Seniors (12)	Week 14	Week 13	Week 12	Week 11	Week 10	Week 09	Week 08	Week 07	Week 06	Week 05	Week 04	Week 03	Week 02	Week 01	Total	
Burka	54	57	59	58	59	50	61.5	57	57.5	51	60	57.5	54.5	47	783	
Correnti	37	39	38	39.5	39	30	33	26.5	38	36	38	37	18	0	449	
Gunn	47	47	47	51	52	43	49	51	51.5	34	47	48	43	37	645.5	
Heller	37	39	38	39.5	39	30	40	39.5	38	35	31	37	18	0	461	
Hirrich	46	47	30	47.5	46	35	47	45.5	44	40	44	41	20	0	533	
Joy	37	41	38	41.5	26	30	21	10	36	35	39	37	18	0	409.5	
Munsell	0	41	38	41.5	39	37	41	32.5	38	35	39	37	18	0	437	
Stauder	45.5	48	42	45	46	42	51	44.5	45	35	44	41	42	43	614	
Swlecicki	38	43	40	35.5	41	37	35	40.5	12	15	16	28	15	0	396	
Tajkowski	43	45	42	46.5	45	42	46	44.5	42	39	43	42	20	0	540	
Thomas	43	47	44	48.5	46	35	46	44.5	37.5	39	43	41	20	0	534.5	
Voras	37	41	31	41.5	41	30	33	39.5	31	35	38	35	18	0	451	521.125
Juniors (16)	Week 14	Week 13	Week 12	Week 11	Week 10	Week 09	Week 08	Week 07	Week 06	Week 05	Week 04	Week 03	Week 02	Week 01	Total	
Buehring	47	52	45	30.5	50	48	51	51	43	45	46	52.5	38	37	636	
Garner	23	17	26	30	19	27	21	12	9	31	28	29	15	0	287	
Hetlage	60.5	60	59	60	58	52	63	51	59.5	52	61	29.5	56.5	47	767	
Johnson	33	34	31	35.5	35	32	35	28	34	31	34	32	15	0	409.5	
Koesterer	47	47	46	50	38	43	49	50	47.5	43	46	48	42	0	596.5	
Marx	37	26.5	27	33.5	33.5	37	41	30.5	12	24	28	11	15	0	356	
McIntyre	29	12.5	3	27	31	30	35	35	34	31	34	28	16	0	345.5	
Milnor	60.5	60	58	61	56	51	63	58	59.5	51	61	61.5	55.5	47	803	
Nolan	0	39	38	39.5	39	37	40	39.5	38	29	26	29	18	0	412	
Perry	50	50	47	49	48.5	46	51	47	0	31	39	40	18	0	516.5	
Pitti, C	32	37	33	37.5	35	12	40	39.5	18	35	39	37	18	0	413	
Pitti, L	32	37	34	37.5	35	37	42	39.5	38	35	39	37	18	0	481	
Poag	50.5	32	47	49	38	43	43	29	36	39	37	32.5	18	0	494	
Rizzo	31	22	33	34.5	33	32	35	35.5	28	31	34	33	18	0	400	
Sommers	38	41	38	27	39	37	35	41	41.5	36	40	41	38	33	525.5	
Staley	45.5	46.5	46	51	52	45	51	38	25	45	35	31	42	41	594	501.03125
Sophomores (2	Week 14	Week 13	Week 12	Week 11	Week 10	Week 09	Week 08	Week 07	Week 06	Week 05	Week 04	Week 03	Week 02	Week 01	Total	
Andrew	34	34	33	35.5	35	32	36	35.5	34	31	34	33	16	0	423	
Booher	48.5	49	45	47	41	44	48.5	45	43	32	5	22	13	0	483	
Callahan	48	49	44	49.5	41	41	45	46	47.5	39	45	44	38	38	615	
Devoll	28	35	34	36.5	35	32	36	35	28	31	34	33	16	0	413.5	
Dillon	39	42	39	43.5	41	37	42	40.5	42.5	33	42	37	38	38	554.5	
Friedrichs	42	44	40	43.5	39	37	43	42	40	37	40	37	38	39	561.5	
Galli	27	35	34	36.5	35	32	36	35.5	34	31	38	33	18	0	423	
Garcia	32	36.5	34	35	35	37	41	39.5	38	36	41	37	18	0	460	
Gordon	38	39	37	39.5	39	37	38	18	36	35	40	37	18	0	451.5	
Krieger	19	43	40	42.5	41	37	42	39.5	27.5	37	34	41	38	34	515.5	
LaBarge	33	37.5	35	39.5	35	37	32	24	38	23	40	37	18	0	429	
Mark	31	35	30	34.5	28	32	36	35	0	30	34	33	16	0	374.5	
May	42	45	39.5	45.5	39	41	43.5	40.5	36	35.5	36	39.5	18	0	501	
McLaughlin	37	40.5	37	41.5	39	37	34	39.5	38	35	38	37	18	0	471.5	
Mittendorf	49.5	50	49	50	51	45	52	47	47.5	46	49	49.5	48.5	43	677	
Moore	0	8	26	31	32	32	34	32	32	31	31	29	15	0	333	
Rackers	39	48	20	41	45	42	45	45	47.5	42	49	43.5	45.5	41	593.5	
Scott	54	57	56	55	53	50	55	47	46.5	48	57	50.5	48.5	44	723.5	
Seal	32	37.5	35	31.5	28	37	41	39.5	40.5	36	41	25	18	24	466	
Song	0	0	18	43.5	23	37	40	33.5	38	37	39	37	18	0	364	
Uhlenbrock	37	40.5	38	41.5	38	37	34	39.5	38	36	39	38	18	0	474.5	490.8571429
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	
Apprill-Sokol	29	31	30	33.5	33	31	33	34.5	29	31	32	32	15	0	394	
Bourneuf	0	30	29	33.5	34	31	35	34.5	27.5	26	33	31	15	0	359.5	
Buescher	20	26.5	28	16.5	15	0	22	33.5	28	0	6	28	15	0	238.5	
Byrne	25	22	21	20	33	31	32	33.5	31	26	31	25	15	0	345.5	
Cler	24	29.5	28	26.5	28	31	32	33.5	26	16	21	25	15	0	335.5	
Gannon	20	10	26	29.5	31	31	32	32.5	21	21	26	24	15	0	319	
Garavaglia	27	29.5	29	31.5	33	29	28	26.5	31	31	31	29	15	0	370.5	
Hogan	32	36.5	36	36.5	37	31	35	38.5	35.5	33	34	32	36	33	486	
Jackson	17	32	29	33.5	33	31	33	34.5	33	31	32	31	15	32	417	
Kramer	31	35	30	34.5	35	31	35	33	0	31	33	32	33	33	426.5	
LeGrand	0	29.5	27	31.5	33	31	32	33.5	31	31	31	29	15	0	354.5	
McIntyre	22	23.5	26	30.5	32	31	32	33.5	26	31	31	29	15	0	362.5	
Munsell	29	35	32	35.5	33	31	34	34.5	33	31	33	32	15	0	408	
Murati	0	27.5	29	31.5	33	31	31	33	31	31	31	29	15	0	353	
Nolan, T	0	28	29	26	33	31	32	33.5	31	31	21	29	15	0	339.5	
Rizzo	22	25	25	28	32	31.5	29.5	33	31	31	31	29	15	0	363	
Rutledge	0	30	30	32.5	33	25	32	33.5	31	31	32	29	15	0	354	
Stevens	8	25	28	31	32	31	32	33.5	31	31	31	25	15	0	351.5	
Stus	27	24	29	31.5	33	31	32	33.5	26	31	31	24	15	0	368	
Thro	20	25	26	31	32	26.5	27	33.5	31	31	16	24	15	0	338	
Voss	25	30	22	25	33	31	26	33	26	30	31	29	15	0	358	363.8095238
															32218	

Seniors (12)	7/31/17	8/1/17	8/2/17	8/3/17	8/4/17	8/5/17	8/6/17	Total
Burka	10	8	10	10	8	8		54
Correnti	6	5	7	7	6	6		37
Gunn	8	8	8	8	7	8		47
Heller	6	5	7	7	6	6		37
Himich	8	8	8	8	7	7		46
Joy	6	5	7	7	6	6	XT	37
Munsell								0
Stauder	8	6.5	8	8	7	8		45.5
Swiecicki	7	5	7	7	6	6		38
Tajkowski	7	6	8	8	7	7		43
Thomas	7	6	8	8	7	7		43
Voras	6	5	7	7	6	6		37
Juniors (16)	**7/31/17**	**8/1/17**	**8/2/17**	**8/3/17**	**8/4/17**	**8/5/17**	**8/6/17**	**Total**
Buehring	8	6	8	8	7	8	2	47
Garner	2	3	4	4	4	6		23
Hetlage	10	9.5	10	10	8	8	5	60.5
Johnson	6	4	6	6	5	6		33
Koesterer	8	7	8	8	7	7	2	47
Marx	6	5	7	7	6	6	XT	37
Mcintyre	4	4	5	5	5	6		29
Milnor	10	9.5	10	10	8	8	5	60.5
Nolan								0
Perry	8	8	8	8	7	8	3	50
Pitti, C	5	4	6	6	5	6		32
Pitti, L	5	4	6	6	5	6		32
Poag	8	8.5	8	8	7	7	4	50.5
Rizzo	5	4	5	6	5	6		31
Sommers	7	5	7	7	6	6		38
Staley	8	7.5	8	4	7	8	3	45.5
Sophomores (21)	**7/31/17**	**8/1/17**	**8/2/17**	**8/3/17**	**8/4/17**	**8/5/17**	**8/6/17**	**Total**
Andrew	5	4	6	8	5	6		34
Booher	8	8.5	7	8	7	7	3	48.5
Callahan	8	8.5	7	8	7	7	2.5	48
Devoll		5	6	6	5	6		28
Dillon	7	5	7	7	6	7		39
Friedrichs	7	5	7	7	6	7	3	42
Galli	5	4	6	6		6		27
Garcia	5	4	6	6	5	6		32
Gordon	7	5	7	7	6	6		38
Krieger				7	6	6		19
LaBarge	6	4	6	6	5	6		33
Mark	5	4	5	6	5	6		31
May	7	5	7	7	6	7	3	42
McLaughlin	6	5	7	7	6	6		37
Mittendorf	8	8.5	8	8	7	8	2	49.5
Moore								0
Rackers	7	5	7	7	6	7		39
Scott	8	8	8	10	8	8	4	54
Seal	5	4	6	6	5	6		32
Song								0
Uhlenbrock	6	5	7	7	6	6		37
Freshmen	**7/31/17**	**8/1/17**	**8/2/17**	**8/3/17**	**8/4/17**	**8/5/17**	**8/6/17**	**Total**
Apprill-Sokol	5	4	5	5	5	5		29
Bourneuf								0
Buescher		3	4	4	4	5		20
Byrne	2	4	5	5	4	5		25
Cier	2	3	5	5	4	5		24
Gannon		3	4	4	4	5		20
Garavaglia	5	3	5	5	4	5		27
Hogan	5	5	5	6	5	6		32
Jackson			4	4	4	5		17
Kramer	6	4	5	6	5	5		31
LeGrand								0
Mcintyre	2	3	4	4	4	5		22
Munsell	5	4	5	5	5	5		29
Murati								0
Nolan, T								0
Rizzo	2	3	4	4	4	5		22
Rutledge								0
Stevens				4	4			8
Stus	5	3	5	5	4	5		27
Thro		3	4	4	4	5		20
Voss	5	3	4	4	4	5		25

Seniors (12)	8/7/17	8/8/17	8/9/17	8/10/17	8/11/17	8/12/17	8/13/17	Total
Burka	10	8	10	10	8	8	3	57
Correnti	7	6	7	7	6	6		39
Gunn	8	8	8	8	7	8		47
Heller	7	6	7	7	6	6		39
Himich	8	8	8	8	7	8		47
Joy	7	6	7	7	6	8		41
Munsell	7	6	7	7	6	8		41
Stauder	8	6	8	8	7	8	3	48
Swiecicki	7	8	7	7	6	8		43
Tajkowski	8	6	8	8	7	8		45
Thomas	8	8	8	8	7	8		47
Voras	7	6	7	7	6	8		41
Juniors (16)	**8/7/17**	**8/8/17**	**8/9/17**	**8/10/17**	**8/11/17**	**8/12/17**	**8/13/17**	**Total**
Buehring	8	8	8	8	10	8	2	52
Garner	4	0	0	4	4	5		17
Hetlage	10	9	10	10	8	8	5	60
Johnson	6	5	6	6	5	6		34
Koesterer	8	8	8	8	7	8		47
Marx	6	0	0	7	6	7.5		26.5
McIntyre	3	0	0	3	3	3.5		12.5
Milnor	10	9	10	10	8	8	5	60
Nolan	7	6	7	7	6	6		39
Perry	8	8	8	8	7	8	3	50
Pitti, C	6	6	6	6	5	8		37
Pitti, L	6	6	6	6	5	8		37
Poag	8	0	0	8	7	8	1	32
Rizzo	6	0	0	6	5	5		22
Sommers	7	6	7	7	6	8		41
Staley	8	7.5	8	8	7	8		46.5
Sophomores (21)	**8/7/17**	**8/8/17**	**8/9/17**	**8/10/17**	**8/11/17**	**8/12/17**	**8/13/17**	**Total**
Andrew	6	5	6	6	5	6		34
Booher	8	8	7	8	7	8	3	49
Callahan	8	8	7	8	7	8	3	49
Devoll	6	6	6	6	5	6		35
Dillon	7	7	7	7	6	8		42
Friedrichs	7	7	7	7	6	8	2	44
Galli	6	6	6	6	5	6		35
Garcia	6	6	6	6	5	7.5		36.5
Gordon	7	6	7	7	6	6		39
Krieger	7	8	7	7	6	8		43
LaBarge	6	7	6	6	5	7.5		37.5
Mark	6	6	6	6	5	6		35
May	7	7	7	7	6	8	3	45
McLaughlin	7	6	7	7	6	7.5		40.5
Mittendorf	8	9	8	8	7	8	2	50
Moore					3	5		8
Rackers	7	8	7	8	7	8	3	48
Scott	10	9	8	10	8	8	4	57
Seal	6	7	6	6	5	7.5		37.5
Song								0
Uhlenbrock	7	6	7	7	6	7.5		40.5
Freshmen	**8/7/17**	**8/8/17**	**8/9/17**	**8/10/17**	**8/11/17**	**8/12/17**	**8/13/17**	**Total**
Apprill-Sokol	5	6	5	5	4	6		31
Bourneuf	4	6	5	5	4	6		30
Buescher	4	5	4	4	4	5.5		26.5
Byrne	0	5	5	5	4	3		22
Cler	5	5	5	5	4	5.5		29.5
Gannon	4	0	0	0	0	0	6	10
Garavaglia	5	5	5	5	4	5.5		29.5
Hogan	6	7	5	6	5	7.5		36.5
Jackson	5	6	5	5	4	7		32
Kramer	6	6	5	6	5	7		35
LeGrand	4	6	5	5	4	5.5		29.5
McIntyre	4	4	4	4	4	3.5		23.5
Munsell	6	6	5	6	5	7		35
Murati	4	5	5	4	4	5.5		27.5
Nolan, T	5	4	5	5	4	5		28
Rizzo	4	4	4	4	4	5		25
Rutledge	4	6	5	5	4	6		30
Stevens	4	4	4	4	4	5		25
Stus	5	5	5	5	4	0		24
Thro	4	4	4	4	4	5		25
Voss	5	4	5	5	4	5	2	30

Seniors (12)	8/14/17	8/15/17	8/16/17	8/17/17	8/18/17	8/19/17	8/20/17	Total
Burka	10	9	10	10	8	9	3	59
Correnti	7	5	7	7	6	6		38
Gunn	8	8	8	8	7	8		47
Heller	7	5	7	7	6	6		38
Himich	0	0	8	8	7	7		30
Joy	7	5	7	7	6	6		38
Munsell	7	5	7	7	6	6		38
Stauder	8	5	8	8	7	6		42
Swiecicki	7	6	7	7	6	7		40
Tajkowski	8	5	8	8	7	6		42
Thomas	8	6	8	8	7	7		44
Voras	7	5	0	7	6	6		31
Juniors (16)	8/14/17	8/15/17	8/16/17	8/17/17	8/18/17	8/19/17	8/20/17	Total
Buehring	8	8	8	8	6	7		45
Garner	4	5	4	4	4	5		26
Hetlage	10	9	10	10	8	9	3	59
Johnson	5	5	6	5	5	5		31
Koesterer	8	8	8	8	7	7		46
Marx	7	5	7	7	0	0	1	27
McIntyre	3	0	0	XT	XT	0		3
Milnor	10	9	10	10	8	5	6	58
Nolan	7	5	7	7	6	6		38
Perry	8	8	8	8	7	8		47
Pitti, C	6	5	6	6	5	5		33
Pitti, L	6	5	6	6	5	6		34
Poag	8	8	8	8	7	8		47
Rizzo	6	5	6	6	5	5		33
Sommers	7	5	7	7	6	6		38
Staley	8	7	8	8	7	8		46
Sophomores (21)	8/14/17	8/15/17	8/16/17	8/17/17	8/18/17	8/19/17	8/20/17	Total
Andrew	6	5	6	6	5	5		33
Booher	8	8	7	8	7	7		45
Callahan	8	8	7	8	6	7		44
Devoll	6	5	6	6	5	6		34
Dillon	7	5	7	7	6	7		39
Friedrichs	7	6	7	7	6	7		40
Galli	6	5	6	6	5	6		34
Garcia	6	5	6	7	5	5		34
Gordon	7	5	7	7	6	5		37
Krieger	7	6	7	7	6	7		40
LaBarge	6	5	6	6	5	7		35
Mark	6	5	6	4	4	5		30
May	7	5	7	7	6	5	2.5	39.5
McLaughlin	7	5	7	7	6	5		37
Mittendorf	8	8	8	8	7	8	2	49
Moore	4	5	4	4	4	5		26
Rackers	8	1	XT	XT	XT	6	5	20
Scott	10	8	8	10	8	8	4	56
Seal	6	5	6	6	5	7		35
Song				7	6	5		18
Uhlenbrock	7	5	7	7	6	6		38
Freshmen	8/14/17	8/15/17	8/16/17	8/17/17	8/18/17	8/19/17	8/20/17	Total
Apprill-Sokol	5	5	5	5	4	6		30
Bourneuf	5	5	5	5	4	5		29
Buescher	5	5	4	5	4	5		28
Byrne	3	3	2	4	4	5		21
Cler	5	5	5	4	4	5		28
Gannon	4	5	4	4	4	5		26
Garavaglia	5	5	5	5	4	5		29
Hogan	6	6	6	6	5	7		36
Jackson	5	5	5	5	4	5		29
Kramer	4	5	5	6	5	5		30
LeGrand	5	3	5	5	4	5		27
McIntyre	4	5	4	4	4	5		26
Munsell	6	5	5	6	5	5		32
Murati	5	5	5	5	4	5		29
Nolan, T	5	5	5	5	4	5		29
Rizzo	4	5	4	4	3	5		25
Rutledge	5	5	5	5	4	6		30
Stevens	4	5	4	4	4	5		26
Stus	5	5	5	5	4	5		29
Thro	4	5	4	4	4	5		26
Voss	5	5	5	4	3	XT		22

Seniors (12)	8/21/17	8/22/17	8/23/17	8/24/17	8/25/17	8/26/17	8/27/17	Total
Burka	10	8	10	10	8	9	3	58
Correnti	7	7	7	7	6	5.5		39.5
Gunn	8	8	8	8	7	9	3	51
Heller	7	7	7	7	6	5.5		39.5
Himich	8	8	8	8	8	7.5		47.5
Joy	7	7	7	7	6	7.5		41.5
Munsell	7	7	7	7	6	7.5		41.5
Stauder	8	7	8	8	7	7		45
Swiecicki	0	8	7	7	6	7.5		35.5
Tajkowski	8	7	8	8	7	8.5		46.5
Thomas	8	8	8	8	8	8.5		48.5
Voras	7	7	7	7	6	7.5		41.5
Juniors (16)	**8/21/17**	**8/22/17**	**8/23/17**	**8/24/17**	**8/25/17**	**8/26/17**	**8/27/17**	**Total**
Buehring	0	0	8	8	7	7.5	XT	30.5
Garner	4	6	5	5	5	5		30
Hetlage	10	8	8	10	10	9	5	60
Johnson	6	7	6	6	5	5.5		35.5
Koesterer	8	8	8	8	7	9	2	50
Marx	5	6	6	0	6	7.5	3	33.5
McIntyre	3	5	4	5	5	5		27
Milnor	10	8	10	10	10	9	4	61
Nolan	7	7	7	7	6	5.5		39.5
Perry	8	8	8	8	8	9	XT	49
Pitti, C	6	7	5	6	5	7.5		37.5
Pitti, L	6	7	5	6	5	7.5		37.5
Poag	8	8	8	8	8	9		49
Rizzo	6	6	6	6	5	5.5		34.5
Sommers	0	7	7	7	6	0		27
Staley	8	8	8	8	7	9	3	51
Sophomores (21)	**8/21/17**	**8/22/17**	**8/23/17**	**8/24/17**	**8/25/17**	**8/26/17**	**8/27/17**	**Total**
Andrew	6	7	6	6	5	5.5		35.5
Booher	8	8	7	8	7	9		47
Callahan	8	8	7	8	7	8.5	3	49.5
Devoll	6	7	6	6	6	5.5		36.5
Dillon	7	8	7	7	7	7.5		43.5
Friedrichs	7	8	7	7	6	8.5		43.5
Galli	6	7	6	6	6	5.5		36.5
Garcia	6	7	6	6	6	4		35
Gordon	7	7	7	7	6	5.5		39.5
Krieger	7	8	7	7	6	7.5		42.5
LaBarge	6	8	6	6	6	7.5		39.5
Mark	6	6	6	6	5	5.5		34.5
May	7	7	7	7	7	7.5	3	45.5
McLaughlin	7	7	7	7	6	7.5		41.5
Mittendorf	8	8	8	8	7	9	2	50
Moore	5	6	5	5	5	5		31
Rackers	0	8	7	7	7	9	3	41
Scott	8	8	8	10	8	9	4	55
Seal	0	6	6	6	6	7.5		31.5
Song	7	8	7	7	6	8.5		43.5
Uhlenbrock	7	7	7	7	6	7.5		41.5
Freshmen	**8/21/17**	**8/22/17**	**8/23/17**	**8/24/17**	**8/25/17**	**8/26/17**	**8/27/17**	**Total**
Apprill-Sokol	5	7	5	5	5	6.5		33.5
Bourneuf	5	7	5	5	5	6.5		33.5
Buescher	5	1	XT	XT	5	5.5		16.5
Byrne	5	0	5	5	5	0		20
Cler	5	6	5	XT	5	5.5		26.5
Gannon	0	6	5	5	5	5.5	3	29.5
Garavaglia	5	6	5	5	5	5.5		31.5
Hogan	6	8	5	6	5	6.5		36.5
Jackson	5	7	5	5	5	6.5		33.5
Kramer	5	7	5	6	5	6.5		34.5
LeGrand	5	6	5	5	5	5.5		31.5
McIntyre	4	6	5	5	5	5.5		30.5
Munsell	6	7	5	6	5	6.5		35.5
Murati	5	6	5	5	5	5.5		31.5
Nolan, T	5	6	5	0	5	5		26
Rizzo	5	3	5	5	5	5		28
Rutledge	5	7	5	5	5	5.5		32.5
Stevens	5	6	5	5	5	5		31
Stus	5	6	5	5	5	5.5		31.5
Thro	5	6	5	5	5	5		31
Voss	0	6	5	4	5	5		25

Seniors (12)	8/28/17	8/29/17	8/30/17	8/31/17	9/1/17	9/2/17	9/3/17	Total
Burka	12	8	10	10	8	8	3	59
Correnti	8	5	7	7	6	6		39
Gunn	10	8	8	8	7	8	3	52
Heller	8	5	7	7	6	6		39
Himich	10	7	8	8	7	6		46
Joy	XT	XT	7	7	6	6		26
Munsell	8	5	7	7	6	6		39
Stauder	10	7	8	8	7	6		46
Swiecicki	8	6	7	7	6	7		41
Tajkowski	10	6	8	8	7	6		45
Thomas	10	7	8	8	7	6		46
Voras	8	7	7	7	6	6		41
Juniors (16)	**8/28/17**	**8/29/17**	**8/30/17**	**8/31/17**	**9/1/17**	**9/2/17**	**9/3/17**	**Total**
Buehring	10	8	8	6	6	8	4	50
Garner	5	4	5	5	0	0		19
Hetlage	12	8	10	10	8	8		56
Johnson	7	5	6	6	5	6		35
Koesterer	10	7	8	8	7	8		48
Marx	7	5	7	7	0	4.5	3	33.5
McIntyre	6	4	5	5	5	6		31
Milnor	12	8	10	10	8	8		56
Nolan	8	5	7	7	6	6		39
Perry	10	7.5	8	8	7	8	XT	48.5
Pitti, C	7	5	6	6	5	6		35
Pitti, L	7	5	6	6	5	6		35
Poag	10	7	8	8	0	3	2	38
Rizzo	7	5	4	6	5	6		33
Sommers	8	5	7	7	6	6		39
Staley	10	8	8	8	7	8	3	52
Sophomores (21)	**8/28/17**	**8/29/17**	**8/30/17**	**8/31/17**	**9/1/17**	**9/2/17**	**9/3/17**	**Total**
Andrew	7	5	6	6	5	6		35
Booher	8	6	6	7	6	8		41
Callahan	8	6	6	7	6	8		41
Devoll	7	5	6	6	5	6		35
Dillon	8	6	6	7	6	8		41
Friedrichs	8	6	6	7	6	6		39
Galli	7	5	6	6	5	6		35
Garcia	7	5	6	6	5	6		35
Gordon	8	6	6	7	6	6		39
Krieger	8	6	6	7	6	8		41
LaBarge	7	5	6	6	5	6		35
Mark	6	5	6	0	5	6		28
May	8	6	6	7	6	6		39
McLaughlin	8	6	6	7	6	6		39
Mittendorf	10	8	8	8	7	8	2	51
Moore	5	5	6	5	5	6		32
Rackers	7	7	7	7	6	8	3	45
Scott	10	8	7	8	8	8	4	53
Seal	7	5	0	5	5	6		28
Song	0	5	0	6	6	6		23
Uhlenbrock	8	6	6	6	6	6		38
Freshmen	**8/28/17**	**8/29/17**	**8/30/17**	**8/31/17**	**9/1/17**	**9/2/17**	**9/3/17**	**Total**
Apprill-Sokol	6	5	6	5	5	6		33
Bourneuf	6	5	6	5	5	7		34
Buescher	4	5	6	XT	XT	XT		15
Byrne	6	5	6	5	5	6		33
Cler	6	5	6	0	5	6		28
Gannon	6	5	0	5	5	6	4	31
Garavaglia	6	5	6	5	5	6		33
Hogan	6	5	6	6	5	7	2	37
Jackson	6	5	6	5	5	6		33
Kramer	6	5	6	6	5	7		35
LeGrand	6	5	6	5	5	6		33
McIntyre	5	5	6	5	5	6		32
Munsell	6	5	6	5	5	6		33
Murati	6	5	6	5	5	6		33
Nolan, T	6	5	6	5	5	6		33
Rizzo	5	5	6	5	5	6		32
Rutledge	6	5	6	5	5	6		33
Stevens	5	5	6	5	5	6		32
Stus	6	5	6	5	5	6		33
Thro	5	5	6	5	5	6		32
Voss	6	5	6	5	5	6		33

Seniors (12)	9/4/17	9/5/17	9/6/17	9/7/17	9/8/17	9/9/17	9/10/17	Total
Burka	8	8	8	8	7	8	3	50
Correnti	6	6	6	6	6	0		30
Gunn	7	7	7	7	7	8		43
Heller	6	6	6	6	6	0		30
Himich	7	7	7	7	7	0		35
Joy	6	6	6	6	6	0		30
Munsell	6	6	6	6	6	7		37
Steuder	7	7	7	7	7	7		42
Swiecicki	4	6	6	7	7	7		37
Tajkowski	7	7	7	7	7	7		42
Thomas	0	7	7	7	7	7		35
Voras	6	6	6	6	6	0		30
Juniors (16)	**9/4/17**	**9/5/17**	**9/6/17**	**9/7/17**	**9/8/17**	**9/9/17**	**9/10/17**	**Total**
Buehring	7	7	7	7	7	8	5	48
Garner	0	5	5	5	5	7		27
Hetlage	8	8	8	8	7	8	5	52
Johnson	5	5	5	5	5	7		32
Koesterer	7	7	7	7	7	8	XT	43
Marx	6	6	6	6	6	7		37
McIntyre	5	3	5	5	5	7		30
Milnor	8	8	8	8	7	8	4	51
Nolan	6	6	6	6	6	7		37
Perry	7	7	7	7	7	8	3	46
Pitti, C	6	4	XT	XT	2	0		12
Pitti, L	6	6	6	6	6	7		37
Poag	7	7	7	7	7	8		43
Rizzo	5	5	5	5	5	7		32
Sommers	6	6	6	6	6	7		37
Staley	7	7	7	7	7	6	4	45
Sophomores (21)	**9/4/17**	**9/5/17**	**9/6/17**	**9/7/17**	**9/8/17**	**9/9/17**	**9/10/17**	**Total**
Andrew	5	5	5	5	5	7		32
Booher	7	7	6	7	7	8	2	44
Callahan	6	6	7	7	7	8		41
Devoll	5	5	5	5	5	7		32
Dillon	6	6	6	6	6	7		37
Friedrichs	6	6	6	6	6	7		37
Galli	5	5	5	5	5	7		32
Garcia	6	6	6	6	6	7		37
Gordon	6	6	6	6	6	7		37
Krieger	6	6	6	6	6	7		37
LaBarge	6	6	6	6	6	7		37
Mark	5	5	5	5	5	7		32
May	6	6	6	6	6	7	4	41
McLaughlin	6	6	6	6	6	7		37
Mittendorf	7	7	7	7	7	8	2	45
Moore	5	5	5	5	5	7		32
Rackers	6	6	6	6	5	8	4	42
Scott	8	8	8	8	7	8	3	50
Seal	6	6	6	6	6	7		37
Song	6	6	6	6	6	7		37
Uhlenbrock	6	6	6	6	6	7		37
Freshmen	**9/4/17**	**9/5/17**	**9/6/17**	**9/7/17**	**9/8/17**	**9/9/17**	**9/10/17**	**Total**
Apprill-Sokol	5	5	5	5	5	6		31
Bourneuf	5	5	5	5	5	6		31
Buescher	XT	XT	XT	XT	XT	0	XT	0
Byrne	5	5	5	5	5	6		31
Cler	5	5	5	5	5	6		31
Gannon	5	5	5	5	5	6		31
Garavaglia	3	5	5	5	5	6		29
Hogan	5	5	5	5	5	6		31
Jackson	5	5	5	5	5	6		31
Kramer	5	5	5	5	5	6		31
LeGrand	5	5	5	5	5	6		31
McIntyre	5	5	5	5	5	6		31
Munsell	5	5	5	5	5	6		31
Murati	5	5	5	5	5	6		31
Nolan, T	5	5	5	5	5	6		31
Rizzo	5	5.5	5	5	5	6		31.5
Rutledge	5	5	5	5	5	0		25
Stevens	5	5	5	5	5	6		31
Stus	5	5	5	5	5	6	XT	31
Thro	5	5.5	5	0	5	6		26.5
Voss	5	5	5	5	5	6		31

Seniors (12)	9/11/17	9/12/17	9/13/17	9/14/17	9/15/17	9/16/17	9/17/17	Total
Burka	12	9	10	10	8	9	3.5	61.5
Correnti	8	5	7	7	6	0		33
Gunn	10	8	8	8	7	8		49
Heller	8	5	7	7	6	7		40
Himich	10	6	8	8	7	8		47
Joy	8	6	7	XT	XT	0		21
Munsell	8	6	7	7	6	7		41
Stauder	10	7	8	8	7	8	3	51
Swiecicki	8	6	7	7	0	7		35
Tajkowski	10	6	8	8	7	7		46
Thomas	10	6	8	8	7	7		46
Voras	8	5	7	7	6	0		33
Juniors (16)	**9/11/17**	**9/12/17**	**9/13/17**	**9/14/17**	**9/15/17**	**9/16/17**	**9/17/17**	**Total**
Buehring	8	8	8	8	7	8	4	51
Garner	6	4	5	6	XT	0		21
Hetlage	12	9	10	10	8	9	5	63
Johnson	7	4	6	6	5	7		35
Koesterer	10	8	8	8	7	8		49
Marx	8	6	7	7	6	7		41
McIntyre	6	5	6	6	5	7		35
Milnor	12	9	10	10	8	9	5	63
Nolan	8	5	7	7	6	7		40
Perry	10	7	8	8	7	8	3	51
Pitti, C	8	5	7	7	6	7		40
Pitti, L	8	6	7	7	7	7		42
Poag	10	5.5	8	7.5	5	7		43
Rizzo	7	5	6	6	4	7		35
Sommers	8	6	7	7	0	7		35
Staley	10	9	8	8	7	9		51
Sophomores (21)	**9/11/17**	**9/12/17**	**9/13/17**	**9/14/17**	**9/15/17**	**9/16/17**	**9/17/17**	**Total**
Andrew	7	5	6	6	5	7		36
Booher	8	8	7	8	6	9	2.5	48.5
Callahan	8	8	7	8	6	8		45
Devoli	7	5	6	6	5	7		36
Dillon	8	7	7	7	6	7		42
Friedrichs	8	8	7	7	6	7		43
Galli	7	5	6	6	5	7		36
Garcia	8	6	7	7	6	7		41
Gordon	8	5	7	7	6	5		38
Krieger	8	7	7	7	6	7		42
LaBarge	8	5	XT	7	5	7		32
Mark	7	4	6	6	6	7		36
May	8	5	7	7	6	7	3.5	43.5
McLaughlin	8	5	7	7	0	7		34
Mittendorf	10	8	8	8	7	9	2	52
Moore	6	4	6	6	5	7		34
Rackers	8	8	7	7	6	9		45
Scott	10	8	8	8	8	9	4	55
Seal	8	6	7	7	6	7		41
Song	8	5	7	7	6	7		40
Uhlenbrock	8	5	7	7	0	7		34
Freshmen	**9/11/17**	**9/12/17**	**9/13/17**	**9/14/17**	**9/15/17**	**9/16/17**	**9/17/17**	**Total**
Apprill-Sokol	6	5	5	6	5	6		33
Bourneuf	6	6	5	6	5	7		35
Buescher	XT	4	5	5	2	6		22
Byrne	6	5	5	5	5	6		32
Cler	6	5	5	5	5	6		32
Gannon	6	5	5	5	5	6		32
Garavaglia	6	5	0	6	5	6		28
Hogan	6	6	5	6	5	7		35
Jackson	5	5	5	6	5	7		33
Kramer	6	6	5	6	5	7		35
LeGrand	6	5	5	5	5	6		32
McIntyre	6	5	5	5	5	6		32
Munsell	6	5	5	6	5	7		34
Murati	6	4	5	5	5	6		31
Nolan, T	6	5	5	5	5	6		32
Rizzo	6	4	5	5	3.5	6		29.5
Rutledge	6	5	5	5	5	6		32
Stevens	6	5	5	5	5	6		32
Stus	6	5	5	5	5	6		32
Thro	6	5	5	0	5	6		27
Voss	6	4	5	5	0	6		26

Seniors (12)	9/18/17	9/19/17	9/20/17	9/21/17	9/22/17	9/23/17	9/24/17	Total
Burka	12	7	8	10	8	8	4	57
Correnti	8	5.5	6	7	0	0		26.5
Gunn	10	7	7	8	7	8	4	51
Heller	8	5.5	6	7	6	7		39.5
Himich	10	6.5	7	8	7	7		45.5
Joy	8	0	XT	XT	2	0	XT	10
Munsell	8	5.5	6	7	6	0		32.5
Stauder	10	5.5	7	8	7	7		44.5
Swiecicki	8	6.5	6	7	6	7		40.5
Tajkowski	10	5.5	7	8	7	7		44.5
Thomas	10	6.5	7	8	7	7		45.5
Voras	8	5.5	6	7	6	7		39.5
Juniors (16)	**9/18/17**	**9/19/17**	**9/20/17**	**9/21/17**	**9/22/17**	**9/23/17**	**9/24/17**	**Total**
Buehring	10	7	7	8	7	8	4	51
Garner	3	0	XT	5	4	0		12
Hetlage	12	7	8	8	8	8		51
Johnson	0	5	5	6	5	7		28
Koesterer	10	7	7	8	7	8	3	50
Marx	8	5.5	6	6	5	0		30.5
McIntyre	7	5	5	6	5	7		35
Milnor	12	7	8	10	8	8	5	58
Nolan	8	5.5	6	7	6	7		39.5
Perry	10	7	7	8	7	8		47
Pitti, C	8	5.5	6	7	6	7		39.5
Pitti, L	8	5.5	6	7	6	7		39.5
Poag	0	4	6	6	6	7		29
Rizzo	7	5.5	5	6	5	7		35.5
Sommers	8	7	6	7	6	7		41
Staley	10	7	7	2	6	6		38
Sophomores (21)	**9/18/17**	**9/19/17**	**9/20/17**	**9/21/17**	**9/22/17**	**9/23/17**	**9/24/17**	**Total**
Andrew	7	5.5	5	6	5	7		35.5
Booher	8	7	6	8	6	8	2	45
Callahan	8	7	6	8	6	8	3	46
Devoll	7	5	5	6	5	7		35
Dillon	8	6.5	6	7	6	7		40.5
Friedrichs	8	8	6	7	6	7		42
Galli	7	5.5	5	6	5	7		35.5
Garcia	8	5.5	6	7	6	7		39.5
Gordon	0	0	0	6	5	7		18
Krieger	8	6.5	6	6	6	7		39.5
LaBarge	XT	XT	5	6	6	7		24
Mark	7	5	5	6	5	7		35
May	8	5.5	5	6	5	7	4	40.5
McLaughlin	8	5.5	6	7	6	7		39.5
Mittendorf	10	7	7	8	7	8	XT	47
Moore	6	5	4	5	5	7		32
Rackers	8	7	6	7	6	8	3	45
Scott	10	8	5	8	8	8		47
Seal	8	5.5	6	7	6	7		39.5
Song	8	5.5	XT	7	6	7		33.5
Uhlenbrock	8	5.5	6	7	6	7		39.5
Freshmen	**9/18/17**	**9/19/17**	**9/20/17**	**9/21/17**	**9/22/17**	**9/23/17**	**9/24/17**	**Total**
Apprill-Sokol	6	5.5	5	6	5	7		34.5
Bourneuf	6	5.5	5	6	5	7		34.5
Buescher	6	5.5	5	5	5	7		33.5
Byrne	6	5.5	5	5	5	7		33.5
Cler	6	5.5	5	5	5	7		33.5
Gannon	6	5.5	5	4	5	7		32.5
Garavaglia	6	5.5	5	5	5	0		26.5
Hogan	6	5.5	5	6	6	8	2	38.5
Jackson	6	5.5	5	6	5	7		34.5
Kramer	5	5	5	6	5	7		33
LeGrand	6	5.5	5	5	5	7		33.5
McIntyre	6	5.5	5	5	5	7		33.5
Munsell	6	5.5	5	6	5	7		34.5
Murati	6	5	5	5	5	7		33
Nolan, T	6	5.5	5	5	5	7		33.5
Rizzo	6	5	5	5	5	7		33
Rutledge	6	5.5	5	5	5	7		33.5
Stevens	6	5.5	5	5	5	7		33.5
Stus	6	5.5	5	5	5	7		33.5
Thro	6	5.5	5	5	5	7		33.5
Voss	6	5	5	5	5	7		33

