

Monday - 8/10	Tuesday - 8/11	Wednesday - 8/12	Thursday - 8/13	Friday - 8/14	Saturday - 8/15	Sunday - 8/16	Goal Mileage for the Week
Speed Day	Tempo Run	Long Run	Recovery Run	Recovery Run	Fartlek		
1 Mile Warm-up Run	1 Mile Warm-up Run for Groups C-F	1 set of push-ups	1 set of push-ups	1 set of push-ups	1 Mile Warm-up Run for Groups C-F	Groups D-F should take Sunday off	Group A = 54-59 miles
1 set of push-ups	2 Mile Warm-up for Groups A and B	Core Routine	F= 3 mile run	Core Routine	2 Mile Warm-up for Groups A and B	Groups A-C should either cross train for 30 minutes or run 3-5 miles depending on the individual	Group B = 46-51 miles
Core Routine	Group F - 1 mile at tempo pace	F= 4 mile run	E= 4 mile run	F= 3 mile run	Groups E-F = Fartlek of 5 x 1 minute on/1 minute off		Group C = 38-42 miles
6x12 second uphill sprints with 2:30 rest in between	Groups D and E - 2 miles at tempo pace	E= 5 mile run	D= 5 mile run	E= 4 mile run	Groups C-D = Fartlek of 3-4 miles of 3 minutes on/2 minutes off		Group D = 30 miles
Plyometric Speed Drills	Group C - 3 miles at tempo pace	D= 6 mile run	C= 7 mile run	D= 5 mile run	Groups A-B = Fartlek of 5-6 miles of 3 minutes on/2 minutes off		Group E = 24 miles
F= 1 mile cool-down	Group B - 4 miles at tempo pace	C= 8 mile run	B= 8 mile run	C= 6 mile run	Weight Circuit		Group F = 18 miles
E= 2 mile cool-down	Group A - 5 miles at tempo pace	B= 10 mile run	A= 10 mile run	B= 7 mile run	Cool-down should reflect total volume on the day		
D= 3 mile run	Weight Circuit	A= 11 mile run	6x100 meter strides	A= 8 mile run	F=3, E=4, D=5, C=6, B=7, A=8		
C= 4 mile run	Cool-down should reflect total volume on the day	6x100 meter strides	Stretch	6x100 meter strides	Stretch		
B= 6 mile run	F=3, E=4, D=5, C=6, B=7, A=8	Stretch		Stretch			
A= 8 mile run	Stretch						
Stretch							

Date: 8-10-20 Conditions: Unofficial start of season - Runs done on their own						
Workout: 1 mile warm-up/ Push-ups/Core/ 6x12 second uphill sprints/ Aerobic Run run A=8 B=6 C=4 D=3 E=2 F=1/ Stretch						
Seniors	Mileage	Time	Pulse	Comments		
Noah Apprill-Sokol						
Henry Bourneuf						
Michael Buescher						
Aidan Byrne	8	1:05:31		Yaaaay HOT AND HUMID, MY FAVORITE!		
Keegan Cantwell						
Andrew Frattini	3.4	28:02	180			
Anthony Garavaglia						
J. Daniel Hogan	9	1:07:16	165	Speed progression, pushups, core, stretch. Back to being hot today, but I got to run with Baker, Joe, Justin, and Tim so that was good.		
Reid Jackson						
Ryan Kramer	4	31:45:00	164	it was very hot today and i had a hamstring and calf that i hurt in a pool last night but they should get better soon		
Sandy LeGrand						
Henry McIntyre	0			Waiting to get my cast off before I start running		
Teddy Nolan						
Bobby Rizzo	3	0:24:08	173			
Maurice Safar	0					
Ben Siemer	5	0:37:48	170	The rain helped haha		
Parker Stus						
Alex Thro						
Hayden Zenor						
Juniors	Mileage	Time	Pulse	Comments		
Francis Alford	7	0:53:59	164	15 push ups. The run felt a lot harder with the heat		
Taggart Arens	0					
Grant Brawley						
Clay Derdeyn						
Eli Dernlan	3	0:26:14	124			
Ethan Evans						
Justin Glass	8	1:00:00	140	10 pushups, core, sprints up a slight hill		
Theodore gray						
Will Halley	3	28:15:00	188	20 push ups		
Peter James	3	27:46:00	160	18 push ups		
Samuel Kean	3	26:14:00	148			
Sean Kellogg	4	0:25:17	162	Stretch. Core. Pushups. 2 hill sprints and I only ran 4 because I ran during the middle of the day		
Joe LaBarge	7	0:52:35	131	sprints, pushups, core, little run through kirkwood with the gents		
Gavin Lawhorn	0					
Alex Mittendorf	0	0:45:00		I biked today because when I was ready to run it started storming. I'll be ready to do the tempo tomorrow.		
Robert Mize						
Joseph Nesser	3	0:27:02	162	Made it in before the storm. It was pretty hot out.		

