48:14	160	—
McIntyre				
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	37:03	164	
Connaghan	5	34:54	168	
Coriell	5	39:54	180	
Goodwin	5	47:07	144	
Gunn	5	37:03	172	
Hennes	5	39:36	160	
Himich	3	22:47	180	
Lipinski	5	38:21	124	
Moritz	5	47:06	152	
Munsell	5	39:34	164	
Northcott	5	37:49	152	
Stauder				
Tajkowski	5	37:16	160	
Voras	5	44:50	152	
Watkins				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	28:01	168	
Correnti	4	35:04	180	
Heller	5	39:20	172	
Hetlage	4	28:01	152	
Jackson	4	32:56	160	
Milnor	4	28:01	168	
Perry	4	30:49	164	
Poag	4	30:19	168	
Swiecicki	4	35:21	164	
Uhlenbrock, J	4	32:56	160	
Christie	4	33:56	144	
Thomas	4	30:40	172	
Dwyer	4	30:39	146	
McIntyre	4	34:42	152	
Nolan	4	30:44	160	
Sprague				
Staley	4	33:56	180	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland				
Dattilo	3	28:44	164	
Fike	3	24:32	164	
Gomez, Rod	3	28:13	168	
Hamed	3	25:46	180	
Hunkins				
Johnson	4	30:49	168	
Joy				
Kanady				
Marzo	3	26:30	164	
Nuccio	3	24:05	154	No watch
Rizzo	3	25:50	178	
Schmitt	3	26:44	164	
Spence				
Trunko	3	26:44	148	
Witzofsky	4	32:27	169	
Pitti, C	4	30:49	172	
Pitti, L				
Group G				
Groesch				

Date: 10-22-15 Conditions:

Workout: Drills/ Push-ups / Pre-Race for Clayton Racers Aerobic Run A=8 B=6 C=5 D=4 E=3 /Flying 200s/ Drills/ Full Stretch/ Jog SLUH

Clayton	Mileage	Time	Pulse	Comments
Butler	2	17:30	140	
Goodwin	4	34:11	168	
Hennes	4	30:19	168	
Hetlage	3	23:29	140	
McIntyre	5	38:00	152	
Northcott	4	30:18	156	I am so ready!
Tajkowski	4	30:18	160	
Group A	**Mileage**	**Time**	**Pulse**	**Comments**
Laughlin	8	58:58	172	Lepak can't do math
Lepak	8	58:58	164	Laughlin's ugly
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	43:41	160	bugs! bugs! bugs!
Gale				
Kelly	6	43:00	144	*
Leeker	6	48:16	156	stupid bugs
Ludwig	5	39	140	ank/e
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	33:40	182	Thanks
Connaghan	5	34:49	168	
Coriell	5	34:49	180	
Gunn	5	34:72	176	
Himich	4	30:13	176	
Lipinski	4	38:13	142	right choice
Moritz	4	34:09	144	
Munsell	5	38:50	172	
Stauder	5	44:47	168	left foot :(
Voras	5	41:11	148	
Watkins	6	38:50	168	This Bit true
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	29:08	160	
Christie	4	34:28	140	
Correnti				
Dwyer	4	30:19	156	
Heller	5	34:00	160	
Jackson	4	34:20	172	
McIntyre	4	35:22	144	
Milnor	4	29:09	160	
Nolan	4	30:25	160	
Perry	4	30:20	160	
Poag	4	29:09	176	
Sprague				
Staley	4	34:28	172	
Swiecicki	4	35:10	160	
Thomas	4	31:14	176	
Uhlenbrock, J	4	34:20	168	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	23:29	156	
Dattilo	3	25:50	180	ain't sick no more
Fike	3	26:42	160	
Gomez, Rod	3	25:50	176	corre rapido
Hamed	3	24:39	180	
Hunkins				
Johnson	4	34:48	164	
Joy	3	25:17	176	
Kanady	3	27:50	156	
Marzo	3	25:35	164	
Nuccio	4	35:00	176	
Pitti, C	4	30:20	180	
Pitti, L				
Rizzo	3	25:11	178	
Schmitt				
Spence	4	29:59	168	
Trunko	3	26:08	148	
Witzofsky	4	32:44	168	

Date: 10-23-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / District Racers: Pre-Race 2345 = 12x400 in sets of 4 / Full Stretch/ Jog SLUH