Seniors (12)	9/25/17	9/26/17	9/27/17	9/28/17	9/29/17	9/30/17	10/1/17	Total
Burke	10	8.5	10	10	8	8	3	57.5
Correnti	7	5	7	7	6	6		38
Gunn	8	8.5	8	8	7	8	4	51.5
Heller	7	5	7	7	6	6		38
Himich	7	7	8	8	7	7		44
Joy	5	5	7	7	6	6		36
Munsell	7	5	7	7	6	6		38
Stauder	8	7	8	8	7	7		45
Swiecicki	7	0	0	5	0	0		12
Tajkowski	8	5	8	8	7	6		42
Thomas	8	6.5	8	8	7	0		37.5
Voras	7	5	7	0	6	6		31
Juniors (16)	**9/25/17**	**9/26/17**	**9/27/17**	**9/28/17**	**9/29/17**	**9/30/17**	**10/1/17**	**Total**
Buehring	8	6	6	6	5	8	4	43
Garner	5	XT	XT	XT	4	0		9
Hetlage	10	8.5	10	10	8	8	5	59.5
Johnson	8	5	6	6	5	6		34
Koesterer	8	8.5	8	8	7	8		47.5
Marx	7	5	0	0	0	0		12
McIntyre	6	5	6	6	5	6		34
Milnor	10	8.5	10	10	8	8	5	59.5
Nolan	7	5	7	7	6	6		38
Perry	0	0	0	0	0	0	0	0
Pitti, C	2	0	0	5	5	6		18
Pitti, L	7	5	7	7	6	6		38
Poag	6	5	6	6	6	7		36
Rizzo	6	5	0	6	5	6		28
Sommers	7	6.5	7	7	6	8		41.5
Staley	XT	XT	4	6	7	8		25
Sophomores (21)	**9/25/17**	**9/26/17**	**9/27/17**	**9/28/17**	**9/29/17**	**9/30/17**	**10/1/17**	**Total**
Andrew	6	5	6	6	5	6		34
Booher	7	7	7	8	6	8		43
Callahan	7	7.5	7	8	6	8	4	47.5
Devoll	0	5	6	6	5	6		28
Dillon	7	7.5	7	7	6	8		42.5
Friedrichs	7	5	7	7	6	8		40
Galli	6	5	6	6	5	6		34
Garcia	7	5	7	7	6	6		38
Gordon	7	5	7	5	6	6		36
Krieger	7	6.5	0	0	6	8		27.5
LaBarge	7	5	7	7	6	6		38
Mark	0	0	0	0	0	0		0
May	5	5	5	6	5	6	4	36
McLaughlin	7	5	7	7	6	6		38
Mittendorf	8	8.5	8	8	7	8	XT	47.5
Moore	5	5	5	6	5	6		32
Rackers	7	8.5	7	7	7	8	3	47.5
Scott	8	8.5	8	10	8	6		48.5
Seal	7	5.5	7	7	6	8		40.5
Song	7	5	7	7	6	6		38
Uhlenbrock	7	5	7	7	6	6		38
Freshmen	**9/25/17**	**9/26/17**	**9/27/17**	**9/28/17**	**9/29/17**	**9/30/17**	**10/1/17**	**Total**
Apprill-Sokol	0	5	5	6	5	6	2	29
Bourneuf	5	6.5	5	0	5	6		27.5
Buescher	5	5	2	5	5	6		28
Byrne	5	5	5	5	5	6		31
Cler	0	5	5	5	5	6		26
Gannon	5	0	0	5	5	6		21
Garavaglia	5	5	5	5	5	6		31
Hogan	6	6.5	6	6	5	6		35.5
Jackson	6	5	5	6	5	6		33
Kramer	XT	XT	XT	0	XT	XT		0
LeGrand	5	5	5	5	5	6		31
McIntyre	5	0	5	5	5	6		26
Munsell	6	5	5	6	5	6		33
Murati	5	5	5	5	5	6		31
Nolan, T	5	5	5	5	5	6		31
Rizzo	5	5	5	5	5	6		31
Rutledge	5	5	5	5	5	6		31
Stevens	5	5	5	5	5	6		31
Stus	5	5	5	5	0	6		26
Thro	5	5	5	5	5	6		31
Voss	0	5	5	5	5	6		26

Seniors (12)	10/2/17	10/3/17	10/4/17	10/5/17	10/6/17	10/7/17	10/8/17	Total
Burka	8	8	8	8	7	8	4	51
Correnti	6	5	6	6	6	7		36
Gunn	7	XT	5	7	7	8		34
Heller	6	5	6	6	6	6		35
Himich	7	5	7	7	7	7		40
Joy	6	5	6	6	6	6		35
Munsell	6	5	6	6	6	6		35
Stauder	7	7	7	7	7	0		35
Swiecicki	5	4	6	0	0	0		15
Tajkowski	7	5	7	7	7	6		39
Thomas	7	5	7	7	7	6		39
Voras	6	5	6	6	6	6		35
Juniors (16)	**10/2/17**	**10/3/17**	**10/4/17**	**10/5/17**	**10/6/17**	**10/7/17**	**10/8/17**	**Total**
Buehring	7	7	7	7	5	8	4	45
Garner	5	5	5	5	5	6		31
Hetlage	8	8	8	8	7	8	5	52
Johnson	5	5	5	5	5	6		31
Koesterer	7	7	7	7	7	8	XT	43
Marx	6	4	5	5	4	0		24
McIntyre	5	5	5	5	5	6		31
Milnor	8	8	8	8	7	8	4	51
Nolan	6	5	0	6	6	6		29
Perry	4	5	5	5	4	8		31
Pitti, C	6	5	6	6	6	6		35
Pitti, L	6	5	6	6	6	6		35
Poag	6	6	6	6	6	7	2	39
Rizzo	5	5	5	5	5	6		31
Sommers	6	5	6	6	6	7		36
Staley	7	7	7	7	5	8	4	45
Sophomores (21)	**10/2/17**	**10/3/17**	**10/4/17**	**10/5/17**	**10/6/17**	**10/7/17**	**10/8/17**	**Total**
Andrew	5	5	5	5	5	6		31
Booher	7	7	6	XT	5	7		32
Callahan	7	7	6	7	6	6		39
Devoll	5	5	5	5	5	6		31
Dillon	6	6	6	6	2	7		33
Friedrichs	6	6	8	6	6	7		37
Galli	5	5	5	5	5	6		31
Garcia	6	5	6	6	6	7		36
Gordon	6	5	6	6	6	6		35
Krieger	6	5	7	6	6	7		37
LaBarge	2	0	4	5	5	7		23
Mark	4	5	5	5	5	6		30
May	6	3	6	6	5	7	2.5	35.5
McLaughlin	6	5	6	6	6	6		35
Mittendorf	7	8	7	7	7	8	2	46
Moore	5	5	5	5	5	6		31
Rackers	6	6	6	6	6	8	4	42
Scott	7	8	7	8	7	8	3	48
Seal	6	5	6	6	6	7		36
Song	6	5	6	7	6	7		37
Uhlenbrock	6	5	6	7	6	6		36
Freshmen	**10/2/17**	**10/3/17**	**10/4/17**	**10/5/17**	**10/6/17**	**10/7/17**	**10/8/17**	**Total**
Apprill-Sokol	5	5	5	5	5	6		31
Boumeuf	5	5	5	0	5	6		26
Buescher	0	0	0	XT	XT	0		0
Byrne	5	0	5	5	5	6		26
Cler	0	5	0	0	5	6		16
Gannon	5	5	0	0	5	6		21
Garavaglia	5	5	5	5	5	6		31
Hogan	5	5	5	5	5	6	2	33
Jackson	5	5	5	5	5	6		31
Kramer	5	5	5	5	5	6		31
LeGrand	5	5	5	5	5	6		31
McIntyre	5	5	5	5	5	6		31
Munsell	5	5	5	5	5	6		31
Murati	5	5	5	5	5	6		31
Nolan, T	5	5	5	5	5	6		31
Rizzo	5	5	5	5	5	6		31
Rutledge	5	5	5	5	5	6		31
Stevens	5	5	5	5	5	6		31
Stus	5	5	5	5	5	6		31
Thro	5	5	5	5	5	6		31
Voss	5	5	5	5	4	6		30

Seniors (12)	10/9/17	10/10/17	10/11/17	10/12/17	10/13/17	10/14/17	10/15/17	Total
Burka	10	10	8	10	8	10	4	60
Correnti	7	7	5	7	6	6		38
Gunn	8	8	8	8	7	8		47
Heller	7	XT	5	7	6	6		31
Himich	8	8	6	8	7	7		44
Joy	7	7	6	7	6	6		39
Munsell	7	7	6	7	6	6		39
Steuder	8	8	6	8	7	7		44
Swiecicki	0	5	6	5	PT	0		16
Tajkowski	8	8	6	8	7	6		43
Thomas	8	8	6	8	7	6		43
Voras	7	7	5	7	6	6		38
Juniors (16)	**10/9/17**	**10/10/17**	**10/11/17**	**10/12/17**	**10/13/17**	**10/14/17**	**10/15/17**	**Total**
Buehring	8	8	8	8	7	7		46
Garner	5	2	5	5	5	6		28
Hetlage	10	10	8	10	8	10	5	61
Johnson	6	6	5	6	5	6		34
Koesterer	8	8	8	8	7	7		46
Marx	6	6	5	6	5	0		28
McIntyre	6	6	5	6	5	6		34
Milnor	10	10	8	10	8	10	5	61
Nolan	7	7	5	7	0	0		26
Perry	6	6	5	6	5	7	4	39
Pitti, C	7	7	6	7	6	6		39
Pitti, L	7	7	6	7	6	6		39
Poag	6	6	7	6	5	7		37
Rizzo	6	6	5	6	5	6		34
Sommers	7	7	6	7	6	7		40
Staley	6	6	8	XT	7	8	XT	35
Sophomores (21)	**10/9/17**	**10/10/17**	**10/11/17**	**10/12/17**	**10/13/17**	**10/14/17**	**10/15/17**	**Total**
Andrew	6	6	5	6	5	6		34
Booher	XT	XT	XT	XT	5	0	XT	5
Callahan	8	8	6	7	6	7	3	45
Devoll	6	6	5	6	5	6		34
Dillon	7	7	8	7	6	7		42
Friedrichs	7	7	6	7	6	7		40
Galli	6	6	5	6	5	6		34
Garcia	7	7	6	7	6	7		40
Gordon	7	7	5	7	6	6		38
Krieger	7	7	7	7	6	7		41
LaBarge	7	7	6	7	6	7		40
Mark	6	6	5	6	5	6		34
May	7	7	5	5	6	6		36
McLaughlin	7	7	5	7	6	6		38
Mittendorf	8	8	8	8	7	10		49
Moore	5	5	5	5	5	6		31
Rackers	7	7	8	7	6	10	4	49
Scott	10	10	8	8	7	10	4	57
Seal	7	7	7	7	6	7		41
Song	7	7	6	7	6	6		39
Uhlenbrock	7	7	6	7	6	6		39
Freshmen	**10/9/17**	**10/10/17**	**10/11/17**	**10/12/17**	**10/13/17**	**10/14/17**	**10/15/17**	**Total**
Apprill-Sokol	6	5	5	5	5	6		32
Bourneuf	6	5	6	5	5	6		33
Buescher	XT	XT	XT	XT	4	2		6
Byrne	5	5	5	5	5	6		31
Cler	5	0	6	5	5	0		21
Gannon	5	5	5	0	5	6		26
Garavaglia	5	5	5	5	5	6		31
Hogan	6	5	6	6	5	6		34
Jackson	5	5	6	5	5	6		32
Kramer	6	5	6	5	5	6		33
LeGrand	5	5	5	5	5	6		31
McIntyre	5	5	5	5	5	6		31
Munsell	6	5	6	5	5	6		33
Murati	5	5	5	5	5	6		31
Nolan, T	0	0	5	5	5	6		21
Rizzo	5	5	5	5	5	6		31
Rutledge	5	5	6	5	5	6		32
Stevens	5	5	5	5	5	6		31
Stus	5	5	5	5	5	6		31
Thro	5	XT	XT	XT	5	6		16
Voss	5	5	5	5	5	6		31

Seniors (12)	10/16/17	10/17/17	10/18/17	10/19/17	10/20/17	10/21/17	10/22/17	Total
Burka	10	8.5	10	10	8	8	3	57.5
Correnti	7	5	7	6	6	6		37
Gunn	8	8	8	7	7	8		46
Heller	7	5	7	6	6	6		37
Himich	8	5	8	7	6	7		41
Joy	7	5	7	6	6	6		37
Munsell	7	5	7	6	6	6		37
Stauder	8	5	8	7	6	7		41
Swiecicki	5	5	6	6	6	0		28
Tajkowski	8	5	8	7	7	7		42
Thomas	8	5	8	7	7	6		41
Voras	7	5	5	6	6	6		35
Juniors (16)	**10/16/17**	**10/17/17**	**10/18/17**	**10/19/17**	**10/20/17**	**10/21/17**	**10/22/17**	**Total**
Buehring	8	8.5	8	8	7	8	5	52.5
Garner	5	5	5	5	5	4		29
Hetlage	10	8.5	10	8	8	8	7	59.5
Johnson	6	5	5	5	5	6		32
Koesterer	8	5	8	8	5	8	6	48
Marx	0	5	0	0	0	6		11
McIntyre	6	5	6	6	0	5		28
Milnor	10	8.5	10	10	8	8	7	61.5
Nolan	0	5	6	7	5	6		29
Perry	8	5	7	7	5	8	XT	40
Pitti, C	7	5	7	7	5	6		37
Pitti, L	7	5	7	7	5	6		37
Poag	6	5	6	5.5	5	5		32.5
Rizzo	6	5	6	6	5	5		33
Sommers	7	8	7	6	7	6		41
Staley	0	6	6	6	5	8		31
Sophomores (21)	**10/16/17**	**10/17/17**	**10/18/17**	**10/19/17**	**10/20/17**	**10/21/17**	**10/22/17**	**Total**
Andrew	6	5	6	6	5	5		33
Booher	5	6	6	XT	5	0		22
Callahan	8	8	7	6	7	8		44
Devoll	6	5	6	6	5	5		33
Dillon	7	5	7	7	5	6		37
Friedrichs	7	5	7	7	5	6		37
Galli	6	5	6	6	5	5		33
Garcia	7	5	7	7	5	6		37
Gordon	7	5	7	7	5	6		37
Krieger	7	8	7	6	7	6		41
LaBarge	7	5	7	7	5	6		37
Mark	6	5	6	6	5	5		33
May	7	5	7	5	5	6	4.5	39.5
McLaughlin	7	5	7	7	5	6		37
Mittendorf	8	8.5	8	8	7	8	2	49.5
Moore	5	5	5	5	5	4		29
Rackers	7	8.5	7	7	6	8		43.5
Scott	8	8.5	7	8	7	8	4	50.5
Seal	7	0	0	7	5	6		25
Song	7	5	7	7	5	6		37
Uhlenbrock	7	5	7	7	5	7		38
Freshmen	**10/16/17**	**10/17/17**	**10/18/17**	**10/19/17**	**10/20/17**	**10/21/17**	**10/22/17**	**Total**
Apprill-Sokol	6	5	5	6	5	5		32
Bourneuf	5	5	5	6	5	5		31
Buescher	4	5	5	5	5	4		28
Byrne	5	5	5	5	5	0		25
Cler	5	5	5	5	5	0		25
Gannon	0	5	5	5	5	4		24
Garavaglia	5	5	5	5	5	4		29
Hogan	6	5	5	6	5	5		32
Jackson	5	5	5	6	5	5		31
Kramer	6	5	5	6	5	5		32
LeGrand	5	5	5	5	5	4		29
McIntyre	5	5	5	5	5	4		29
Munsell	6	5	5	6	5	5		32
Murati	5	5	5	5	5	4		29
Nolan, T	5	5	5	5	5	4		29
Rizzo	5	5	5	5	5	4		29
Rutledge	5	5	5	5	5	4		29
Stevens	5	5	5	5	5	0		25
Stus	5	0	5	5	5	4		24
Thro	5	5	5	0	5	4		24
Voss	5	5	5	5	5	4		29

Seniors (12)	10/23/17	10/24/17	10/25/17	10/26/17	10/27/17	10/28/17	10/29/17	Total
Burka	10	7.5	9	10	7	8	3	54.5
Correnti	7	6	5					18
Gunn	8	7	6	8	7	7		43
Heller	7	6	5					18
Himich	8	7	5					20
Joy	7	6	5					18
Munsell	7	6	5					18
Stauder	8	7	5	8	7	7		42
Swiecicki	5	5	5					15
Tajkowski	8	7	5					20
Thomas	8	7	5					20
Voras	7	6	5					18
Juniors (16)	**10/23/17**	**10/24/17**	**10/25/17**	**10/26/17**	**10/27/17**	**10/28/17**	**10/29/17**	**Total**
Buehring	8	7	5	0	7	7	4	38
Garner	5	5	5					15
Hetlage	10	7.5	9	10	7	8	5	56.5
Johnson	5	5	5					15
Koesterer	8	7	5	8	7	7		42
Marx	5	5	5					15
McIntyre	6	5	5					16
Milnor	10	7.5	9	10	7	8	4	55.5
Nolan	7	6	5					18
Perry	7	6	5					18
Pitti, C	7	6	5					18
Pitti, L	7	6	5					18
Poag	6	5	5					16
Rizzo	6	5	5					16
Sommers	7	6	5	7	6	7		38
Staley	8	7	7	7	6	7	XT	42
Sophomores (21)	**10/23/17**	**10/24/17**	**10/25/17**	**10/26/17**	**10/27/17**	**10/28/17**	**10/29/17**	**Total**
Andrew	6	5	5					16
Booher	7	6	0					13
Callahan	7	6	5	7	6	7		38
Devoil	6	5	5					16
Dillon	7	6	5	7	6	7		38
Friedrichs	7	6	5	7	6	7		38
Galli	6	5	5					16
Garcia	7	6	5					18
Gordon	7	6	5					18
Krieger	7	6	5	7	6	7		38
LaBarge	7	6	5					18
Mark	6	5	5					16
May	7	6	5					18
McLaughlin	7	6	5					18
Mittendorf	8	7.5	8	8	7	8	2	48.5
Moore	5	5	5					15
Rackers	7	7.5	7	7	6	8	3	45.5
Scott	8	7.5	7	8	6	8	4	48.5
Seal	7	6	5					18
Song	7	6	5					18
Uhlenbrock	7	6	5					18
Freshmen	**10/23/17**	**10/24/17**	**10/25/17**	**10/26/17**	**10/27/17**	**10/28/17**	**10/29/17**	**Total**
Apprill-Sokol	5	5	5					15
Bourneuf	5	5	5					15
Buescher	5	5	5					15
Byrne	5	5	5					15
Cler	5	5	5					15
Gannon	5	5	5					15
Garavaglia	5	5	5					15
Hogan	6	5	5	5	5	7	3	36
Jackson	5	5	5	0	0	0		15
Kramer	6	5	5	5	5	7		33
LeGrand	5	5	5					15
McIntyre	5	5	5					15
Munsell	5	5	5					15
Murati	5	5	5					15
Nolan, T	5	5	5					15
Rizzo	5	5	5					15
Rutledge	5	5	5					15
Stevens	5	5	5					15
Stus	5	5	5					15
Thro	5	5	5					15
Voss	5	5	5					15

Seniors (12)	10/30/17	10/31/17	11/1/17	11/2/17	11/3/17	11/4/17	11/5/17	Total
Burka	10	8	8	7	6	8		47
Correnti								0
Gunn	8	8	7	7	3	4		37
Heller								0
Himich								0
Joy								0
Munsell								0
Stauder	8	8	7	7	7	6		43
Swiecicki								0
Tajkowski								0
Thomas								0
Voras								0
Juniors (16)	**10/30/17**	**10/31/17**	**11/1/17**	**11/2/17**	**11/3/17**	**11/4/17**	**11/5/17**	**Total**
Buehring	8	8	7	7	3	4		37
Garner								0
Hetlage	10	8	8	7	6	8		47
Johnson								0
Koesterer								0
Marx								0
McIntyre								0
Milnor	10	8	8	7	6	8		47
Nolan								0
Perry								0
Pitti, C								0
Pitti, L								0
Posg								0
Rizzo								0
Sommers	7	7	6	6	3	4		33
Staley	7	8	6	6	6	8		41
Sophomores (21)	**10/30/17**	**10/31/17**	**11/1/17**	**11/2/17**	**11/3/17**	**11/4/17**	**11/5/17**	**Total**
Andrew								0
Booher								0
Callahan	8	7	7	7	3	6		38
Devoll								0
Dillon	7	7	6	6	6	6		38
Friedrichs	7	8	6	6	6	6		39
Galli								0
Garcia								0
Gordon								0
Krieger	7	8	6	6	3	4		34
LaBarge								0
Mark								0
May								0
McLaughlin								0
Mittendorf	8	8	7	6	6	8		43
Moore								0
Rackers	7	8	6	6	6	8		41
Scott	8	8	7	7	6	8		44
Seal			6	6	6	6		24
Song								0
Uhlenbrock								0
Freshmen	**10/30/17**	**10/31/17**	**11/1/17**	**11/2/17**	**11/3/17**	**11/4/17**	**11/5/17**	**Total**
Apprill-Sokol								0
Bourneuf								0
Buescher								0
Byrne								0
Cler								0
Gannon								0
Garavaglia								0
Hogan	6	6	5	5	5	6		33
Jackson	5	6	5	5	5	6		32
Kramer	6	6	5	5	5	6		33
LeGrand								0
McIntyre								0
Munsell								0
Murati								0
Nolan, T								0
Rizzo								0
Rutledge								0
Stevens								0
Stus								0
Thro								0
Voss								0

Week 14 - July 31- August 6							
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Mileage Totals**
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	ALUMNI RACE	AB=3-5 Shakeout	A=56-58
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=49-51
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=38
New Guys with Coach Porter	2nd Set Drills	A=8	A=8	A=6	2nd Set Drills		D=32
A=6	Tempo Run	B=6	B=6	B=5	Race		E=28
B=5	2-5 Miles	C=5	C=5	C=4	Cool-down		
C=4	6x hill	D=4	D=4	D=3	AB=3 Berthold Hills+3 Miles		
D=3	Cooldown	E=3	E=3	E=2	CDE=2 Miles		
E=2	AB=3 miles	Stretch with Leader	Drills	6 Strides	Stretch		
6 Strides	CDE= Jog to SLUH	Jog to SLUH	Flying 125s	Stretch with Leader	BBQ at SLUH		
Stretch with Leader	Med Balls for Weights group		Stability Weights	Jog to SLUH			
Jog to SLUH	Stretch		Stretch with Leader				
			Jog to SLUH				

AOD: Hetlage, Dillon, Friedrichs

Date: 7-31-17 Conditions:

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

	Name Group	PU	Mileage	Time	Pulse	Comments	Name Group	PU	Mileage	Time	Pulse	Comments
A	Milner	40	8	56:55	152		D Pitti L	20	3	25:39	176	
A	Hetlage	32	8	56:55	140		D Pitti C	20		25:39	168	
A	Burka	40	8	56:55	140		D Rizzo	13		27:50	168	
B	Buchring	12	6	46:35	168		D McIntyre S					2 MILES.. BREATHING TROUBLE
B	~~Brooker~~	40	6	46:28	168		D Galli	25		28:28	168	
B	~~Bonner~~	15		45:45	160							
B	Gunn	40		44:15	176							
A	Poag	50		44:15	160							
B	Scott	5		45:45	168							
B	Perry	20		46:28	168							
B	Callahan	50		47:52	200	JUST RETURNED FROM SPAIN --	SLEEP MESSED UP					
B	Forstorer	6		47:52	192							
B	Staley	50		51:45	172							
B	Stander	30		47:52	184							
B	Hinrich	40		44:15	156							
B	Mittendorf	29	5	43:15	160							
C	Dillon	12		43:15	164							
C	Gordon	50		37:28	168							
C	Friedrichs	21		37:28	136							
C	Rackers	50		38:43	174							
C	May	30	4	32:58	168							
D	LaBorge	40	5	41:28	180							
B	Thomas	25	4	35:40	184							
C	Joy	20	5	35:40	188							
B	Tajkowski	15	5	41:28	172							
C	Simmons	29	5	41:28	152							
C	Swierski	20	4	36:22	172							
D	Johnson	25		35:15	176							
C	Heller	25		35:15	180							
C	Corventi	20		35:40	152							
C	Voras	25		37:38	160							
C	McLaughlin	25		40:45	200							
D	Schmitt	25		37:17	164							
C	Uhlenbrock	40		33:22	168							
C	Marx	25		32:58	180							
D	Kramer	40	3	25:28	152							
D	Hogan	35		28:24	160							
E	Steus	30		25:48	184							
C	Kantarfani	40		25:48	152							
E	Matt Munsell	25		27:49	140							
E	Gravaglia	17		34:17	164	LOST 3.5 MI.						
E	Voss	10		26:06	80							
E	Noon A-S	25		25:56	200							
E	Garcia	32		34:00	80	LOST 3.5 MI.						
E	Elevetta	24		25:48	168							
D	Seal	22		34:17	130	LOST 3.5 MI.						
E	Mark	25		31:31	180	LOST 3.5 MI.						
E	Andrew											

3.5 MI.

Date: 8-1-17 Conditions:

AOD: John Mark

Workout: Drills/Jog 1m to Steinberg/Drills/ Push-ups /Tempo run A=5 B=4 CD=3 E=2 F=1/ 3-6xHill / Full Stretch/ Jog SLUH/ Weights ~~for Weights~~ Group

	Group A	Tempo	Time	Pulse	Comments (Pushups)	Group D	Tempo	Time	Pulse	Comments (Pushups)
	Burka	(8) 4	24:24	168	40 breathing	Andrew	2	19:23	180	22
9.5	Hetlage	5	30:30	172	35	~~Floretta~~	RIP			
9.5	Milnor	5	30:07	180	40	Galli	2	16.48	172	20
						Garcia	2	15:06	192	25
	Group A-					Johnson, M	2	17:10	176	24
	Scott	4	24:18	180	50	LaBarge	2	15:08	188	27
						McIntyre, S	2	18:30	184	11
	Group B					Pitti, C	2	15:21	164	26
6 miles	Buehring	3	23:15		Dizziness	Pitti, L	2	16:22	180	21
8 miles 8 miles	Gunn	4	26:02	176	15	Rizzo	2 175	~~[illegible]~~	17:29	15
7 miles	Himich	4	28:41	184	30	Schmitt	2	17:30	176	26
8 miles	Koesterer	3	22:15	186	50	Seal	2	14:40	172	22
8.5 miles	Mittendorf	4	24:54	NP	40					
8 miles	Perry	4	26:15	180	10					
2 miles	Poag	4	25:52	184	40	**Group D-**				
1.5 miles	Staley	4	28:34	200	7	Hogan	3	20:54	156	30
6.5 miles	Stauder	3	22:43	164	50	Kramer	2	15:30	185	30
6 miles	Tajkowski	4	32:22	180	20	~~Kwentus~~				
	Thomas	4	30:42	184	45					
						Group E				
	Group B-					Apprill-Solok	2	16:30	150	15
8.5	Booher	4	27:56	184	40	Garavaglia	1	7:46	160	30
7.5	Callahan	3	21:12	204	23	Kanafani	2	15:30	182	32
						Mark	2	20:09	168	24
	Group C					Munsell	2	15:06	172	40
	Correnti	3	25:35	188	26	Stus	1	7:42	166	25
	Dillon	3	22:46	180	31	Voss	1	9:21	181	20
	Friedrichs	3	22:27	172	50					
	Gordon	3	25:45	180	15	**Group F**				
	Heller	3	26:05	176	35 Cramps	~~Baeschler~~				
	Joy	3	23:15	172	26	Byrne	2	15:32	NP	20
	Marx	3	23:12	176	40	Cler	1	7:39	155	30
	May	3	21:31	180	45	Garner	1	9:24	164	25
	McLaughlin	3	22:32	192	25	McIntyre, H	1	9:30	180	20
	Rackers	3	19:37	124	27	Rizzo, B	1	7:32	148	25
	Sommers	3	22:19	188	20	Benben	1	8:30	145	20
	Swiecicki	3	23:08	172	17	Buschner	1	8:30	160	15
	Uhlenbrock	3	23:13	192	25	Thro	1	8:35	155	30
	Voras	3	23:08	172	20	Garon	1	8:45	152	12
	Dwoll	3	26:05	189	27					

Date: 8-2-17 Conditions: AOD: Branden Mary

Workout: Drills/Jog 1m to West Camp/ Push-ups /Core/ Aerobic run A=8 B=6 C=5 D=4 E=3 F=2 with minus groups going lower mileage/ optional stridesl / Full Stretch/ Jog SLUH

Group A	Mileage ~~Tempo~~	Time	Pulse	Push-ups Comments
Burka	8	58:02	140	40
Hetlage	8	58:02	152	40
Milnor	8	58:02	156	40
Group A-				
Scott	6	45:20	152	50
Group B				
Buehring	6	49:59	140	18
Gunn	6	45:27	168	16
Himich	6	48:09	180	40
Koesterer	6	47:18	172	50
Mittendorf	6	46:48	160	40
Perry	6	45:27	168	10
Poag	6	45:27	176	40
Staley	6	49:59	180	9
Stauder	6	51:17	184	55
Tajkowski	6	52:25	172	20
Thomas	~~7~~ 6	~~45:20~~ 52:25	~~152~~ 184	~~50~~ 45
Group B-				
Booher	5	36:52	160	40
Callahan	5	36:52	168	23
Group C				
Correnti	5	42:05	188	27
Dillon	5	42:00	144	30
Friedrichs	5	37:50	168	50
Gordon	5	45:05	180	~~20~~ 17
Heller	5	41:20	184	40
Joy	5	42:11	172	27
Marx	5	41:19	172	40
May	5	41:31	168	45
McLaughlin	5	41:19	160	25
Rackers	5	36:52	156	26
Sommers	5	41:08	160	20
Swiecicki	5	42:11	168	19
Uhlenbrock	5	41:20	180	25
Voras	5	41:20	156	20

Group D	Mileage ~~Tempo~~	Time	Pulse	Push-ups Comments
Andrew	4	38:19	192	26
Galli	4	36:35	168	20
Garcia	4	32:00	188	26
Johnson, M	4	37:30	180	20
LaBarge	4	32:00	176	29
McIntyre, S	3	32:10	164	12
Pitti, C	4	37:30	132	28
Pitti, L	4	37:30	156	22
Rizzo	3 ~~4~~	25:53	144	15
Schmitt	4	40:10	172	27
Seal	4	32:05	152	20
Devoll	4	36:00	180	27
Group D-				
Hogan	3	23:54	140	31
Kramer	3	24:00	170	25
Kwentus	2	17:50	132	38
Group E				
Apprill-Solok	3	25:36	168	20
Byrne	3	24:50	180	20
Cler	3	25:40	160	35
Garavaglia	3	25:41	140	21
Kanafani	3	24:50	180	25
Mark	3 ~~4~~	25:53	152	21
Munsell	3	24:50	168	45
Rizzo, B	2	21:20	150	26
Stus	3 ~~4~~	25:53	160	30
Voss	2	19:35	164	21
Group F				
Buescher	2	17:00	212	15
Gannon	2	17:45	168	25
Garner	2	22:59	156	35
McIntyre, H	2	20:15	160	20
Thro	2	20:00	180	30
Jackson	2	17:50	148	20

ASD: Friedrichs

Date: 8-3-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 F=2 with minus groups going higher mileage/ Drills/4x125s / Full Stretch/ Jog SLUH/ Stability Weights for weights group

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	8	56:58	144	45	Andrew	?	54:00	188	27
Hetlage	8	56:58	146	70	Devoll	4	32:43	168	28
Milnor	8	56:58	152	50+20	Galli	4	38:00	166	20
					Garcia	4	31:18	196	27
Group A-					Johnson, M	4	33:45	164	20
Scott	8	56:58	156	50	LaBarge	4	31:09	172	25
					McIntyre, S	3	30:07	164	10
Group B					Pitti, C	4	36:51	164	29
Buehring	6	44:48	168	21	Pitti, L	4	36:51	172	25
Gunn	6	42:01	176	20	Rizzo	4	36:51	176	17
Himich	6	45:49	180	50	Schmitt	4	41:25	168	28
Koesterer	6	44:48	176	60	Seal	4	31:18	180	23
Mittendorf	6	45:24	136	40					
Perry	6	44:48	164	10					
Poag	6	44:43	176	40	**Group D-**				
Staley	1.75	13:30	—	10	Hogan	4	31:09	172	35
Stauder	6	50:21	176	60	Kramer	4	33:49		25
Tajkowski	6	51:39	186	20	Kwentus	2	17:30	129	
Thomas	6	51:38	184	45					
					Group E				
Group B-					Apprill-Solok	3	24:18	152	25
Booher	6	44:48	176	40	Byrne	3	25:44	140	
Callahan	6	45:49	176	20	Cler	3	26:30	152	10
					Garavaglia	3	26:30	140	29
Group C					Kanafani	3	24:18	140	32
Correnti	5	44:10	184	28	Mark	4	36:51	190	22
Dillon	5	40:40	156	29	Munsell	3	24:18	168	50
Friedrichs	5	37:30	164	50	Rizzo, B	2	18:53	164	
Gordon	5	43:25	160	20	Stus	3	25:40	168	25
Heller	5	43:10	166	30	Voss	2	18:30	180	
Joy	5	44:24	160	35					
Marx	5	40:12	164	40	**Group F**				
May	5	40:19	185	45	Buescher	2	16:50	200	
McLaughlin	5	40:58	156	20	Gannon	2	18:02	160	
Rackers	5	37:01	160	25	Garner	2	18:53	200	
Sommers	5	40:14	180	20	Jackson	2	16:03	156	
Swiecicki	5	42:30	140	30	McIntyre, H	2	18:02	176	
Uhlenbrock	5	41:58	164	20	Thro	2	18:02	104	
Voras	5	44:24	180	20	Stevens	2	23:04	148	
Krieger	5	40:19	200	21					

Gilmore 3 28:51 220 zero

AOD: Matt Gunn

Date: 8-4-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 D=3 EF=2 with minus groups going lower mileage/ Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	45:26	124	45
Hetlage	6	45:26	140	50
Milnor	6	45:26	144	55
Group A-				
Scott	6	45:26	132	55
Group B				
Buehring	5	36:56	148	21
Gunn	5	36:15	148	17
Himich	5	36:56	176	55
Koesterer	5	36:56	176	45
Mittendorf	5	38:38	120	40
Perry	5	36:15	152	10
Poag	5	36:15	168	40
Staley	5	36:15	184	10
Stauder	5	38:06	172	60
Tajkowski	5	38:52	180	20
Thomas	5	38:52	176	40
Group B-				
Booher	5	36:43	164	40
Callahan	5	38:38	144	25
Group C				
Correnti	4	31:35	180	29
Dillon	4	31:00	144	29
Friedrichs	4	30:26	156	50
Gordon	4	35:55	164	30
Heller	4	32:30	160	30
Joy	4	30:12	156	35
Marx	4	30:54	164	40
May	4	32:49	147	45
McLaughlin	4	29:56	144	25
Rackers	4	29:19	152	31
Sommers	4	30:47	180	20
Swiecicki	4	29:42	156	30
Uhlenbrock	4	29:58	164	20
Voras	4	32:30	152	20
KRIEGER	4	30:27	189	22

Group D	Mileage	Time	Pulse	Comments
Andrew	3	27:36	188	27
Devoll	3	23:01	168	29
Galli	2	X used		
Garcia	3	22:50	172	25
Johnson, M	3	27:10	172	20
LaBarge	3	22:46	164	28
McIntyre, S	3	29:10	152	10
Pitti, C	3	25:58	176	29
Pitti, L	3	25:58	160	26
Rizzo	3	28:57	128	17
Schmitt	3	28:00	164	29
Seal	3	22:50	168	23
Group D-				
Hogan	3	22:36	168	30
Kramer	3	22:35	165	20
Kwentus	2	16:22	160	25
Group E		22:48		
Apprill-Solok	3	[illegible]	200	30
Byrne	2	15:50	176	20
Cler	2	15:50	140	25
Garavaglia	2	15:50	132	27
Kanafani	3	22:50	160	31
Mark	3	28:57	168	24
Munsell	3	23:03	160	25
Rizzo, B	2	17:37	152	27
Stus	2	16:16	150	30
Voss	2	17:05	188	23
Group F				
Buescher	2	17:37	190	20
Gannon	2	16:02	176	20
Garner	2	18:42	180	35
Jackson	2	14:42	160	30
McIntyre, H	2	16:15	169	20
Stevens	2	18:42	184	10
Thro	2	18:33	164	30

Date: 8-6-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments
Burka	0			
Hetlage	5			
Milnor	5	38:29	124	
Group A-				
Scott	4			
Group B				
Buehring	2			
Gunn	0			
Himich				
Koesterer	2	21:52		
Mittendorf	2	18:29	108	
Perry	3			
Poag	4			
Staley	3			
Stauder				
Tajkowski				
Thomas	3			
Group B-				
Booher	3			
Callahan	2.5	24:00		
Group C				
Correnti				
Dillon				
Friedrichs	3	27:00		
Gordon				
Heller				
Joy				Bike 1 mile
Marx				Bike 6.5 miles
May	3			
McLaughlin				
Rackers				
Sommers				
Swiecicki				
Uhlenbrock				
Voras				

Group D	Mileage	Time	Pulse	Comments
Andrew				
Devoll				
Galli				
Garcia				
Johnson, M				
LaBarge				
McIntyre, S				
Pitti, C				
Pitti, L				
Rizzo				
Schmitt				
Seal				
Group D-				
Hogan				
Kramer				
Kwentus				
Group E				
Apprill-Solok				
Byrne				
Cler				
Garavaglia				
Kanafani				
Mark				
Munsell				
Rizzo, B				
Stus				
Voss				
Group F				
Buescher				
Gannon				
Garner				
Jackson				
McIntyre, H				
Stevens				
Thro				

Week 13 - August 7-13							
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Mileage Totals**
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	AB=3-5 Shakeout	A=58-62
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to Art Hill	CDE=X-Train/ Rest	B=52-54
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	2nd Set Drills		C=39-41
A=8	2nd Set Drills	A=8	A=8	A=6	**Groups 1 and 2**		D=33
B=6	Groups 1-2: 5-8x1K @ CV	B=6	B=6	B=5	6xArt Hill Figure 8		E=29
C=5	2x200	C=5	C=5	C=4	**Groups 3, 4, 5 and 6**		
D=4	Groups 3-4: 6x800	D=4	D=4	D=3	3-5x Art Hill Figure 8		
E=3	2x200	E=3	E=3	E=2	Stretch		
6 Strides	Cooldown	Stretch with Leader	Drills	6 Strides	Cool-Down		
Stretch with Leader	AB=3 miles	Jog to SLUH	Flying 125s	Stretch with Leader	ABC=2		
Jog to SLUH	CDE= Jog to SLUH		Stability Weights	Jog to SLUH	DE=Jog to SLUH		
	Med Balls for Weights group		Stretch with Leader		Med Balls for Weights Group		
	Stretch		Jog to SLUH		Stretch		

Date: 8-7-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 F=2 with minus groups going higher mileage/ Strides / Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	56:20	148	45
Hetlage	8	56:20	144	45
Milnor	8	56:20	156	55
Group A-				
Scott	8	56:20	152	50
Group B				
Buehring	6	44:21	160	12
Gunn	6	44:21	168	20
Himich	6	47:40	172	40
Koesterer	6	44:55	176	50
Mittendorf	6	44:50	128	40
Perry	6	43:15	164	5
Poag	6	44:14	176	40
Staley	6	47:44	180	5
Stauder	6	49:21	172	60
Tajkowski	6	49:21	180	0 LATE
Thomas	6	49:21	172	45
~~[illegible]~~	~~[illegible]~~			
Group B-				
Booher	6	44:50	164	40
Callahan	6	47:44	176	26
Group C				
Correnti	5	41:50	173	20
Dillon	5	42:02	156	27
Friedrichs	5	37:15	152	53
Gordon	5	44:53	168	20
Heller	5	41:30	164	30
Joy	5	42:02	156	35
Marx	4	31:32	164	45
May	5	39:28	165	50
McLaughlin	5	38:10	160	25
Rackers	5	36:06	152	31
Sommers	5	39:02	180	20
Swiecicki	5	39:28	156	10
Uhlenbrock	5	38:13	175	40
Voras	5	42:37	152	15
KRIEGER	5	39:01	179	23
MUNSELL	5	42:37	172	15
NOLAN	5	44:50	152	25

TUNDON HIS

BATHROOM BREAK

Group D	Mileage	Time	Pulse	Comments
Andrew	4	35:21	~~[illegible]~~	27
Devoll	4	32:27	180	20
Galli	4	33:48	160	25
Garcia	4	31:13	180	30
Johnson, M	4	36:16	160	20
LaBarge	4	31:08	164	29
McIntyre, S	1	9:11	—	5 (KNEE)
Pitti, C	4	33:17	160	29
Pitti, L	4	33:17	164	26
Rizzo	4	33:51	136	18
~~Schmitt~~	—	—	—	—
Seal	4	30:57	168	17
Group D-				
Hogan	4	24:37	184	30
Kramer	4	31:08	165	25
Kwentus	e	e	e	e
Group E				
Apprill-Solok	3	22:39	144	30
Byrne	INJURED		—	—
Cler	3	26:20	160	40
Garavaglia	3	26:20	140	30
Kanafani	4	31:17	160	34
Mark	4	36:00	172	23
Munsell	4	31:33	168	35
Rizzo, B	2	18:00	153	26
Stus	3	26:20	164	30
Voss	3	28:25	168	30
Group F				
Buescher	2	18:08	195	15
Gannon	2	18:08	168	24
Garner	2	20:18	192	25
Jackson	3	25:29	164	25
McIntyre, H	2	19:30	170	25
Stevens	2	19:39	164	20
Thro	2	19:05	172	30
Rutledge	2	16:58	144	36
Schmidt	2	22:26	120	10
Murati	2	18:08	160	20
Bourneuf	2	16:34	172	55
LeGrand	2	16:56	~~[illegible]~~ 120	24
Nolan, T	3	29:10	164	25