Flynn O'Connell	0					
Baker Pashea	8	0:59:17	126	sprints, pushups, core. Nice little run with the boys		
Luke Pierson	3.5	0:31:15	178			
Sam Quinlivan	3	0:26:28	174			
Cullen Swiecicki						
Jack Werremeyer	0					
Nathan Wojtkowski	0					
Sophomores	Mileage	Time	Pulse	Comments		
Joe Abbate	3	26:18	167	Good run today. Hill sprints, plyos.		
Nathan Abner	0					
Tyler Barks	6	0:48:25	160	15 pushups, core, hill sprints plyos. Was a pretty smooth run today with only having to go 4 with warmup and cool down.		
Jeffrey Baur						
Thomas Bock	5	43:15:00	168			
Alex Brinkman	2	18:22	168	30 push-ups, core, hill sprints, pylos		
Ryan Carpenter	0	0				
Connor Coolbaugh	6	0:46:34		Felt alright, 32 pushups, hill sprints and plyos		
Jackson Cooper	6	0:49:13	168	Pretty solid run today, 9 pushups, hill sprints, plyos		
Cody Cox	4	31:33:00	140	48 push-ups, core, hill sprints, plyos		
Hudson Funke	0					
Tim Greiner	7	0:54:37	156	25 pushups, core, 1mi wu 6 hill sprints, plyos, 4 mile run in the morning and 2 in the afternoon. I got really dehydrated in the morning but I was feeling pretty good later on in the day so I decided to get the mileage in by adding on 2 more mile later in the day.		
David Hunt						
Walter Hurley						
Spencer Johnson						
Brendan Jones	6	0:48:49	164	22 Pushups, hill sprint, felt good today, ran the warmup and cool down a little slower.		
Carter Lowe	6	0:49:56	160	25 push-ups, core, hill sprints, plyos		
Nolan Meara	3.7	0:29:51	175	Mile wu, ;plyos, hill sprints, 2.7 mile run, core, pushups. Felt good today, barely felt my ankle much, but It is still a bit sore. Sprints felt good. Super hype for the season.		
Joel Miller						
Lionel Moise	3.9	0:33:39	171			
Nicholas Purschke	3	0:25:14	165	1 mile warm up, push-ups core and ploys, sprints felt good, first time i had done sprints probably in 4 months, only could do 2 miles, was extremely fatigued had no energy, just wasn't feeling it today		

Lucas Rammacher	4	0:31:03	154	Warm up, push-ups, core, and plyos. I planned doing 6 miles but the heat got to me and I started to feel super sick. I had to mow lawns in the morning so I ran later around 4 pm. My sprints were done on hill for about 10 seconds then I ended on flat ground.		
Will Riggan	6	0:46:17	165	core, plyos, pushups, hill sprints, mile warmup		
Wyatt Seal	6	0:45:19	144	45 pushups, core, hill sprints and plyos; stretch after run		
Nathan Spengemann	3	0:26:21	160	Trying to get back to a higher mileage		
Nico Wilson	4	0:36:33	-			
Freshmen	Mileage	Time	Pulse	Comments		
Quinn Apprill-Sokol						
Evan Batten	2	22	140			
Landon Beiseman						
Sean Boyd						
Nate Boyer	3	27:04	179			
Jackson Dauska	2	21	140			
Henry Erker						
Noah Evers	3.6	29:12	154			
Leo Fitzmaurice						
Charlie Gray						
Jonathan Hulsen						
Kai Imhof						
Matthew Kolnik						
Keller Maher						
Christopher Malpiedi						
Chase Mason						
Charlie Murray						
Leo Narkiewicz						
Nolan Nester						
Charles Nolan						
Michael Safar						
Ian Taylor						