Clayton
Butler
Hetlage
Hennes
McIntyre
Northcott
Tajkowski
Goodwin

Districts	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Burka	5	35:23	164	
Davidson	5	35:23	148	
Kelly				
Laughlin	6	44:55	148	
Lepak	6	44:55	152	
Ludwig				

Group 2	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Lipinski	79	82	85	84	81	80	80	78	76	79	75	69	
Himich	85	84	85	84	84	84	84	84	—	—	—	—	
Buehring	82	80	85	84	81	82	82	81	76	80	80	71	
Leeker	85	84	86	86	84	82	80	79	76	81	76	76	
Milnor	80	82	85	84	81	82	82	81	76	80	80	73	
Perry	83	87	86	86	82	82	82	82	79	80	79	73	
Gunn	79	82	84	82	79	80	79	78	76	75	75	72	
Poag	84	84	80	85	82	82	83	81	81	80	83	79	

Group 3	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Watkins	80	82	85	85	82	85	85	80	79	80	75	72	
Connaghan	85	85	86	86	83	83	82	81	82	81	81	78	
Coriell	85	86	86	85	83	83	81	79	78	79	80	76	
Dwyer	88	89	88	87	83	83	84	81	84	84	84	78	
Munsell	88	86	88	88	85	86	87	86	85	85	85	81	
Christie	87	88	86	86	84	86	88	86	86	86	86	79	
Heller	87	86	85	86	84	85	86	86	80	83	84	83	
McIntyre,S	89	86	88	87	83	85	86	86	84	85	84	80	
Staley	90	86	80	82	82	84	88	90	87	86	86	82	
Thomas	86	86	87	85	84	84	84	83	85	82	80	79	
nolan	88	87	88	86	84	85	87	87	84	85	84	82	

Date: 10-23-15 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups / District Racers: Pre-Race 2345 = 12x400 in sets of 4 / Full Stretch/ Jog SLUH

2 sec. faster 200

	set 1				set 2				set 3				
Group 4	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Hamed	[illegible]	[illegible]	[illegible]	[illegible]	96	98	90	87	98	90	87	83	
Jackson													
Joy													
Moritz	94	93	93	95	92	94	93	93	96	94	92	89	
Swiecicki	90	90	90	91	88	91	89	87	89	96	82	81	
Uhlenbrock, J	90	91	90	91	88	89	88	89	85	87	89	85	
Voras	92	93	93	95	93	93	93	96	93	93	91	89	
Correnti													
Johnson	85	90	90	92	88	96	91	89	89	91	94	81	
~~Nolan~~													
Pitti, C	87	88	88	89	85	88	88	87	91	94	94	91	
Pitti, L													
Spence	86	88	86	88	84	86	87	88	99	95	99	95	
Stauder	97	95	96	98	96	95	98	96	98	98	98	93	
Trunko	91	91	91	92	89	96	91	89	91	91	86	86	
Group 5	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Fike	89	91	92	97	94	97	94	92	97	97	97	90	
Hunkins													
Kanady	90	90	90	95	90	100	91	100	—	—	—	—	
Nuccio	87	89	91	89	88	90	91	91	—	—	—		
Rizzo	81	87	83	85	91	94	97	97	97	97	100	93	
Cleeland	91	87	89	91	84	86	90	91	91	93	92	91	
Schmitt													
Bricker													
Marzo	92	92	95	102	98	99	99	97	99	100	101	97	
Witzofsky	96	93	93	97	89	94	97	93	94	93	94	93	
Dattilo	93	93	95	97	99	99	99	93	99	99	99	88	
Gomez, Rod	92	96	98	102	99	99	99	96	96	99	99	93	
IR													
Groesch													
Gale													

3rd

4th

Date: 10-24-15 Conditions:

Workout: Drills/ Push-ups / Aerobic Run around Webster B=8 C=7 D=6 E=5 /Strides/ Full Stretch/ Jog SLUH