I'm SUSPICIOUS OF HIS ~~[illegible]~~ MILEAGE

Epic 6
Poag
Marx
Garner

Date: 8-8-17 Conditions:

Workout: Drills/Jog 1m to Steinberg/ Push-ups/ Group 12: 6-8x1K at CV with 1:00 rest 2x200

Group 3456: 6x800 2x200/ Full Stretch/ Jog SLUH/ Med Ball Circuit for Weights guys

	Group 1	Pace	1K	1K	1K	1K	1K	1K	1K	1K	Comments	Avg
8	Burka	3:30	3:33	3:29	3:32	3:30	3:28	3:31	3:28	3:28		3:29.9
9	Hetlage	3:30	3:33	3:29	3:32	3:30	3:28	3:31	3:28	3:28		3:29.9
9	Milnor	3:30	3:33	3:29	3:32	3:30	3:28	3:31	3:28	3:28		3:29.9
9	Scott	3:30	3:33	3:29	3:32	3:30	3:28	3:31	3:45	3:28	FALL IN # 7	3:32.0
8	Gunn	3:42	3:40	3:35	3:43	3:42	3:43	3:53	4:07	3:58		3:47.0
9	Mittendorf	3:42	3:40	3:35	3:38	3:42	3:40	3:41	3:43	3:41		3:40.0
8	Perry	3:42	3:40	3:35	3:38	3:45	3:43	3:38	3:39	3:35		3:39.1
–	Poag	3:42	~~3:40~~	~~3:35~~							Retreat	—
8	Rackers	3:42	3:40	3:35	3:40	3:45	3:43	3:53	3:51	3:48		3:44.4
7.5	Staley	3:42	3:40	3:35	3:49	3:55	OFF	3:52	3:51	3:43		3:46.4
	Group 2	**Pace**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**1K**	**Comments**	**Avg.**
8	Booher	3:52	3:50	3:44	3:58	3:56	3:54	3:54	3:51	3:44		3:51.4
8	Buehring	3:52	3:49	3:45	3:58	3:55	3:42	3:47	3:48	3:32		3:47.0
8	Koesterer	3:52	3:51	3:47	3:58	3:56	3:57	3:59	3:50	—		3:54.0
8	Callahan	4:05	3:57	3:57	4:06	4:06	4:04	4:04	4:03	—		4:02.4
8	Himich	4:05	3:58	3:56	4:05	4:06	4:02	4:03	4:04	4:04		4:02.3
7	Hogan	4:05	4:00	3:56	4:01	4:04	3:59	3:59	4:01	—		4:00.0
8	Swiecicki	4:05	3:59	3:57	4:06	4:06	4:02	4:04	3:55	3:55		4:00.5
8	Thomas	4:05	3:59	3:58	4:05	4:04	4:01	4:02	3:59	4:00		4:01.0
7	Dillon	4:11	4:02	4:03	4:13	4:10	4:12	4:12	4:15	—		4:09.6
7	Friedrichs	4:11	4:04	4:06	4:13	4:10	4:12	4:10	4:11	4:00		4:08.3
8	Krieger	4:11	4:05	4:07	4:14	4:10	4:09	4:06	4:04	3:55		4:06.3
7	LaBarge	4:11	4:03	4:07	4:14	4:15	4:12	4:10	4:17	—		4:11.1
7	May	4:11	4:05	4:07	4:14	4:22	4:17	4:27	4:22	—	DOWN	4:16.3
7	Seal	4:11	4:04	4:09	4:14	4:11	4:13	4:13	4:07	—		4:10.2

Group 3	800	800	800	800	800	800		Comments
Correnti	3:14	3:09	3:11	3:15	3:21	3:27	3:16	DOWN
Garcia	3:12	3:06	3:08	3:11	3:12	3:10	3:10	
Gordon	3:09	3:05	3:08	3:14	3:26	3:22	3:14	DOWN
Heller	3:10	3:06	3:14	3:16	3:22	3:20	3:15	DOWN
Joy	3:14	3:08	3:04	3:11	3:07	3:01	3:08	
Kanafani	3:14	3:08	3:04	3:06	3:04	2:57	3:06	
Kramer	3:10	3:03	3:01	2:50	3:03	3:06	3:02	
Mark	—	—	—	—	—	—	—	
Marx	—	—	—	—	—	—	—	
McLaughlin	3:02	3:02	3:00	3:00	3:01	2:54	3:00	
Munsell, T	3:09	3:08	3:05	3:09	3:16	3:19	3:11	
Nolan, J	3:14	3:10	3:13	3:16	3:31	3:27	3:19	DOWN
Pitti, C	3:08	3:04	3:00	3:01	3:08	3:00	3:03	
Sommers	3:05	3:02	3:00	3:00	3:02	2:54	3:01	
Stauder	3:13	3:08	3:06	3:03	3:13	3:08	3:09	
Tajkowski	3:05	3:02	3:02	3:00	3:00	2:53	3:00	
Uhlenbrock	3:08	3:05	3:06	3:08	3:10	3:02	3:07	
Voras	3:14	3:10	3:09	3:09	3:02	3:02	3:07	

Date: 8-8-17 Conditions:

Workout: Drills/Jog 1m to Steinberg/ Push-ups/ Group 12: 6-8x1K at CV with 1:00 rest 2x200

Group 3456: 6x800 2x200/ Full Stretch/ Jog SLUH/ Med Ball Circuit for Weights guys

Group 4	800	800	800	800	800	800	Comments	
Apprill-Solok	3:23	3:05	3:21	3:21	3:30	3:30	3:22	
Bourneuf	3:18	3:11	3:23	3:21	3:10	3:18	3:17	
Devoll	3:20	3:14	3:21	3:29	3:37	3:39	3:27	
Galli	3:10	3:08	3:23	3:19	3:35	3:38	3:27	
Jackson	3:07	3:03	3:13	3:10	3:13	3:12	3:10	UP
Kwentus	3:22	3:30	3:33	3:27	—	—	3:28	DOWN
LeGrand	3:33	3:31	3:21	3:35	3:32	3:30	3:30	DOWN
Munsell	3:14	3:04	3:14	3:10	3:11	3:07	3:10	UP
Pitti, L	3:16	3:11	3:13	3:09	3:05	3:03	3:09	UP
Rutledge	3:16	3:12	3:21	3:11	3:09	3:08	3:13	
MARK	3:38	3:33	3:36	3:35	3:48	3:52	3:40	DOWN
Group 5	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**	
Andrew	3:43	3:24	3:22	3:21	3:28	3:18	3:26	UP
Buescher	3:50	3:52	3:57	3:58	3:44		3:52	
Byrne	3:38	3:23	3:36	3:40	3:49		3:37	
Cler *	3:35	3:25	3:20	3:16	3:10		3:22	
Gannon *							injured foot	
Garavaglia	3:43	3:36	3:40	3:44	3:34		3:39	
Johnson, M	3:40	3:36	3:38	3:33	3:34	3:05	3:31	UP
Murati	3:45	3:29	3:47	3:41	3:37		3:40	
Stus	3:40	3:25	3:24	3:22	3:13		3:25	
Group 6	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**	
Garner							retreat	
McIntyre, H	4:11	4:10	4:12	4:19			AVG: 4:13	
McIntyre, S							retreat	
Nolan, T	3:59	3:31	3:32	3:36			3:39	
Rizzo							retreat	
Rizzo, B	4:09	4:10	4:11	4:17			4:12	
Schmidt	4:12	4:15	4:28	4:51			4:27	
Stevens	4:00	3:39	3:55	4:51			4:06	
Thro	4:09	3:56	3:47	3:55			3:56	
Voss	3:47	3:27	3:30	3:33			3:34	

Date: 8-9-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=8 B=6 C=5 D=4 E=3 F=2 with minus groups going lower mileage/ Strides / Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments	
Burka	8	57:17	124	45	
Hetlage	8	57:17	144	45	
Milnor	8	57:17	160	60	
Group A-					
Scott	6	44:36	140	55	
Group B					
Buehring	6	45:32	160	20	
Gunn	6	46:00	132	25	
Himich	6	46:26	172	45	
Koesterer	6	46:00	156	40	
Mittendorf	6	45:15	136	40	
Perry	6	46:00	164	10	
Poag	RETREAT				
Staley	6	46:00	172	20	
Stauder	6	49:46	176	60	
Tajkowski	6	47:30	180	25	
Thomas	6	46:40	176	40	
Group B-					
Booher	5	35:20	172	25	
Callahan	5	36:29	132	25	
Group C					
Correnti	5	41:30	170	20	X
Dillon	5	36:25	164	27	
Friedrichs	5	36:20	160	45	
Gordon	5	46:37	172	25	X
Heller	5	41:30	180	35	X
Joy	5	40:00	160	36	
Krieger	5	36:23	186	24	
Marx	RETREAT				
May	5	40:37	165	50	
McLaughlin	5	36:20	160	25	
Munsell, T	5	40:27	172	17	
Nolan, J	5	46:06	152	25	X
Rackers	5	35:20	168	27	
Sommers	5	40:00	184	25	
Swiecicki	5	40:00	180	27	
Uhlenbrock	5	36:23	180	20	
Voras	5	40:27	164	20	

Group D	Mileage	Time	Pulse	Comments	
Andrew	4	35:20	180	22	X
Devoll	4	34:00	180	20	X
Galli	4	34:45	160	25	X
Garcia	4	30:58	180	31	
Johnson, M	4	36:35	164	23	X
LaBarge	4	30:10	160	27	
McIntyre, S	RETREAT				
Pitti, C	4	34:13	160	31	X
Pitti, L	4	34:13	168	27	X
Rizzo	RETREAT				
~~Schmitt~~					
Seal	4	30:58	156	19	
Group D-					
Hogan	3	22:14	172	30	
Kramer	3	22:25	175	30	
Kwentus	2	20:35	160	25	X
Group E					
Apprill-Sokol	3	25:45	140	15	X
Bourneuf	3	23:35	174	35	
Byrne	3	25:45	212	21	X
Cler	3	25:10	170	20	X
Garavaglia	3	25:20	140	36	X
Jackson	3	23:29	156	30	
Kanafani	3	23:28	164	34	
LeGrand	3	24:47	160	25	X
Mark	4	36:45	185	23	X
Munsell	3	23:28	156	45	
Nolan, T	3	28:43	164	27	X
Rizzo, B	2	19:23	156	26	X
Rutledge	3	25:10	140	36	X
Stus	3	25:15	164	35	X
Voss	3	27:00	168	40	X
Group F					
Buescher	2	17:53	200	20	X
Gannon	EXCUSED				
Garner	RETREAT				
McIntyre, H	2	19:23	160	20	X
Murati	3	27:00	192	23	X
Schmidt	2	22:25	139	11	X
Stevens	2	22:23	186	25	X
Thro	2	20:36	186	30	X

BATHROOM – HE WAS SLOW

Date: 8-10-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 F=2 with minus groups going higher mileage/ Drills/ Flying 125s / Full Stretch/ Jog SLUH / Stability Weights for weights group

Group A	Mileage	Time	Pulse	Comments		Group D	Mileage	Time	Pulse	Comments	
Burka	8	56:48	116	45	✓	Andrew	4	35:02	188	22	
Hetlage	8	56:48	152	61	✓	Devoll	4	33:21	164	25	
Milnor	8	56:48	160	60	✓	Galli	4	34:59	160	25	
						Garcia	4	32:25	176	31	
Group A-						Johnson, M	4	33:15	176	26	
Scott	8	56:48	152	60	✓	LaBarge	4	30:55	168	28	-
						McIntyre, S	RETURNED - INJURY - INCOMPLETE				
Group B						Pitti, C	4	30:35	176	31	-
Buehring	6	43:55	168	12	✓	Pitti, L	4	30:35	172	28	-
Gunn	6	43:55	168	15	✓	Rizzo	4	36:25	160	20	
Himich	6	47:50	176	30		Seal	4	31:25	168	21	-
Koesterer	6	45:15	180	40	✓						
Mittendorf	6	44:40	144	40	✓	**Group D-**					
Perry	6	45:15	168	11	✓	Hogan	4	31:05	188	35	-
Poag	6	44:35	168	40	✓	Kramer	4	32:50	175	30	-
Staley	6	45:53	180	8	✓	Kwentus	RETURNED - INJURY - INCOMPLETE				
Stauder	6	49:54	176	61							
Tajkowski	6	50:15	184	25		**Group E**					
Thomas	6	47:50	176	35		Apprill-Sokk	3	30:15	140	20	
						Bourneuf	3	24:21	180	30	
Group B-						Byrne	3	28:05	208	21	
Booher	6	45:23	168	40	✓	Cler	3	28:20	170	20	
Callahan	6	45:47	172	25	✓	Garavaglia	3	26:00	132	37	
						Jackson	3	24:23	160	30	
Group C						Kanafani	4	32:55	172	31	
Correnti	5	42:39	181	20		LeGrand	3	27:50	148	30	
- Dillon	5	39:22	164	27		Mark	4	34:58	191	27	
- Friedrichs	5	37:56	148	45	✓	Munsell	4	32:55	168	45	
Gordon	5	43:25	172	25		Nolan, T	3	27:33	176	30	
Heller	5	42:39	180	35		Rizzo, B	2	17:59	151	26	
Joy	5	42:39	164	21		Rutledge	3	25:55	128	30	
- Krieger	5	37:56	175	25	✓	Stus	3	27:02	167	25	
- Marx	5	39:30	168	45		Voss	3	27:03	184	30	
- May	5	39:41	177	50							
- McLaughlin	5	38:30	160	25	?	**Group F**		16:50			
Munsell, T	5	42:39	176	10		Buescher	2		200	20	
Nolan, J	5	42:37	160	25		Gannon	EXCUSED				
- Rackers	6	45:15	168	31		Garner	2	19:58	136	35	
Sommers	5	40:05	168	25		McIntyre, H	2	18:25	176	25	
- Swiecicki	5	39:30	160	17		Murati	2	16:58	196	25	
- Uhlenbrock	5	38:30	180	20	?	Schmidt	NOT PRESENT				
Voras	5	42:37	160	22		Stevens	2	19:58	140	25	
						Thro	2	19:33	172	30	

CRAMP IN LAST HALF MILE

Date: 8-11-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 D=3 EF=2 with minus groups going lower mileage/ Strides/ Hurdle Mobility / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	45:10	136	55
Hetlage	6	45:10	148	45
Milnor	6	45:10	152	50
Group A-				
Scott	6	45:10	144	65
Group B				
Buehring	NOT	PRESENT		10 total miles
Gunn	5	36:43	148	20
Himich	5	36:43	176	45
Koesterer	5	38:41	144	45
Mittendorf	5	38:41	120	40
Perry	5	38:41	152	16
Poag	5	36:43	168	40
Staley	5	38:41	168	11
Stauder	5	39:26	172	62
Tajkowski	5	40:58	160	25
Thomas	5	40:58	168	35
Group B-				
Booher	5	38:41	160	24
Callahan	5	38:41	164	25
Group C				
Correnti	4	33:49	160	10
Dillon	4	32:09	164	28
Friedrichs	4	30:54	156	45
Gordon	4	38:00	164	20
Heller	4	33:45	172	30
Joy	4	32:22	168	25
Krieger	4	30:35	183	25
Marx	4	30:57	168	45
May	4	32:12	168	60
McLaughlin	4	30:57	140	26
Munsell, T	4	33:45	168	15
Nolan, J	4	33:45	160	25
Rackers	5	38:41	152	26
Sommers	4	32:09	172	25
Swiecicki	4	32:22	140	30
Uhlenbrock	4	31:36	172	20
Voras	4	33:45	164	18

KNEE. EAPS

Group D	Mileage	Time	Pulse	Comments
Andrew	3	27:16	180	23
Devoll	3	24:23	180	20
Galli	3	27:54	160	25
Garcia	3	24:00	172	30
Johnson, M	3	28:23	176	25
LaBarge	3	24:00	156	28
McIntyre, S	INCOMPLETE – INJURED			
Pitti, C	3	24:38	176	32
Pitti, L	3	24:38	168	30
Rizzo	3	26:52	176	24
Seal	3	24:00	164	23
Group D-				
Hogan	3	23:20	192	35
Kramer	3	24:24	168	29
Kwentus	INCOMPLETE – INJURED			
Group E				
Apprill-Solok	2	15:10	160	15
Bourneuf	2	14:35	176	40
Byrne	2	19:17	212	21
Cler	2	16:50	165	35
Garavaglia	2	16:20	132	37
Jackson	2	14:36	144	25
Kanafani	3	24:26	168	37
LeGrand	2	15:01	182	25
Mark	3	28:23	168	23
Munsell	3	24:24	176	45
Nolan, T	2	17:05	164	28
Rizzo, B	2	17:10	154	26
Rutledge	2	15:55	144	38
Stus	2	16:16	183	35
Voss	2	17:11	188	35
Group F				
Buescher	2	16:45	193	15
Gannon	EXCUSED			
Garner	2	19:25	188	25
McIntyre, H	2	16:50	182	25
Murati	2	17:25	198	20
Schmidt	—	—	—	—
Stevens	2	19:35	148	26
Thro	2	19:08	172	30
MOORE	RETURNED -- INCOMPLETE			

Date: 8-12-17 Conditions:

Workout: Drills/Push-ups/ Core/ Jog 1m to Steinberg or Art Hill/ Group 123: 6xArt Hill Figure 8s
Group 456: Hill Circuit near Stenberg/ Full Stretch/ Jog SLUH/ Med Ball Circuit for Weights guys

Group 1	Total Mileage	Comments	Group 4	Total Mileage	Comments
Burka	8	45	Correnti	6	
Hetlage	8	55	Gordon	6	
Milnor	8	50	Heller	6	
Scott	8	60	Nolan, J	6	
Gunn	8	20	Apprill-Sokol	6	
Mittendorf	8	40	Bourneuf	6	
Perry	8	15	Devoll	6	
Poag	8	61	Galli	6	
Rackers	8	32	Rutledge	6	
Staley	8	11	Andrew	6	
			Johnson, M	6	
Group 2					
Booher	8	30	**Group 5**		
Buehring	8	31	Mark	6	
Koesterer	8	50	Kwentus	Injured	
Callahan	8	27	LeGrand	5.5	
Himich	8	50	Buescher	5.5	
Hogan	7.5	50	Byrne	3	
Swiecicki	8	15	Cler	5.5	
Thomas	8	45	~~Gannon~~	Injured	
Dillon	8	27	Garavaglia	5.5	
Friedrichs	8	56	Murati	5.5	
Krieger	8	26	~~Stus~~	Sick	
LaBarge	7.5	30			
Seal	7.5	23	**Group 6**		
			Garner	5	
Group 3			McIntyre, H	5	
May	8	50	McIntyre, S	3.5	
Garcia	7.5	30	Moore	5	
Joy	8	21	Nolan, T	5	
Kanafani	7	35	Rizzo	5	
Kramer	7	20	Rizzo, B	5	
Marx	7.5	50	Stevens	5	
McLaughlin	7.5	30	Thro	5	
Munsell, T	8	20	Voss	5	
Pitti, C	8	32			
Sommers	8	-			
Stauder	8	65			
Tajkowski	8	25			
Uhlenbrock	7.5	20			
Voras	8	23			
Jackson	7	40			
Munsell	7	45			
Pitti, L	8	35			

Date: 8-13-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	22:44			Andrew				
Hetlage	5	N/A	216		Devoll				
Milnor	5	38:35	136		Galli				
					Garcia				
Group A-					Johnson, M				
Scott	4	34:16			LaBarge				
					McIntyre, S				
Group B					Pitti, C				
Buehring	2	—			Pitti, L				
Gunn					Rizzo				
Himich					Seal				
Koesterer									
Mittendorf	2	18:40			**Group D-**				
Perry	3				Hogan				
Poag	1	10:00			Kramer				
Staley					Kwentus				
Stauder	3								
Tajkowski					**Group E**				
Thomas					Apprill-Solok				
					Bourneuf				
Group B-					Byrne				
Booher	3	NO	X		Cler				
Callahan	3	26:30			Garavaglia				
					Jackson				
Group C					Kanafani				
Correnti					LeGrand				
Dillon					Mark				
Friedrichs	2	20:53			Munsell				
Gordon					Nolan, T				
Heller					Rizzo, B				
Joy					Rutledge				
Krieger					Stus				
Marx	4				Voss	2	16:41	NO	
May	3	31:50							
McLaughlin					**Group F**				
Munsell, T					Buescher				
Nolan, J					Gannon	6	57:35	NO	
Rackers	3	25:30			Garner				
Sommers					McIntyre, H				
Swiecicki					Murati				
Uhlenbrock					Schmidt				
Voras					Stevens				
					Thro				

Week 12 - August 14-20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	AB=3-5 Shakeout	A=63-65
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to West Camp/Steinberg	CDE=X-Train/ Rest	B=54-56
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Push-ups		C=41
A=8	2nd Set Drills	A=8	A=8	A=6	2nd Set Drills		D=35
B=6	**Groups 1 and 2**	B=6	B=6	B=5	**Groups 1 and 2**		E=30
C=5	Tempo Run	C=5	C=5	C=4	4x4x400		
D=4	3-5 Miles	D=4	D=4	D=3	2x200		
E=3	2x300 @ 800 pace with 3:00 recovery	E=3	E=3	E=2	**Groups 3, 4, 5, and 6**		
6 Strides	**Groups 3 and 4**	Stretch with Leader	Drills	6 Strides	3-4x4x400		
Stretch with Leader	1600, 2x800, 4x400	Jog to SLUH	Flying 125s	Stretch with Leader	2x200		
Jog to SLUH	**Groups 5 and 6**		Stability Weights	Jog to SLUH	Cooldown		
	4x800, 4x400		Stretch with Leader		AB=3 miles		
	3x150m for Groups 3, 4, 5, and 6		Jog to SLUH		CDE= Jog to SLUH		
	Cooldown				Med Balls for Weights group		
	AB=2 miles				Stretch		
	CDE= Jog to SLUH						
	Med Balls for Weights group						
	Stretch						

Date: 8-14-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 F=2 with minus groups going higher mileage/ Strides/ Hurdle Mobility / Full Stretch/ Jog SLUH

SHORT OF SLEEP; TROUBLE BREATHING

Group A	Mileage	Time	Pulse	Comments
Burka	8	56:30	168	40
Hetlage	8	55:27	152	40
Milnor	8	55:27	168	50
Group A-				
Scott	8	55:27	156	60
Group B				
Buehring	6	46:45	164	24
Gunn	6	44:30	172	15
Himich	ABSENT			
Koesterer	6	44:32	172	40
Mittendorf	6	44:18	152	40
Perry	6	44:02	160	10
Poag	6	44:02	176	40
Staley	6	44:30	184	12
Stauder	6	~~44:30~~ 50:24	176	60
Tajkowski	6	48:20	~~168~~ 180	25
Thomas	6	48:20	184	35
Group B-				
Booher	6	44:32	172	40
Callahan	6	46:45	184	30
Group C				
Correnti	5	44:06	160	15
Dillon	5	40:53	160	31
Friedrichs	5	39:53	142	50
Gordon	5	44:15	172	15
Heller	5	44:06	156	35
Joy	5	40:53	~~160~~ 148	20
Krieger	5	39:53	175	27
Marx	5	42:45	168	50
May	5	40:20	174	55
McLaughlin	5	40:29	140	25
Munsell, T	5	43:31	156	15
Nolan, J	5	43:25	152	25
Rackers	6	44:13	172	33
Sommers	5	40:48	180	30
Swiecicki	5	43:42	168	25
Uhlenbrock	5	44:06	164	15
Voras	5	40:53	168	15

Group D	Mileage	Time	Pulse	Comments
Andrew	4	35:50	164	27
Devoll	4	36:09	190	13
Galli	4	37:48	160	20
Garcia	4	31:20	180	32
Johnson, M	3	27:42	172	21
LaBarge	4	31:38	160	30
McIntyre, S	INCOMPLETE - INJURED			
Pitti, C	4	36:03	168	33
Pitti, L	4	33:42	172	30
Rizzo	4	36:03	160	26
Seal	4	31:19	172	24
Group D-				
Hogan	4	30:27	164	30
Kramer	2	22:21	100	20
Kwentus	2	22:21	164	28
Group E				
Apprill-Solok	2.86	24:34	180	15
Bourneuf	3	23:40	176	45
Byrne	INCOMPLETE - INJURED			22
Cler	3	26:32	170	40
Garavaglia	3	27:09	136	37
Jackson	3	23:40	174	30
Kanafani	~~3~~ 4	31:20	164	30
LeGrand	3	26:32	164	15
Mark	4	36:29	188	23
Munsell	4	31:37	180	45
Nolan, T	3	30:09	164	22
Rizzo, B	~~3~~ 2	20:16	151	26
Rutledge	3	26:35	162	30
Stus	3	27:09	168	25
Voss	3	30:12	208	30
Group F				
Buescher	3	27:09	200	20
Gannon	2	16:55	176	25
Garner	2	19:29	176	30
McIntyre, H	2	20:20	180	20
Murati	3	27:45	188	25
Stevens	2	22:10	200	25
Thro	2	21:30	208	30
MOORE	2	23:40	188	—

INJURED ON RUN

WALKED WITH INJURED GUY ONLY MEASURED 4 HE PART HE RAN

Date: 8-15-17 Conditions:

Workout: Drills/Push-ups/ Core/ Jog 1m to Steinberg/ Group 12: 4-5 mile tempo 2x300 @ 800 pace with 3:00 recovery/ Group 34: 1600, 2x800, 4x400 Groups 56: 4x800, 4x400/ Groups 3456: 3x150 after workout/ Full Stretch/ Jog SLUH/ Med Ball Circuit for Weights guys

Group 1	Tempo	Time	Pulse	300	300	Comments
Burka	5	31:27	176			40 barf taste in mouth whole run
Hetlage	5	30:30	180	47	47	42
Milnor	5	31:14	176			50 At 4 eggs 1hr 15min before workout. Bad idea... didn't throw up, but close
Scott	4	24:50	188			55
Gunn	4	28:23	188	49	51	15
Mittendorf	4	25:02	160			40
Perry	4	26:07	216	47	45	10 thriving!!
Poag	4	26:06	180			40
Rackers						
Staley	3	22:42	200			10
Group 2						
Booher	4	28:41	208			15
Buehring	4	26:46	180			32
Koesterer	4	29:52	212			25
Callahan	4	28:41	204			25
Himich						
Hogan	4	28:41	176			50
Swiecicki	4	29:37	172			30
Thomas	4	30:28	188			40
Dillon	3	23:34	188	48	52	30
Friedrichs	4	30:30	172			50
Krieger	4	31:00	187			28
LaBarge	3	22:55	188			32
Seal	3	22:55	184	54	47	26

Group 3	1600	800	800	400	400	400	400	Comments
May	6 58	3 29	3 41	1 42	1 41	1 40	1 53	
Garcia	6 46	3 05	3 17	1 26	1 35	1 32	1 30	
Joy	6 39	3 12	3 21	1 32	1 38	1 40	1 42	
Kanafani	6 45	3 02	3 07	1 29	1 31	1 28	1 30	
Kramer	6 46	3 08	3 14	1 30	1 38	1 38	1 38	
Marx	6 47	3 07	3 12	1 29	1 34	1 30	1 35	
McLaughlin	6 36	3 02	3 11	1 26	1 30	1 31	1 34	
Munsell, T	6 43	3 09	3 18	1 31	1 34	1 31	1 33	
Pitti, C	6 50	3 10	3 14	1 27	1 38	1 36	1 38	
Sommers	6 37	3 02	3 01	1 23	1 28	1 23	1 27	
Stauder	6 53	3 13	3 19	1 31	1 36	1 31	1 37	
Tajkowski	6 36	3 01	3 10	1 23	1 24	1 26	1 27	
Uhlenbrock	6 42	3 05	3 15	1 25	1 31	1 31	1 35	
Voras	6 38	3 12	3 21	1 31	1 38	1 38	1 41	
Jackson	6 38	3 07	3 19	1 28	1 35	1 38	1 36	
Munsell	6 43	3 07	3 12	1 28	1 32	1 28	1 30	
Pitti, L	6 50	3 25	3 16	1 27	1 38	1 30	1 33	

Date: 8-15-17 Conditions:

Group 4	1600	800	800	400	400	400	400	Comments
Correnti	7:10	3:20	3:19	1:36	1:31	1:26	1:22	
Gordon	6:57	3:17	3:37	1:36	1:42	1:36	1:33	
Heller	6:48	3:20	3:30	1:35	1:37	1:37	1:31	
Nolan, J	7:07	3:27	3:31	3:35	800-	3:43	800-	
Apprill-Sokol	6:58	3:35	3:49	2:00	2:00	1:57	1:48	
Bourneuf	7:05	3:16	3:19	3:23	800	3:27	800-	
Devoll	7:13	3:45	3:52	1:39	1:51	1:49	1:51	
Galli	7:28	3:45	3:57	3:52	800-	4:08	800-	
Rutledge	7:13	3:28	3:47	1:36	1:50	1:38	1:45	
Andrew	7:49	3:50	4:00	1:52	1:52	1:52	1:53	
Johnson, M	7:48	4:05	4:14	4:13	800-	4:38	800-	

Group 5	800	800	800	~~800~~	400	400	400	400	Comments
Mark	8:05 MILE	—	4:25		2:07	2:22	2:29		
Kwentus	—	—	—		—	—	—		CROSS TRAIN
LeGrand	3:41	3:51	—		—	—	—		FEELING LIGHT-HEADED
Buescher	3:38	3:27	3:29		1:37	1:42	1:41		
Byrne	4:36	4:40	—		—	—	—		ANKLE HURTS / INJURY
Cler	3:59	3:37	3:33		4:18	800	4:28	800-	
Gannon	4:20	3:21	3:25		1:42	1:37	2:20		
Garavaglia	3:41	3:33	3:34		1:44	1:47	1:59		
Murati	3:50	3:52	4:05		1:40	1:41	1:49		
Stus	3:15	3:05	3:21		1:27	1:35	1:40		

Group 6	800	800	800	~~800~~	400	400	400	400	Comments
Garner	4:23	4:20	4:33		2:01	2:13	2:15		
McIntyre, H	4:29	4:27	4:31		2:06	2:20	2:16		
McIntyre, S	—	—	—		—	—	—		
Moore	4:24	4:23	4:22		2:04	2:57	2:17		
Nolan, T	3:10	3:16	3:23		1:23	1:38	2:00		
Rizzo	3:32	3:21	3:33		1:27	1:37	1:27		
Rizzo, B	4:05	3:52	3:52		1:51	2:00	2:07		
Stevens	4:18	4:18	4:00		4:18	800-	4:28	800-	
Thro	4:01	4:01	3:55		1:50	1:50	1:57		
Voss	3:15	3:29	3:23		1:31	1:38	1:47		

Date: 8-~~14~~ 16-17 Conditions: RAIN - RAN INSIDE

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 F=2 with minus groups going lower mileage/ Strides/ Hurdle Mobility / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments	Group D 50	Mileage	Time	Pulse	Comments
Burka		70	124		Andrew		50	140	
Hetlage		70	120		Devoll		50	160	
Milnor		70	140		Galli		50	160	
					Garcia		50	168	
Group A-					Johnson, M		50	164	
Scott		60	136	bad sprained sits	LaBarge		50	152	
					McIntyre, S				
Group B					Pitti, C		50	180	
Buehring		60	172		Pitti, L		50	184	
Gunn		60	152		Rizzo		50	148	
Himich		60	168		Seal		50	172	
Koesterer		60	168						
Mittendorf		60	—		**Group D-**				
Perry		60	152		Hogan		50	136	
Poag		60	—		Kramer		40	160	
Staley		60	172		Kwentus		35	124	
Stauder		60	140						
Tajkowski		60	160		**Group E** 40				
Thomas		60	184		Apprill-Sokol		40	172	
					Bourneuf		40	160	
Group B-					Byrne		15		
Booher		55	152		Cler		40	160	
Callahan		55	128		Garavaglia		40	128	
					Jackson		40	158	
Group C					Kanafani		40	144	make D -
Correnti		55	155		LeGrand		40	148	
Dillon		55	144		Mark		50	172	
Friedrichs		55	140		Munsell		40	152	
Gordon		55	160		Nolan, T		40	148	
Heller		55	124		Rizzo, B		35	124	
Joy		55	—		Rutledge		40	136	
Krieger		55	176		Stus		40	152	
Marx		55	160		Voss		40	148	
May		55	—						
McLaughlin		55	144		**Group F** 35				
Munsell, T		55	156		Buescher		35	184	
Nolan, J		55	148		Gannon		35	164	
Rackers		—	—	shin	Garner		35	128	
Sommers		55	152		McIntyre, H		35	140	
Swiecicki		55	160		Murati		40	156	
Uhlenbrock		55	164		Stevens		35	180	
Voras					Thro		35	192	
					Moore		35	172	

70

60

55

Biked 1:30

Date: 8-17-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 F=2 with minus groups going higher mileage/ Drills/ Flying 125s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	59:38	152	45
Hetlage	8	57:00	144	45
Milnor	8	59:38	152	45
Group A-				
Scott	8	59:38	144	60
Group B				
Buehring	6	53:14	156	12
Gunn	6	45:43	176	20
Himich	6	51:22	176	25
Koesterer	6	47:15	188	35
Mittendorf	6	45:43	156	40
Perry	6	44:26	160	7
Poag	6	45:37	176	40
Staley	6	47:12	188	7
Stauder	6	53:14	172	75
Tajkowski	6	47:15	188	25
Thomas	6	47:15	176	40
Group B-				
Booher	6	50:24	176	23
Callahan	6	49:26	172	25
Group C				
Correnti	5	42:45	175	15
Dillon	5	40:11	168	27
Friedrichs	5	39:10	172	40
Gordon	5	40:55	180	15
Heller	5	43:05	156	30
Joy	5	42:45	160	20
Krieger	5	39:19	177	29
Marx	5	40:28	168	50
May	5	47:23	165	55
McLaughlin	5	42:18	148	25
Munsell, T	5	42:45	156	15
Nolan, J	5	43:05	160	25
Rackers	CROSS-TRAIN			Bike 1:00
Sommers	5	40:11	180	30
Swiecicki	5	40:24	172	30
Uhlenbrock	5	42:49	176	15
Voras	5	42:45	160	17
SONG	5	39:40	208	30

UPSET STOMACH

Group D	Mileage	Time	Pulse	Comments
Andrew	4	35:43	184	29
Devoll	4	34:45	160	27
Galli	4	37:52	160	25
Garcia	4	31:33	184	20
Johnson, M	3	30:19	156	20
LaBarge	4	32:39	172	29
McIntyre, S				XT Bike 50 min.
Pitti, C	4	35:55	168	33
Pitti, L	4	35:55	176	30
Rizzo	4	35:25	168	23
Seal	4	32:06	164	25
Group D-				
Hogan	4	32:57	176	40
Kramer	4	32:36	180	25
Kwentus	CROSS-TRAIN			
Kanafani	3	27:54	144	31
Group E				
Apprill-Sokol	3	23:48	180	30
Bourneuf	3	22:50	164	35
Byrne	2	17:46	244	22
Cler	2	24:20	165	30
Garavaglia	3	27:28	132	40
Jackson	3	23:48	172	40
LeGrand	3	24:40	168	26
Mark	2	21:20	172	20
Munsell	4	32:36	176	45
Nolan, T	3	28:51	144	30
Rizzo, B	2	21:30	153	27
Rutledge	3	27:54	144	30
Stus	3	28:36	172	30
Voss	2	22:06	134	30
Group F				
Buescher	3	30:00	190	20
Gannon	2	19:43	220	28
Garner	2	21:03	164	25
McIntyre, H	2	21:30	160	20
Murati	3	28:34	180	30
Stevens	2	23:15	180	25
Thro	2	20:17	196	35
Moore	2	23:59	172	—

Date: 8-18-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 D=3 EF=2 with minus groups going higher or lower mileage/Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	46:20	148	40
Hetlage	6	46:20	140	45 DEAD LEGS
Milnor	SEE BELOW			
Group A-				
Scott	6	46:20	148	60
Group B				
Buehring	4	38:48	148	12
Gunn	5	38:30	152	20
Himich	5	39:53	176	30
Koesterer	5	38:30	160	50
Mittendorf	5	39:16	148	40
Perry	5	37:15	164	10
Poag	5	38:30	160	40
Staley	5	38:30	176	10
Stauder	5	41:29	168	60
Tajkowski	5	41:29	160	25
Thomas	5	39:16	176	40
Group B-				
Booher	5	39:04	160	25
Callahan	4	31:33	152	25
Group C				
Correnti	4	35:56	164	15
Dillon	4	31:17	156	27
Friedrichs	4	31:17	148	45
Gordon	4	38:34	180	15
Heller	4	35:56	164	20
Joy	4	35:56	160	20
Krieger	4	31:17	171	27
Marx	INJURED			
May	4	34:48	168	55
McLaughlin	4	31:35	144	27
Munsell, T	4	36:00	168	15
Nolan, J	4	35:54	148	25
Rackers	CROSS-TRAIN			Bike 1:15
Sommers	4	33:32	168	30
Swiecicki	4	35:59	152	25
Uhlenbrock	4	33:20	174	15
Voras	4	35:56	152	17
SONG	4	33:34	196	30
Milnor	16x400	2x200		
	80 Avg.			

NAUSEA

79-86-84-83
81-82-82-82
78-79-79-80
76-77-77-77

30-30

Group D	Mileage	Time	Pulse	Comments
Andrew	3	26:25	148	25
Devoll	3	25:30	180	23
Galli	3	24:36	160	25
Garcia	3	23:56	192	30
Johnson, M	3	29:02	160	26
LaBarge	3	24:38	168	28
McIntyre, S	CROSS TRAIN			Bike 1:00
Pitti, C	3	28:30	176	35
Pitti, L	3	29:02	152	30
Rizzo	3	28:30	160	28
Seal	3	23:28	172	21
Group D-				
Hogan	3	23:19	172	50
Kramer	3	24:20	176	25
Kwentus	~~ABSENT~~ CROSS-TRAIN			
Kanafani	JOGGED -- INJURY RECOVERY			
Group E				
Apprill-Sokol	2	14:06	180	20
Bourneuf	2	14:51	160	30
Byrne	2	17:26	220	22
Cler	2	22:40	142	20
Garavaglia	2	15:56	140	40
Jackson	2	14:30	168	40
LeGrand	2	14:50	156	23
Mark	2	22:00	164	20
Munsell	3	23:30	176	35
Nolan, T	2	18:30	148	25
Rizzo, B	JOGGED -- INJURY RECOVERY			
Rutledge	2	16:50	140	30
Stus	2	15:58	170	25
Voss	JOGGED -- INJURY RECOVERY			
Group F				
Buescher	2	18:00	190	20
Gannon	2	15:11	164	28
Garner	2	19:52	168	20
McIntyre, H	2	22:00	180	20
Murati	2	17:41	184	30
Stevens	2	22:33	200	25
Thro	2	18:38	180	30
Moore	2	23:00	160	3

Date: 8-19-17 Conditions:

Workout: Drills/ Warm-up to West Camp/ Push-ups/Core/ 2nd Set/ Groups 12: 4x4x400 Groups 3456: 3-4x4x400 All Groups have 2x200 after the workout/ Cool-down/ Stretch/ Med Balls for weights group

Group 1	Pace	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Burka	84-78	86	87	86	83	81	82	81	81	77	80	80	80	77	77	77	76	73-73-74-74 (30-31)
Hetlage 8mi	84-78	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	73-73-74-74 (30-30)
Milnor																Completed on Friday		
Scott	84-78	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓		↓	↓	↓	31-31
Gunn	86-80	88	85	88	85	82	84	85	85	81	83	83	83	79	81	83	83	35-33
Mittendorf	86-80	88	85	88	84	82	84	83	83	80	83	82	83	79	80	79	78	32-33
Perry	86-80	88	85	88	85	81	82	82	84	81	81	88	88	81	82	90	89	30-28
Poag	86-80	88	85	88	84	82	84	83	83	81	83	82	84	80	84	89	88	41-40
Rackers	86-80															Aerobic - See bottom		
Staley	86-80	88	85	88	85	82	85	85	85	81	84	81	84	81	81	80	80	no 200s
Group 2	Pace	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Booher	90-84	85	87	90	90	85	88	88	89	84	86	86	84	82	84	82	80	
Buehring	90-84	85	87	90	90	85	88	88	89	84	86	86	84	82	84	82	78	32-34
Koesterer	94-88	93	91	93	93	91	91	89	90	86	89	90	87	85	87	85	83	80-85-83-77
Callahan	94-88	94	95	94	94	90	93	92	92	88	91	92	91	86	90	88	85	
Himich	94-88	94	91	93	94	89	91	92	91	86	90	90	87	85	89	87	85	
Hogan	94-88	90	91	92	92	90	91	91	90	89	91	90	90	91	90	90	91	
Swiecicki	94-88	96	96	97	97	93	95	96	95	93	94	94	94	93	94	94	79	
Thomas	94-88	96	96	97	97	93	95	96	95	93	94	94	94	93	94	94	84	
Dillon	94-88	96	94	94	95	93	92	94	92	89	92	92	90	87	91	88	88	41-39
Friedrichs	94-88	92	93	91	94	89	92	92	91	90	91	93	92	93	94	95	91	
Krieger	94-88	94	91	95	95	92	93	94	92	90	92	91	90	88	90	89	88	
LaBarge	94-88	94	94	95	94	90	92	92	92	89	94	94	93	89	93	94	95	
Seal	94-88	97	96	94	95	93	94	95	94	91	92	92	93	88	90	90	88	
Song		94	94	95	96	93	95	98	97	95	100	96						
Rackers	aerobic	4mi	29:02	West Camp	152													

Milnor Aerobic 5total 39:24 Pulse 148

Date: 8-19-17 Conditions:

Workout: Drills/ Warm-up to West Camp/ Push-ups/Core/ 2nd Set/ Groups 12: 4x4x400 Groups 3456: 3-4x4x400 All Groups have 2x200 after the workout/ Cool-down/ Stretch/ Med Balls for weights group

Group 3	Pace	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Bourneuf	1:44-1:40	96	95	90	94	93	92	92	90	88	92	91	85					
Garcia	1:44-1:40	96	98	96	99	95	96	95	97	96	99	97	98					
Jackson	1:44-1:40	102	105	104	96	100	100	101	100	95	97	100	101					
Joy	1:44-1:40	95	98	100	100	98	97	98	95	94	98	97	87	92	98	97	87	
Kanafani	1:44-1:40	—																
Kramer	1:44-1:40	96	95	96	93	92	92	92	90	91	92	91	93					
Marx	1:44-1:40																	
May	1:44-1:40	98	98	101	104	98	98	97	100	98	103	106	101					
McLaughlin	1:44-1:40	94	92	89	90	86	87	89	86	89	91	92	92	92	91	91	85	
Munsell, M	1:44-1:40	96	97	93	95	93	93	93	92	98	92	91	90					
Munsell, T	1:44-1:40	101	104	102	102	99	99	100	100	93	98	95	95	94	98	91	84	
Pitti, C	1:44-1:40	96	95	90	94	92	92	97	95	101	106	105	105					
Pitti, L	1:44-1:40	96	95	90	94	93	92	92	90	88	92	91	92	95	103	101	89	cont'd
Sommers	1:44-1:40	92	91	88	90	86	85	88	86	85	88	88	86	90	94	88	85	
Stauder	1:44-1:40	99	104	102	104	99	99	99	100	96	98	98	96	96	98	94	91	
Tajkowski	1:44-1:40	93	97	99	100	97	96	97	97	92	98	93	93	89	94	90	84	
Uhlenbrock	1:44-1:40	96	94	96	96	93	94	95	96	92	94	96	96	92	95	97	90	
Voras	1:44-1:40	101	104	105	102	100	100	100	100	93	98	93	89	93	98	93	89	

Group 4	Pace	400	400	400	400	400	400	400	400	400	400	400	400	Comments	200s
Andrew	1:52-1:48	143	145	149	153	149	149	154	153	151	151	152	141	—	48-42
Apprill-Sok	1:52-1:48	136	122	146	142	133	135	130	129	133	131	131	132	133-130	34-38
Correnti	1:52-1:48	136	137	145	145	142	146	147	146	142	145	145	145	141-143-141-115	31-37
Devoll	1:52-1:48	142	142	145	146	142	141	142	143	140	140	141	139	140-139-138-131	37-33
Galli	1:52-1:48	137	139	142	147	140	141	142	139	136	138	139	138	137-135-135-137	46-36
Gordon	1:52-1:48	136	139	145	146	141	142	147	146	143	145	145	[illegible]	143-145	40-40
Heller	1:52-1:48	135	138	141	143	139	138	141	142	138	139	140	[illegible]	139-140-139-120	32-33
Johnson, M	1:52-1:48	139	140	145	150	146	147	147	147	143	147	143	145	—	36-35
Nolan, J	1:52-1:48	135	139	142	144	139	141	142	143	139	142	144	144	144-142	42-42
Rutledge	1:52-1:48	131	—	143	142	135	136	139	137	137	139	131	137	137-140-139	43-40

Date: 8-19-17 Conditions:

Workout: Drills/ Warm-up to West Camp/ Push-ups/Core/ 2nd Set/ Groups 12: 4x4x400 Groups 3456: 3-4x4x400 All Groups have 2x200 after the workout/ Cool-down/ Stretch/ Med Balls for weights group

Group 5	Pace	400	400	400	400	400	400	400	400	400	400	400	400	200s	Comments
✓ Buescher	1:58-1:54	1:45	1:47	1:50	1:51	1:54		1:53	1:51	1:49	1:51	1:50	1:48	47-53	
✓ Byrne	1:58-1:54	1:31	1:42	1:46	1:46	1:39	1:42	1:44	1:50	1:47	1:49	1:51	1:53		
✓ Cler	1:58-1:54	1:51	1:42	1:47	1:44	2:01	1:54	1:57	1:51	1:51	1:45	1:47	1:28	39-37	
✓ Gannon	1:58-1:54	1:31	1:42	1:49	1:51	1:47	1:48	1:50	1:50	1:47	1:47	1:46	1:47	40-33	
✓ Garavaglia	1:58-1:54	1:31	1:41	1:44	1:46	1:44	1:39	1:49	1:44	1:47	1:45	1:44	1:33	45-45	
Kwentus	1:58-1:54														
✓ LeGrand	1:58-1:54	1:32	1:42	1:46	1:49	1:46	1:51	1:50	1:50	1:48	1:46	1:39	1:31	41-45	
✓ Mark	1:58-1:54	1:45	1:51	1:52	1:54	1:53	1:58	1:56	1:54	1:54	1:54	1:51	1:48	49-51	
✓ Murati	1:58-1:54	1:37	1:41	1:51	1:54	1:54	1:56	1:52	1:51	1:53	1:53	1:54	1:46	42-41	
✓ Stus	1:58-1:54	1:39	1:49	1:50	1:51	1:53	1:53	1:53	1:50	1:50	1:49	1:50	1:46	36-37	
Group 6	**Pace**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**200s**	**Comments**
✓ Garner	2:06-2:02	1:59	2:03	2:15	2:16	2:13	2:04	2:09	2:10	2:12	2:15	2:14	2:09	46-45	
✓ McIntyre, H	2:06-2:02	1:56	2:01	2:11	2:13	2:10	2:01	1:58	1:50	2:04	1:56	1:53	1:48	45-43	
McIntyre, S	2:06-2:02	ABSENT													
✓ Moore	2:06-2:02	1:59	1:57	2:11	2:17	2:11	2:05	2:09	2:02	2:14	2:21	2:17	2:10	52-57	
✓ Nolan, T	2:06-2:02	1:38	1:44	1:57	1:59	2:07	2:01	2:08	2:02	2:11	2:04	2:05	1:54	38-37	
Rizzo	2:06-2:02	1:30	1:36	1:39	1:40	1:44	1:40	1:42	1:45	1:42	1:45	1:44	1:42	33-33	
Rizzo, B	2:06-2:02	1:46	1:59	2:10	2:05	2:10	2:05	2:10	2:08	2:15	2:12	2:18	2:22	50-51	UPSET STOMACH
✓ Stevens	2:06-2:02	1:44	1:36	1:57	1:57	2:07	1:53	1:56	1:52	2:12	2:08	2:04	1:39	37-50	
✓ Thro	2:06-2:02	1:51	2:00	2:11	2:05	2:09	2:00	2:03	1:57	2:09	2:09	2:13	2:07	48-44	
Voss	2:06-2:02	ABSENT													

ANTHONY RIZZO AND H. MCINTYRE SHOULD MOVE TO GROUP 5

Date: 8-20-17 Conditions:
Workout: Sunday workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	21:46			Andrew				
Hetlage	3				Devoll				
Milnor	6	43:00	160	8 total	Galli				
					Garcia				
Group A-					Johnson, M				
Scott	4	34:37			LaBarge				
					McIntyre, S				
Group B					Pitti, C				
Buehring					Pitti, L				
Gunn					Rizzo				
Himich					Seal				
Koesterer									
Mittendorf	2	17:48	20 min of bike		**Group D-**				
Perry	0				Hogan				
Poag					Kramer				
Staley					Kwentus				
Stauder					Kanafani				
Tajkowski									
Thomas					**Group E**				
					Apprill-Sokol				
Group B-					Bourneuf				
Booher					Byrne				
Callahan					Cler				
					Garavaglia				
Group C					Jackson				
Correnti					LeGrand				
Dillon					Mark				
Friedrichs					Munsell				
Gordon					Nolan, T				
Heller					Rizzo, B				
Joy					Rutledge				
Krieger					Stus				
Marx	1				Voss				
May	2 2/3								
McLaughlin					**Group F**				
Munsell, T					Buescher				
Nolan, J					Gannon				
Rackers	5	36:12			Garner				
Sommers					McIntyre, H				
Swiecicki					Murati				
Uhlenbrock					Stevens				
Voras					Thro				
Song					Moore				

Week 11 - August 21-27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	AB=3-5 Shakeout	A=62-64
Jog to West Camp	Jog to Carr Lane	Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to Steinberg	CDE=X-Train/ Rest	B=49-55
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	2nd Set Drills		C=42
A=8	2nd Set Drills	A=8	A=8	A=8	Billiken		D=35-36
B=6	Carr Lane Repeats	B=6	B=6	B=6	OR Jr. Billiken		E=30
C=5	**Groups 1 and 2**	C=5	C=5	C=5	Cooldown		
D=4	8 repeats	D=4	D=4	D=4	AB=2 miles		
E=3	**Groups 3 and 4**	E=3	E=3	E=3	CDE= Jog to SLUH		
6 Strides	6 repeats	Stretch with Leader	Drills	6 Strides	Specific Prep for Weights group		
Stretch with Leader	**Groups 5 and 6**	Jog to SLUH	Flying 150s	Stretch with Leader	Stretch		
Jog to SLUH	5 repeats		Stability Weights	Jog to SLUH			
	3x150m for Everyone		Stretch with Leader				
	Cooldown		Jog to SLUH				
	AB=2 miles						
	CDE= Jog to SLUH						
	Specific Prep for Weights group						
	Stretch						

Date: 8-21-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Core/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:20	164	20
Hetlage	8	57:20	152	40
Milnor	ABSENT	8 in 59:54		10 total miles
Group A-				
Scott	6	44:16	168	60
Group B				
Buehring	ABSENT			
Gunn	6	47:02	144	15
Himich	6	47:35	172	20
Koesterer	6	46:15	168	30
Mittendorf	6	44:38	160	40
Perry	6	47:45	172	10
Poag	6	44:16	180	41
Staley	6	46:15	184	10
Stauder	6	50:23	160	50
Tajkowski	6	48:58	176	25
Thomas	6	48:58	168	35
Group B-				
Booher	6	46:17	172	30
Callahan	6	47:23	172	25
Group C				
Correnti	5	43:54	158	10
Dillon	5	45:40	160	27
Friedrichs	5	39:43	164	45
Gordon	5	45:40	160	15
Heller	5	41:50	172	25
Joy	5	40:42	168	20
Krieger	5	39:43	183	30
INJURED Marx	3	25:04	176	—
May	5	41:45	180	55
McLaughlin	5	40:22	160	30
Munsell, T	5	43:54	176	15
Nolan, J	5	41:50	156	25
Rackers	ABSENT			
Sommers	ABSENT			
Song	5	39:43	216	30
Swiecicki	ABSENT			
Uhlenbrock	5	40:22	164	20
Voras	5	40:22	164	19

Group D	Mileage	Time	Pulse	Comments
Andrew	4	35:19	172	26
Devoll	4	35:17	184	30
Galli	4	36:09	160	25
Garcia	4	32:05	184	25
Johnson, M	4	36:00	164	15
LaBarge	4	32:05	168	32
McIntyre, S	MODIFIED			-1 LAP of BALLFIELDS
Pitti, C	4	33:10	168	37
Pitti, L	4	33:10	160	30
Rizzo	4	36:00	136	22
Seal	ABSENT			
Group D-				
Hogan	4	31:32	196	50
Kramer	3	24:50	174	20
~~Kwentus~~				
Kanafani	3	23:54	144	40
Group E				
Apprill-Sokol	3	23:09	180	30
Bourneuf	3	24:45	164	40
Byrne	3	26:08	212	23
Cler	3	35:25	160	30
Garavaglia	3	26:10	140	42
Jackson	3	23:40	180	50
LeGrand	3	24:39	172	20
Mark	4	36:52	162	20
Munsell	4	31:17	144	36
Nolan, T	3	29:32	160	25
Rizzo, B	3	25:53	158	27
Rutledge	3	24:40	160	30
Stus	3	26:10	181	30
Voss	EXCUSED			
Group F				
Buescher	3	29:05	198	15
Gannon	ABSENT			
Garner	2	20:53	172	20
McIntyre, H	2	19:23	172	30
Murati	3	28:14	208	—
Stevens	3	35:25	180	25
Thro	3	35:25	184	30
Moore	3	41:10	172	12
		GOT	LOST	

Date: 8-22-17 Conditions:

Workout: Drills/ Warm-up to West Camp/ Push-ups/2nd Set/Carr Lane Repeats Groups 12: 8 Groups 34: 6 Groups 56: 5 All Groups have 3x150 after the workout/ Cool-down/ Stretch/ Spec Prep for weights group

Group 1	Repeats	Pulse	Comments
Burka	8	168	45 PU
Hetlage	8	172	42 PU
Milnor	8	180	25 PU
Scott	8	192	65 PU
Gunn	8	176	20 PU
Mittendorf	8	168	40 PU
Perry	8	172	10 PU
Poag	8	192	40 PU
Rackers	8	188	31 PU
Staley	8	192	10 PUSH-UP
Group 2	**Repeats**		
Booher	8	180	30 PU
Buehring	EXCUSED		
Koesterer	8	180	40 PU
Callahan	8	188	27 PU
Himich	8	180	35 PU
Hogan	8	172	
Swiecicki	8	168	20 PU
Thomas	8	192	35 PU
Dillon	8	184	27 PU
Friedrichs	8	180	50 PU
Krieger	8	192	31 PU
LaBarge	8	192	29 PU
Seal	6	176	
Group 3	**Repeats**		
Bourneuf	6	168	
Garcia	6	180	
Jackson	6	172	
Joy	6	180	
Kanafani	INJURED -- DID 4 SHIN PAIN		
Kramer	6	186	
Marx	29½ MIN AEROBIC		
May	7	171	
McLaughlin	6	144	
Munsell	6	200	
Munsell, T	6	168	
Pitti, C	6	200	
Pitti, L	6	176	
Sommers	6	176	
Stauder	7	184	
Tajkowski	6	172	
Uhlenbrock	6	172	
Voras	6	176	
SONG	8	200	

Group 4	Repeats	Pulse	Comments
Andrew	6	172	
Apprill-Sokol	6	180	
Correnti	6	181	
Devoll	6	182	
Galli	6	180	
Gordon	6	180	
Heller	6	184	
Johnson, M	6	176	
Nolan, J	6	176	
Rutledge	6	180	
Group 5	**Repeats**	**Pulse**	**Comments**
Buescher	INJURED -- CALF		
Byrne			
Cler	5	160	
Gannon	5	164	
Garavaglia	5	140	
~~Kwentus~~			
LeGrand	5	172	
Mark	5	172	
Murati	5	184	
Stus	5	167	
Group 6	**Repeats**	**Pulse**	**Comments**
Garner	5	188	
McIntyre, H	5	180	
McIntyre, S	29½ MIN. AEROBIC		
Moore	5	192	
Nolan, T	5	180	
Rizzo	5	172	
Rizzo, B	ROLLED ANKLE		
Stevens	5	200	
Thro	5	192	
Voss	5	184	

Date: 8-23-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Core/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going lower mileage/Strides / Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:53	144	
Hetlage	6	44:03	140	
Milnor	8	57:53	152	
Group A-				
Scott	6	44:03	140	
Group B				
Buehring	CARR LANE WORKOUT			
Gunn	6	44:03	164	
Himich	6	47:21	176	
Koesterer	6	45:20	168	
Mittendorf	6	47:33	148	
Perry	6	44:06	140	
Poag	6	44:03	168	
Staley	6	45:54	168	
Stauder	6	50:09	168	
Tajkowski	6	47:56	168	
Thomas	6	47:40	176	
Group B-				
Booher	5	35:59	164	
Callahan	5	35:59	152	
Group C				
Correnti	5	38:58	174	
Dillon	5	37:13	160	
Friedrichs	5	35:59	160	
Gordon	5	41:53	144	
Heller	5	38:58	176	
Joy	5	42:28	156	
Krieger	5	35:59	183	
Marx	4	30:38	172	
May	5	40:19	168	
McLaughlin	5	38:39	144	
Munsell, T	5	42:28	168	
Nolan, J	5	42:28	152	
Rackers	5	35:59	156	
Sommers	5	38:42	172	
Song	5	39:44	192	
Swiecicki	5	42:28	156	
Uhlenbrock	5	38:42	180	
Voras	5	42:28	148	

8 Repeats

Group D	Mileage	Time	Pulse	Comments
Andrew	4	31:00	172	
Devoll	4	32:39	168	
Galli	4	32:29	164	
Garcia	4	30:17	176	
Johnson, M	4	33:47	172	
LaBarge	4	31:00	172	
McIntyre, S	2 FULL LAP	AND 2 BASEBALL FIELDS		23:20 144
Pitti, C	4	30:25	180	
Pitti, L	4	30:25	168	
Rizzo	4	33:47	120	
Seal	4	28:32	168	
Group D-				
Hogan	3	22:53	152	
Kramer	3	23:00	184	
Kanafani	CROSS-TRAIN			Bike 1:10
Group E				
Apprill-Sokol	3	29:29	160	
Bourneuf	3	23:00	172	
Buescher	CROSS-TRAIN		Bike 1:10	
Byrne	3	24:12	232	
Cler	3	30:40	180	
Gannon	3	24:45	164	
Garavaglia	3	23:50	144	
Garner	3	28:27	172	
Jackson	3	22:54	168	
LeGrand	3	23:55	168	
Mark	4	36:42	153	
McIntyre, H	3	30:04	160	
Moore	3	34:45	172	
Munsell	3	22:35	168	
Murati	3	29:29	188	
Nolan, T	3	29:29	176	
Rizzo, B	3	31:31	176	
Rutledge	3	23:45	160	
Stevens	3	30:40	180	
Stus	3	23:47	172	
Thro	3	29:03	164	
Voss	3	26:52	184	

Date: 8-24-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going ~~lower~~ higher mileage/Drills/ Flying 150s / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	56:45	144	40
Hetlage	8	56:45	140	45
Milnor	8	56:45	148	55
Group A-				
Scott	8	56:45	~~148~~	~~55~~
			148	65
Group B				
Buehring	6	45:02	164	32
Gunn	6	44:16	160	20
Himich	6	47:53	172	27
Koesterer	6	44:16	164	25
Mittendorf	6	44:16	156	40
Perry	6	45:50	160	10
Poag	6	44:28	176	40
Staley	6	44:16	176	11
Stauder	6	50:58	168	60
Tajkowski	6	47:53	180	30
Thomas	6	47:53	184	35
Group B-				
Booher	6	44:28	172	20
Callahan	6	45:22	180	30
Group C				
Correnti	5	38:17	182	10
Dillon	5	36:30	156	27
Friedrichs	5	35:52	156	50
Gordon	5	40:15	160	15
Heller	5	40:50	168	25
Joy	5	36:25	172	30
Krieger	5	36:16	181	31
Marx	EXCUSED			
May	5	40:18	174	60
McLaughlin	5	36:19	168	27
Munsell, T	5	38:42	176	20
Nolan, J	5	42:35	152	25
Rackers	5	35:52	156	34
Sommers	5	36:12	172	35
Song	5	37:45	188	46
Swiecicki	5	35:52	172	30
Uhlenbrock	5	38:40	164	10
Voras	5	38:42	156	19

NOT FEELING WELL

PUKED

Group D	Mileage	Time	Pulse	Comments
Andrew	4	33:00	172	30
Devoll	4	31:57	180	22
Galli	4	34:38	160	20
Garcia	4	29:30	176	31
Johnson, M	4	~~34:46~~	172	~~22~~
LaBarge	4	30:14	168	29
McIntyre, S	3 LAP	PLUS 3 ROLLERBLADES	30:26	
Pitti, C	4	31:18	172	38
Pitti, L	4	30:14	168	30
Rizzo	4	33:41	136	31
Seal	4	29:30	180	27
Group D-				
Hogan	4	30:19	164	35
Kramer	~~3~~ 4	29:30	188	30
Kanafani	CROSS-TRAIN	1:00	Bike	
Group E				
Apprill-Sokol	3	24:57	172	35
Bourneuf	3	22:21	152	50
Buescher	CROSS-TRAIN			
Byrne	3	24:34	256	23
Cler	CROSS-TRAIN			
Gannon	3	25:07	164	33
Garavaglia	3	24:36	136	42
Garner	3	30:13	160	35
Jackson	3	22:24	180	60
LeGrand	3	25:38	168	22
Mark	4	39:16	173	23
McIntyre, H	3	26:25	160	25
Moore	3	36:31	180	5
Munsell	4	30:18	164	45
Murati	3	24:58	200	25
Nolan, T	EXCUSED			
Rizzo, B	3	26:02	168	27
Rutledge	3	25:35	160	30
Stevens	3	26:25	180	25
Stus	3	23:25	168	35
Thro	3	29:19	188	30
Voss	2	22:11	124	30

33:41

160 PULS

Date: 8-25-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going lower mileage/Strides/ Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:41	130	30
Hetlage	8	57:39	148	50
Milnor	8	57:39	156	50
Group A-				
Scott	6	43:41	144	60
Group B				
Buehring	5	37:04	144	12
Gunn	5	37:04	144	20
Himich	6	49:11	148	35
Koesterer	5	37:04	136	30
Mittendorf	5	36:43	132	40
Perry	6	48:25	152	10
Poag	6	47:30	152	40
Staley	5	37:04	160	10
Stauder	5	39:08	164	60
Tajkowski	5	39:32	160	25
Thomas	6	47:30	172	40
Group B-				
Booher	5	36:43	160	27
Callahan	5	37:04	148	30
Group C				
Correnti	4	33:22	164	12
Dillon	5	37:04	148	27
Friedrichs	4	30:00	136	50
Gordon	4	33:24	160	15
Heller	4	33:20	156	25
Joy	4	31:14	168	20
Krieger	4	29:27	179	32
Marx	4	30:15	172	—
~~May~~	~~85~~	~~29:30~~	~~172~~	~~27~~
McLaughlin	4	29:45	164	29
Munsell, T	4	33:20	164	15
Nolan, J	4	33:54	148	25
Rackers	5	36:43	152	34
Sommers	4	30:06	168	35
Song	4	30:39	180	30
Swiecicki	4	33:22	148	30
Uhlenbrock	4	31:20	160	10
Voras	4	33:22	156	14
May	5	39:55	168	60

Group D	Mileage	Time	Pulse	Comments
Andrew	3	26:23	156	26
Devoll	4	31:30	180	20
Galli	4	31:14	160	20
Garcia	4	30:15	176	30
Johnson, M	3	26:55	156	20
LaBarge	4	31:25	152	30
McIntyre, S	3	29:15	160	15
Pitti, C	3	26:55	168	39
Pitti, L	3	20:20	168	30
Rizzo	3	26:55	144	30
Seal	4	29:18	172	23
Group D-				
Hogan	3	21:28	132	35 pu
Kramer	3	22:00	184	25pu
Kanafani	CROSS-TRAIN			
Group E				
Apprill-Sokol	3	24:37	170	20 pu
Bourneuf	3	20:20	180	35 pu
Buescher	3	30:05	200	20 pu
Byrne	3	23:51	228	23 pu
Cler	3	22:06	180	20 pu
Gannon	3	23:48	164	36 pu
Garavaglia	3	24:09	136	38pu
Garner	3	29:41	160	20
Jackson	3	21:13	168	50pu
LeGrand	3	24:47	168	15pu
Mark	3	27:30	172	27
McIntyre, H	3	26:06	180	25pu
Moore	3	38:31	176	3
Munsell	3	22:10	152	35pu
Murati	3	24:38	204	20pu
Nolan, T	3	27:30	168	25pu
Rizzo, B	3	30:05	176	27pu
Rutledge	3	21:48	160	30 pu
Stevens	3	26:06	180	25pu
Stus	3	23:32	172	25pu
Thro	3	31:17	184	20pu
Voss	3	25:51	186	20pu

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Date: 8-26-17 Conditions:

Workout: Drills/ Warm-up to West Camp/ Push-ups/2nd Set/Groups 123: The Billiken Groups 45: Jr. Billiken (Flangan) Group 6: Jr. Jr. Billiken (Flanagan)/ Cool-down/ Stretch/ Spec Prep for weights group

Group 1	Paces	1600	Mile	1200	Mile	800	Mile	400	Total Milage Comments
Burka	5:22/3:54/2:32/74	5:20	7:35	4:00	7:11	2:25	7:19	70	9
Hetlage	5:22/3:54/2:32/74	5:21	7:35	4:00	7:11	2:25	7:19	70	9
Milnor	5:22/3:54/2:32/74	5:20	7:35	4:00	7:11	2:25	7:19	70	9
Scott	5:22/3:54/2:32/74	5:25	7:35	4:07	7:20	2:36	7:43	72	9
Gunn	5:30/4:00/2:36/76	5:25	7:35	4:07	7:20	2:45	7:50	79	9
Mittendorf	5:30/4:00/2:36/76	5:27	7:35	4:02	7:11	2:29	7:44	71	9
Perry	5:30/4:00/2:36/76	5:46	7:35	4:26	7:27	2:42	7:50	69	9
Poag	5:30/4:00/2:36/76	5:42	7:35	4:21	7:40	3:02	8:00	84	9
Rackers	5:30/4:00/2:36/76	5:31	7:35	4:11	7:21	2:41	7:43	72	9
Staley	5:30/4:00/2:36/76	5:28	7:35	4:09	7:21	2:36	7:44	72	9
Group 2	**Paces**	**1600**	**Mile**	**1200**	**Mile**	**800**	**Mile**	**400**	**Comments**
Booher	5:45/4:12/2:44/80	6:00	7:05	4:50	7:55	2:47	7:17	75	9
Buehring	5:45/4:12/2:44/80								
Koesterer	6:00/4:24/2:52/84	6:09	7:37	4:36	7:50	2:51	7:30	79	9
Callahan	6:00/4:24/2:52/84	6:11	7:55	4:36	8:20	2:50	8:20	80	8.5
Himich	6:00/4:24/2:52/84								
Hogan	6:00/4:24/2:52/84	6:15	—	4:39	7:55	3:01	7:34	90	6.5
Swiecicki	6:00/4:24/2:52/84	6:28	8:17	5:05	8:16	3:14	8:28	94	7.5
Thomas	6:00/4:24/2:52/84	6:28	8:17	5:05	8:16	3:14	8:28	94	8.5
Dillon	6:00/4:24/2:52/84	6:11	8:10	4:45	8:20	2:57	8:20	84	7.5
Friedrichs	6:00/4:24/2:52/84	6:30	8:41	5:20	8:45	3:04	9:18	80	8.5
Krieger	6:00/4:24/2:52/84	6:19	8:15	4:59	8:20	2:58	8:20	83	7.5
LaBarge	6:00/4:24/2:52/84	6:51	8:24	5:20	8:39	3:10	8:30	88	7.5
Seal	6:00/4:24/2:52/84	6:36	8:37	5:12	8:34	2:53	9:12	82	7.5
SONG		6:35	8:37	5:12	8:34	2:53	8:50	81	8.5
Group 3	**Paces**	**1600**	**Mile**	**1200**	**Mile**	**800**	**Mile**	**400**	**Comments**
Apprill-Sokol	6:25/4:42/3:04/90	6:33	—	4:50	8:25	3:15	7:50	85	6.56
Bourneuf	6:25/4:42/3:04/90	6:56	—	4:52	8:25	3:17	7:58	85	6.5
Garcia	6:25/4:42/3:04/90	6:50	9:35	6:20	INJ	INJ	INJ	INJ	
Jackson	6:25/4:42/3:04/90	6:39		4:52	8:25	3:23	8:32	90	6.5
Joy	6:25/4:42/3:04/90	6:40	8:50	4:54	9:00	2:57	8:06	87	7.5
Kanafani	6:25/4:42/3:04/90								XT Bike 1.15
Kramer	6:25/4:42/3:04/90	6:39	—	4:53	8:25	3:20	8:14	90	6.5
Marx	6:25/4:42/3:04/90	7:05	8:50	5:27	8:40	3:30	8:40	92	7.5
May	6:25/4:42/3:04/90	7:08	9:17	5:36	8:56	?	9:18	99	
McLaughlin	6:25/4:42/3:04/90	6:33	8:00	4:50	8:25	3:15	7:55	83	7.5
Munsell	6:25/4:42/3:04/90	6:38	—	4:54	8:25	3:20	8:14	90	6.5
Munsell, T	6:25/4:42/3:04/90	6:56	8:50	5:00	9:20	3:09	9:15	87	7.5
Pitti, C	6:25/4:42/3:04/90	6:51	9:09	5:16	9:12	3:40	9:18	90	7.5
Pitti, L	6:25/4:42/3:04/90	6:51	9:09	5:16	8:40	3:30	8:40	92	7.5
Sommers	6:25/4:42/3:04/90								
Stauder	6:25/4:42/3:04/90								
Tajkowski	6:25/4:42/3:04/90	6:56	8:38	4:57	8:28	2:59	8:06	79	8.5
Uhlenbrock	6:25/4:42/3:04/90	6:49	8:48	5:11	8:19	3:09	8:40	85	7.5
Voras	6:25/4:42/3:04/90	6:54	8:50	5:04	9:20	3:09	9:15	87	7.5

Group 3 ran long for most all of workout (took gravel path instead of bike path)

Stauder - 7 total miles - 6:43/4:52/3:28/1:38 - Aerobic miles were between 8:00 + 8:20

Buehring - 7.5 total miles - 5:53/3:32/2:14/1:03

Himich - 7.5 total miles - 6:33/4:57/3:21/1:29 - Aerobic miles were between 7:45 - 8:00

Date: 8-26-17 Conditions:

Workout: Drills/ Warm-up to West Camp/ Push-ups/2nd Set/Groups 123: The Billiken Groups 45: Jr. Billiken (Flangan) Group 6: Jr. Jr. Billiken (Flanagan)/ Cool-down/ Stretch/ Spec Prep for weights group

Group 4	Paces	1600	800	1200	800	800	800	400	Comments
Andrew	6:50/5:00/3:16/96	7:10	4:21	5:41	4:17	3:45	4:25	1:43	
Correnti	6:50/5:00/3:16/96	6:49		5:26	4:13	3:20	4:15	1:18	
Devoll	6:50/5:00/3:16/96	6:50		5:26	4:24	3:28	4:21	1:33	
Galli	6:50/5:00/3:16/96	6:48		5:15	4:07	3:08	4:15	1:30	
Gordon	6:50/5:00/3:16/96	6:46		5:08	4:16	3:16	4:18	1:21	
Heller	6:50/5:00/3:16/96	6:48		5:16	4:20	3:20	4:20	1:24	
Johnson, M	6:50/5:00/3:16/96	6:45		5:19	4:20	3:26	4:26	1:33	
Nolan, J	6:50/5:00/3:16/96	6:53		5:26	4:13	3:20	4:10	1:30	
Rutledge	6:50/5:00/3:16/96	6:47		5:17	4:14	3:17	4:27	1:21	

Group 5	Paces	1600	800	1200	800	800	800	400	Comments
Buescher	7:15/5:18/3:28/1:42	7:39	4:50	6:10	6:00	3:59	4:30	1:59	
Byrne	7:15/5:18/3:28/1:42								
Cler	7:15/5:18/3:28/1:42	7:40	4:50	5:45	4:25	3:48	4:48	1:35	
Gannon	7:15/5:18/3:28/1:42	7:33	4:54	5:49	4:25	3:40	5:28	2:22	
Garavaglia	7:15/5:18/3:28/1:42	7:18	4:45	5:45	4:28	3:38	4:45	1:34	
LeGrand	7:15/5:18/3:28/1:42	7:07	4:30	5:23	4:37	3:23	4:33	1:29	
Mark	7:15/5:18/3:28/1:42	7:07	4:30	5:23	4:37	3:23	4:33	1:28	
McIntyre, H	7:15/5:18/3:28/1:42	7:25	5:03	5:43	4:12	3:42	4:54	1:38	
Murati	7:15/5:18/3:28/1:42	7:37	4:53	7:44	4:44	3:49	4:40	1:56	
Rizzo	7:15/5:18/3:28/1:42	6:42	4:14	5:09	4:00	3:20	4:20	1:28	
Stus	7:15/5:18/3:28/1:42	7:20	4:45	5:46	4:19	3:43	4:43	1:34	

Group 6	Paces	1600	800	1200	800	800	800	400	Comments
Garner	8:00/5:54/3:52/1:54			6:01	5:14	4:03	5:36	1:41	
McIntyre, S	8:00/5:54/3:52/1:54			5:49	4:28	3:43	4:47	1:31	
Moore	8:00/5:54/3:52/1:54			6:48	5:11	5:00	5:43	2:24	
Nolan, T	8:00/5:54/3:52/1:54			5:41	4:33	3:41	5:09	1:25	
Rizzo, B	8:00/5:54/3:52/1:54			6:15	4:11	3:59	5:00	2:20	
Stevens	8:00/5:54/3:52/1:54			6:06	5:16	4:17	5:20	1:40	
Thro	8:00/5:54/3:52/1:54			5:57	4:20	3:48	5:00	1:34	
Voss	8:00/5:54/3:52/1:54			5:50	3:23?	3:53	6:07	1:39	

Date: 8-27-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	21:46			Andrew				
Hetlage	5				Devoll				
Milnor	4	30:52	140		Galli				
					Garcia				
Group A-		✓			Johnson, M				
Scott	4	34:44			LaBarge				✓
					McIntyre, S				
Group B					Pitti, C				
Buehring				bike 5 miles	Pitti, L				
Gunn	3				Rizzo				
Himich					Seal				
Koesterer	2								
Mittendorf	2	17:59			**Group D-**				
Perry				Swam 20:0(	Hogan				
Poag					Kramer				
Staley	3				Kanafani				
Stauder									
Tajkowski									
Thomas					**Group E**				
					Apprill-Sokol				
Group B-					Bourneuf				
Booher					Buescher				
Callahan	3	25:00			Byrne				
					Cler				
Group C					Gannon	3			
Correnti					Garavaglia				
Dillon					Garner				
Friedrichs					Jackson				
Gordon					LeGrand				
Heller					Mark				
Joy					McIntyre, H				
Krieger					Moore				
Marx	3				Munsell				
May	3				Murati				
McLaughlin					Nolan, T				
Munsell, T					Rizzo, B				
Nolan, J					Rutledge				
Rackers	3	25:30			Stevens				
Sommers					Stus				
Song					Thro				
Swiecicki					Voss				
Uhlenbrock									
Voras									

Week 10 - August 28-September 3							
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Mileage Totals**
1st Set Drills	1st Set Drills	O'FALLON FUTURES INVITE	1st Set Drills	1st Set Drills	GRANITE CITY INVITATIONAL	AB=3-5 Shakeout	A=63-65
Jog to West Camp	Jog to Steinberg	**OR**	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=55-57
Push-ups/Core	Push-ups	1st Set Drills	Push-ups	Push-ups	Warm-up		C=42
A=10	2nd Set Drills	Jog to West Camp	A=8	A=8	2nd Set Drills		D=37
B=8	3-5 Mile Tempo Run	Push-ups/Core	B=6	B=6	Race		E=33
C=6	3x150m for Everyone	A=8	C=5	C=5	Cooldown		
D=5	Cooldown	B=6	D=4	D=4	12= 2x400, 2x200 +3 miles		
E=4	AB=3 miles	C=5	E=3	E=3	3456=3 miles		
6 Strides	CDE= Jog to SLUH	D=4	Drills	6 Strides	Stretch		
Stretch with Leader	Specific Prep for Weights group	E=3	Flying 150s	Stretch with Leader			
Jog to SLUH	Stretch	Stretch with Leader	Stability Weights	Jog to SLUH			
	OR	Jog to SLUH	Stretch with Leader				
	Pre-Race		Jog to SLUH				

Date: 8-28-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=10 B=8 C=6 D=5 E=4 with minus groups going lower mileage/Strides/ Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	10	70:03	148	40
Hetlage	10	70:03	140	45
Milnor	10	70:03	156	40
Group A-				
Scott	8	57:03	148	65
Group B				
Buehring	8	58:30	168	16
Gunn	8	58:30	172	20
Himich	8	61:40	176	20
Koesterer	8	58:30	184	30
Mittendorf	8	57:03	148	40
Perry	8	61:40	172	5
Poag	8	58:30	172	40
Staley	8	58:30	172	15
Stauder	8	64:00	164	60
Tajkowski	8	63:47	188	30
Thomas	8	63:47	184	45
Group B-				
RIGHT LEG PAIN Booher	6	45:30	164	20
Callahan	6	45:32	164	35
Group C				
Correnti	6	52:12	165	15
Dillon	6	45:19	164	28
Friedrichs	6	45:19	164	40
Gordon	6	50:48	172	15
Heller	6	51:50	164	20
Joy	CROSS - TRAIN			
Krieger	6	50:03	177	25
Marx	5	38:06	172	20
May	6	51:15	159	60
McLaughlin	6	50:43	172	30
Munsell, T	6	51:50	152	15
Nolan, J	6	51:50	152	15
Rackers	5	35:01	156	31
Sommers	6	50:43	156	40
Song	EXCUSED			
Swiecicki	6	50:43	156	10
Uhlenbrock	6	50:43	164	25
Voras	6	50:43	160	17

Group D	Mileage	Time	Pulse	Comments
Andrew	5	42:56	160	22
Devoll	5	39:31	172	15
Galli	5	42:56	160	20
Garcia	5	36:50	176	20
Johnson, M	5	45:30	140	25
LaBarge	5	36:50	164	26
McIntyre, S	4	38:00	168	20
Pitti, C	5	45:30	160	41
Pitti, L	5	35:01	172	30
Rizzo	5	37:52	168	32
Seal	5	36:50	172	26
Group D-				
Hogan	4	27:35	120	30
Kramer	4	27:25	184	25
Kanafani	4	30:23	160	40
Group E				
Apprill-Sokol	4	28:33	180	25
Bourneuf	4	32:04	160	40
Buescher	8 LAPS	OF ONE	FIELD	-- PULSE 165 . . 20 PU
Byrne	4	31:50	252	23
Cler	4	38:30	160	20
Gannon	4	37:30	160	32
Garavaglia	4	32:04	144	37
Garner	3	31:26	144	20
Jackson	4	28:48	172	60
LeGrand	4	37:30	160	23
Mark	4	33:33	172	23
McIntyre, H	3	25:40	180	30
Moore	3	41:56	168	— JUG
Munsell	4	28:55	166	50
Murati	4	36:28	180	10
Nolan, T	4	36:49	164	25
Rizzo, B	3	30:29	145	27
Rutledge	4	30:23	168	30
Stevens	3	25:40	200	25
Stus	4	34:34	172	30
Thro	3	30:22	184	30
Voss	4	35:44	160	20

Date: 8-29-17 Conditions:

Workout: Drills/ Warm-up to Steinberg/ Push-ups/2nd Set/O'Fallon Racers: Pre-Race Everyone Else: 3-5 mile tempo run 3x150 with gear changes/ Cool-down/ Stretch/ Spec Prep for weights group