Districts	Mileage	Time	Pulse	Comments	Group E	Mileage	Time	Pulse	Comments
Balossi					Bricker				
Burka					Cleeland	6	44:13	—	
Davidson					Dattilo	5	45:16	180	
Kelly					Fike	5	42:19	172	
Laughlin					Gomez, Rod	5	[illegible]	176	
Lepak					Hamed	6	[illegible]	160	
Ludwig					Hunkins				
					Johnson	6	50:12	172	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	Joy	5	39:44	172	
Butler				ACT	Kanady	5	42:20	156	
Leeker					Marzo	6	48:50	168	
McIntyre	8	55:00	164		Nuccio				
					Rizzo	6	48:50	[illegible]	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**	Schmitt				
Connaghan	7	53:56	160		Spence	6	44:45	164	
Coriell	7	53:52	180		Trunko	5	42:20	156	
Goodwin					Witzofsky	6	44:07	164	
Gunn	7	54:02	172		Pitti, C	6	44:45	160	
Hennes	7	57:07	168	lip sore	Pitti, L				
Himich	7	55:40	160						
Lipinski	7	54:10							
Moritz	6	48:[illegible]	160						
Munsell	7	55:50	172						
Northcott	7	54:02	168						
Stauder	7	56:27	152	Might be closer to					
Tajkowski	7	55:50	172						
Voras	7	51:30	156						
Watkins	7	58:08	172		**Group G**				
					Groesch				
					Gale				
Group D	**Mileage**	**Time**	**Pulse**	**Comments**					
Buehring	6	42:00	147						
Correnti									
Heller	7	58:08	166						
Hetlage	6	42:00	152						
Jackson	6	49:15	172						
Milnor	6	42:20	147						
Perry	6	Kr. Gio	160						
Poag	6	42:00	176						
Swiecicki	6	44:37	162						
Uhlenbrock, J	6	44:15	162						
Christie	6	44:21	144						
Thomas	5	39:44	164	got lost					
Dwyer	6	44:21	148						
McIntyre	5	45:45	152						
Nolan	6	43:32	149						
Sprague									
Staley	6	45:45	156						

Date: 10-26-15 Conditions:

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

I didn't work that ~Joe

Group A	Mileage	Time	Pulse	Comments
Butler	8	22:00		
Laughlin	8	55.00	172	Lepak sucks
Lepak	8	55:00	160	Laughlin sucks
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	4	29:00	160	
Gale				
Kelly	6	41:48	152	left good
Leeker	6	45:33	152	
Ludwig	6	45:05	168	
McIntyre	6	44:42	164	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	34:37	164	
Connaghan	5	36:02	168	
Coriell	5	36:02	180	
Goodwin	5	40:20	156	
Gunn	4	34:20	178	
Hennes	5	41:14	168	
Himich	5	40:12	160	
Lipinski	5	34:20	140	
Moritz	4	32:40	168	✓
Munsell	5	39:15	164	Back
Northcott	5	35:12	172	
Stauder	5	44:30	152	
Tajkowski	5	35:12	—	
Voras	5	42:11	160	
Watkins	5	—	—	✓
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Buehring	4	28:57	144	
Correnti	4	33:28	160	
Heller	5	35:20	138	
Hetlage	4	27:31	144	
Jackson	4	35:20	172	
Milnor	4	28:57	144	
Perry	4	31:33	152	
Poag	4	28:57	168	
Swiecicki	4	33:30	164	
Uhlenbrock, J	4	35:40	164	
Christie	4	35:20	140	
Thomas	4	29:25	164	
Dwyer	4	29:54	156	
McIntyre	4	33:56	156	
Nolan	4	32:45	156	
Sprague				
Staley	4	35:20	160	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	23:57	180	
Dattilo	3	No time	No pulse	
Fike	4	34:00	176	✓
Gomez, Rod	3	28:42	172	
Hamed	3	28:00	164	Knee Hurts.
Hunkins	3	27:58	180	
Johnson	3			
Joy	3	24:04	164	✓
Kanady	3	23:36	156	
Marzo	3	28:00		
Nuccio	3			
Rizzo	3	23:33	164	✓
Schmitt	3			Back
Spence	4	24:35	168	
Trunko	3	26:21	156	✓
Witzofsky	4	32:36	168	
Pitti, C	4	[illegible]	160	
Pitti, L		31:33		
Group G				
Groesch				

mentality A →

Find Fuller in Commons →

Date: 10-27-15 Conditions:

Workout: Drills/ Push-ups /Sectional Racers: 6-8x800 Findley Racers: Aerobic Run B=5 C=4 DE=3 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Sectionals	800	800	800	800	800	800	800	800	Comments
Butler	2:39	2:37	—	2:36	2:42	—	—	—	
Laughlin	2:39	2:34	2:36	2:38	2:39	2:39	2:40	—	
Lepak	2:39	2:37	2:38	2:41	2:42	2:41	—	2:29	
Balossi	2:38	2:33	2:34	2:37	2:38	2:38	2:38	—	
Davidson	2:35	2:31	2:31	2:34	2:35	2:38	2:39	—	
Kelly	2:39	2:37	2:36	2:37	2:39	2:39	2:40	—	
Hetlage	2:39	2:37	2:36	2:46	2:52	2:41	—	—	

Group B	Mileage	Time	Pulse	Comments
Leeker	5	39:25		
Ludwig	5	36:42		
McIntyre	6	47:30		

Group C	Mileage	Time	Pulse	Comments
Burka	4	31:19	120	
Connaghan	4	31:19	164	
Coriell	4	31:18	180	
Goodwin	4	32:36	168	
Gunn	4	31:17	180	
Hennes	4	33:24	168	
Himich	4	36:44	172	
Lipinski	4	38:42	148	
Moritz	4	36:40	160	
Munsell	4	33:52	148	
Northcott	4	31:47	156	
Stauder	4	37:14	152	
Tajkowski	4	33:50	152	
Voras	4	36:59	160	
Watkins	4	28:38	160	

Group D	Mileage	Time	Pulse	Comments
Buehring	3	22:30	140	
Correnti	3	24:42	160	
Heller	3	23:30	160	
Jackson	3	27:10	164	
Milnor	3	25:10	124	Cramp
Perry	3	23:24	156	
Poag	3	22:53	—	
Swiecicki	3	29:12	156	
Uhlenbrock, J	3	26:50	160	
Christie	3	26:42	148	
Thomas	3	23:05	176	
Dwyer	3	24:00	140	
McIntyre	3	28:53	148	
Nolan	3	23:05	152	
Sprague	—	—	—	
Staley	3	—	—	

Group E	Mileage	Time	Pulse	Comments
Bricker				
Cleeland	3	29:20	152	
Dattilo	3	29:37	160	
Fike	3	27:12	156	
Gomez, Rod	3	29:30	160	
Hamed	3	27:30	184	
Hunkins	3	27:00	180	
Johnson	3	24:30	160	
Joy	3	25:02	176	
Kanady	3	27:12	140	
Marzo	3	29:32	—	
Nuccio	3	25:59	164	
Rizzo	3	26:10	172	
Schmitt	3	28:35	160	
Spence	3	25:53	140	
Trunko	3	29:10	152	
Witzofsky	3	25:57	140	
Pitti, C	3	24:16	160	
Pitti, L	3	29:16	160	

Group G
Groesch
Gale

Date: 10-28-15 Conditions:
Workout: Drills/ Push-ups /Sectional Racers: Aerobic Run A=8 B=6 C=5 D=4 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Sectionals	Mileage	Time	Pulse	Comments
Butler	5	37:18		
Laughlin	8	56:39	164	
Lepak	8	57:33	148	
Balossi	3.5	25:03	148	
Davidson	8			
Kelly	6			
Hetlage	4	28:58	146	

Date: 10-29-15 Conditions:
Workout: Drills/ 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
Butler	2	14:15	140	
Laughlin	6	42:13	152	
Lepak	6	42:13	≈164	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	6	42:13	148	
Kelly	6	42:13	140	(comments later)*
Leeker	6	42:13	164	
Ludwig				
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	36:07	144	
Gunn	5	36.07	164	No
Himich				
Lipinski				
Northcott	5	34:32	164	Nope
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Hetlage	4	28:30	144	nothing
Milnor	4	28:30	156	"and nothing in between"
IR				
Gale				
Group F Flanagan				I'm alive..

*felt good, decent flying twos (all 200's?) - lungs starting to be affected by cold weather... mentality ↑, no plyos due to feet

Date: 10-30-15 Conditions:
Workout: Drills/ Push-ups / Aerobic Run A=6 B=5 C=4 D=3 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	2	15:30		
Laughlin	5	35:38	152	
Lepak	5	34:00	156	~~[illegible]~~ Diarrhea
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	2	15:30		
Davidson				
Kelly	5	35:30	140	- lungs messed up, (cold?) felt okay, strides
Leeker	5	35:10	152	
Ludwig	5	35:10		
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	25:57	164	
Gunn	4	29:03	148	
Himich				
Lipinski	4	29:03	142	
Northcott	4	29:03	144	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Hetlage	3	20:41	140	
Milnor	3	20:41	144	
IR				
Gale				
PORTER	3	20:57	184	comeback city
Gilmore	3	21:36	176	Dropped by Porter