Group 1	Tempo	Time	Pulse	Comments
Burka	5	29:51	180	8
Hetlage	5	29:51	180	8
Milnor	5	29:51	188	mild cramping on right below ribs
Scott	4	24:30	184	8
Gunn	4	25:33	180	8
Mittendorf	4	24:03	164	8
Perry	4	27:30	200	7.5 miles
Poag	4	26:06	184	
Rackers	4	25:23	176	7
Staley	4	~~30:42~~	~~164~~	
		25:23	184	8 mi.
Group 2	**Tempo**	**Time**	**Pulse**	**Comments**
Buehring	4	26:03	184	8
Koesterer	4	27:45	188	
Himich	4	28:22	180	7
Swiecicki	4	27:54	172	
Thomas	5	44:28	188	AEROBIC
Song	3	24:37	200	
Group 3	**Tempo**	**Time**	**Pulse**	**Comments**
Joy	CROSS-TRAIN			
Marx	3	22:07	184	
Munsell, T	3	21:34	192	
Pitti, C	3	22:58	200	
Pitti, L	3	21:17	172	
Sommers	3	21:16	168	
Stauder	4	30:42	164	7 total mi.
Tajkowski	4	27:55	200	
Voras	5	~~44:28~~	~~188~~	
		44:28	160	AEROBIC
Group 4	**Tempo**	**Time**	**Pulse**	**Comments**
Correnti	3	22:34	162	
Heller	3	22:30	176	
Johnson, M	3	24:40	188	
Nolan, J	3	22:58	172	
Group 5	**Tempo**	**Time**	**Pulse**	**Comments**
Rizzo	3	23:06	176	
Group 6	**Tempo**	**Time**	**Pulse**	**Comments**
Garner	2	18:41	184	
McIntyre, S	2	18:58	184	SHIN PAIN
GANNON	3	24:45	164	6
SEAL	3	22:09	180	

Group B-	Mileage	Time	Pulse	Comments
Booher	4	29:54	160	HAMSTRING
Callahan	4	29:59	128	
Group C				
Dillon	4	31:28	152	
Friedrichs	4	33:22	136	
Krieger	4	31:28	177	
Gordon	4	34:56	160	
May	4	34:53	168	
McLaughlin	4	32:14	132	
Uhlenbrock	4	32:14	152	
Group D				
Andrew	3	25:49	172	
Devoll	3	23:55	180	
Galli	3	27:06	152	
Garcia	3	23:52	172	
LaBarge	3	23:52	168	
~~Seal~~				
Group D-				
Hogan	3	20:50	154	
Kanafani	3	25:58	160	
Kramer	3	20:54	180	
Group E				
Apprill-Sokol	3	21:22	190	
Bourneuf	3	25:40	152	
Munsell, M	3	22:11	180	
Jackson	3	21:13	176	
Rutledge	3	25:15	140	
Buescher	3	28:30	185	
Byrne	3	25:13	208	
Cler	3	34:01	160	
~~Gannon~~				
Garavaglia	3	25:44	140	
LeGrand	3	25:53	148	
Mark	3	21:30	172	
McIntyre, H	3	28:30	168	
Murati	3	27:33	216	
Stus	3	25:15	180	
Moore	3	26:10	168	WRONG COURSE
Nolan, T	3	29:27	164	
Rizzo, B	3	28:15	163	
Stevens	3	34:00	180	
Thro	3	29:50	174	
Voss	3	27:58	180	

Date: 8-30-17 Conditions:

Workout: O'Fallon Futures Invite OR Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going lower mileage/Strides/ Hurdles / Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments	O'Fallon				
Burka	8	57:10	156	10	Booher				
Hetlage	8	57:10	148	45	Callahan				
Milnor	8	57:10	156	50	Dillon				
					Friedrichs				
Group A-					Gordon				
Scott	5	34:56	156	60	Krieger				
					May				
Group B					McLaughlin				
Buehring	6	45:44	164	15	Song				
Gunn	6	45:44	156	20	Uhlenbrock				
Himich	6	47:20	172	15	Andrew				
Koesterer	6	47:20	184	25	Devoll				
Mittendorf	6	46:10	148	50	Galli				
Perry	6	47:00	168	7	Garcia				
Poag	6	45:44	172	40	LaBarge				
Staley	6	45:44	176	10	Seal				
Stauder	6	50:11	168	60	Hogan				
Tajkowski	6	48:03	168	25	Kramer				
Thomas	6	48:03	172	45	Kanafani				
					Apprill-Sokol				
Group C					Bourneuf				
Correnti	5	39:38	170	15	Buescher				
Heller	5	39:38	168	30	Byrne				
Joy	5	39:15	164	20	Cler				
Marx	5	39:15	168	20	Gannon				
Munsell, T	5	39:15	168	15	Garavaglia				
Nolan, J	5	39:38	152	25	Garner				
Rackers	5	34:56	160	32	Jackson				
Sommers	5	39:15	168	35	LeGrand				
Swiecicki	5	39:39	156	15	Mark				
Voras	5	39:38	168	19	McIntyre, H				
					Moore				
Group D					Munsell				
Johnson, M	4	31:45	168	~~15~~ 25	Murati				
McIntyre, S	3	27:53	168	17	Nolan, T				
Pitti, C	4	31:45	172	41	Rizzo, B				
Pitti, L	4	31:45	156	30	Rutledge				
Rizzo	OFALLON			4 miles	Stevens				
					Stus				
GARNER	3	28:58	164	20	Thro				
					Voss				

Date: 8-31-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides for O'Fallon/ 150s and Drills for non-O'Fallon/Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	56:31	136	40
Hetlage	8	56:31	148	50
Milnor	8	56:31	148	55
Group A-				
Scott	6	43:25	156	65
Group B				
Buehring	4	31:45	184	12 Head Cold
Gunn	6	43:25	168	25
Himich	6	45:54	168	20 Bathroom
Koesterer	6	45:30	156	20
Mittendorf	6	45:39	136	45
Perry	6	45:30	160	10
Poag	6	45:30	160	40
Staley	6	45:30	160	10
Stauder	6	49:58	172	60
Tajkowski	6	46:27	172	30
Thomas	6	46:27	188	45
Group B-				
Booher	5	36:02	160	40
Callahan	5	37:45	168	30
Group C				
Correnti	5	38:04	160	10
Dillon	5	39:45	144	29
Friedrichs	5	36:27	164	60
Gordon	5	45:00	144	15
Heller	5	42:48	148	25
Joy	5	37:45	156	20
Krieger	5	37:45	169	33
Marx	5	38:09	164	20
May	5	40:40	168	50
McLaughlin	5	37:45	160	25
Munsell, T	5	37:45	168	25
Nolan, J	5	42:31	148	25
Rackers	5	36:02	156	36
Sommers	5	36:02	156	40
Song	5	37:45	176	60
Swiecicki	5	42:48	144	25
Uhlenbrock	5	37:45	160	10
Voras	5	42:48	152	21

Group D	Mileage	Time	Pulse	Comments
Andrew	4	32:50	172	23
Devoll	4	35:04	160	17
Galli	4	35:19	160	20
Garcia	4	30:24	176	30
Johnson, M	4	34:17	156	20
LaBarge	4	29:34	160	26
McIntyre, S	3	28:48	168	18
Pitti, C	4	34:17	160	53
Pitti, L	4	28:07	168	30
Rizzo	4	30:30	178	22
Seal	4	28:33	172	30
Group D-				
Hogan	4	29:55	176	35
Kramer	4	29:07	180	20
Kanafani	3	23:00	—	—
Group E				
Apprill-Sokol	3	22:33	160	20
Bourneuf	3	25:50	140	35
Buescher				XT
Byrne	3	25:59	168	23
Cler				
Gannon	3	25:22	164	30
Garavaglia	3	25:50	140	41
Garner	3	32:29	154	~~[illegible]~~
Jackson	3	22:33	164	60
LeGrand	3	25:20	168	27
Mark				
McIntyre, H	3	25:40	168	30
Moore	3	37:13	168	—
Munsell	3	23:15	160	45
Murati	3	25:00	ran around field	
Nolan, T	3	30:08	164	25
Rizzo, B	3	30:00	155	27
Rutledge	3	25:20	120	30
Stevens	3	25:20	180	20
Stus	3	25:20	159	25
Thro	3	30:45	180	25
Voss	3	30:12	144	30

Date: 9-1-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Pre-Race Aerobic run A=6 B=5 C=4 DE=3 with minus groups going lower mileage/Strides/ Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	45:30	116	45
Hetlage	6	45:30	140	45
Milnor	6	45:30	148	45
Group A-				
Scott	6	45:30	148	55
Group B				
Buehring	4	32:55	160	13 (HEAD-COLD)
Gunn	5	38:12	136	20
Himich	5	38:12	156	20
Koesterer	5	38:12	156	25
Mittendorf	5	38:12	136	40
Perry	5	38:12	156	9
Poag	EXCUSED			
Staley	5	38:12	156	10
Stauder	5	39:25	160	61
Tajkowski	5	38:58	168	20
Thomas	5	38:58	184	50
Group B-				
Booher	4	29:00	160	20
Callahan	4	29:57	128	30
Group C				
Correnti	4	31:30	167	10
Dillon	4	29:57	144	28
Friedrichs	4	31:00	136	50
Gordon	4	37:02	140	15
Heller	4	31:33	156	20
Joy	4	31:30	160	15
Krieger	4	29:57	167	34
Marx	EXCUSED			
May	4	32:40	162	60
McLaughlin	4	29:57	160	30
Munsell, T	4	31:33	152	15
Nolan, J	4	32:55	152	25
Rackers	4	29:00	152	38
Sommers	4	29:00	168	40
Song	4	31:28	180	50
Swiecicki	4	36:48	152	20
Uhlenbrock	4	29:57	160	10
Voras	4	36:48	152	19

Group D	Mileage	Time	Pulse	Comments
Andrew	3	26:51	160	24
Devoll	3	26:46	162	27
Galli	3	25:40	160	20
Garcia	3	23:50	172	30
Johnson, M	3	28:00	164	15
LaBarge	3	23:53	152	25
McIntyre, S	3	29:42	172	20
Pitti, C	3	28:00	140	55
Pitti, L	3	22:03	172	30
Rizzo	3	23:18	160	31
Seal	3	23:50	160	23
Group D-				
Hogan	3	22:47	152	30
Kramer	3	23:07	174	25
Kanafani	CROSS-TRAIN			BIKE 1:00
Group E				
Apprill-Sokol	3	22:07	190	30
Bourneuf	3	26:43	172	30
Buescher	CROSS-TRAIN			
Byrne	3	25:17	184	23
Cler	3	31:06	140	10
Gannon	3	28:01	164	30
Garavaglia	3	25:24	144	37
Garner	EXCUSED			
Jackson	3	22:15	160	60
LeGrand	3	28:03	148	27
Mark	3	30:00	—	—
McIntyre, H	3	26:43	168	30
Moore	3	38:10	168	3
Munsell	3	23:13	156	50
Murati	3	29:47	180	30
Nolan, T	3	27:51	176	30
Rizzo, B	3	29:47	151	27
Rutledge	3	28:00	120	25
Stevens	3	31:06	180	20
Stus	3	28:02	152	30
Thro	3	28:03	188	30
Voss	3	27:50	164	25

Date: 9-3-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	21:18		30 push-ups	Andrew				
Hetlage	5	N/A	N/A		Devoll				
Milnor	5	38:45	136		Galli				
					Garcia				
Group A-					Johnson, M				
Scott	4	34:30			LaBarge				
					McIntyre, S				
Group B					Pitti, C				
Buehring	4	34:11	152		Pitti, L				
Gunn	3				Rizzo				
Himich					Seal				
Koesterer									
Mittendorf	2	~28:45		20 pushups	**Group D-**				
Perry				Swan 20:00	Hogan	2			
Poag	2				Kramer				
Staley	3				Kanafani				
Stauder	—								
Tajkowski									
Thomas					**Group E**				
					Apprill-Sokol				
Group B-					Bourneuf				
Booher					Buescher				
Callahan					Byrne				
					Cler				
Group C					Gannon	4			
Correnti					Garavaglia				
Dillon					Garner				
Friedrichs					Jackson				
Gordon					LeGrand				
Heller					Mark				
Joy					McIntyre, H				
Krieger					Moore				
Marx	3				Munsell				
May					Murati				
McLaughlin					Nolan, T				
Munsell, T					Rizzo, B				
Nolan, J					Rutledge				
Rackers	3				Stevens				
Sommers					Stus				
Song					Thro				
Swiecicki					Voss				
Uhlenbrock									
Voras									

Sat = 4.5 –

Week 9 - September 4-10 Bounce Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	FOREST PARK XC FESTIVAL	AB=3-5 Shakeout	A=50-52
Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=46-48
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=38
A=6	A=6	A=6	A=6	AB=5	2nd Set Drills		D=33
B=5	B=5	B=5	B=5	C=4	Race		E=33
C=4	C=4	C=4	C=4	DE=3	Cooldown		
DE=3	DE=3	DE=3	DE=3	6 Strides	3 miles for everybody		
6 Strides	3x1 min. pickups during run	6 Strides	Drills		Stretch		
Stretch with Leader	Drills	Stretch with Leader	Flying 150s				
Jog to SLUH	6 Strides	Jog to SLUH	Stretch with Leader				
	Stretch with Leader		Jog to SLUH				
	Jog to SLUH		Stability Weights				
	Weights						

Date: 9-4-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going higher mileage/Strides/ Hurdles/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:03	152	30
Hetlage	6	43:03	152	45
Milnor	6	43:03	160	45
Group A-				
Scott	6	43:03	168	70
Group B				
Buehring	5	37:25	160	12
Gunn	5	37:25	152	20
Himich	5	38:30	168	25
Koesterer	5	37:25	176	20
Mittendorf	5	37:25	148	40
Perry	5	37:25	156	10
Poag	5	37:08	156	40
Staley	5	37:25	176	20
Stauder	5	38:55	172	61
Tajkowski	5	40:00	168	20
Thomas	ABSENT			
Group B-				
Booher	5	37:25	172	20
Callahan	4	31:04	184	15
Group C				
Correnti	4	31:08	163	15
Dillon	4	29:30	148	30
Friedrichs	4	29:33	168	51
Garcia	4	30:21	172	30
Gordon	4	33:44	160	15
Heller	4	31:20	160	25
Joy	4	31:08	160	15
Krieger	4	29:33	178	35
LaBarge	4	30:21	156	25
Marx	4	30:12	168	22
May	4	40:15	156	65
McLaughlin	4	31:20	168	25
Munsell, T	4	31:08	168	15
Nolan, J	4	33:44	152	15
Pitti, C	4	33:44	160	47
Pitti, L	4	28:36	172	30
Rackers	4	28:36	160	35
Seal	4	29:44	164	26
Sommers	4	28:35	188	45
Song	4	33:38	180	40
Swiecicki	ABSENT	4 total 30:06, 168, 38PU		
Uhlenbrock	4	31:08	152	15
Voras	4	31:08	152	17

Group D	Mileage	Time	Pulse	Comments
Andrew	3	25:52	172	21
Devoll	3	25:43	162	24
Galli	3	24:47	160	20
Johnson, M	ABSENT	5 (7 total) 43:25		20 pushups
Mark	3	25:42	172	22
McIntyre, S	3	30:37	156	15
Rizzo	3	24:47	164	30
Group D-				
Apprill-Sokol	3	22:00	182	50
Bourneuf	3	22:05	168	40
Hogan	3	21:56	168	55
Jackson	3	22:03	172	65
Kramer	3	21:08	172	20
Munsell, M	3	22:50	164	45
Group E				
Buescher	CROSS-TRAIN			
Byrne	3	25:19	160	24
Cler	3	30:40	160	20
Gannon	3	23:36	164	30
Garavaglia	EXCUSED			3 total 26:10
Garner	EXCUSED			
Kanafani	CROSS-TRAIN			
LeGrand	3	29:00	148	15
McIntyre, H	3	26:43	172	30
Moore	3	39:10	180	—
Murati	3	28:28	172	35
Nolan, T	3	31:09	168	30
Rizzo, B	3	28:26	190	27
Rutledge	3	26:38	145	15
Stevens	3	30:40	160	20
Stus	3	26:39	160	25
Thro	3	30:33	188	30
Voss	3	26:40	200	30

Date: 9-5-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going lower mileage with 3x1 min. pickups during run/Strides/ Weights/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:24	148	35
Hetlage	6	43:24	148	45
Milnor	6	43:24	156	35
Group A-				
Scott	6	43:24	164	75
Group B				
Buehring	5	37:04	184	7
Gunn	5	36:51	148	20
Himich	5	38:39	176	25
Koesterer	5	38:35	164	30
Mittendorf	5	37:55	164	40
Perry	5	36:45	180	10
Poag	5	37:04	172	40
Staley	5	36:51	172	20
Stauder	5	41:54	156	65
Tajkowski	5	39:31	168	20
Thomas	5	39:31	168	40
Group B-				
Booher	5	37:05	160	25
Callahan	4	29:44	172	25
Group C				
Correnti	4	32:41	160	10
Dillon	4	29:45	144	31
Friedrichs	4	32:50	152	55
Garcia	4	32:50	160	30
Gordon	4	34:22	160	15
Heller	4	32:41	156	25
Joy	4	33:44	156	10
Krieger	4	31:41	175	35
LaBarge	4	32:50	156	25
Marx	4	33:30	164	20
May	4	42:36	141	60
McLaughlin	4	33:30	140	30
Munsell, T	4	33:44	164	20
Nolan, J	4	32:41	152	20
Pitti, C	ROLLED ANKLE			48
Pitti, L	4	29:00	164	30
Rackers	4	29:30	160	39
Seal	4	31:41	164	25
Sommers	4	29:01	164	20
Song	4	31:40	188	60
Swiecicki	4	33:35	160	10
Uhlenbrock	4	33:30	160	30
Voras	4	32:41	156	21

FINISHED ON A PICK-UP

Group D	Mileage	Time	Pulse	Comments
Andrew	3	27:38	136	25
Devoll	3	27:42	150	24
Galli	3	29:03	152	20
Johnson, M	3	30:01	128	20
Mark	3	30:10	172	27
McIntyre, S	INJURED AND WRONG SHOES			
Rizzo	3	29:25	124	30
Group D-				
Apprill-Sokol	3	24:28	180	20
Bourneuf	3	25:25	160	50
Hogan	3	23:27	120	55
Jackson	3	25:35	156	70
Kramer	3	24:30	168	25
Munsell, M	3	25:25	160	50
Group E				
Buescher	CROSS-TRAIN			
Byrne	3	28:08	144	24
Cler	3	28:30	160	20
Gannon	3	29:35	168	32
Garavaglia	3	30:07	136	39
Garner	3	31:29	188	20
Kanafani	CROSS-TRAIN			
LeGrand	3	29:00	140	26
McIntyre, H	3	30:13	168	30
Moore	3	29:50	176	—
Murati	3	30:20	164	30
Nolan, T	3	31:32	160	26
Rizzo, B	3.7	33:52	143	27
Rutledge	3	28:30	120	20
Stevens	3	28:30	180	20
Stus	3	31:32	153	25
Thro	3.7	33:52	152	35
Voss	3	30:05	148	25

Date: 9-6-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going lower mileage/Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	42:22	144	40
Hetlage	6	42:20	140	50
Milnor	6	42:22	148	35
Group A-				
Scott	5	36:02	132	65
Group B				
Buehring	5	36:02	168	8
Gunn	5	36:02	160	20
Himich	5	37:40	156	30
Koesterer	5	37:40	160	30
Mittendorf	5	36:11	124	40
Perry	5	35:45	156	10
Poag	5	36:02	168	40
Staley	5	36:02	156	10
Stauder	5	39:53	148	60
Tajkowski	5	39:53	152	25
Thomas	5	37:40	172	40
Group B-				
Booher	4	28:39	160	30
Callahan	5	36:03	168	20
Group C				
Correnti	4	30:22	156	15
Dillon	4	29:09	148	31
Friedrichs	4	29:45	156	60
Garcia	4	29:45	172	33
Gordon	4	33:08	160	15
Heller	4	30:22	168	20
Joy	4	30:22	152	10
Krieger	4	29:09	178	36
LaBarge	4	29:41	156	26
Marx	4	31:40	168	40
May	4	45:59	123	65
McLaughlin	4	31:15	144	25
Munsell, T	4	30:15	148	20
Nolan, J	4	30:22	148	20
Pitti, C	CROSS TRAIN			BIKE 1:30
Pitti, L	4	28:39	168	30
Rackers	4	28:39	160	39
Seal	4	29:40	160	24
Sommers	4	31:12	136	20
Song	4	29:50	176	50
Swiecicki	4	30:22	156	10
Uhlenbrock	4	31:15	154	10
Voras	4	30:22	156	20

Group D	Mileage	Time	Pulse	Comments
Andrew	3	27:45	148	27
Devoll	3	26:42	160	20
Galli	3	26:49	164	20
Johnson, M	3	26:02	168	20
Mark	3	28:28	168	23
McIntyre, S	3	34:52	144	15
Rizzo	3	28:28	164	32
Group D-				
Apprill-Sokol	3	21:52	180	20
Bourneuf	3	22:55	148	30
Hogan	3	22:28	120	30
Jackson	3	22:35	160	70
Kramer	3	22:16	160	20
Munsell, M	3	22:55	148	45
Group E				
Buescher	CROSS-TRAIN			
Byrne	3	26:27	140	24
Cler	3	32:28	164	20
Gannon	3	25:56	164	31
Garavaglia	3	26:28	144	35
Garner	3	28:34	156	25
Kanafani	CROSS-TRAIN			
LeGrand	3	26:04	168	24
McIntyre, H	3	26:32	172	30
Moore	3	33:50	176	6
Murati	3	30:53	172	30
Nolan, T	3	28:20	168	27
Rizzo, B	3	30:00	157	27
Rutledge	3	25:55	140	20
Stevens	3	32:28	160	20
Stus	3	27:54	156	25
Thro	3	30:09	–	20
Voss	3	25:55	148	~~35~~ 30

Date: 9-7-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going higher mileage/Drills/ Flying 150s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:31	–	30
Hetlage	6	43:31	140	45
Milnor	6	43:31	144	45
Group A-				
Scott	6	43:31	144	75
Group B				
Buehring	5	35:17	152	24
Gunn	5	35:17	152	25
Himich	5	39:00	176	25
Koesterer	5	35:17	156	30
Mittendorf	5	35:55	134	40
Perry	5	35:17	156	11
Poag	5	35:17	168	40
Staley	5	35:17	152	10
Stauder	5	41:35	152	70
Tajkowski	5	38:05	160	20
Thomas	5	35:55	172	35
Group B-				
Booher	5	35:55	164	30
Callahan	5	35:48	172	25
Group C				
Correnti	4	31:10	172	15
Dillon	4	29:00	148	32
Friedrichs	4	28:17	164	65
Garcia	4	28:54	176	30
Gordon	4	31:10	152	15
Heller	4	31:10	164	20
Joy	4	31:10	156	20
Krieger	4	28:56	178	36
LaBarge	4	29:00	152	26
Marx	4	30:52	160	25
May	4	38:14	156	65
McLaughlin	4	30:45	144	30
Munsell, T	4	30:16	160	20
Nolan, J	4	31:10	156	20
Pitti, C	CROSS-TRAIN			
Pitti, L	4	27:47	168	30
Rackers	4	27:47	160	41
Seal	4	28:53	164	26
Sommers	4	28:50	184	35
Song	4	29:05	180	60
Swiecicki	5	35:55	160	40
Uhlenbrock	4	30:45	148	30
Voras	4	31:10	152	22

Group D	Mileage	Time	Pulse	Comments
Andrew	3	27:18	164	22
Devoll	3	27:24	150	24
Galli	3	26:50	160	20
Johnson, M	3	26:33	156	20
Mark	3	27:42	162	22
McIntyre, S	3	33:10	144	17
Rizzo	3	26:22	160	30
Group D-				
Apprill-Sokol	3	22:13	188	25
Bourneuf	3	22:48	160	35
Hogan	3	22:15	156	30
Jackson	3	22:13	168	70
Kramer	3	22:00	160	20
Munsell, M	3	22:13	156	50
Group E				
Buescher	CROSS-TRAIN			
Byrne	3	26:21	160	24
Cler	3	31:32	160	10
Gannon	3	26:47	164	20
Garavaglia	3	26:00	144	40
Garner	3	33:54	160	25
Kanafani	CROSS-TRAIN			
LeGrand	3	24:42	152	25
McIntyre, H	3	26:27	172	25
Moore	3	38:13	180	10
Murati	3	29:17	152	25
Nolan, T	3	29:21	164	30
Rizzo, B	3	29:17	150	27
Rutledge	3	24:41	152	20
Stevens	3	31:36	136	20
Stus	3	29:04	163	25
Thro	EXCUSED			
Voss	3	25:59	180	30

Date: 9-8-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run AB=5 C=4 DE=3 with minus groups going lower mileage/Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	5	37:00	140	30
Hetlage	5	37:00	140	40
Milnor	5	37:00	140	35
Group A-				
Scott	5	37:00	148	65
Group B				
Buehring	5	37:00	160	50
Gunn	5	37:00	144	20
Himich	5	37:00	156	30
Koesterer	5	37:00	160	35
Mittendorf	5	37:00	144	40
Perry	5	37:00	160	11
Poag	5	37:00	172	40
Staley	5	37:00	156	15
Stauder	5	39:47	156	60
Tajkowski	5	38:26	160	25
Thomas	5	38:26	172	35
Group B-				
Booher	4	29:45	168	20
Callahan	4	29:45	168	20
Group C				
Correnti	4	32:10	176	10
Dillon	4	29:50	152	31
Friedrichs	4	31:17	144	50
Garcia	4	31:17	176	30
Gordon	4	32:33	156	15
Heller	4	32:33	156	20
Joy	4	32:04	156	15
Krieger	4	29:45	177	24
LaBarge	4	31:19	156	23
Marx	4	31:42	168	25
May	4	43:12	156	65
McLaughlin	4	31:53	140	30
Munsell, T	4	32:10	156	15
Nolan, J	4	32:04	164	15
Pitti, C	WARM-UP / WARM-DOWN CROSS TRAIN			
Pitti, L	4	29:45	172	30
Rackers	4	29:45	156	43
Seal	4	31:17	156	27
Sommers	4	29:50	172	35
Song	4	29:45	180	30
Swiecicki	4	32:10	160	30
Uhlenbrock	4	31:53	176	25
Voras	4	32:04	152	19

Group D	Mileage	Time	Pulse	Comments
Andrew	3	27:49	184	25
Devoll	3	28:33	160	24
Galli	3	27:03	160	20
Johnson, M	3	25:57	164	20
Mark	2	18:24	172	22
McIntyre, S	3	32:55	160	15
Rizzo	3	27:00	172	32
Group D-				
Apprill-Sokol	3	23:42	179	25
Bourneuf	3	23:50	160	35
Hogan	3	23:30	156	30
Jackson	3	23:42	164	60
Kramer	3	23:26	164	20
Munsell, M	3	23:26	164	45
Group E				
Buescher	CROSS-TRAIN			
Byrne	3	25:13	144	24
Cler	3	28:00	160	—
Gannon	3	32:55	180	25
Garavaglia	3	26:46	136	30
Garner	3	25:45	164	29
Kanafani	CROSS-TRAIN			
LeGrand	3	26:46	162	27
McIntyre, H	3	28:30	176	25
Moore	3	36:00	176	6
Murati	3	31:51	164	20
Nolan, T	3	27:40	164	25
Rizzo, B	3	31:30	163	27
Rutledge	3	24:16	142	20
Stevens	3	28:00	200	20
Stus	3	25:49	153	25
Thro	3	31:45	180	30
Voss	3	28:01	196	20

BOBBY RIZZO ~~DOESN'T~~ DIDN'T FEEL WELL ON RUN

MIXED UP GARNER AND GANNON

Date: 9-10-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	21:30			Andrew				
Hetlage	5				Devoll				
Milnor	4	31:40			Galli				
					Johnson, M				
Group A-					Mark				
Scott	3	25:56			McIntyre, S				
					Rizzo				
Group B									
Buehring	5		152						
Gunn									
Himich					**Group D-**				
Koesterer				Bike	Apprill-Sokol				
Mittendorf	2	17:18		Bike 20:00	Bourneuf				
Perry	3				Hogan				
Poag					Jackson				
Staley	4				Kramer				
Stauder					Munsell, M				
Tajkowski									
Thomas									
					Group E				XT
Group B-					Buescher				
Booher	2				Byrne				
Callahan					Cler				
					Gannon				
Group C					Garavaglia				
Correnti					Garner				
Dillon					Kanafani				
Friedrichs					LeGrand				
Garcia					McIntyre, H				
Gordon					Moore				
Heller					Murati				
Joy					Nolan, T				
Krieger					Rizzo, B				
LaBarge					Rutledge				
Marx					Stevens				
May	4	41:14			Stus				Bike 1:00
McLaughlin					Thro				
Munsell, T					Voss				
Nolan, J									
Pitti, C									
Pitti, L									
Rackers	4	3:400							
Seal									
Sommers									
Song									
Swiecicki									
Uhlenbrock									
Voras									

Week 8 - September 11-17							
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Mileage Totals**
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	PAUL ENKE INVITATIONAL	AB=3-5 Shakeout	A=62-64
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=55-57
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=43
A=10	2nd Set Drills	A=8	A=8	A=6	2nd Set Drills		D=39
B=8	Tempo Run	B=6	B=6	B=5	Race		E=34
C=6	3-5 Miles	C=5	C=5	C=4	Cooldown		
D=5	6xHill	D=4	D=4	D=4	12= 2x400, 2x200 +3 miles		
E=4	Cooldown	E=3	E=3	E=3	3456=3 miles		
6 Strides	AB=2-3 miles	Stretch with Leader	Drills	6 Strides	Stretch		
Stretch with Leader	CDE= Jog to SLUH	Jog to SLUH	Flying 175s	Stretch with Leader	**OR**		
Jog to SLUH	Competition for Weights group		Stability Weights	Jog to SLUH	1st Set Drills		
	Stretch		Stretch with Leader		Warm-up		
			Jog to SLUH		2nd Set Drills		
					Fartlek (3 on/ 2 off)		
					for 10K		
					Cooldown 2 miles		
					Stretch		

Date: 9-11-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=10 B=8 C=6 D=5 E=4 with minus groups going lower mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	10	68:53	156	40
Hetlage	10	67:42	152	40
Milnor	10	68:53	156	50
Group A-				
Scott	8	54:51	152	70
Group B				
KNEE PAIN Buehring	6	47:29	156	12
Gunn	8	58:37	164	20
Himich	8	58:37	176	20
Koesterer	8	55:55	172	15
Mittendorf	8	55:55	140	40
Perry	8	54:20	156	—
Poag	8	58:37	160	40
Staley	8	55:55	168	10
Stauder	8	64:41	168	60
Tajkowski	8	62:00	180	30
Thomas	8	62:00	176	35
Group B-				
Booher	6	42:48	160	20
Callahan	6	42:48	168	20
Group C				
Correnti	6	49:10	174	10
Dillon	6	42:48	168	31
Friedrichs	6	42:24	172	60
Garcia	6	43:35	176	27
Gordon	6	49:07	168	20
Heller	6	49:07	168	25
Joy	6	49:10	164	15
Krieger	6	42:55	177	35
LaBarge	6	47:29	168	27
Marx	6	47:29	168	30
May	6	52:10	165	65
McLaughlin	6	49:07	160	30
Munsell, T	6	49:10	160	15
FELL Nolan, J	6	49:15	152	20
Pitti, C	6	49:07	164	61
Pitti, L	6	49:07	148	30
Rackers	6	42:24	164	42
Seal	6	44:07	164	24
Sommers	6	47:05	156	30
Song	6	43:45	180	45
Swiecicki	6	49:09	172	30
Uhlenbrock	6	49:07	164	20
Voras	6	49:07	160	21

Group D	Mileage	Time	Pulse	Comments
Andrew	5	40:19	172	23
Devoll	5	39:40	170	20
Galli	5	40:19	164	20
Johnson, M	5	40:36	156	20
Mark	5	44:41	172	25
McIntyre, S	4	38:39	160	15
Rizzo	5	36:12	176	34
Group D-				
Apprill-Sokol	4	30:41	170	30
Bourneuf	4	30:41	160	30
Hogan	4	28:51	172	40
Jackson	3	24:26	160	70
Kramer	4	27:00	174	20
Munsell, M	4	30:41	160	40
Group E				
Buescher	CROSS-TRAIN			
Byrne	4	32:00	156	25
Cier	4	38:40	178	25
Gannon	4	31:39	164	30
Garavaglia	4	30:41	148	38
Garner	4	38:39	156	30
Kanafani	CROSS-TRAIN			
LeGrand	4	32:11	160	23
McIntyre, H	4	28:40	164	30
Moore	4	44:25	180	6
Murati	4	38:49	180	20
Nolan, T	4	37:43	166	26
Rizzo, B	4	37:30	159	27
Rutledge	4	31:38	144	20
Stevens	4	37:23	160	20
Stus	4	32:11	156	25
Thro	4	39:49	180	20
Voss	4	37:23	196	20

Date: 9-12-17 Conditions:

Workout: Drills/ Warm-up to Steinberg/ Push-ups/2nd Set/All Groups: Tempo Run 3-5 miles 6xShort Hill/ Cool-down/ Stretch/ Competition for weights group

M1 5:46
M2 5:48
M3 5:45
M4 5:44
M5 5:38

Group 1 (8)	Tempo	Time	Pulse	Comments	TM
Booher	5	32:36	196	20	8
Burka	5	29:19	156	20 (9)	
Hetlage	5	28:44	172	35	9
Milnor	5	28:44	184	35	9
Mittendorf	5	29:27	160	40	8
Rackers	5	32:04	168	42	
Scott	5	29:28	188	70	8
Staley	5	29:33	180	15	9
	5:51	16:43	17:38	23:38	
Group 2 (12)					
Bourneuf	4	26:10	184	30	
Buehring	4	24:56	172	13	8
Callahan	4	26:08	184	25	8
Gunn	4	23:56	184	15	8
Hogan	4	26:07	140	35	6
Koesterer	4	25:00	152	20	8
Kramer	4	27:13	180	20	
Krieger	4	26:50	188	26	7
Perry	4	24:45	164	10	7
Poag	2.5	—	— DROPPED	(5 1/2)	
Sommers	4	26:50	172	30	
Thomas	4	26:14	180	40	
Group 3 (16)					
Cler	3	23:05	180	20	
Dillon	4	26:26	184	32 (7 total)	
Himich	4	27:07	176	20	
Jackson	3	20:30	168	70	
Seal	4	28:54	184	24	
Swiecicki	4	26:20	188	20	
Friedrichs	4	27:54	160	50	
Garcia	4	26:54	180	30	
Joy	4	28:17	188	15	
Kanafani	~~GRAS~~ MRI only				
LaBarge	3	21:11	176	27	
Munsell, M	3	20:38	164	45	
Munsell, T	4	27:45	188	15	
Pitti, C	3	21:14	—	52	
Pitti, L	4	28:17	168	30	
Tajkowski	4	26:20	188	25	

8mi total

Group 4 (15)	Tempo	Time	Pulse	Comments
Andrew	3	21:59	184	24
Apprill-Sokol	3	19:59	200	20
Correnti	3	21:40	190	10
Gordon	3	21:48	180	20
Heller	3	22:05	176	25
LeGrand	3	22:13	164	22
Marx	4	28:30	180	35
McIntyre, H	3	22:58	184	30
McLaughlin	3	19:56	164	30
Rutledge	3	21:34	180	20
Song	3	19:49	184	40
Stauder	4	29:13	172	60
Stus	3	22:10	168	25
Uhlenbrock	3	21:13	180	20
Voras	3	21:40	168	14
Group 5 (10)				
Byrne	3	21:48	176	25
Galli	3	22:45	160	25
Gannon	3	23:37	164	30
Garavaglia	3	23:29	156	30
May	3	23:46	171	65
Nolan, J	3	21:07	180	25
Nolan, T	3	24:50	176	27
Rizzo	3	21:08	196	30
Stevens	3	24:32	188	20
Thro	3	25:32	166	—
Group 6 (10)				
Buescher	2	18:15	198	20
Devoll	3	22:09	170	21
Garner	2	17:46	168	20
Johnson, M	2	14:27	176	20
Mark	2	18:01	172	22
McIntyre, S	3	24:49	180	15
Moore	2	25:31	164	6
Murati	2	16:37	184	20
Rizzo, B	2	17:11	173	27
Voss	2	16:36	168	25

7mi. total

Date: 9-13-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going lower mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	58:05	148	
Hetlage	8	58:05	148	
Milnor	8	58:05	156	
Group A-				
Scott	6	44:07	152	
Group B				
Buehring	6	44:07	156	
Gunn	6	44:07	144	
Himich	6	45:08	168	
Koesterer	6	45:07	168	
Mittendorf	6	44:07	144	
Perry	6	42:00	176	
Poag	6	55:53	144	
Staley	6	44:07	152	
Stauder	6	47:11	164	
Tajkowski	6	46:57	180	
Thomas	6	46:57	176	
Group B-				
Booher	5	37:05	152	LEGS TIRED
Callahan	5	36:38	164	
Group C				
Correnti	5	41:03	168	
Dillon	5	36:38	164	
Friedrichs	5	35:58	160	
Garcia	5	36:51	172	
Gordon	5	43:50	148	
Heller	5	41:04	168	
Joy	5	41:04	164	
Krieger	5	36:04	170	
LaBarge	CROSS-TRAIN			
Marx	5	39:59	164	
May	5	43:16	162	
McLaughlin	5	40:00	140	
Munsell, T	5	41:04	172	
Nolan, J	5	43:42	148	
Pitti, C	5	43:50	160	
Pitti, L	5	36:01	168	
Rackers	5	36:00	160	
Seal	5	36:51	164	
Sommers	5	40:01	160	
Song	5	37:33	176	
Swiecicki	5	46:45	140	
Uhlenbrock	5	40:00	160	
Voras	5	46:45	144	HIP

Group D	Mileage	Time	Pulse	Comments
Andrew	4	33:16	164	
Devoll	4	33:20	160	
Galli	4	32:40	160	
Johnson, M	4	33:03	160	
Mark	4	34:00	174	
McIntyre, S	4	37:18	144	
Rizzo	4	31:06	184	
Group D-				
Apprill-Sokol	3	21:54	180	
Bourneuf	3	22:05	160	
Hogan	3	21:51	164	
Jackson	3	21:53	164	
Kramer	3	20:55	160	
Munsell, M	3	22:05	168	
Group E				
Buescher	3	26:30	170	
Byrne	3	24:24	164	
Cler	3	24:37	160	
Gannon	3	23:35	168	
Garavaglia	EXCUSED			
Garner	3	30:17	160	
Kanafani	CROSS-TRAIN			
LeGrand	3	23:27	164	
McIntyre, H	3	26:40	164	
Moore	4	47:51	176	
Murati	3	29:27	172	
Nolan, T	3	25:10	168	
Rizzo, B	3	29:16	172	
Rutledge	3	23:25	160	
Stevens	3	24:37	184	
Stus	3	23:30	156	
Thro	3	29:22	168	
Voss	3	24:37	168	

Date: 9-14-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/ Drills/ Flying 175s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:08	156	30
Hetlage	8	57:08	140	40
Milnor	8	57:08	152	40
Group A-				
Scott	8	57:08	152	70
Group B				
Buehring	6	44:59	160	12
Gunn	6	46:47	152	20 (legs sore)
Himich	6	47:16	176	15
Koesterer	6	45:20	172	20
Mittendorf	6	45:03	148	40
Perry	6	45:20	156	10
Poag	5.5	50:22	144	20
Staley	6	45:20	176	10
Stauder	6	49:08	176	60
Tajkowski	6	47:16	180	26
Thomas	6	47:16	188	35
Group B-				
Booher	6	45:31	168	20
Callahan	6	44:59	168	25
Group C				
Correnti	5	41:31	176	10
Dillon	5	38:55	156	35
Friedrichs	5	38:24	156	50
Garcia	5	38:23	180	31
Gordon	5	40:43	148	20
Heller	5	41:22	168	20
Joy	cross-training			
Krieger	5	38:00	170	40
LaBarge	5	40:45	168	28
Marx	excused			
May	5	51:31	156	65
McLaughlin	5	38:59	140	30
Munsell, T	5	41:22	152	15
Nolan, J	5	41:31	156	20
Pitti, C	5	39:27	168	72
Pitti, L	5	37:29	168	30
Rackers	5	37:29	156	41
Seal	5	38:42	168	26
Sommers	5	37:28	172	30
Song	5	40:10	196	40
Swiecicki	5	41:59	160	10
Uhlenbrock	5	38:59	160	15
Voras	5	42:00	160	21

Group D	Mileage	Time	Pulse	Comments
Andrew	4	31:33	180	22
Devoll	4	34:06	164	33
Galli	4	32:38	168	20
Johnson, M	4	33:32	160	20
Mark	4	37:32	172	25
McIntyre, S	4	37:30	160	17
Rizzo	4	30:52	160	36
Group D-				
Apprill-Sokol	4	32:43	154	20
Bourneuf	4	31:00	168	40
Hogan	4	30:51	156	30
Jackson	4	30:56	164	60
Kramer	4	29:06	180	20
Munsell, M	4	31:00	164	45
Group E				
Buescher	3	25:40	170	20
Byrne	3	24:52	172	25
Cler	3	29:58	146	20
Gannon	3	25:17	164	20
Garavaglia	4	[illegible]	144	35
Garner	4	[illegible]	144	20
Kanafani	excused			
LeGrand	3	25:37	148	23
McIntyre, H	3	26:06	176	30
Moore	3	37:10	176	0
Murati	3	28:11	216	85
Nolan, T	3	28:32	168	25
Rizzo, B	3	29:58	192	27
Rutledge	3	25:30	152	25
Stevens	3	25:31	184	20
Stus	3	25:42	156	30
Thro	excused			excused
Voss	3	25:31	172	20

33:13

33:58

Date: 9-15-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going higher mileage/ Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	42:44	160	30
Hetlage	6	42:24	136	45
Milnor	6	42:24	160	45
Group A-				
Scott	6	42:44	160	65
Group B				
Buehring	5	36:24	160	32
Gunn	5	36:53	168	20
Himich	5	38:50	172	25
Koesterer	5	36:53	176	30
Mittendorf	5	36:53	148	40
Perry	5	36:24	156	10
Poag	3	26:06	156	30
Staley	5	36:53	172	15
Stauder	5	39:35	176	60
Tajkowski	5	40:05	164	20
Thomas	5	38:50	192	30
Group B-				
Booher	4	30:27	160	20
Callahan	4	30:24	160	15
Group C				
Correnti	4	32:50	174	10
Dillon	4	30:05	164	35
Friedrichs	4	30:14	152	55
Garcia	4	30:14	180	30
Gordon	4	34:12	156	20
Heller	4	32:50	156	20
Joy	CROSSTRAIN			
Krieger	4	28:29	174	30
LaBarge	3	24:28	156	27
Marx	4	31:55	172	28
May	4	39:55	168	75
McLaughlin	ABSENT			
Munsell, T	4	32:50	148	25
Nolan, J	4	32:34	156	20
Pitti, C	4	32:34	168	53
Pitti, L	5	37:41	168	30
Rackers	4	29:10	152	43
Seal	4	30:10	172	26
Sommers	ABSENT			
Song	4	31:48	176	40
Swiecicki	ABSENT			
Uhlenbrock	ABSENT			
Voras	4	33:20	164	22

Group D	Mileage	Time	Pulse	Comments
Andrew	3	25:15	180	23
Devoll	3	28:20	160	20
Galli	3	25:00	156	20
Johnson, M	3	26:07	172	20
Mark	4	28:09	172	24
McIntyre, S	3	28:52	160	12
Rizzo	3	23:53	186	24 no cool-down
Group D-				
Apprill-Sokol	3	22:44	160	20
Bourneuf	3	25:20	152	35
Hogan	3	21:19	164	40
Jackson	3	22:15	168	60
Kramer	3	21:16	180	25
Munsell, M	3	22:04	172	50
Group E				
Buescher	~~CROSS~~ - WITHDREW EARLY - INJURY			
Byrne	3	24:37	172	25
Cler	3	26:50	152	20
Gannon	3	27:41	160	25
Garavaglia	3	27:40	136	39
Garner	CROSS-TRAIN			
~~Kanafani~~				
LeGrand	3	27:40	148	22
McIntyre, H	3	26:40	164	35
Moore	3	38:00	160	3
Murati	3	30:09	184	25
Nolan, T	3	28:00	164	25
Rizzo, B	2.5	25:26	164	27 no cool-down
Rutledge	3	26:50	160	15
Stevens	3	28:03	160	20
Stus	3	26:50	155	30
Thro	3	30:07	196	30
Voss	ABSENT			

Date: 9-17-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3.5				Andrew				
Hetlage	5				Devoll				
Milnor	5	39:40	136		Galli				
					Johnson, M				
Group A-					Mark				
Scott	4	33:40			McIntyre, S				
					Rizzo				
Group B									
Buehring	4	33:11	108						
Gunn									
Himich					**Group D-**				
Koesterer					Apprill-Sokol				
Mittendorf	2	17:50			Bourneuf				
Perry	3				Hogan				
Poag					Jackson				
Staley					Kramer				
Stauder	3	30:07			Munsell, M				
Tajkowski									
Thomas									
					Group E				
Group B-					Buescher				
Booher	2.5				Byrne				
Callahan					Cler				
					Gannon				
Group C					Garavaglia				
Correnti					Garner				
Dillon					Kanafani				
Friedrichs					LeGrand				
Garcia					McIntyre, H				
Gordon					Moore				
Heller					Murati				
Joy					Nolan, T				
Krieger					Rizzo, B				
LaBarge					Rutledge				
Marx					Stevens				
May	3.3	34:59			Stus				
McLaughlin					Thro				
Munsell, T					Voss				
Nolan, J									
Pitti, C									
Pitti, L									
Rackers									
Seal									
Sommers									
Song									
Swiecicki									
Uhlenbrock									
Voras									

Week 7 - September 18-24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	HANCOCK/ PALATINE INVITES	AB=3-5 Shakeout	A=61-63
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=54-56
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=42
A=10	2nd Set Drills	A=8	A=8	A=6	2nd Set Drills		D=39
B=8	**Groups 1 and 2**	B=6	B=6	B=5	Race		E=35
C=6	6-8x 800 @ 5K	C=5	C=5	C=4	Cooldown		
D=5	4x200 @1600 pace	D=4	D=4	D=4	12= 2x400, 2x200 +3 miles		
E=4	**Groups 3,4,5, and 6**	E=3	E=3	E=3	3456=3 miles		
6 Strides	6x800 @ 5K pace	Stretch with Leader	Drills	6 Strides	Stretch		
Stretch with Leader	3x150m for everyone	Jog to SLUH	Flying 175s	Stretch with Leader			
Jog to SLUH	Cooldown		Stability Weights	Jog to SLUH			
	AB=3 miles		Stretch with Leader				
	CDE= Jog to SLUH		Jog to SLUH				
	Competition for Weights group						
	Stretch						

Date: 9-18-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=10 B=8 C=6 D=5 E=4 with minus groups going higher mileage/ Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	10	70:17	140	30
Hetlage	10	70:17	140	—
Milnor	10	70:17	156	35
Group A-				
Scott	8	58:17	160	70
Group B				
Buehring	8	58:17	164	32
Gunn	8	58:17	156	25
Himich	8	65:27	176	20
Koesterer	8	59:10	160	20
Mittendorf	8	58:17	128	40
Perry	8	59:40	164	10
Poag	EXCUSED			
Staley	8	60:22	156	15
Stauder	8	65:47	160	60
Tajkowski	8	63:09	168	25
Thomas	8	63:09	180	35
Group B-				
Booher	6	43:50	164	20
Callahan	6	44:00	168	20
Group C				
Correnti	6	48:32	168	10
Dillon	6	44:09	152	31
Friedrichs	6	44:08	164	75
Garcia	6	45:49	180	25
Gordon	EXCUSED			
Heller	6	48:32	164	20
Joy	6	48:34	172	15
Krieger	6	43:52	179	37
LaBarge	CROSS-TRAIN			Bike 1:20
Marx	6	44:15	168	45
May	6	57:25	153	30
McLaughlin	6	48:30	160	30
Munsell, T	6	48:34	164	15
Nolan, J	6	48:32	152	20
Pitti, C	6	48:32	180	54
Pitti, L	6	48:32	144	30
Rackers	6	43:50	164	43
Seal	6	44:15	168	32
Sommers	6	45:49	176	30
Song	6	43:50	188	50
Swiecicki	6	48:30	150	10
Uhlenbrock	6	48:30	160	15
Voras	6	48:30	160	19

Group D	Mileage	Time	Pulse	Comments
Andrew	5	41:56	172	22
Devoll	5	43:33	180	20
Galli	5	40:36	164	20
Johnson, M	ABSENT			
Mark	4.85	40:00	172	29
McIntyre, S	5	46:34	160	15
Rizzo	5	37:24	186	30
Group D-				
Apprill-Sokol	4	28:20	180	20
Bourneuf	4	28:20	172	30
Hogan	4	28:24	176	35
Jackson	4	30:07	168	70
Kramer	3	23:02	152	25
Munsell, M	4	30:01	172	50
Group E				
Buescher	4	37:30	202	21
Byrne	4	30:40	156	26
Cler	4	29:57	172	—
Gannon	4	34:50	164	23
Garavaglia	4	35:18	144	30
Garner	1	10:38	160	20
Kanafani	EXCUSED			
LeGrand	4	29:56	172	26
McIntyre, H	4	37:37	168	25
Moore	4	53:33	188	3
Murati	4	37:39	188	—
Nolan, T	4	35:18	168	25
Rizzo, B	4	37:00	200	27
Rutledge	4	29:56	172	20
Stevens	4	37:00	160	20
Stus	4	35:18	148	25
Thro	4	37:40	184	20
Voss	4	36:44	200	21

Date: 9-19-17 Conditions: Hot + Humid

Workout: Drills/ Warm-up to Steinberg/ Push-ups/2nd Set/123 on Mile loop: 6-8x800, 4x200 Group 456:6x800, 3x150/ Cool-down/ Stretch/ Competition for weights group

	Group 1 (8)	Pace	800	800	800	800	800	800	800	800	Comments	PU
7	Burka	2:32	2:32	2:40	2:31	2:37	2:31	2:37	2:34	AVG-	2:34.6	30
7	Hetlage	2:32	2:33	2:39	2:31	2:34	2:30	2:34	2:34		2:33.6	50
7	Milnor	2:32	2:33	2:39	2:31	2:37	2:31	2:36	2:33		2:34.3	45
7	Mittendorf	2:36	2:34	2:41	2:34	2:41	2:35	2:42	2:37		2:37.7	40
8	Scott	2:36	2:33	2:40	2:40	2:54	2:52	2:52	2:51		2:46.0	60
7	Booher	2:38	2:39	2:49	2:49	2:56	2:57	2:56	2:52		2:51	30
7	Rackers	2:38	2:37	2:45	2:44	2:55	2:52	2:52	2:49		2:47.7	43
7	Staley	2:38	2:36	2:47	2:50	2:59	2:53	2:57	2:52		2:50.6	20
										AVG		
	Group 2 (13)	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**	
7	Buehring	2:45	2:46	2:47	2:48	2:59	3:03	3:05	2:46		2:52.7	
7	Callahan	2:45	2:47	2:49	2:49	2:58	2:55	3:02	2:52		2:53.1	
7	Gunn	2:45	2:46	2:47	2:39	2:42	2:39	2:47	2:36		2:42.2	
7	Perry	2:45	2:46	2:47	2:45	2:48	2:42	2:50	2:37		2:45.0	
6	Hogan	2:47	2:49	2:55	2:52	3:00	2:56	3:10	3:00		2:57.4	
7	Koesterer	2:47	2:48	2:55	2:50	2:58	2:50	2:56	2:45		2:51.7	
7	Sommers	2:49	2:52	2:57	2:53	2:59	2:54	3:03	2:53		2:55.8	
6.5	Thomas	2:49	2:55	3:02	2:53	3:04	2:59	3:17	2:52		3:00.8	
5.5	Bourneuf	2:52	2:56	3:02	2:56	3:04	2:58	3:10			3:01.0	
	Kramer	2:52									3 miles-22:49-164	
6.5	Krieger	2:52	2:56	3:00	2:56	3:03	2:57	3:09	3:00		3:00.1	
	Poag	2:52	3:21	3:36		3:50		4:01				
6.5	Dillon	2:47	2:53	2:59	2:54	3:00	2:55	3:03	2:54		2:56.8	
										AVG		
	Group 3 (15)	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**	
6.5	Himich	2:56	3:13	3:18	3:20	3:31	3:25	3:32		3:23	P30	
5.5	Jackson	2:56	3:01	3:05	3:06	3:13	3:01	3:10		3:06	P60	
5.5	Tajkowski	2:56	3:10	3:12	3:06	3:17	2:59	3:05		3:08	P20	
6.5	Swiecicki 15	2:59	3:10	3:13	3:16	3:25	3:03	3:18		3:14	P34	
8	Friedrichs	2:59	3:01	3:03	3:00	3:08	2:56	3:03	2:57	3:01	P60	
5.5	Garcia	2:59	3:03	3:06	2:59	3:06	2:57	3:04		3:03	P30	
	LaBarge	2:59									XT Bike 1:30	
5.5	Munsell, M	2:59	3:03	3:06	3:05	3:09	2:58	3:06		3:04	P45	
5.5	Pitti, C	2:59	3:01	3:02	3:19	3:24	3:25	3:43		3:19		
5.5	Pitti, L	2:59	3:12	3:13	3:14	3:18	3:05	3:19		3:14		
5.5	Cler 20	3:05	3:21	3:24	3:27	✓	3:20	3:27		3:23	P20	
5.5	Seal	3:05	3:04	3:06	3:01	3:08	2:57	3:06		3:04	P26	
	Joy	3:05										
5.5	Munsell, T 10	3:05	3:12	3:13	3:09	3:18	3:06	3:15	2:57	3:10		
	Song 12		3:09	3:17	3:11					3:12	Rolled ankle on #4	

Date: 9-19-17 Conditions:

Workout: Drills/ Warm-up to Steinberg/ Push-ups/2nd Set/123 on Mile loop: 6-8x800, 4x200 Group 456:6x800, 3x150/ Cool-down/ Stretch/ Competition for weights group

Group 4 (15)	Pace	800	800	800	800	800	800	Comments
Andrew	3:22	3:16	3:18	3:24	3:22	3:23		3:21
Apprill-Sokol	3:05	2:56	2:58	2:54	2:54	2:57		2:56
Correnti	3:21	3:17	3:19	3:20	3:19	3:17		3:19
Gordon	—	—	—	—	—	—		—
Heller	3:20	3:17	3:21	3:25	3:25	3:33		3:23.5
LeGrand	3:11	3:07	3:15	3:08	3:11	3:11		3:10.5
Marx	3:13	3:10	3:10	3:07	3:07	3:00		3:08
McIntyre, H	3:22	3:16	3:20	3:21	3:15	3:28		3:20
McLaughlin	3:12	3:14	3:12	3:11	3:06	2:59		3:09
Rutledge	3:10	3:04	3:07	3:05	3:03	2:58		3:05
~~Song~~	—	—	—	—	—	—		—
Stauder	3:07	3:09	3:14	3:09	3:12	3:08		3:10
Stus	3:14	3:15	3:13	3:12	3:12	3:11		3:08
Uhlenbrock	3:13	3:14	3:13	3:11	3:12	3:11		3:12
Voras	3:19	3:17	3:12	3:09	3:08	3:04		3:11.5
Group 5 (10)	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Byrne		302	3:01	2:59	3:02	3:01	3:05	3:02
Galli		3:06	3:08	3:13	3:16	3:12	3:05	3:10
Gannon		3:11	3:01	3:02	3:03	2:58	3:11	3:04
Garavaglia		3:17	3:17	3:37	3:26	3:31	3:37	3:27.5
May		4:06	3:40	4:13	4:35	4:37	4:53	4:21
Nolan, J		3:09	3:03	3:10	3:12	3:12	3:08	3:09
Nolan, T		3:08	3:10	3:25	3:21	3:23	3:14	3:16
Rizzo		3:00	3:01	3:02	3:07	3:11	3:11	3:05
Stevens		3:11	3:04	3:26	3:17	3:13	3:11	3:14
Thro		3:28	3:28	3:47	3:54	3:57	3:47	3:42.5
Group 6 (10)	**Pace**	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Buescher		3:31	3:27	3:25	3:27	3:24	3:19	3:25.5
Devoll		3:20	3:20	3:15	3:16	3:08	3:00	3:13
Garner								
Johnson, M		3:36	3:48	3:41	3:42	3:39	3:45	3:42.5
Mark		3:40	4:01	4:05	4:13	4:18	4:22	4:06.5
McIntyre, S		3:40	3:41	3:37	3:40	3:34	3:32	3:37
Moore		4:45	5:43	5:42	5:45	5:40	5:25	
Murati		3:41	3:37	3:39	3:40	3:33	3:16	3:34
Rizzo, B		3:38	3:41	3:37	3:55	4:07	—	
Voss		3:21	3:20	3:10	3:17	3:13	3:15	3:16

Date: 9-20-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going lower mileage/ Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:35	168	30
Hetlage	6	43:04	156	30
Milnor	6	43:04	160	55
Group A-				
Scott	4	MILES - ABANDONED RUN -		
				STUBBED TOE
Group B				
Buehring	5	39:02	148	22
Gunn	5	39:02	148	20
Himich	5	40:50	168	20
Koesterer	5	40:00	168	25
Mittendorf	5	39:02	140	40
Perry	5	41:02	184	10
Poag	4	36:45	168	30
Staley	5	40:00	172	18
Stauder	5	41:02	176	60
Tajkowski	5	39:36	172	20
Thomas	5	39:36	192	35
Group B-				
Booher	4	31:50	172	20
Callahan	4	30:21	152	25
Group C				
Correnti	4	34:42	160	10
Dillon	4	29:41	168	32
Friedrichs	4	31:24	168	55
Garcia	4	31:59	180	25
Gordon	EXCUSED			
Heller	4	37:43	148	25
Joy	CROSS-TRAIN			
Krieger	4	30:20	185	30
LaBarge	EXCUSED		5 total	miles 41:37
Marx	4	31:22	172	25
May	3	26:25	183	65
McLaughlin	4	31:27	164	30
Munsell, T	4	33:30	172	25
Nolan, J	4	33:50	152	20
Pitti, C	4	33:50	172	100
Pitti, L	4	33:50	160	30
Rackers	4	30:19	164	41
Seal	4	31:03	172	26
Sommers	4	30:18	172	20
Song	CROSS-TRAIN			
Swiecicki	4	37:43	160	20
Uhlenbrock	4	31:24	168	15
Voras	4	34:42	168	13

Group D	Mileage	Time	Pulse	Comments
Andrew	3	25:51	184	20
Devoll	3	26:14	180	17
Galli	3	27:10	168	25
Johnson, M	3	29:36	160	23
Mark	3	28:02	172	23
McIntyre, S	3	28:51	168	12
Rizzo	3	24:57	136	32
Group D-				
Apprill-Sokol	3	23:30	170	20
Bourneuf	3	25:50	160	30
Hogan	3	24:20	160	40
Jackson	3	23:01	172	60
Kramer	3	23:00	180	20
Munsell, M	3	22:50	168	50
Group E				
Buescher	3	28:05	185	20
Byrne	3	25:55	168	26
Cler	3	28:42	160	20
Gannon	3	25:57	160	28
Garavaglia	3	28:02	140	35
Garner	CROSS TRAIN			
~~Kanafani~~				
LeGrand	3	26:50	148	16
McIntyre, H	3	28:01	180	25
Moore	2	21:00	196	10
Murati	3	28:51	192	—
Nolan, T	3	28:42	164	28
Rizzo, B	3	28:42	180	27
Rutledge	3	25:53	172	21
Stevens	3	26:50	164	20
Stus	3	26:44	168	20
Thro	3	28:52	196	25
Voss	3	26:03	144	25

Date: 9-21-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Drills / Flying 175s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	58:10	148	40
Hetlage	6	43:10	148	—
Milnor	8	58:10	156	45
Group A-				
Scott	6	42:40	152	70
Group B				
Buehring	6	45:36	168	24
Gunn	6	42:36	172	25
Himich	6	49:41	164	20
Koesterer	6	46:24	164	40
Mittendorf	6	45:36	152	40
Perry	6	44:00	164	—
Poag	4	36:09	160	40
Staley				XT-ran 2 mile
Stauder	6	50:26	176	72
Tajkowski	6	48:40	180	20
Thomas	6	48:40	~~184~~ 192	35
Group B-				
Booher	6	46:24	~~160~~ 164	20
Callahan	6	45:36	172	30
Group C				
Correnti	5	42:30	178	10
Dillon	5	40:47	144	33
Friedrichs	5	39:46	168	50
Garcia	5	39:46	164	30
Gordon	4	38:43	168	10
Heller	5	42:30	164	20
Joy				XT
Krieger	5	36:47	175	35
LaBarge	4	31:50	180	30
Marx	4	38:15	164	—
May	4	35:28	171	65
McLaughlin	5	40:47	140	30
Munsell, T	5	42:30	160	15
Nolan, J	5	44:51	152	20
Pitti, C	5	44:51	164	57
Pitti, L	5	44:51	148	30
Rackers	~~4~~ 5	36:46	160	41
Seal	5	36:38	156	34
Sommers	5	36:47	168	30
Song	5	41:57	172	60
Swiecicki	5	46:20	160	15
Uhlenbrock	5	40:47	160	15
Voras	5	46:20	164	18

Group D	Mileage	Time	Pulse	Comments
Andrew	4	32:56	180	23
Devoll	4	34:30	150	19
Galli	4	33:48	160	23
Johnson, M	4	37:22	132	20
Mark	4	36:42	168	27
McIntyre, S	4	38:29	164	15
Rizzo	4	33:00	130	28
Group D-				
Apprill-Sokol	4	30:18	168	20
Bourneuf	4	30:18	160	30
Hogan	4	30:22	172	40
Jackson	4	30:18	156	60
Kramer	4	31:50	186	35
Munsell, M	4	30:18	164	45
Group E				
Buescher	3	26:09	200	20
Byrne	3	25:14	172	26
Cler	3	26:54	160	20
Gannon	2	19:45	164	30
Garavaglia	3	26:22	144	35
Garner	3	25:28	160	24
~~Kanafani~~				
LeGrand	3	24:27	156	26
McIntyre, H	3	25:28	168	30
Moore	3	34:40	164	10
Murati	3	26:41	188	10
Nolan, T	3	26:54	160	26
Rizzo, B	3	28:16	168	27
Rutledge	3	24:28	152	19
Stevens	3	26:27	168	20
Stus	3	24:58	156	25
Thro	3	26:23	188	30
Voss	3	26:27	140	30

Date: 9-22-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going lower mileage/Strides/ Full Stretch/ Jog SLUH

Note: Palatine Total Mileage

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	8			Palatine	Andrew	3	27:18	176	21
Hetlage	8			Palatine	Devoll	3	26:45	168	19
Milnor	8			Palatine	Galli	3	27:05	156	20
					Johnson, M	3	27:21	172	20
Group A-					Mark	3	29:23	168	29
Scott	8			Palatine	McIntyre, S	3	27:09	168	10
					Rizzo	3	24:20	136	32
Group B									
Buehring	7			Palatine					
Gunn	7			Palatine					
Himich	5	41:55	160	30	**Group D-**				
Koesterer	7			Palatine	Apprill-Sokol	3	22:36	162	20
Mittendorf	7			Palatine	Bourneuf	3	25:00	144	30
Perry	7			Palatine	Hogan	6			Palatine
Poag	4	34:35	168	35	Jackson	3	22:38	164	70
Staley	6			Palatine	Kramer	3	22:07	160	25
Stauder	5	41:31	164	70	Munsell, M	3	22:36	156	50
Tajkowski	5	40:31	176	15					
Thomas	5	40:31	188	30					
					Group E				
Group B-					Buescher	3	27:40	172	20
Booher	6			Palatine	Byrne	3	25:36	176	26
Callahan	6			Palatine	Cler	3	30:05	156	30
					Gannon	3	27:10	160	23
Group C					Garavaglia	3	29:04	140	35
Correnti	EXCUSED				Garner	2	18:17	184	20
Dillon	4	31:45	144	35	~~Kanafani~~				
Friedrichs	4	31:00	148	60	LeGrand	3	24:28	168	23
Garcia	4	32:46	164	29	McIntyre, H	3	26:36	168	30
Gordon	3	29:32	164	10	Moore	3	35:59	172	10
Heller	4	32:48	168	20	Murati	3	27:40	192	20
Joy	WARM-UP / COOL DOWN ONLY				Nolan, T	3	30:05	160	25
Krieger	4	31:05	175	33	Rizzo, B	3	30:00	180	26
LeBarge	4	30:55	172	25	Rutledge	2	18:51	120	21
Marx	3	29:09	160	25	Stevens	3	28:21	168	20
May	3	29:21	168	80	Stus	3	27:10	152	25
McLaughlin	4	32:20	160	30	Thro	3	29:30	184	30
Munsell, T	4	32:48	164	15	Voss	3	29:30	156	30
Nolan, J	4	23:20	160	20					
Pitti, C	4	23:20	172	57					
Pitti, L	4	23:20	148	30					
Rickers	6			Palatine					
Saal	4	30:56	168	24					
Summers	4	32:00	160	30					
Song	4	32:20	180	50					
Swiccicki	4	37:36	156	20					
Uhlenbrock	4	32:20	168	15					
Voras	4	37:36	160	17					

Date: 9-24-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	4	29:50			Andrew				
Hetlage					Devoll				
Milnor	5	37:24	140		Galli				
					Johnson, M				
Group A-					Mark				
Scott	4	33:16			McIntyre, S				
					Rizzo				
Group B									
Buehring	4								
Gunn	4								
Himich					**Group D-**				
Koesterer	3	25:27			Apprill-Sokol				
Mittendorf				Bike 20:00	Bourneuf				
Perry					Hogan	2	15:30		
Poag					Jackson				
Staley					Kramer				
Stauder					Munsell, M				
Tajkowski									
Thomas									
					Group E				
Group B-					Buescher				
Booher	2	None			Byrne				
Callahan	3	24:15			Cler				
					Gannon				
Group C					Garavaglia				
Correnti					Garner				
Dillon					Kanafani				
Friedrichs					LeGrand				
Garcia					McIntyre, H				
Gordon					Moore				
Heller					Murati				
Joy				Bike 30:00	Nolan, T				
Krieger					Rizzo, B				
LaBarge					Rutledge				
Marx					Stevens				
May	4				Stus				
McLaughlin					Thro				
Munsell, T					Voss				
Nolan, J									
Pitti, C									
Pitti, L									
Rackers	3	24:18							
Seal									
Sommers									
Song									
Swiecicki									
Uhlenbrock									
Voras									

Week 6 - September 25-October 1							
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Mileage Totals**
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	PARKWAY WEST INVITE	AB=3-5 Shakeout	A=61-63
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=54-56
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=44
A=10	2nd Set Drills	A=8	A=8	A=6	2nd Set Drills		D=40
B=8	**Groups 1 and 2**	B=6	B=6	B=5	Race		E=35
C=6	3xmile-400 @ 5K/1600 with 1:00/3:00 recovery	C=5	C=5	C=4	Cooldown		
D=5	**Groups 3, 4, 5, and 6**	D=4	D=4	D=4	12= 2x400, 2x200 +3 miles		
E=4	3xmile @ 5K with 3:00 recovery	E=3	E=3	E=3	3456=3 miles		
6 Strides	2x400 @ 1600 with 1:30 recovery	Stretch with Leader	Drills	6 Strides	Stretch		
Stretch with Leader	Cooldown	Jog to SLUH	Flying 175s	Stretch with Leader			
Jog to SLUH	AB=2 miles		Stability Weights	Jog to SLUH			
	CDE= Jog to SLUH		Stretch with Leader				
	Competition for Weights group		Jog to SLUH				
	Stretch						

Date: 9-25-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=10 B=8 C=6 D=5 E=4 with minus groups going lower mileage/Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:03	148	30
Hetlage	8	57:03	152	0 - weekend jogger
Milnor	8	57:03	166	35
Group A-				
Scott	ABSENT		8/57:29	
Group B				
Buehring	6	45:27	152	1
Gunn	6	45:27	168	25
Himich	5	42:41	172	15
Koesterer	6	45:27	184	30
Mittendorf	6	45:27	152	40
Perry	SICK			
Poag	4	33:11	152	40
Staley	XT	—	—	
Stauder	6	49:08	172	60
Tajkowski	6	49:18	180	20
Thomas	6	49:18	180	30
Group B-				
Booher	5	37:45	160	20
Callahan	5	37:21	152	20
Group C				
Correnti	5	41:14	184	10
Dillon	5	38:54	152	34
Friedrichs	5	37:33	148	60
Garcia	5	38:07	176	20
Gordon	5	45:49	180	10
Heller	5	41:14	148	20
Joy	3	25:17	160	25
Krieger	5	37:28	178	34
LaBarge	5	38:54	176	31
Marx	5	38:23	168	40
May	3	32:17	156	—
McLaughlin	5	39:00	160	30
Munsell, T	5	41:14	160	15
Nolan, J	5	41:14	156	20
Pitti, C	—	—	—	back
Pitti, L	5	37:45	168	30
Rackers	5	37:19	152	40
Seal	5	37:52	164	26
Sommers	5	38:54	180	30
Song	5	38:33	180	50
Swiecicki	5	44:58	154	20
Uhlenbrock	5	39:00	154	15
Voras	5	44:58	164	23

Group D	Mileage	Time	Pulse	Comments
Andrew	4	32:33	176	20
Devoll	ABSENT			
Galli	4	34:16	168	20
Johnson, M	4	34:16	180	20
Mark	SICK			
McIntyre, S	4	38:08	164	15
Rizzo	4	31:58	136	35
Group D-				
Apprill-Sokol	SERVICE			
Bourneuf	3	22:10	160	30
Hogan	4	29:20	160	30
Jackson	4	30:41	164	60
Kramer	CROSS-TRAIN			
Munsell, M	4	30:30	164	50
Group E				
Buescher	3	26:16	209	20
Byrne	3	22:10	164	27
Cler	EXCUSED			
Gannon	3	26:00	160	20
Garavaglia	3	28:21	140	32
Garner	3	28:10	180	20
LeGrand	3	25:17	152	20
McIntyre, H	3	27:03	156	30
Moore	3	34:41	188	10
Murati	3	26:16	178	10
Nolan, T	3	26:17	168	25
Rizzo, B	3	26:58	180	25
Rutledge	3	27:20	128	28
Stevens	3	28:21	160	20
Stus	3	28:21	148	25
Thro	3	26:58	196	35
Voss	EXCUSED			

Date: 9-26-17 Conditions:

Workout: Drills/ Warm-up to Steinberg/ Push-ups/2nd Set/12: 3x1600-400 Group 3456:3xmile/ Cool-down/ Stretch/ Competition for weights group

Group 1 (8)	Pace	Mile	400	Mile	400	Mile	400	Comments	
Burka	5:15-70	5:18	72	5:20	71	5:22	68	30	8
Hetlage	5:15-70	5:18	72	5:20	71	5:20	68	0	8
Milnor	5:15-70	5:18	72	5:20	71	5:20	68	40	8
Mittendorf	5:25-70	5:33	73	5:31	72	5:33	69	40	8
Scott	5:25-70	5:33	73	5:31	72	5:42	72	60	8
Rackers	5:25-70	5:34	75	5:39	77	5:49	79	39	8
Staley	5:25-70							XT	
Group 2 (15)	**Pace**	**Mile**	**400**	**Mile**	**400**	**Mile**	**400**	**Comments**	
Booher	5:40-72	5:51	68	5:52	75	6:23	75	20	7 miles
Buehring	5:40-72	5:39	72	7:20?	N/A	N/A	N/A	~6 miles	
Callahan	5:40-72	5:41	77	5:52	75	5:56	72	25	7.5 m
Gunn	5:40-72	5:51	75	5:41	70	5:52	70	20	8 miles
Perry	5:40-72								
Hogan	5:40-72	5:54	77	5:58	81	6:12	80	40	6.5 miles
Koesterer	5:40-72	5:51	75	6.15	82	6:14	77		8 miles
Sommers	5:40-72	6:07	81	6:17	81	6:16	79	30	6.5 miles
Thomas	6:05-75	6:12	84	6:23	87	6:22	78	40	6.5 miles
Bourneuf	6:05-75	6:12	76	6:21	76	6:29	73	30	6.5
Kramer	6:05-75								
Krieger	6:05-75	6:12	81	6:15	79	6:42	83	6.5 miles	
Poag	6:05-75	7:34	N/A	7:58	N/A	N/A	N/A		
Dillon	6:05-75	6:08	77	6:15	80	6:26	75	34	7.5
Seal	6:05-75	6:13	82	6:23	79	6:37	81	5.5	25
Group 3 (16)	**Pace**	**Mile**		**Mile**		**Mile**		**Comments**	
Cler		6:50		7:11		7:26			
Friedrichs		6:20		6:14		6:14			
Garcia		6:20		6:14		6:15			
Himich		6:16		6:54		7:00		7	30pu
Jackson		6:20		6:50		6:51			
Joy		6:32		6:49		—			
LaBarge		6:22		6:53		—			
Munsell, M		6:20		6:24		6:31			
Munsell, T		6:26		6:24		6:38			
Pitti, C									
Pitti, L		6:34		6:38		6:30			
Rutledge		6:27		6:53		6:57			
Song		6:21		6:12		6:08			
Stus		6:43		6:50		6:57			
Swiecicki									
Tajkowski		6:05		6:07		6:13			

Date: 9-26-17 Conditions:

Workout: Drills/ Warm-up to Steinberg/ Push-ups/2nd Set/12: 3x1600-400 Group 3456:3xmile/ Cool-down/ Stretch/ Competition for weights group

Group 4 (10)	Pace	Mile	Mile	Mile	Comments
Apprill-Sokol		6:08	6:21	6:49	
Correnti		6:49	6:40	6:46	
Gordon		6:48	6:53	7:30	
Heller		6:59	6:58	6:44	
LeGrand		6:43	6:57	7:03	
Marx		6:46	6:39	6:44	30pu 5miles
McLaughlin		6:27	6:22	6:19	
Rizzo		6:33	6:58	7:13	
Stauder		6:54	6:51	6:55	
Uhlenbrock		6:47	6:33	6:19	
Group 5 (12)	**Pace**	**Mile**	**Mile**	**Mile**	**Comments**
Andrew		6:54	7:07	6:43	20:44 -:13 -2
McIntyre, H		—	—	—	
Voras		6:42	7:11	7:11	21:04 -:29 -31
Byrne		6:34	6:36	6:28	19:38 -:02 -27
Galli		6:38	6:41	6:36	18:55 -:03 -25
Gannon		—	—	—	
Garavaglia		7:13	7:29	7:18	22:90 -:16 -30
Nolan, J		6:29	6:39	6:23	18:31 -:10 -24
Nolan, T		7:15	7:25	7:01	21:41 -:10 -10
Stevens		7:13	7:25	7:08	21:47 -:12 -5
Thro		7:19	7:30	7:22	22:11 -:11
Mark		—	—	—	
Group 6 (10)	**Pace**	**Mile**	**Mile**	**Mile**	**Comments**
May		8:59	7:38	10:22	
Buescher		7:11	7:27	7:17	
Devoll		7:03	7:26	7:36	
Garner					XT
Johnson, M		6:46	6:44	7:08	
McIntyre, S		6:57	7:14	7:23	
Moore		9:29	10:04	10:35	
Murati		7:19	7:38	7:43	
Rizzo, B		7:45	8:07	8:44	
Voss		7:01	7:34	7:45	

Date: 9-27-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going lower mileage/Strides/Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:09	136	
Hetlage	8	57:09	129	
Milnor	8	57:09	144	
Group A-				
Scott	6	42:54	132	
Group B				
Buehring	EXCUSED			
Gunn	6	45:17	140	
Himich	6	48:16	156	
Koesterer	6	45:17	136	
Mittendorf	6	45:17	116	
Perry	SICK			
Poag	4	30:11	152	
Staley	CROSS-TRAIN			
Stauder	6	47:41	156	
Tajkowski	6	47:17	160	
Thomas	6	47:17	168	
Group B-				
Booher	5	36:34	156	
Callahan	5	36:34	152	
Group C				
Correnti	5	40:15	170	
Dillon	5	36:34	148	
Friedrichs	5	34:48	156	
Garcia	5	36:34	172	
Gordon	5	40:13	148	
Heller	5	40:15	164	
Joy	5	40:15	152	
Krieger	EXCUSED			
LaBarge	5	36:34	156	
Marx	EXCUSED			
May	3	28:34	144	
McLaughlin	5	38:21	140	
Munsell, T	5	39:50	168	
Nolan, J	5	40:25	148	
Pitti, C	EXCUSED			
Pitti, L	5	34:48	168	
Rackers	5	36:34	152	
Seal	5	36:34	164	
Sommers	5	36:47	164	
Song	5	36:34	172	
Swiecicki	ABSENT			
Uhlenbrock	5	38:21	156	
Voras	5	40:25	160	

Group D	Mileage	Time	Pulse	Comments
Andrew	4	33:29	160	
Devoll	4	33:29	180	
Galli	4	30:11	160	
Johnson, M	4	35:25	116	
Mark	EXCUSED			
McIntyre, S	4	35:25	156	
Rizzo				
Group D-				
Apprill-Sokol	3	20:55	168	
Bourneuf	3	20:55	144	
Hogan	4	30:13	152	
Jackson	3	21:02	160	
Kramer	CROSS-TRAIN			
Munsell, M	3	21:18	164	
Group E				
Buescher	WARM-UP / WARM DOWN ONLY			
Byrne	3	20:57	168	
Cler	3	24:54	128	
Gannon	EXCUSED			
Garavaglia	3	22:58	144	
Garner	CROSS TRAIN			
LeGrand	3	21:40	168	
McIntyre, H	3	24:50	156	
Moore	3	34:13	176	
Murati	3	23:16	188	
Nolan, T	3	23:16	176	
Rizzo, B	3	25:13	133	
Rutledge	3	23:13	148	
Stevens	3	24:54	160	
Stus	3	23:03	160	
Thro	3	25:32	156	
Voss	3	23:37	184	

Date: 9-28-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going lower mileage/Drills/ Flying 175s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:51	136	40
Hetlage	8	57:51	140	—
Milnor	8	57:51	152	55
Group A-				
Scott	8	57:51	144	70
Group B				
Buehring	EXCUSED			
Gunn	6	44:17	152	20
Himich	6	47:44	164	20
Koesterer	6	44:17	152	40
Mittendorf	6	44:23	144	40
Perry	EXCUSED			
Poag	4	30:50	160	40
Staley	4.2	32:58	172	11
Stauder	6	48:05	156	70
Tajkowski	6	47:11	164	20
Thomas	6	44:17	172	50
Group B-				
Booher	6	44:17	160	20
Callahan	6	44:17	164	20
Group C				
Correnti	5	37:32	168	10
Dillon	5	36:30	148	33
Friedrichs	5	36:30	156	50
Garcia	5	36:30	160	25
Gordon	EXCUSED			
Heller	5	37:35	176	20
Joy	5	37:30	164	20
Krieger	EXCUSED			
LaBarge	5	36:30	160	32
Marx	INJURED			
May	4	32:47	171	65
McLaughlin	5	37:40	160	30
Munsell, T	5	37:35	168	15
Nolan, J	5	38:15	148	20
Pitti, C	3	26:42	—	58
Pitti, L	5	39:53	144	30
Rackers	5	36:30	156	42
Seal	5	36:21	160	23
Sommers	5	36:30	156	30
Song	5	39:48	160	60
Swiecicki	3	24:09	156	17
Uhlenbrock	5	37:30	152	15
Voras	EXCUSED			

Group D	Mileage	Time	Pulse	Comments
Andrew	4	31:20	176	24
Devoll	4	32:52	180	13
Galli	4	29:50	164	20
Johnson, M	4	34:25	164	20
Mark	EXCUSED			
McIntyre, S	4	32:50	156	20
Rizzo	4	28:00	184	28
Group D-				
Apprill-Sokol	4	28:57	160	20
Bourneuf	EXCUSED			
Hogan	4	29:37	160	35
Jackson	4	29:20	156	60
Kramer	CROSS-TRAIN			
Munsell, M	4	29:47	160	55
Group E				
Buescher	3	30:57	172	20
Byrne	3	22:45	176	27
Cler	3	26:42	136	20
Gannon	3	24:09	160	25
Garavaglia	3	24:16	148	34
Garner	CROSS-TRAIN			
LeGrand	3	23:27	164	22
McIntyre, H	3	28:20	152	30
Moore	4	46:32	180	10
Murati	3	26:42	164	10
Nolan, T	3	25:27	168	25
Rizzo, B	3	28:48	155	26
Rutledge	3	24:16	144	23
Stevens	3	26:42	168	20
Stus	3	24:14	160	20
Thro	3	30:18	172	30
Voss	3	25:27	148	25