Date: 11-2-15 Conditions:
Workout: Drills/ Push-ups / Aerobic Run AB=6 C=5 D=4 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	3	22:40	128	
Laughlin	6	42:35	168	
Lepak	6	42:35	160	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	—			XT
Davidson	6	42:35	148	
Kelly	—			4.25 28:57 148
Leeker	6	43:49	160	
Ludwig	—			Florida
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	35:56	148	
Gunn	5	36:02	160	
Himich	3	22:40	164	
Lipinski	5	35:56	152	
Northcott	5	35:56	164	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Hetlage	4	29:22	140	
Milnor	4	29:22	176	
IR				
Gale	0	0:00.00	0	

Date: 11-3-15 Conditions:
Workout: Drills/ Push-ups / 2 mile tempo, 8x400 with surge zones /Full Stretch/ Jog SLUH

Group 1	Tempo	Time	Pulse	400	400	400	400	400	400	400	400	Comments
Balossi	2	11:29	184	79	82	83	81	→	→	→	→	*
Butler	1	5:40	160	79	81	83	80	→	→	→	→	*
Davidson	2	11:23	180	75	74	75	73	72	71	73	71	
Hetlage	2	11:49	176	79	83	83	79	75	74	79	78	
Kelly	2	11:40	168	74	78	79	76	75	74	76	74	Left Leg; Injury definitely working
Laughlin	2	11:40	180	74	77	78	76	75	74	78	75	
Lepak	2	11:37	172	76	80	80	78	75	75	80	78	Thanks
Group 2												
Burka	2	12:02	180	80	85	85	85	84	81	82	77	
Gunn	2	12:02	176	80	85	86	85	84	81	81	78	
Himich	2	12:59	180	84	88	88	85	87	85	88	86	
Leeker	2	12:58	172	82	86	86	85	84	82	82	74	
Lipinski	2	12:19	160	79	85	86	85	77	81	80	74	
Ludwig												Excused
Milnor												Freshman Service
Northcott	2	12:02	180	77	84	85	82	77	80	80	79	
IR												
Gale	0	00:00	0	00	00	00	00	00	00	00	00	??? :(

Date: 11-4-15 Conditions:
Workout: Drills/ Push-ups / Aerobic Run AB=5 C=4 D=3 /Strides/ Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	2	15:10	140	Had a cool hat
Laughlin				
Lepak	5	36:07	160	Dumb & Stupid
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi				
Davidson	5	36:07	164	
Kelly	5	36:07	152	Left day / injury
Leeker	5	36:07	164	Promoted to beta/alpha
~~Ludwig~~ Laughlin	5	36:07	152	
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	4	28:55	164	Nice Hair, 10/10
Gunn	4	29:10	156	Possibly the same person as Paul
Himich	4	29:39	168	Tall in Spirit
Lipinski	4	29:08	132	The Ox
Northcott	4	30:02	164	Flirted w/ me
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Hetlage	3	21:37	140	Technically was
Milnor	3	21:37	152	Skinnier than me
IR				
Gale	17	38	Ø	Hey whats up hello
Porter	3	22:07	172	Really sweaty, chest tightness
Flan		28:08		

Get stiff not fully up to par
Slower strides

Date: 11-5-15 Conditions:
Workout: Drills/ Push-ups / Aerobic Run AB=6 C=5 D=4 /Flying 200s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Butler	2	15:40	120	
Laughlin	6	42:19	160	
Lepak	6	42:29	160	
Group B	**Mileage**	**Time**	**Pulse**	**Comments**
Balossi	—	—	—	—
Davidson	6	42:20	156	Failed that calc test!)
Kelly	6	42:14	170	felt okay, 2 good flying 100s
Leeker	6	43:11	160	
Ludwig	—	—	—	Florida [redacted]
Group C	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	—	—	—	—
Gunner	4	29:44	164	
~~Hinich~~ Gunn	5	36:15	152	
Lipinski	5	36:15	128	
Northcott	5	35:53	156	
Group D	**Mileage**	**Time**	**Pulse**	**Comments**
Hetlage	4	28:05	140	
Milnor	4	28:05	152	
IR				
Gale				

Dustan fast

(reduced for jumps) mentality ≈