Date: 9-29-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going lower mileage/Strides/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	45:32	132	30
Hetlage	6	45:32	~~136~~ 132	—
Milnor	6	45:32	136	40
Group A-				
Scott	6	45:32	136	55
Group B				
Buehring	EXCUSED			
Gunn	5	38:11	152	15
Himich	5	41:24	156	20
Koesterer	5	38:11	140	50
Mittendorf	5	38:11	124	40
Perry	EXCUSED			
Poag	4	29:34	160	40
Staley	5	38:11	172	17
Stauder	5	38:30	168	60
Tajkowski	5	39:21	164	15
Thomas	5	38:11	176	35
Group B-				
Booher	4	29:03	148	20
Callahan	4	30:05	148	25
Group C				
Correnti	4	31:21	164	10
Dillon	4	29:34	144	35
Friedrichs	4	29:34	144	50
Garcia	4	29:45	172	25
Gordon	4	31:42	140	20
Heller	4	31:21	156	20
Joy	4	33:15	156	15
Krieger	4	30:23	178	30
LaBarge	4	30:22	144	31
Marx	CROSS-TRAIN			Bike 1:30
May	3	24:17	174	65
McLaughlin	4	30:06	140	30
Munsell, T	4	31:21	152	15
Nolan, J	4	31:45	148	20
Pitti, C	3	22:30	192	57
Pitti, L	4	27:27	172	30
Rackers	4	29:03	148	38
Seal	4	30:18	164	26
Sommers	4	28:57	152	—
Song	4	31:00	160	40
Swiecicki	ABSENT			
Uhlenbrock	4	30:05	160	15
Voras	4	33:15	156	18

Group D	Mileage	Time	Pulse	Comments
Andrew	3	24:04	160	20
Devoll	3	23:42	180	~~TW~~ 16
Galli	3	23:17	160	20
Johnson, M	3	24:54	152	20
Mark	EXCUSED			
McIntyre, S	3	24:46	148	20
Rizzo	3	22:00	168	24
Group D-				
Apprill-Sokol	3	21:28	168	20
Bourneuf	3	21:28	160	30
Hogan	3	21:28	168	47
Jackson	3	21:28	160	60
Kramer	EXCUSED			Bike
Munsell, M	3	21:28	156	55
Group E				
Buescher	3	30:00	160	20
Byrne	3	21:28	176	27
Cler	3	26:10	152	20
Gannon	3	24:46	160	25
Garavaglia	3	24:18	144	32
Garner	2	17:33	180	20
LeGrand	3	23:39	164	17
McIntyre, H	3	24:46	168	30
Moore	3	30:23	188	10
Murati	3	26:06	168	20
Nolan, T	3	26:40	172	26
Rizzo, B	3	26:38	150	25
Rutledge	3	23:17	144	21
Stevens	3	23:17	184	20
Stus	EXCUSED			
Thro	3	26:40	196	—
Voss	3	26:10	148	25

Date: 10-1-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	22:00			Andrew				
Hetlage	5	–	–	ALSO 5 LAP WH	Devoll				
Milnor	5.25	41:21	120		Galli				
					Johnson, M				
Group A-					Mark				
Scott					McIntyre, S				
					Rizzo				
Group B									
Buehring	4	36:21	152						
Gunn	4								
Himich					**Group D-**				
Koesterer					Apprill-Sokol	2.25			
Mittendorf				Bike 20:00	Bourneuf				
Perry					Hogan				
Poag					Jackson				
Staley	4				Kramer				
Stauder					Munsell, M				
Tajkowski									
Thomas									
					Group E				
Group B-					Buescher				
Booher					Byrne				
Callahan	4	32:10			Cler				
					Gannon				
Group C					Garavaglia				
Correnti					Garner				
Dillon					LeGrand				
Friedrichs					McIntyre, H				
Garcia					Moore				
Gordon					Murati				
Heller					Nolan, T				
Joy					Rizzo, B				
Krieger					Rutledge				
LaBarge					Stevens				
Marx					Stus				
May	4	44:09	126		Thro				
McLaughlin					Voss				
Munsell, T									
Nolan, J									
Pitti, C									
Pitti, L									
Rackers	3	24:32							
Seal									
Sommers									
Song									
Swiecicki									
Uhlenbrock									
Voras									

Week 5 - October 2-8 Bounce Week for Varsity/NXN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	MCC	AB=3-5 Shakeout	A=50-52
Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=46-48
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=38
A=6	**Bounce Group**	**Bounce Group**	**Bounce Group**	AB=5	2nd Set Drills		D=33
B=5	6 miles	5-6 miles	5-6 miles	C=4	Race		E=33
C=4	3x1 min. pickups during run	**Everyone Else**	**Everyone Else**	DE=3	Cooldown		
DE=3	Drills	A=8	A=8	6 Strides	3 miles for everybody		
6 Strides	6 Strides	B=6	B=6		Stretch		
Stretch with Leader	**Everyone Else**	C=5	C=5				
Jog to SLUH	4x800, 4x400	D=4	D=4				
	Stretch with Leader	E=3	E=3				
	Jog to SLUH	6 Strides	Drills				
	Competition for Weights Group	Stretch with Leader	Flying 200s				
		Jog to SLUH	Stretch with Leader				
			Jog to SLUH				
			Stability Weights				
			Stretch with Leader				
			Jog to SLUH				

Date: 10-2-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Booher	5	3742	160	20
Bourneuf	3	2400	148	40
Buehring	5	3630	160	312
Burka	6	4401	148	40
Callahan	5	3742	164	25
Friedrichs	4	2926	164	65
Gunn	5	3630	164	25
Hetlage	6	4401	144	0
Hogan	3	2300	164	41
Jackson	3	2316	178	60
Koesterer	5	3643	168	40
Kramer	3	2300	168	20
Krieger	4	2930	180	35
Milnor	6	4401	156	45
Mittendorf	5	3742	148	40
Perry			1520 min	156 pulse - My legs Dead
Poag	4	3222	156	40
Rackers	4	2927	156	38
Scott			140	75
Seal	4	3025	156	27
Sommers	4	2927	172	30
Staley	5	3955	164	15
Stauder	5	4029	164	60
Group B				
Himich	5	4210	168	20
Tajkowski	5	3901	168	20
Thomas	5	3742	184	35
Group C				
Correnti	4	3245	184	10
Dillon	4	2940	164	31
Garcia	4	3025	172	24
Gordon	4	3245	160	25
Heller	4	3321	168	25
Joy	4	3045	164	20
LaBarge	INJURED			
Marx	4	3025	172	45
May	4	3630	171	65
McLaughlin	4	3045	160	30
Munsell, T	4	3158	172	15
Nolan, J	4	3318	152	20
Pitti, C	4	3318	200	58
Pitti, L	4	2714	176	30
Song	4	3005	180	50
Swiecicki	3	2713	164	10
Uhlenbrock	4	3045	156	15
Voras	4	3321	164	21

4021 min

Group D	Mileage	Time	Pulse	Comments
Andrew	3	2615	164	23
Devoll	3	2514	160	24
Galli	3	2514	164	20
Johnson, M	3	2632	164	20
Mark	2	1921	172	25
McIntyre, S	3	2643	164	15
Rizzo	3	2150	180	30
Group D-				
Apprill-Sokol	3	2209	170	30
Munsell, M	3	2209	164	55
Group E				
Buescher	SERVICE			
Byrne	3	2350	172	28
Cler	ABSENT			
Gannon	3	2726	164	20
Garavaglia	3	2514	144	30
Garner	3	2829	140	25
LeGrand	3	2936	136	20
McIntyre, H	3	2724	160	30
Moore	3	3615	176	15
Murati	3	2726	180	20
Nolan, T	3	2749	160	25
Rizzo, B	3	2756	164	20
Rutledge	3	2507	152	24
Stevens	3	2749	164	20
Stus	3	2514	164	25
Thro	3	2940	184	26
Voss	3	2838	192	25
Conlan	3	2458	00	15

Date: 10-3-17 Conditions:

Workout: Drills/ Warm-up to Bowl Lake/ Push-ups/2nd Set/Bounce Week: Aerobic Run with 3x1min. pickups Everyone else: 4x800-4x400/ Cool-down/ Stretch/ Competition for weights group

Bounce	Mileage	Time	Pulse	Comments
Burka	6	45:11	136	30
Callahan	5	38:10	164	25
Dillon	4+	32.15	144	31 pushups extd warm up
Friedrichs	4+	32:15	148	60 pushups
Hetlage	6	45:11	132	0
Hogan	3 +	24:07	152	100 Push ups
Jackson				
Koesterer		38 15	176	40 Push ups
Kramer	3.35	24:30	158	30 Push ups
Milnor	6	45.11	148	45
Mittendorf	6	38:45	no pulse	50
Perry	27 40	3 miles	164	RIP
Poag	+	33:48	156	yah
Rackers	4	30:09	152	43 pushups
Scott	6	45:11	136	
Seal	2:52 2:48	2:47 2:47	73 77 77 75	
Staley	5	39:43	160	20
Stauder	5	41:00	160	60

Group 2	800	800	800	800	400	400	400	400	Comments
Booher	247	242	2:41	2:44	71	74	77	74	7 miles
Buehring	2:46	2:36	2:35	2:34	69	69	70	71	
Gunn	—	—	—	—					XT
Sommers	2:48	242	2:41	2:42	72	78	75	76	
Thomas	2:55	2:46	2:47	2:41	76	80	74	71	
Bourneuf	2:55	2:51	2:51	2:51	74	80	75	76	
Krieger	2:48	2:40	2:40	2:41	74	78	76	77	
JACKSON	2:55	2:55	2:54	2:58	[illegible]	[illegible]	84	82	
Group 3	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Cler	3:10	3:07	3:07	3:17	87	79	87	86	
Garcia	2:52	2:46	2:46	2:46	74	80	78	80	
Himich	3:02	3:01	3:05	3:05	82	88	85	84	
Joy	2:53	2:44	2:45	2:47	81	84	85	85	
LaBarge	—	—	—						
Munsell, M	2:53	2:52	2:51	251	77	80	79	83	
Munsell, T	2:59	2:54	2:56	2:52	82	84	84	84	
Pitti, C	2:51	2:43	2:48	2:50	80	80	80	80	
Pitti, L	2:56	2:50	2:51	2:51	73	73	76	80	
Rutledge	3:01	2:56	2:55	2:57	80	84	84	82	
Song	2:49	2:44	2:44	2:46	73	78	75	70	
Stus	3:05	3:05	3:07	3:07	85	86	85	86	
Swiecicki	3:06	3:07	3:07	3:18	—	—	—	—	
Tajkowski	3:03	2:54	3:02	2:53	79	82	79	78	

Date: 10-3-17 Conditions:

Workout: Drills/ Warm-up to Bowl Lake/ Push-ups/2nd Set/Bounce Week: Aerobic Run with 3x1min. pickups Everyone else: 4x800-4x400/ Cool-down/ Stretch/ Competition for weights group

Group 4	800	800	800	800	400	400	400	400	Comments
Apprill-Sokol	2:48	2:45	2:50	2:51	81	82	82	83	
Correnti	3:10	3:05	3:07	3:03	89	86	85	72	
Gordon	3:06	3:00	2:58	2:54	79	85	83	83	
Heller	3:10	3:09	3:06	—	88	85	77	72	
LeGrand	2:59	3:02	3:07	3:02	89	93	95	97	
Marx	3:29	—	3:24	—	—	—	—	—	+ 2 aerobic
McLaughlin	3:00	2:59	2:54	2:51	81	81	78	79	
Rizzo	2:49	2:49	2:57	3:00	77	82	86	88	
Uhlenbrock	3:07	3:05	3:02	3:03	89	84	84	82	
Group 5	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
Andrew	3:22	3:29	3:21	3:17	1:33	1:36	1:33	1:35	
McIntyre, H	3:19	3:11	3:16	3:13	1:26	1:32	1:32	1:35	
Voras	3:04	3:05	3:09	3:14	1:27	1:29	1:31	1:32	
Byrne	ABSENT	—	—	—	—	—	—	—	
Galli	3:05	3:01	2:56	2:53	1:22	1:27	1:26	1:21	
Gannon	3:06	3:04	3:05	3:08	1:16	1:30	1:36	1:27	
Garavaglia	3:17	3:23	3:15	3:14	1:25	1:33	1:30	1:35	
Nolan, J	3:03	3:03	2:58	3:04	1:20	1:25	1:21	1:21	
Nolan, T	3:08	3:05	3:07	3:08	1:20	1:33	1:30	1:32	
Stevens	3:10	3:09	3:07	3:08	1:21	1:31	1:31	1:32	
Thro	3:19	3:25	3:18	3:19	1:25	1:33	1:35	1:35	
Mark	3:32	3:32	3:37	3:48	1:41	1:53	1:48	1:44	
Group 6	**800**	**800**	**800**	**800**	**400**	**400**	**400**	**400**	**Comments**
May	3:27	3:18	3:41	4:03	—	—	—	—	foot/ankle pain
Buescher	—	—	—	—	—	—	—	—	Timer
Devoll	3:19	3:12	3:11	3:04	1:16	1:23	1:23	1:22	
Garner	3:36	3:37	3:37	3:24	1:35	1:44	1:36	1:14	
Johnson, M	3:34	3:30	3:37	3:34	1:28	1:42	1:41	1:41	
McIntyre, S	3:27	3:18	3:13	3:07	1:21	1:27	1:26	1:25	
Moore	4:23	4:36	4:38	4:31	2:05	1:59	2:08	2:00	
Murati	3:37	3:33	3:40	3:14	1:27	1:46	1:43	1:35	
Rizzo, B	3:21	3:23	3:27	3:30	1:40	1:40	1:45	1:40	
Voss	3:21	3:23	3:33	3:34	1:35	1:35	1:36	1:31	

Date: 10-4-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Booher	4	31:32	156	
Burka	6	44:11	144	
Callahan	4	31:32	156	
Friedrichs	4	31:32	148	
Hetlage	6	44:11	140	
Hogan	3	22:15	168	
Koesterer	5	39:34	144	
Kramer	3	22:25	172	
Milnor	6	44:11	144	
Mittendorf	5	39:34	124	
Perry	3.1	24:34	172	1
Poag	4	32:42	144	
Rackers	4	31:45	152	
Scott	5	36:20	140	
Seal	4	32:27	164	
Staley	5	39:42	164	
Stauder	5ish	43:30	160	
Group B				
Buehring	5	32:27	160	
Gunn	3.1	24:28	140	
Himich	5ish	43:40	160	
Tajkowski	5	39:50	168	
Thomas	5	39:50	188	
Group C				
Correnti	4	32:14	172	
Dillon	4	32:27	152	
Garcia	4	32:27	172	
Gordon	4	34:52	160	
Heller	4	31:47	156	
Joy	4	32:14	160	
Krieger	5	39:20	170	
LaBarge	2	19:37	128	headache
Marx	3	26:58	176	
May	4	39:22	153	
McLaughlin	4	32:12	160	
Munsell, T	4	31:47	152	
Nolan, J	EXCUSED			
Pitti, C	4	32:29	164	
Pitti, L	4	28:42	168	
Sommers	4	32:27	164	
Song	4	35:00	152	
Swiecicki	4	28:15	160	
Uhlenbrock	4	32:12	140	
Voras	4	32:14	160	

Group D	Mileage	Time	Pulse	Comments
Andrew	3	25:20	160	
Devoll	3	26:20	160	
Galli	3	25:10	160	
Johnson, M	3.16	27:05	156	
Mark	3	30:13	172	
McIntyre, S	3	28:57	152	
Rizzo	3.16	26:20	152	
Group D-				
Apprill-Sokol	3	22:33	188	
Bourneuf	3.1	24:00	156	
Jackson	3	23:50	154	
Munsell, M	3	24:00	164	
Group E				
Buescher	EXCUSED			
Byrne	3	25:12	168	
Cler	EXCUSED			
Gannon	JUG			
Garavaglia	3	27:05	148	
Garner	3	33:29	120	
LeGrand	3	25:01	160	
McIntyre, H	3	28:57	168	
Moore	3	37:15	176	
Murati	3	29:03	152	
Nolan, T	3	27:14	164	
Rizzo, B	3	33:00	110	
Rutledge	3	27:14	144	
Stevens	3	30:25	150	
Stus	3	27:15	148	
Thro	3	33:42	212	
Voss	3	30:25	180	

Date: 10-5-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going higher mileage/Drills/Flying 200s/ Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Booher	CROSS-TRAIN				Andrew	3	24:59	172	22
Burka	6	44:32	144	20	Devoll	3	25:59	180	27
Callahan	5	36:48	156	20	Galli	3	25:40	160	20
Friedrichs	4	31:58	148	50	Johnson, M	3	26:31	164	20
Hetlage	6	44:32	148	—	Mark	3	30:54	168	27
Hogan	3	22:43	164	40	McIntyre, S	3	29:05	144	20
Koesterer	5	36:46	164	60	Rizzo	3	25:48	158	22
Kramer	3	23:00	174	25					
Milnor	6	44:32	152	60					
Mittendorf	5	36:46	136	40					
Perry	3	23:00	168	—	**Group D-**				
Poag	4	33:38	156	20	Apprill-Sokol	3	23:51	168	20
Rackers	4	30:59	156	40	Bourneuf	EXCUSED			
Scott	6	44:32	156	70	Jackson	3.1	24:10	156	60
Seal	4	31:17	168	25	Munsell, M	3	23:51	164	40
Staley	5	36:45	168	21					
Stauder	5	43:31	156	61					
Group B									
Buehring	5	37:05	148	22	**Group E**				
Gunn	5	37:05	144	20	Buescher	CROSS-TRAIN			
Himich	5	43:40	160	15	Byrne	3	26:19	160	—
Tajkowski	5	39:53	160	20	Cler	SERVICE			
Thomas	5	39:53	188	35	Gannon	JUG			
					Garavaglia	3	27:00	144	31
Group C					Garner	3	30:54	176	20
Correnti	4	34:05	180	13	LeGrand	3	24:50	164	23
Dillon	4	30:59	148	21	McIntyre, H	3	29:05	176	25
Garcia	4	31:58	176	24	Moore	3	36:17	188	10
Gordon	4	32:07	160	25	Murati	3	33:45	168	20
Heller	4	34:05	156	20	Nolan, T	3	27:31	164	21
Joy	4	34:05	152	15	Rizzo, B	3	33:45	143	25
Krieger	4	31:01	179	32	Rutledge	3	24:49	162	21
LaBarge	3	28:05	140	30	Stevens	3	27:03	160	25
Marx	3	23:51	164	35	Stus	3	25:25	160	25
May	4	1:00:00	126	—	Thro	3	31:12	168	20
McLaughlin	4	33:45	160	30	Voss	3	27:00	176	25
Munsell, T	4	34:05	168	15					
Nolan, J	4	33:17	160	20					
Pitti, C	4	33:17	168	58					
Pitti, L	4	31:15	168	30					
Sommers	4	31:01	164	30					
Song	5	43:30	160	50					
Swiecicki	PHYS. THERAPY								
Uhlenbrock	5	39:40	168	—					
Voras	4	34:05	160	21					

Date: 10-6-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run AB=5 C=4 DE=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Bounce	Mileage	Time	Pulse	Comments
Booher	5K	24:29	160	20
Burka	5 mi	37:50	120	20
Callahan	4	30:57	148	25
Friedrichs	4	30:30	140	50
Hetlage	5 mi.	37:50	132	—
Hogan	5K	22:12	176	40
Koesterer	5 mi	37:45	144	80
Kramer	5K	22:11	162	23
Milnor	5 mi	37:50	148	45
Mittendorf	5 mi	37:51	132	40
Perry	2 -	STUNG BY	INSECT	
Poag	4	33:21	156	30
Rackers	4	30:52	152	43
Scott	5 mi.	37:50	136	60
Seal	4	31:10	164	25
Staley	5K	23:06	164	20
Stauder	5 mi	42:58	156	65
Group B				
Buehring	3	22:14	168	16
Gunn	5 mi	37:50	140	25
Himich	5 mi	43:15	164	15
Tajkowski	5 mi	39:28	160	20
Thomas	5 mi	39:28	172	35
Group C				
Correnti	4	30:44	160	11
Dillon	DID	NOT	RUN	
Garcia	4	32:47	172	23
Gordon	4	34:06	140	30
Heller	4	32:43	152	20
Joy	4	30:44	164	15
Krieger	4	31:10	177	30
LaBarge	5K	27:43	148	25
Marx	2 mi.	— ABANDONED	DUE TO	INJURY
May	3 mi	48:15	135	30
McLaughlin	4	32:00	164	30
Munsell, T	4	32:43	148	15
Nolan, J	4	32:37	148	20
Pitti, C	4	30:55	208	60
Pitti, L	4	30:52	160	30
Sommers	4	30:52	156	30
Song	4	33:40	160	50
Swiecicki	EXCUSED			
Uhlenbrock	4	32:00	148	15
Voras	4	32:30	156	18

ABANDONED RUN DURING WARM UP

Group D	Mileage	Time	Pulse	Comments
Andrew	5K	25:04	160	24
Devoll	5K	26:20	170	33
Galli	5K	25:04	156	20
Johnson, M	5K	26:02	168	20
Mark	5K	33:22	168	20
McIntyre, S	5K	26:17	160	23
Rizzo	5K	24:40	144	22
Group D-				
Apprill-Sokol	5K	23:40	172	20
Bourneuf	5K	24:00	156	30
Jackson	5K	23:50	168	60
Munsell, M	5K	23:48	172	55
Group E				
Buescher	CROSS-TRAIN			
Byrne	5K	25:45	144	28
Cler	5K	26:50	180	20
Gannon	5K	26:40	160	22
Garavaglia	5K	26:49	148	32
Garner	3 mi.	33:24	120	20
LeGrand	5K	31:40	144	15
McIntyre, H	5K	26:51	172	25
Moore	5K	38:00	184	15
Murati	5K	29:57	204	20
Nolan, T	5K	28:36	156	25
Rizzo, B	5K	32:33	125	25
Rutledge	5K	26:44	148	20
Stevens	5K	26:44	140	25
Stus	5K	26:50	144	30
Thro	5K	31:40	164	20
Voss	2 -	STUNG BY	INSECT	

Date: 10-8-17 Conditions:
Workout: Sunday Workout

Bounce	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Booher					Andrew				
Burka	4	29:50			Devoll				
Callahan					Galli				
Friedrichs					Johnson, M				
Hetlage	5	?	mystery		Mark				
Hogan	2				McIntyre, S				
Koesterer	1 hour bike				Rizzo				
Kramer									
Milnor	4	31:10	120						
Mittendorf	2			Bike 20:00					
Perry					**Group D-**				
Poag	2	18:07			Apprill-Sokol				
Rackers	4	30:28			Bourneuf				
Scott	3	24:51			Jackson				
Seal					Munsell, M				
Staley	4								
Stauder									
Group B									
Buehring	4	30:01			**Group E**				
Gunn					Buescher				
Himich					Byrne				
Tajkowski					Cler				
Thomas					Gannon				
					Garavaglia				
Group C					Garner				
Correnti					LeGrand				
Dillon					McIntyre, H				
Garcia					Moore				
Gordon					Murati				
Heller					Nolan, T				
Joy					Rizzo, B				
Krieger					Rutledge				
LaBarge					Stevens				
Marx					Stus				
May	2 2/3	26:47	141		Thro				
McLaughlin					Voss				
Munsell, T									
Nolan, J									
Pitti, C									
Pitti, L									
Sommers									
Song									
Swiecicki									
Uhlenbrock									
Voras									

Week 4 - October 9-15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	BORGIA INVITE	AB=3-5 Shakeout	A=63-65
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=55-57
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=44
A=8	2nd Set Drills	A=8	A=8	A=6	2nd Set Drills		D=42
B=6	2-3 mile tempo	B=6	B=6	B=5	Race		E=37
C=5	4x400 @ 1600	C=5	C=5	C=4	Cooldown		
D=4	Jog to SLUH	D=4	D=4	DE=3	12= 2x400, 2x200 +3 miles		
E=3	Stretch with Leader	E=3	E=3	6 Strides	3456=3 miles		
Stretch	Peaking for Weights Group	6 Strides	Drills	Stretch with Leader	Stretch		
Jog to SLUH		Stretch with Leader	Flying 200s	Jog to SLUH	**OR**		
		Jog to SLUH	Stability Weights		1st Set Drills		
			Stretch with Leader		Warm-up		
			Jog to SLUH		2nd Set Drills		
					Art Hill Figure 8s		
					Cooldown 2 miles		
					Stability Weights		
					Stretch		

Date: 10-9-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:08	140	20
Hetlage	8	57:08	148	—
Milnor	8	57:08	152	55
Group A-				
Scott	8	57:08	156	80
Group B				
Buehring	6	44:12	156	13
Gunn	6	44:25	168	20
Himich	6	50:37	172	30
Koesterer	6	44:25	176	40
Mittendorf	6	44:25	156	40
Perry	4	31:26	168	—
Poag	4	30:55	164	20
Staley	4	31:37	180	19
Stauder	6	50:05	176	60
Tajkowski	6	46:57	180	20
Thomas	6	46:57	192	30
Group B-				
Booher	CROSS-TRAIN			
Callahan	6	45:33	164	15
Group C				
Correnti	5	41:50	160	15
Dillon	5	37:30	164	—
Friedrichs	5	37:56	164	50
Garcia	5	38:37	180	27
Gordon	5	44:54	172	25
Heller	5	40:45	160	20
Joy	5	41:50	168	15
Krieger	5	38:16	178	25
LaBarge	5	39:17	168	29
Marx	4	31:37	168	35
May	5	44:54	177	65
McLaughlin	5	39:17	160	30
Munsell, T	5	41:50	168	15
Nolan, J	5	41:26	160	20
Pitti, C	5	41:22	184	90
Pitti, L	5	41:22	148	30
Rackers	5	37:38	156	40
Seal	5	38:39	168	27
Sommers	5	40:02	164	30
Song	5	37:03	188	40
Swiecicki	EXCUSED			
Uhlenbrock	5	39:17	164	15
Voras	5	40:45	164	17

Group D	Mileage	Time	Pulse	Comments
Andrew	4	34:34	168	20
Devoll	4	36:50	180	10
Galli	4	35:16	148	20
Johnson, M	4	35:41	176	20
Mark	4	38:39	172	25
McIntyre, S	4	37:14	152	21
Rizzo	4	31:05	174	27
Group D-				
Apprill-Sokol	4	29:25	188	35
Bourneuf	4	31:37	172	30
Hogan	4	29:25	184	40
Jackson	3	25:02	172	30
Kramer	4	29:40	160	30
Munsell, M	4	31:37	176	40
Group E				
Buescher	CROSS-TRAIN			
Byrne	3	23:19	180	29
Cler	3	27:36	164	20
Gannon	3	23:30	160	25
Garavaglia	3	26:36	152	23
Garner	3	32:36	176	20
LeGrand	3	23:50	164	20
McIntyre, H	3	27:36	160	25
Moore	3	37:05	192	11
Murati	3	29:22	188	20
Nolan, T	EXCUSED			
Rizzo, B	3	29:50	143	25
Rutledge	3	26:36	144	21
Stevens	3	26:36	180	20
Stus	3	27:36	148	25
Thro	3	32:38	156	—
Voss	3	27:30	200	25

Date: 10-10-17 Conditions:

Workout: RAIN!!! Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

70 60 55 50 40

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka		70	140	suck	Andrew		50	140	23
Hetlage					Devoll		50	132	15
Milnor			—	60	Galli		50	140	20
					Johnson, M		50	144	20
Group A-					Mark		50	162	27
Scott			140		McIntyre, S		50	152	20
					Rizzo		50	140	19
Group B									
Buehring		61:18	148	13 SLUH					
Gunn		60	160	25					
Himich		60	152	20	**Group D-**				
Koesterer		60	140	50	Apprill-Sokol		40	158	30
Mittendorf		60	124	40	Bourneuf	40	40	148	30
Perry		50	160	5	Hogan		40	146	45
Poag		50	140	35	Jackson		40	140	60
Staley		61:18	156	20	Kramer		40	144	30
Stauder		60	164	60	Munsell, M		40	100	40
Tajkowski		60	164	15					
Thomas		60	172	30					
					Group E				
Group B-					Buescher		—	—	XT
Booher	—	—	—	CROSS TRAIN	Byrne		40	164	29
Callahan		60	136	25	Cler		—	—	excused
					Gannon		40	160	30
Group C					Garavaglia		40	136	30
Correnti		55	148	20	Garner		22:30	104	—
Dillon		55	148	31	LeGrand		40	144	23
Friedrichs		55	140	20	McIntyre, H		40	152	30
Garcia		55	148	30	Moore		40	156	15
Gordon		55	148	25	Murati		40	152	30
Heller	Bike	40	188	CROSS-TRAIN	Nolan, T		—	—	excused
Joy		55	148	15	Rizzo, B		40	140	25
Krieger		55	168	30	Rutledge		40	146	20
LaBarge		55	160	29	Stevens		40	160	20
Marx		50	168	25	Stus		40	144	25
May		40	120	30	Thro		—	—	XT
McLaughlin		55	148	30	Voss		40	148	25
Munsell, T		55	160	20					
Nolan, J		55	156	25					
Pitti, C		55	160	61					
Pitti, L		55	120	30					
Rackers		55:08	156	29					
Seal		55	156	29					
Sommers		55	164	30					
Song		55	176	60					
Swiecicki		40	160	25					
Uhlenbrock		55	144	40					
Voras		55	168	21					

Date: 10-11-17 Conditions: Cold

Workout: Drills/ Warm-up to Steinberg/ Push-ups/2nd Set/2-3 mile tempo, 4x400 @ 1600/ Cool-down/ Stretch/ Peaking weights for weights group

	Group 1	Tempo	Time	Pulse	400	400	400	400	Comments
8	Burka								On Own 17:18 tempo, 72 avg. on 400s
8	Buehring	3	17:28	148	72	81	79	72	
8	Gunn	3	17:43	176	72	75	77	77	
8	Hetlage	3	17:08	168	67	70	71	69	
8	Milnor	3	17:08	176	67	71	71	69	
8	Mittendorf	3	17:08	184	67	71	73	71	
8	Rackers	3	17:29	180	70	76	78	77	
8	Scott	3	17:18	180	67	74	74	72	
8	Staley	3	17:27	192	72	79	83	73	
	Group 2	**Tempo**	**Time**	**Pulse**	**400**	**400**	**400**	**400**	**Comments**
	Booher								CROSS-TRAIN
6	Bourneuf	3	19:00	184	77	82	83	77	
	Callahan	3	18:43	188	75	84	83	76	
8	Dillon	3	19:00	170	75	84	85	76	
6	Hogan	3	18:23	176	77	83	84	77	
	Jackson	3	21:15	172	85	90	91	87	
8	Koesterer	3	18:42	188	75	76	80	76	
	Kramer	3	19:50	176	82	86	86	82	
7	Krieger	3	19:00	186	76	82	82	79	
5	Perry	2	12:54	200	72	74	75	72	
7	Poag	3	21:25	170	-	-	-	-	COMPLETED W. BROKEN WATCH
7	Seal	3	19:48	188	76	84	82	80	
	Sommers	3	18:58	180	76	81	83	79	
	Thomas	3	19:30	188	76	80	80	74	
	Group 3	**Tempo**	**Time**	**Pulse**	**400**	**400**	**400**	**400**	**Comments**
	Cler	3	22:49	180	83	90	98	94	
	Friedrichs	3	20:05	156	72	82	85	78	
	Garcia	3	19:36	184	75	85	86	82	
	Himich	3	20:27	180	77	85	86	78	
	Joy	3	19:30	184	77	88	86	78	
	LaBarge	3	20:05	176	78	88	88	85	
	Munsell, M	3	20:48	176	78	88	90	83	
	Munsell, T	3	21:00	188	82	90	95	80	
	Pitti, C	3	20:45	204	72	84	93	93	
	Pitti, L	3	20:41	176	82	84	90	84	
	Rutledge	3	22:49	184	86	90	93	86	
	Song	3	19:17	180	72	82	84	75	
	Stus	3	22:47	168	86	90	91	91	
	Swiecicki	3	19:37	184	88	91	94	91	
	Tajkowski	3	19:30	200	88	91	95	85	

Date: 10-11-17 Conditions:

Workout: Drills/ Warm-up to Steinberg/ Push-ups/2nd Set/2-3 mile tempo, 4x400 @ 1600/ Cool-down/ Stretch/ Peaking weights for weights group

Group 4	Tempo	Time	Pulse	400	400	400	400	Comments
Apprill-Sokol	2	13:21	164	89	92	93	85	
Correnti	2	13:30	164	81	84	82	80	
Gordon	2	13:10	176	81	85	87	82	
Heller	3	25:20	140					Aerobic
LeGrand	2	14:00	168	91	94	102	89	
Marx	2	13:34	176	85	89	92	90	
McLaughlin	2	13:07	168	83	84	83	78	
Rizzo	2	13:22	172	80	85	82	80	
Uhlenbrock	2	13:20	172	83	88	86	85	
Stauder	2	14:05	160	85	91	95	92	6 mi total
Group 5	**Tempo**	**Time**	**Pulse**	**400**	**400**	**400**	**400**	**Comments**
Andrew	2	14:05	172	78	85	78	83	
McIntyre, H	2	15:15	180	91	97	94	96	
Voras	2	14:25	176	79	82	84	80	
Byrne	2	13:54	176	77	82	82	75	
Galli	2	14:20	176	82	87	89	88	
Gannon	2	14:16	160	77	80	72	75	
Garavaglia	2	14:45	152	85	93	90	80	
Nolan, J	2	13:32	180	81	89	87	82	
Nolan, T	2	15:31	168	82	93	93	93	
Stevens	2	14:49	180	83	73	72	82	
Thro								CROSS-TRAIN
Mark	2	16:04	172	90	96	102	90	
Group 6	**Tempo**	**Time**	**Pulse**	**400**	**400**	**400**	**400**	**Comments**
May	2	18:14	177	135	144	152	140	
Buescher								ABSENT
Devoll	2	14:14	184	72	84	90	82	
Garner	2	16:59	194	96	106	115	105	
Johnson, M	2	14:49	184	82	93	96	87	
McIntyre, S	2	15:00	176	87	94	93	88	
Moore	2	22:20	192	5:07	6:06			~~5:07~~
Murati	2	15:36	180	96	99	104	88	
Rizzo, B	2	16:43	164	92	102	105	99	
Voss	2	16:44	176	93	105	103	93	

Date: 10-12-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Core/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:14	140	50
Hetlage	8	57:14	120	—
Milnor	8	57:14	148	50
Group A-				
Scott	6	42:58	136	65
Group B				
Buehring	6	42:58	156	13
Gunn	6	43:42	160	20
Himich	6	46:26	168	25
Koesterer	6	43:42	144	40
Mittendorf	6	42:58	124	40
Perry	4	29:12	164	10
Poag	4	29:12	168	40
Staley	CROSS-TRAIN			
Stauder	6	46:26	172	70
Tajkowski	6	46:26	172	20
Thomas	6	46:26	172	35
Group B-				
Booher	CROSS-TRAIN			
Callahan	5	36:22	136	30
Group C				
Correnti	5	38:28	164	15
Dillon	5	35:05	156	25
Friedrichs	5	34:25	164	65
Garcia	5	34:35	168	27
Gordon	5	37:20	152	25
Heller	5	38:28	160	20
Joy	5	36:22	172	20
Krieger	5	35:27	174	35
LaBarge	5	34:39	160	28
Marx	4	31:21	160	30
May	3	23:03	165	65
McLaughlin	5	38:58	144	30
Munsell, T	5	38:28	168	15
Nolan, J	5	38:56	152	20
Pitti, C	5	38:56	168	62
Pitti, L	5	36:20	168	30
Rackers	5	34:36	164	39
Seal	5	35:24	164	29
Sommers	5	36:20	145	30
Song	5	35:05	180	60
Swiecicki	3	28:30	156	25
Uhlenbrock	5	38:56	160	20
Voras	5	38:28	164	14

Group D	Mileage	Time	Pulse	Comments
Andrew	4	33:34	180	21
Devoll	4	31:23	152	17
Galli	4	31:51	164	25
Johnson, M	4	31:05	168	20
Mark	4	31:40	172	27
McIntyre, S	4	31:21	160	15
Rizzo	4	27:38	184	32
Group D-				
Apprill-Sokol	3	22:45	164	35
Bourneuf	3	22:45	144	35
Hogan	4	27:37	164	45
Jackson	3	22:45	152	70
Kramer	3	19:20	180	30
Munsell, M	3	22:45	160	60
Group E				
Buescher	CROSS-TRAIN			
Byrne	3	22:45	164	29
Cler	3	25:12	168	20
Gannon	SERVICE			
Garavaglia	3	23:30	156	34
Garner	3	28:30	168	20
LeGrand	3	23:33	160	—
McIntyre, H	3	24:21	140	30
Moore	3	33:20	164	20
Murati	3	25:46	148	25
Nolan, T	3	25:15	160	25
Rizzo, B	3	24:31	153	27
Rutledge	3	25:12	164	22
Stevens	3	25:12	164	20
Stus	3	24:47	140	25
Thro	CROSS-TRAIN			
Voss	3	25:19	176	25

Date: 10-13-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 DE=3 with minus groups going lower mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:33	140	20
Hetlage	6	43:33	136	—
Milnor	6	43:33	152	40
Group A-				
Scott	5	37:49	136	65
Group B				
Buehring	5	39:08	164	18
Gunn	5	39:08	144	25
Himich	5	37:27	176	25
Koesterer	5	39:08	164	40
Mittendorf	5	38:04	140	40
Perry	3	22:06	168	10
Poag	3	22:06	168	30
Staley	5	39:08	176	22
Stauder	5	40:56	160	60
Tajkowski	5	40:06	168	20
Thomas	5	38:04	168	35
Group B-				
Booher	3	26:08	144	20
Callahan	4	30:05	136	20
Group C				
Correnti	4	31:14	184	15
Dillon	4	30:24	152	30
Friedrichs	4	31:03	148	50
Garcia	4	32:12	164	25
Gordon	4	31:03	168	20
Heller	4	32:15	156	20
Joy	4	31:14	168	20
Krieger	4	30:45	170	32
LaBarge	4	32:19	148	27
Marx	3	25:49	156	30
May	4	41:06	150	40
McLaughlin	4	32:20	160	30
Munsell, T	4	32:15	160	10
Nolan, J				Sick
Pitti, C	4	30:24	212	63
Pitti, L	4	30:24	168	30
Rackers	4	30:07	160	35
Seal	4	31:00	164	24
Sommers	4	30:23	164	30
Song	4	32:20	160	30
Swiecicki				Physical Therapy
Uhlenbrock	4	32:20	168	10
Voras	4	32:15	160	17

Group D	Mileage	Time	Pulse	Comments
Andrew	3	25:30	164	22
Devoll	3	25:49	140	18
Galli	3	26:08	160	18
Johnson, M	3	27:45	132	20
Mark	3	29:57	172	25
McIntyre, S	3	25:49	160	15
Rizzo	3	26:48	136	30
Group D-				
Apprill-Sokol	3	22:48	168	20
Bourneuf	3	24:37	144	30
Hogan	3	22:50	160	60
Jackson	3	24:37	156	70
Kramer	3	22:25	168	30
Munsell, M	3	23:04	164	40
Group E				
Buescher	7 small laps	18:23	140	20
Byrne	3	24:00	172	29
Cler	3	28:32	164	15
Gannon	3	24:37	160	20
Garavaglia	3	27:20	140	30
Garner	3	31:15	160	20
LeGrand	3	23:29	164	23
McIntyre, H	3	25:50	168	30
Moore	3	36:50	180	20
Murati	3	27:46	184	20
Nolan, T	3	28:31	164	25
Rizzo, B	3	27:19	141	25
Rutledge	3	28:32	140	23
Stevens	3	27:46	160	20
Stus	3	28:32	143	25
Thro	3	27:19	172	30
Voss	3	27:46	172	20

Date: 10-15-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	4	28:51			Andrew				
Hetlage	5				Devoll				
Milnor	5	39:21	124		Galli				
					Johnson, M				
Group A-					Mark				
Scott	4	32:27			McIntyre, S				
					Rizzo				
Group B									
Buehring	4	36:12	140						
Gunn									
Himich					**Group D-**				
Koesterer					Apprill-Sokol				
Mittendorf	2	~17:00	120	[illegible]	Bourneuf				
Perry	4				Hogan				
Poag					Jackson				
Staley				Bike 45:00	Kramer				
Stauder					Munsell, M				
Tajkowski									
Thomas									
					Group E				
Group B-					Buescher				
Booher	Biking 45 minutes				Byrne				
Callahan	3	22:15			Cler				
					Gannon				
Group C					Garavaglia				
Correnti					Garner				
Dillon					LeGrand				
Friedrichs					McIntyre, H				
Garcia					Moore				
Gordon					Murati				
Heller					Nolan, T				
Joy					Rizzo, B				
Krieger					Rutledge				
LaBarge					Stevens				
Marx					Stus				
May					Thro				
McLaughlin					Voss				
Munsell, T									
Nolan, J									
Pitti, C									
Pitti, L									
Rackers	4	32:42							
Seal									
Sommers									
Song									
Swiecicki									
Uhlenbrock									
Voras									

Week 3 - October 16-22							
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Mileage Totals**
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	CLAYTON INVITATIONAL	DISTRICTS	AB=3-5 Shakeout	A=59-61
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	1st Set Drills	1st Set Drills	CDE=X-Train/ Rest	B=52-54
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Warm-up	Warm-up		C=42
A=8	2nd Set Drills	A=8	A=8	2nd Set Drills	2nd Set Drills		D=37
B=6	**State Travelers**	B=6	B=6	Race	Race		E=34
C=5	2x400	C=5	C=5	Cooldown	Cooldown		
D=4	1.5 mile tempo	D=4	D=4	Stretch with Leader	12= 2x400, 2x200 +3 miles		
E=3	2x400	E=3	E=3	**OR**	3456=3 miles		
6 Strides	1.5 mile tempo	Stretch with Leader	Drills	1st Set Drills	Stretch		
Stretch with Leader	2x400	Jog to SLUH	Flying 200s	Jog to West Camp			
Jog to SLUH	**Clayton Races**		Stability Weights	Push-ups			
	12x400 with gear changes		Stretch with Leader	A=6			
	3x150m for everyone		Jog to SLUH	B=5			
	Everyone Else		**OR**	C=4			
	6x800		Pre-Race	6 Strides			
	Cooldown			Stretch with Leader			
	AB=3 miles			Jog to SLUH			
	CDE= Jog to SLUH			**OR**			
	Peaking for Weights group			12x400 with gear changes			
	Stretch			Cooldown			
				Stretch with Leader			

Date: 10-16-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	58:00	128	30
Hetlage	8	58:00	144	—
Milnor	8	58:00	152	55
Group B				
Buehring	6	44:11	160	14
Gunn	6	44:11	152	20
Himich	6	47:44	172	20
Koesterer	6	44:11	164	40
Mittendorf	6	44:11	144	40
Perry	6	42:53	172	10
Poag	4	29:40	160	40
Scott	6	42:53	152	75
Stauder	6	47:22	168	70
Tajkowski	6	47:26	160	20
Thomas	6	47:22	164	45
Group B-				
Booher	3	23:13	152	20
Callahan	6	44:11	164	25
Group C				
Correnti	5	38:36	164	15
Dillon	5	35:53	148	32
Friedrichs	5	35:53	164	15
Garcia	5	35:53	180	26
Gordon	5	39:00	172	20
Heller	5	38:48	172	20
Joy	5	38:36	150	20
Krieger	5	35:53	170	32
LaBarge	5	39:32	140	30
Marx	EXCUSED			
May	5	43:18	165	—
McLaughlin	5	40:15	168	30
Munsell, T	5	38:48	160	15
Nolan, J	EXCUSED			
Pitti, C	5	39:32	220	63
Pitti, L	5	39:00	168	30
Rackers	5	35:53	156	38
Seal	5	35:53	164	35
Sommers	5	35:53	172	30
Song	5	38:23	168	60
Staley	EXCUSED			
Swiecicki	3	25:44	160	25
Uhlenbrock	5	40:15	160	15
Voras	5	38:48	164	15

Group D	Mileage	Time	Pulse	Comments
Andrew	4	31:20	168	21
Devoll	4	32:14	152	17
Galli	4	32:19	156	20
Johnson, M	4	37:28	160	25
Mark	4	37:23	172	25
McIntyre, S	4	37:28	144	20
Rizzo	4	29:56	180	38
Group D-				
Apprill-Sokol	4	29:04	174	25
Bourneuf	3	22:30	160	30
Hogan	4	29:04	172	40
Jackson	3	22:45	164	70
Kramer	4	28:00	160	20
Munsell, M	4	29:56	176	55
Group E		1 BASEBALL FIELD		
Buescher	9 LAPS (SMALL)		172	20
Byrne	3	22:34	180	—
Cler	3	27:25	160	20
Gannon	COUNSELOR			
Garavaglia	3	22:46	156	32
Garner	3	27:39	172	20
LeGrand	3	22:47	164	27
McIntyre, H	3	26:37	172	25
Moore	3	37:55	172	20
Murati	3	26:04	184	20
Nolan, T	3	27:03	172	20
Rizzo, B	3	29:59	154	27
Rutledge	3	25:36	164	21
Stevens	3	25:47	168	20
Stus	3	25:47	148	25
Thro	3	28:26	192	30
Voss	3	27:58	176	25

Date: 10-17-17 Conditions:

Workout: Drills/ Warm-up/ Push-ups/2nd Set/State Travelers: 2x400/1.5m tempo/2x400/1.5m tempo/2x400 Clayton 12x400/ Everyone Else 6x800/ Cool-down/ Stretch/ Peaking weights for weights group

State Travelers	Paces	400	400	Tempo	400	400	Tempo	400	400	Comments
Burka	75/5:45	74	81	8:37	73	81	8:27	72	72	
Hetlage	75/5:45	74	81	8:37	73	81	8:27	72	72	
Milnor	75/5:45	74	81	8:37	73	81	8:27	72	72	
Mittendorf	75/5:45	74	81	8:37	74	82	8:27	72	72	
Rackers	77/5:45	76	84	8:37	74	83	8:27	72	72	
Scott	77/5:45	75	83	8:37	74	82	8:27	72	72	
Staley	77/5:45	—								Aerobic 4 miles 31:41 176 25pu
Buehring	80/6:00	81	88	9:10	78	87	9:00	73	73	
Callahan	80/6:00	81	88	9:09	79	87	8:58	x	x	
Gunn	80/6:00	81	88	9:10	79	87	9:00	x	x	
Krieger	80/6:00	81	88	9:15	79	88	9:11	x	x	
Sommers	80/6:00	81	88	9:10	79	86	9:00	x	x	

Clayton	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Correnti	91	90	89	87	84	87	86	84	82	82	83	80	
Heller	89	88	87	86	83	85	87	85	83	79	83	75	
Himich	87	85	82	84	82	81	83	80	82	79	83	80	
Joy	87	89	89	87	84	86	85	81	82	81	80	77	
Munsell, T	90	89	90	88	85	87	87	84	84	81	84	80	
Poag	85	84	80	83	81	80	80	78	75	75	77	75	
Stauder	86	89	90	89	84	87	87	85	83	83	86	82	
Swiecicki	92	90	89	86	84	85	85	81	83	81	82	68	
Tajkowski	87	87	89	85	83	85	84	80	80	78	80	71	
Thomas	83	84	80	83	80	79	78	76	74	75	74	68	
Voras	92	90	90	88	86	87	86	85	85	84	85	83	

167
87
254
84
338
82
410
81
491
83
574
80
654
183
736
29
875
83
958
80
978

16.3
60)978
60
378
360
180

Date: 10-17-17 Conditions:

Workout: Drills/ Warm-up/ Push-ups/2nd Set/State Travelers: 2x400/1.5m tempo/2x400/1.5m tempo/2x400 Clayton 12x400/ Everyone Else 6x800/ Cool-down/ Stretch/ Peaking weights for weights group

Group 2	800	800	800	800	800	800	Comments
Booher	—	—	—	—	—	—	Aerobic 4mi. 31:41 144 20pu
Bourneuf	2:54	2:51	2:56	2:50	2:56	2:44	
Dillon	2:48	2:42	2:47	2:46	2:46	2:43	
Hogan	2:46	2:42	2:45	2:42	2:41	2:43	
Jackson	2:51	2:55	3:00	2:59	3:07	2:56	
Koesterer	2:44	2:39	2:42	2:40	2:41	2:35	
Kramer	2:50	2:52	2:50	2:52	2:56	2:43	
Perry	2:42	2:38	2:40	2:37	2:40	2:31	
Seal	—	—	—	—	—	—	Sick
Group 3	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Cler	3:08	3:25	3:18	—	3:13	3:25	
Friedrichs	2:49	2:43	2:49	2:49	2:49	2:40	
Garcia	2:49	2:48	2:48	2:44	2:46	2:43	
LaBarge	3:00	2:55	2:57	2:53	2:55	2:51	
Munsell, M	2:50	2:53	2:55	2:52	2:55	2:52	
Pitti, C	3:01	2:58	3:10	3:12	3:13	3:32	
Pitti, L	2:58	2:53	2:52	2:54	2:53	2:52	
Rutledge	3:03	3:00	3:06	2:54	2:57	2:52	
Song	2:49	2:44	2:49	2:50	2:48	2:43	
Stus	—	—	—	—	—	—	Not here
Group 4	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
Apprill-Sokol	3:03	3:01	3:00	2:56	2:56	2:56	
Gordon	3:04	3:02	2:59	2:49	2:42	2:41	
LeGrand	3:06	3:03	3:03	3:02	3:04	2:58	
Marx	INJURED						
McLaughlin	3:03	3:02	3:02	2:58	3:02	2:54	
Rizzo	3:00	2:58	3:02	3:02	3:02	3:02	
Uhlenbrock	3:10	3:03	3:03	3:02	3:04	3:01	

Date: 10-17-17 Conditions:

Workout: Drills/ Warm-up/ Push-ups/2nd Set/State Travelers: 2x400/1.5m tempo/2x400/1.5m tempo/2x400 Clayton 12x400/ Everyone Else 6x800/ Cool-down/ Stretch/ Peaking weights for weights group

Group 5	800	800	800	800	800	800	Comments
Andrew	2:51	2:51	2:54	2:51	2:49	2:47	
McIntyre, H	3:22	3:23	3:18	3:22	3:20	3:28	
Byrne	2:53	2:54	2:59	3:05	3:02	2:47	
Galli	3:03	2:58	3:07	3:08	3:03	3:03	
Gannon	2:55	2:54	2:59	2:53	2:56	3:01	
Garavaglia	3:15	3:22	3:16	3:23	3:21	3:22	
Nolan, J	3:13	3:13	3:15	3:15	3:13	3:16	
Nolan, T	3:10	3:06	3:15	3:24	3:16	3:09	
Stevens	3:25	3:22	3:16	3:19	3:15	3:07	
Thro	3:23	3:25	3:26	3:32	3:24	3:29	
Mark	3:24	3:17	3:16	3:17	3:20	3:20	
Group 6	**800**	**800**	**800**	**800**	**800**	**800**	**Comments**
May	4:22	4:44	3:26	3:04	3:03	3:35	
Buescher	4:10	3:48	3:58	4:08	3:53	3:52	
Devoll	3:08	3:00	2:58	2:54	2:53	2:52	
Garner	3:45	3:38	3:40	3:44	3:46	3:40	
Johnson, M	3:30	3:30	3:31	3:33	3:23	3:01	
McIntyre, S	3:27	3:19	3:16	3:09	3:07	2:55	
Moore	4:59	4:49	4:42	4:37	4:30	4:40	
Murati	3:47	3:46	3:42	3:47	3:42	3:09	
Rizzo, B	3:23	3:26	3:35	3:40	3:40	3:40	
Voss	3:39	3:40	3:43	3:45	3:48	3:46	

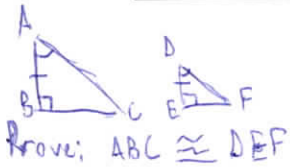
Date: 10-18-17 Conditions:

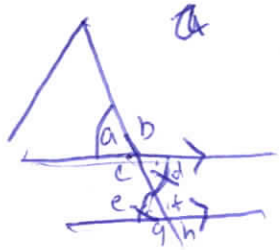
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

DIRTY DOZEN

Group A	Mileage	Time	Pulse	Comments
Burka	8	~~58:48~~	57:17 144	oop
Hetlage	8	57:17	136	
Milnor	8	57:17	148	
Group B				
Buehring	6	44:23	152	
Gunn	6	44:49	160	
Himich	6	51:11	168	HIT PAIN
Koesterer	6	44:49	156	
Mittendorf	6	44:49	144	
Perry	5	37:10	172	
Poag	4	31:29	160	
Scott	5	37:07	148	
Stauder	6	47:02	172	
Tajkowski	6	47:16	172	
Thomas	6	47:02	180	
Group B-				
Booher	4	32:27	144	
Callahan	5	37:59	164	
Group C				
Correnti	5	39:30	172	
Dillon	5	36:59	156	
Friedrichs	5	37:50	148	
Garcia	5	37:50	176	
Gordon	5	37:08	180	
Heller	5	39:26	164	
Joy	5	39:30	168	
Krieger	5	37:07	182	
LaBarge	EXCUSED	5	39:26	HB
Marx	EXCUSED	--	INJURY	
May	5	43:45	174	
McLaughlin	5	38:21	160	
Munsell, T	5	39:26	156	
Nolan, J	4	~~48:15~~	44:20	160
Pitti, C	5	42:09	212	
Pitti, L	5	42:09	168	
Rackers	5	37:08	156	
Seal	EXCUSED			
Sommers	5	37:08	172	
Song	5	43:20	164	
Staley	4	31:29	184	
Swiecicki	4	33:13	160	
Uhlenbrock	5	38:21	164	
Voras	EXCUSED			Not here
	5 total	40:19		

Group D	Mileage	Time	Pulse	Comments
Andrew	4	32:55	176	
Devoll	4	32:56	160	
Galli	4	33:07	160	
Johnson, M	3	29:54	168	
Mark	4	33:03	168	
McIntyre, S	4	34:17	164	
Rizzo	4	33:07	172	LEFT LEG
Group D-				
Apprill-Sokol	3	23:12	164	
Bourneuf	3	23:12	148	
Hogan	3	22:28	176	
Jackson	3	23:12	164	
Kramer	3	~~[illegible]~~	170	22:28
Munsell, M	3	23:12	160	
Group E				
Buescher	3	32:20	176	
Byrne	3	23:12	176	
Cler	3	32:20	160	
Gannon	3	23:12	160	
Garavaglia	3	26:20	144	
Garner	3	31:49	148	
LeGrand	3	25:06	148	
McIntyre, H	3	26:45	172	
Moore	3	34:48	176	
Murati	3	28:14	168	
Nolan, T	3	27:12	164	
Rizzo, B	3	29:54	145	
Rutledge	3	26:55	156	
Stevens	3	25:06	160	
Stus	3	27:12	156	
Thro	3	32:20	156	
Voss	3	26:20	172	





∠a ≅ ∠d

Date: 10-19-17 Conditions:

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

Group A	Mileage	Time	Pulse	Comments
Burka	8	58:12	148	30
Hetlage	6	44:47	144	0.000000
Milnor	8	58:02	156	50
Group B				
Buehring	6	44:47	148	16
Gunn	5	38:44	136	25
Himich	5	40:53	168	23
Koesterer	6	44:47	160	40
Mittendorf	6	44:47	160	40
Perry	5	37:35	164	0
10 pushups Poag	3.5	32:46	104	felt dizzy
Scott	6	44:47	156	70
Stauder	5	41:20	172	70
Tajkowski	5	39:38	164	20.
Thomas	5	37:58	188	30
Group B-				
Booher	cross	train		
Callahan	4	30:35	144	20
Group C				
Correnti	4	31:46	160	15
Dillon	5	37:58	152	31
Friedrichs	5	37:13	156	56
Garcia	5	37:58	180	20
Gordon	4.5	37:35	160	3
Heller	4	34:28	148	115
Joy	4	34:28	140	15
Krieger	4	30:35	173	32
LaBarge	5	38:26	160	31
~~Marx~~	~~15~~	~~21:00~~	~~112~~	
May	3	35:34	147	———
McLaughlin	5	39:54	160	30
Munsell, T	4	24:20	152	15
Nolan, J	5	43:16	152	20
Pitti, C	5	39:54	204	64
Pitti, L	5	39:54	160	30
Rackers	5	36:28	160	35
Seal	5	41:40	172	20
Sommers	4	29:24	164	30
Song	5	41:29	160	60
Staley	4	31:04	188	24
Swiecicki	4	31:30		
Uhlenbrock	5	39:54	152	20
Voras	4	34:38	160	20.0

Group D	Mileage	Time	Pulse	Comments
Andrew	4	31:33	172	21
Devoll	4	31:31	140	25
Galli	4	31:52	160	20
Johnson, M	3	29:20	144	20
Mark	4	31:52	168	25
McIntyre, S	4	37:18	160	20
Rizzo	4	35:19	88	32
Group D-				
Apprill-Sokol	4	30:50	174	30
Bourneuf	4	30:50	160	30
Hogan	4	30:35	164	30
Jackson	4	30:54	164	50
Kramer	4	31:13	156	23
Munsell, M	4	31:05	160	like 30
Group E				
Buescher	3	29:40	180	20
Byrne	3	23:59	184	30
Cler	3	29:40	160	10
Gannon	3	23:59	164	25
Garavaglia	3	26:04	140	31
Garner	3	29:50	168	20
LeGrand	3	23:15	172	22
McIntyre, H	3	29:40	176	30
Moore	3	36:07	180	20
Murati	3	28:06	168	10
Nolan, T	3	28:12	168	25
Rizzo, B	3	28:35	145	27
Rutledge	3	25:38	164	20
Stevens	3	26:04	168	20
Stus	3	25:50	153	20
Thro				
Voss	3	28:12	156	20

Date: 10-~~19~~ 20-17 Conditions:

Workout: Drills/ Warm-up/ Push-ups/2nd Set/Districts: Pre-Race Findley Racers: 12x400 with gear changes/ Cool-down/ Stretch

Districts	Mileage	Time	Pulse	Comments
Burka	6	46:00	0	30
Hetlage	6	46:00	140	0 - ZERO!!!
Milnor	6	46:00	140	35
Mittendorf	5 and change	41:02	132	40
Rackers	4	30:43	152	35
Scott	5	35:58	136	0 - BIG FAT ZERO - started from West Camp :(
Staley	3	23:17	176	14
Buehring	5 and change	41:02	154	12
Booher	3	23:17	148	
Clayton				
Callahan				
Gunn				
Krieger				
Sommers				
Correnti				
Heller				
Himich				
Joy				
Munsell, T				
Poag				
Stauder				
Swiecicki				
Tajkowski				
Thomas				
Voras				

Date: 10-~~19~~ 20-17 Conditions:

Workout: Drills/ Warm-up/ Push-ups/2nd Set/Districts: Pre-Race Findley Racers: 12x400 with gear changes/ Cool-down/ Stretch

Group 2	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Booher	23:17	3 miles	148										
Bourneuf	89	87	86	85	86	84	85	85	78	78	80	74	
Dillon	86	89	85	86	83	84	84	79	77	76	76	74	
Hogan	83	78	80	79	79	77	79	75	77	74	78	76	
Jackson	90	92	91	89	88	85	86	84	79	77	80	76	
Koesterer	85	86	85	85	80	82	80	78	71	69	71	72	
Kramer	90	90	90	90	85	85	84	80	81	76	71	71	
Perry	85	88	87	87	82	80	79	71	66	66	67	67	
Seal	90	90	87	87	84	84	83	83	80	72	81	79	
Staley	23:17	3 miles	176										
Group 3	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Cler	100	100	101	98	96	98	97	96	95	85	87	78	
Friedrichs	86	89	88	86	85	84	83	81	79	78	77	69	
Garcia	89	92	92	90	87	89	88	87	82	82	82	78	
LaBarge	91	92	—	—			90	86	86	83	84	80	80-77-77-76
Munsell, M	89	90	88	90	88	86	87	86	82	82	83	80	
Pitti, C	92	94	92	84	90	90	90	82	84	84	84	74	
Pitti, L	95	87	90	78	90	84	88	85	84	80	85	82	
Rutledge	94	95	94	92	89	90	92	89	92	85	84	75	
Song	93	94	92	90	88	87	90	87	76	76	79	61	
Stus	95	94	94	93	91	92	92	89	91	89	88	85	
Group 4	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
Apprill-Sokol	83	83	81	81	80	77	81	78	76	80	76	73	
Gordon	83	87	86	84	84	85	85	84	80	84	78	73	
LeGrand	88	91	93	89	89	90	92	91	87	88	87	83	
Marx													
McLaughlin	83	85	85	83	83	85	84	84	79	83	79	74	
Rizzo	83	85	85	82	82	83	84	82	75	82	82	74	
Uhlenbrock	86	87	87	85	85	86	85	86	82	83	81	79	

Date: 10-19-17 Conditions:

Workout: Drills/ Warm-up/ Push-ups/2nd Set/Districts: Pre-Race Findley Racers: 12x400 with gear changes/ Cool-down/ Stretch

Group 5	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Andrew	84	82	86	85	85	83	85	85	83	82	83	77	
McIntyre, H	97	93	97	99	98	98	101	100	99	102	101	86	
Byrne	83	82	85	81	80	79	82	81	78	81	83	72	
Galli	85	83	82	83	82	81	83	83	85	81	88	84	
Gannon	85	83	82	82	83	80	83	83	82	82	77	68	
Garavaglia	97	93	97	94	94	91	97	94	96	95	97	92	
Nolan, J	85	87	90	87	91	93	94	94	93	94	93	76	
Nolan, T	87	87	91	90	92	89	93	94	92	94	95	77	
Stevens	97	89	93	93	89	88	90	87	86	84	88	73	
Thro	87	94	95	96	94	92	99	97	96	97	98	92	
Mark	97	96	100	95	95	98	99	98	98	97	97	86	
Group 6	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**400**	**Comments**
May	96	90	95	92	90	87	95	99	112	98	105	122	
Buescher	112	103	107	105	110	105	105	104	112	110	105	94	
Devoll	84	82	80	80	79	79	80	78	78	79	82	76	
Garner	128	128	128	130	128	129	129	134	122	120	102	105	
Johnson, M	104	105	104	108	108	96	104	101	96	104	108	72	
McIntyre, S													
Moore	130	132	135	137	132	132	140	134	125	125	133	132	
Murati	112	103	107	105	110	105	105	104	112	110	105	94	
Rizzo, B	102	99	105	105	106	104	102	98	102	106	105	105	
Voss	88	91	93	94	95	90	99	97	93	99	101	87	

Date: 10-21-17 Conditions:
Workout: DISTRICTS Aerobic Run B=60 minutes C=50 minutes D=45 minutes E=40 minutes / Strides/ Full Stretch

Districts	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Buehring					Andrew	45		140	
Burka					Devoll ✓				
Hetlage					Galli ✓				
Milnor					Johnson, M	45		136	
Mittendorf					Mark	45		160	5
Rackers					McIntyre, S	45		152	
Scott					Rizzo	45		156	0
Group B									
Gunn	60	—	136	20					
Himich	60		156		**Group D-**				
Koesterer	60	—	132	40	Apprill-Sokol	40		164	
Perry	60		164	0	Bourneuf	40		156	
7-8 Poag	40		164		Hogan	45		164	35 5
Stauder	—	60:00	124		Jackson	40		152	
Tajkowski	60		160		Kramer ✓				
Thomas	60		180		Munsell, M	40		160	
Group B-					**Group E**				
Booher	~~60~~	~~60~~	~~136~~		Buescher	40		164	
Callahan	60	60	136	½	Byrne	—		—	
					Cler	—		—	
Group C					Gannon	40		156	
Correnti	50		160		Garavaglia	40		156	4
Dillon	60		160		Garner	42:15		120	
6 Friedrichs	51:30		140	50	LeGrand	40		156	
Garcia	50		150		McIntyre, H	40	164	164	
Gordon	50		144		Moore				
Heller ✓					Murati	40		160	
Joy ✓					Nolan, T	40		156	
Krieger	50	50	163		Rizzo, B	40		192	
LaBarge ✓					Rutledge	40		152	
Marx ✓					Stevens ✓	—		—	
May	51:30	51:30	162		Stus	40		152	
McLaughlin	50	50	164		Thro	40		160	
Munsell, T ✓					Voss	40		148	
Nolan, J 7	[illegible]	51:15	156	gang, gang					
Pitti, C	700	50	212	$$$$$$					
Pitti, L ✓									
Seal	50		152						
Sommers	50		144	Lit					
Song ✓									
Staley	60	60	144	800					
Swiecicki	—	—	—						
Uhlenbrock	8	58:50	156						
Voras ✓									

Date: 10-22-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Burka	3	22:09			Andrew				
Hetlage	5				Devoll				
Milnor	5	39:45	132		Galli				
					Johnson, M				
					Mark				
Group B					McIntyre, S				
Buehring	5	37:12	156		Rizzo				
Gunn									
Himich									
Koesterer									
Mittendorf	2	18:21			**Group D-**				
Perry				Bike '30:00	Apprill-Sokol				
Poag					Bourneuf				
Scott	4	32:43			Hogan				
Stauder					Jackson				
Tajkowski					Kramer				
Thomas					Munsell, M				
Group B-					**Group E**				
Booher					Buescher				
Callahan					Byrne				
					Cler				
Group C					Gannon				
Correnti					Garavaglia				
Dillon					Garner				
Friedrichs					LeGrand				
Garcia					McIntyre, H				
Gordon					Moore				
Heller					Murati				
Joy					Nolan, T				
Krieger					Rizzo, B				
LaBarge					Rutledge				
Marx					Stevens				
May	4.5				Stus				
McLaughlin					Thro				
Munsell, T					Voss				
Nolan, J									
Pitti, C									
Pitti, L									
Rackers									
Seal									
Sommers									
Song									
Staley									
Swiecicki									
Uhlenbrock									
Voras									

Week 2 - October 23-29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	FINDLEY INVITATIONAL	1st Set Drills	1st Set Drills	SECTIONALS	AB=3-5 Shakeout	A=56-59
Jog to West Camp	Jog to West Camp	1st Set Drills	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=50-52
Push-ups/Core	Push-ups	Warm-up	Push-ups	Push-ups	Warm-up		C=40
A=8	**Findley Racers**	2nd Set Drills	A=8	A=6	2nd Set Drills		D=36
B=6	Pre-Race run	Race	B=6	B=5	Race		E=34
C=5	Strides	Cooldown	C=5	C=4	3 Mile Cooldown		
D=4	Stretch with Leader	Stretch with Leader	D=4	DE=3	Stretch		
E=3	**Sectional Racers**	**OR**	E=3	6 Strides			
6 Strides	2nd Set Drills	Aerobic Run at Jefferson Barracks	Drills	Stretch with Leader			
Stretch with Leader	6-7x800	1st Set Drills	Flying 200s	Jog to SLUH			
Jog to SLUH	Cooldown	Push-ups/Core	Stability Weights				
	AB=3-4 miles	A=8	Stretch with Leader				
	CDE= Jog to SLUH	B=7	Jog to SLUH				
	Peaking for Weights group	C=6					
	Stretch	Stretch with Leader					
		Jog to SLUH					

Date: 10-23-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:14	156	30
Hetlage	8	57:14	140	—
Milnor	8	57:14	152	30
Group B				
Buehring	6	45:04	148	19
Gunn	6	45:04	164	20
Himich	6	51:04	168	20
Koesterer	6	46:11	168	40
Mittendorf	6	45:04	144	40
Perry	5	38:37	164	10
Poag	4	32:47	160	40
Scott	6	43:07	152	80
Stauder	6	48:54	164	60
Tajkowski	6	46:11	180	20
Thomas	6	46:11	172	40
Group B-				
Booher	5	38:54	122	20
Callahan	5	37:00	164	25
Group C				
Correnti	5	39:53	160	15
Dillon	5	38:36	148	35
Friedrichs	5	37:47	152	60
Garcia	5	38:29	168	25
Gordon	5	38:36	164	—
Heller	5	39:37	152	20
Joy	5	36:08	172	25
Krieger	5	38:05	176	32
LaBarge	5	38:29	160	24
Marx 2:7	~~25~~	22:24	164	20
May	5	45:18	171	55
McLaughlin	5	40:15	168	30
Munsell, T	5	39:37	160	15
Nolan, J	5	39:18	152	20
Pitti, C	5	39:18	220	65
Pitti, L	5	38:37	168	30
Rackers	5	37:42	152	32
Seal	5	38:36	164	29
Sommers	5	36:08	168	30
Song	5	38:14	168	50
Staley	6	45:04	180	18
Swiecicki	3	28:35	152	45
Uhlenbrock	5	40:15	152	20
Voras	5	36:40	172	17

6 finishing mile

Group D	Mileage	Time	Pulse	Comments
Andrew	4	33:36	168	20
Devoll	4	33:34	164	17
Galli	4	32:56	164	20
Johnson, M	3	28:35	168	20
Mark	4	40:25	172	25
McIntyre, S	4	33:39	168	15
Rizzo	4	31:15	172	23
Group D-				
Apprill-Sokol	3	22:43	131	25
Bourneuf	3	22:43	144	35
Hogan	4	30:37	172	35
Jackson	3	22:43	168	60
Kramer	4	30:30	160	10
Munsell, M	3	22:43	160	40
Group E				
Buescher	3	27:46	184	20
Byrne	3	22:44	180	30
Cler	3	29:44	164	10
Gannon	3	22:18	164	20
Garavaglia	3	26:19	144	38
Garner	3	28:35	180	20
LeGrand	3	24:32	160	23
McIntyre, H	3	27:46	168	30
Moore	3	34:05	172	20
Murati	3	28:33	184	20
Nolan, T	3	25:55	172	20
Rizzo, B	3	28:33	144	28
Rutledge	3	25:00	164	21
Stevens	3	29:44	160	20
Stus	3	25:06	156	25
Thro	3	27:46	176	30
Voss	3	25:27	172	25

Date: 10-24-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Districts: 6-7x800 @ 5K pace - Peaking weights based on feel, Findley: Pre-Race - Strides - Hurdle Mobility/ Full Stretch/ Jog SLUH

Districts	Pace	800	800	800	800	800	800	800	Comments	
Burka	2:32	2:39	2:39	2:33	2:34	2:31	2:34	2:33		7.5
Hetlage	2:32	2:39	2:39	2:33	2:34	2:31	2:34	2:33		7.5
Milnor	2:32	2:39	2:39	2:33	2:34	2:31	2:34	2:33		7.5
Mittendorf	2:32	2:40	2:40	2:35	2:34	2:31	2:34	2:33		7.5
Scott	2:35	2:40	2:39	2:34	2:34	2:33	2:37	2:38		7.5
Rackers	2:35	2:40	2:40	2:35	2:34	2:34	2:38	2:35		7.5
Staley	2:35	2:40	2:41	2:38	2:44	2:42	2:42	—		7

Group B				
Buehring	5	38:30	132	20
Gunn	5	38:14	128	25
Himich	5	39:46	156	40
Koesterer	5	38:14	136	40
Perry	4	28:53	156	10
Poag	3	24:23	140	40
Stauder	5	39:45	172	70
Tajkowski	5	39:46	160	20
Thomas	5	38:14	172	40
Group B-				
Booher	4	32:24	144	20
Callahan	4	27:10	172	30
Group C				
Correnti	4	31:47	164	15
Dillon	4	29:24	144	35
Friedrichs	4	29:09	132	50
Garcia	4	29:44	168	25
Gordon	4	32:12	140	25
Heller	4	31:47	169	0
Joy	4	31:47	148	20
Krieger	4	29:26	178	30
LaBarge	4	31:03	140	31
Marx	3	24:11	164	28
May	4	37:38	144	30
McLaughlin	4	32:27	160	30
Munsell, T	4	31:47	156	15
Nolan, J	4	39:40	152	15
Pitti, C	4	30:53	160	66
Pitti, L	4	30:53	160	30
Seal	4	29:32	160	27
Sommers	4	31:17	152	30
Song	4	29:53	160	60
Swiecicki	3	24:12	160	10
Uhlenbrock	4	32:27	160	15
Voras	4	31:47	160	12

Group D	Mileage	Time	Pulse	Comments
Andrew	3	22:37	140	30
Devoll	3	24:36	156	44
Galli	3	26:21	152	25
Johnson, M	3	24:10	160	20
Mark	3	27:42	160	25
McIntyre, S	3	24:11	172	20
Rizzo	3	23:31	160	32
Group D-				
Apprill-Sokol	3	26:07	168	36
Bourneuf	3	25:00	136	30
Hogan	3	22:06	124	30
Jackson	3	26:00	144	70
Kramer	3	21:21	176	20
Munsell, M	3	23:15	160	55
Group E				
Buescher	3	28:40	172	20
Byrne	3	23:31	168	30
Cler	3	29:40	168	20
Gannon	3	23:20	164	20
Garavaglia	3	25:39	152	31
Garner	3	27:22	160	40
LeGrand	3	26:06	156	40
McIntyre, H	3	25:00	168	30
Moore	3	31:24	138	20
Murati	3	27:42	160	20
Nolan, T	3	25:33	164	40
Rizzo, B	3	29:38	141	38
Rutledge	3	25:33	156	45
Stevens	3	28:50	160	20
Stus	3	25:33	144	25
Thro	3	28:45	184	30
Voss	3	29:30	164	25

Date: 10-25-17 Conditions:
Workout: Drills/Total Mileage 9-8-7/ Strides/ Full Stretch/ Jog SLUH

Districts	Mileage	Time	Pulse	Comments
Burka	7 + 2	50:00		
Hetlage	7 + 2	50:00		
Milnor	7 + 2	50:00		
Mittendorf	~ 6	~ 44:30	Mitchells Fault	40 push-ups
Scott	5 + warm up and cool down	39:16	132	70 push ups
Rackers	~5	39:17	152	dubeast 9812
Staley	~5	39:16	156	cool guy

Date: 10-26-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Drills/ Flying 200s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	57:31	136	20
Hetlage	8	57:31	144	–
Milnor	8	57:31	148	57
Group B				
Buehring	EXCUSED			
Gunn	6	46:20	160	20
Mittendorf	6	46:20	140	40
Scott	6	40:56	152	80
Stauder	6	46:20	172	60
KOESTERER	6	46:20	156	65
Group B-				
Callahan	5	36:17	164	35
Group C				
Dillon	5	36:17	152	35
Friedrichs	5	36:17	156	50
Krieger	5	36:17	172	30
Rackers	5	36:17	156	36
Sommers	5	36:17	156	30
Staley	5	36:17	164	16
Group D-				
Hogan	3	21:05	~~184~~ 180	30
Kramer	3	21:05	~~180~~ 184	25
Jackson	EXCUSED			

Date: 10-27-17 Conditions:
Workout: Split Practice: 7 at Parkway Central Total Mileage including warm-up and cool-down
AB=7 C=6 DE=5 /Strides/ Full Stretch/ Jog SLUH

Parkway Central Group				
Group A	**Mileage**	**Time**	**Pulse**	**Comments**
Burka	5	37:45	120	
Hetlage	5	37:45	132	
Milnor	5	37:45	140	
Group B				
Mittendorf	5	37:45	120	
Scott	4	30:08	128	
Group C				
Rackers	4	30:11	156	
Staley	4	30:11	160	
West Camp Group				
Group B				
Buehring	5	38:19	152	27
Gunn	5	38:19	156	25
Stauder	5	38:19	160	70
Koesterer	5	38:19	140	40
Group B-				
Callahan	4	28:20	164	25 shows
Group C				
Dillon	4	30:08	140	35
Friedrichs	4	30:08	132	50
Krieger	4	30:08	170	30
Sommers	4	30:08	152	30
Group D-				
Hogan	3	20:46	172	
Kramer	3	20:40	180	
Jackson	0.0			

Date: 10-29-17 Conditions:
Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments
Burka	3	22:15		
Hetlage	5			
Milnor	4	31:20	120	
Group B				
Buehring	4			
Gunn	didn't do anything. :(			
Mittendorf	2	18:21		Bike 20:00
Scott	4	32:48		
Stauder				
Group B-				
Callahan				
Group C				
Dillon				
Friedrichs				
Krieger				
Rackers	3	23:58	148	
Sommers				
Staley				bike 30 min
Group D-				
Hogan	3	19:54?	NO!	
Kramer				
Jackson				

Week 1 - October 30-November 5							
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Mileage Totals**
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	STATE	Off	A=48
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Run the state course x 2	1st Set Drills		B=45
Push-ups/Core	Push-ups	Push-ups	Push-ups	6 Strides	Warm-up		C=40
A=8	2nd Set Drills	A=6	AB=5	Stretch with Leader	2nd Set Drills		D=37
B=6	2 mile tempo	B=5	CD=4	Jog to SLUH	Race		E=35
C=5	2x4x400 with surge zones	C=4	E=3		3 Mile Cooldown		
D=4	1:00/3:00 recovery	DE=3	Drills		Stretch		
E=3	optional 3x150m	Stretch with Leader	Flying 200s				
6 Strides	Cooldown	Jog to SLUH	Stretch with Leader				
Stretch with Leader	AB=3 miles		Jog to SLUH				
Jog to SLUH	CDE= Jog to SLUH						
	Stretch						

Date: 10-30-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=8 B=6 C=5 D=4 E=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	8	58:17	152	30
Hetlage	8	58:17	144	0
Milnor	8	58:17	152	30
Group B				
Buehring	6	45:50	140	20
Gunn	6	45:50	144	25
Mittendorf	6	45:50	144	40
Scott	6	43:46	152	70
Stauder	6	45:50	168	70
Group B-				
Callahan	6	44:58	164	30
Group C				
Dillon	5	35:49	156	40
Friedrichs	5	35:49	164	60
Krieger	5	35:49	168	30
Rackers	5	35:49	152	38
Sommers	5	35:49	156	20
Staley	5	35:49	176	11
Group D-				
Hogan	4	28:09	188	30
Kramer	4	~~28~~ 28:16	168	25
Jackson	3	22:17	160	60
BIG HOGAN	8	58:17		

Date: 10-31-17 Conditions:

Workout: Drills/Jog 1m to Steinberg/ Push-ups/ 2 Mile Tempo, 2x4x400 with surge zones/ Cool Down/ Full Stretch/ Jog SLUH

State	Tempo Pace	Tempo	400 Pace	400	400	400	400	400	400	400	400	Comments
Burka	5:50/11:40	11:46	79-77	82	79	80	80	78	78	79	78	8 ~~10~~ miles
Hetlage	5:50/11:40	11:46	79-77	82	79	80	80	78	78	79	78	8 miles
Milnor	5:50/11:40	11:46	79-77	82	79	80	80	78	78	79	78	
Mittendorf	5:50/11:40	11:46	80-78	82	79	80	80	78	78	79	78	8
Scott	5:50/11:40	11:46	80-78	82	79	80	80	78	78	79	78	
Rackers	5:50/11:40	11:46	80-78	82	79	80	80	78	78	79	78	
Staley	5:50/11:40	11:46	80-78	82	79	80	80	78	78	79	78	
Alternate/NXR												
Buehring		12:16		80	82	86	85	81	78	80	69	8 miles
Callahan		12:16		80	82	87	86	83	81	83	78	7 miles
Dillon		12:20		81	84	87	86	84	81	86	79	
Friedrichs		13:01		82	85	88	87	86	83	86	77	
Gunn		12:16		80	82	86	85	81	78	80	69	8 miles
Hogan		12:20		82	83	87	85	86	81	83	81	6 miles
Jackson		13:07		82	85	92	87	87	85	87	83	
Kramer		13:02		81	82	87	85	85	82	87	75	
Krieger		12:20		81	83	87	85	83	81	85	80	8 miles
Sommers		12:21		80	82	87	86	82	82	85	81	
Stauder		13:59		88	86	93	89	90	85	89	83	

Date: 11-1-17 Conditions:
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run A=6 B=5 C=4 E=3 with minus groups going higher mileage/Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	6	43:51	132	32
Hetlage	6	43:51	~~132~~ 140	~~3~~ 1
Milnor	6	43:51	140	50
Group B				
Buehring	5	39:18	136	12
Gunn	5	37:55	148	30
Mittendorf	5	37:55	132	40
Scott	5	36:15	136	65
Stauder	5	39:18	164	70
Group B-				
Callahan	5	37:55	164	25
Group C				
Dillon	4	30:08	152	34
Friedrichs	4	30:58	160	50
Krieger	4	30:05	172	32
Rackers	4	29:53	156	34
Sommers	4	30:07	160	25
Staley	4	29:53	172	11
SEAL	4	30:05	168	26
Group D-				
Hogan	3	22:03	164	35
Kramer	3	22:16	160	20
Jackson	3	22:16	156	50

Date: 11-2-17 Conditions:

Workout: Drills/Jog 1m to West Camp/ Push-ups/ Aerobic run AB=5 C=4 DE=3 with minus groups going higher mileage/Flying 200s/ Full Stretch/ Jog SLUH

Group A	Mileage	Time	Pulse	Comments
Burka	5	37:02	124	30
Hetlage	5	35:28	152	Its Hot 2
Milnor	5	37:02	140	50
Group B				
Buehring	5	37:02	160	26
Gunn	5	37:02	164	25
Mittendorf	5	37:02	136	40
Scott	5	37:02	144	70
Stauder	5	37:47	172	60
Group B-				
Callahan	5	35:28	168	wrong turn but right 15
Group C				
Dillon	4	30:46	160	31
Friedrichs	4	30:18	164	50
Krieger	4	29:35	185	30
Rackers	4	29:12	160	35
Sommers	4	29:35	168	20
Staley	4	29:12	184	12
Seal	4	29:33	180	
Group D-				
Hogan	3	21:29	176	40PU
Kramer	3	21:26	174	
Jackson	3	22:20	168	50 PU