Date: 8-11-20 Conditions: Unofficial start of season - Runs done on their own						
Workout: 1 mile warm-up/ Push-ups/ Tempo Run run A=5 B=4 C=3 DE=2 F=1/ Cool-down/ Weight Circuit/ Stretch						
Seniors	Push-ups	Tempo Distance	Tempo Time	Pulse	Total Mileage	Comments
Noah Apprill-Sokol						
Henry Bourneuf						
Michael Buescher						
Aidan Byrne	21	4	0:26:52	188	6	
Keegan Cantwell						
Andrew Frattini	62	3.9	0:33:46	189	3.9	
Anthony Garavaglia						
J. Daniel Hogan	30	5	0:29:24	152	8	Stretch, weights. Went 6:12, 5:57, 6:00, 5:32, 5:43. I felt really good about the move I made at the 3 mi mark. Got to run with Baker, Justin, & Joe. We started at the bottom of the road loop so the big uphill section was in miles 1 and 3
Reid Jackson						
Ryan Kramer	20	3	19:27	192	5	
Sandy LeGrand						
Henry McIntyre						
Teddy Nolan						
Bobby Rizzo	20	3	0:23:32	162	5	
Maurice Safar						
Ben Siemer	20	3	0:22:03	176	4	Not fun. Did not feel good
Parker Stus					0	Drove to Tulsa for a college visit
Alex Thro						
Hayden Zenor						
Juniors	Push-ups	Tempo Distance	Tempo Time	Pulse	Total Mileage	Comments
Francis Alford	15	4	0:24:04	192	8	Saw Coach Lally on my cooldown so I ran with him an extra mile
Taggart Arens	20	2.03	0:17:03	174	4.08	I didn't feel great today. I think that my allergies were acting up so my lungs weren't operating at full capacity. Otherwise the run went well.
Grant Brawley						
Clay Derdeyn						
Eli Dernlan	20	2	15:11:00	172	4	
Ethan Evans						
Justin Glass	10	4	0:23:30	180	7	nice tempo today, ran the four miles with hogan and baker, I stopped because I didn't want to overdo it being my first workout in the heat.
Theodore gray						
Will Halley						
Peter James						
Samuel Kean						
Sean Kellogg	20	3	0:20:06	193	5	ran 6 feet apart from Aidan for 3 miles. Saw Justin on the way back which was a delightful surprise. Workout was good

Joe LaBarge	25	4	0:24:35		7	still getting back into shape but for the first tempo since track it was good
Gavin Lawhorn						
Alex Mittendorf	25	2	13:20	188	3	I went out too fast which made the rest of the workout suck.
Robert Mize						
Joseph Nesser	14	2	0:16:17	173	4	
Flynn O'Connell	20	2	0:16:03	167	4	
Baker Pashea	20	5	0:29:51	169	8	good not great kinda hit a wall in that last mile. 6:12, 5:52, 6:00, 5:35, 6:20
Luke Pierson	12	2	0:15:31	183	4.5	Felt like crap the whole time. Was definitely dehydrated but oh well at least I got through it. I also don't know the area around my house super well so I keep running slightly more than I intend to. I guarantee my lazy self will figure out a solution to this soon.
Sam Quinlivan	20	2	0:16:07	185	4.2	Yikes. A lot of work to do here
Cullen Swiecicki						
Jack Werremeyer	25	3	0:22:27		4	
Nathan Wojtkowski	15	2	19:06	150	4	I haven't run in a while, so today was hard. Ran the first mile and 1/2 of my tempo and then I had to jog the rest of the way.
Sophomores	Push-ups	Tempo Distance	Tempo Time	Pulse	Total Mileage	Comments
Joe Abbate	22	2	16:04	171	4	Heat wasn't too bad. It was an okay workout for first workout of the season.
Nathan Abner	23	2	19:45	159	2	I couldn't really do the tempo run because my knees hurt more than usual
Tyler Barks	19	2	0:14:53	176	4	was VERY hilly where i was running today so I was only able to do a 2 mile tempo, still was a good run overall
Jeffrey Baur						
Thomas Bock	21	2	15:11	176	4	
Alex Brinkman	25	1	8:32	182	2	I got new running shoes that feel different I think it eill take a few days to get used to them
Ryan Carpenter			0:15:23	174	4	
Connor Coolbaugh	30	2	0:15:12	180		
Jackson Cooper	10	2	0:14:53	178	4	The route I was on was super hilly so i was only able to do a 2 mi tempo. Felt pretty good overall, probably could have gone 3 if I was on my normal route
Cody Cox	43	3	19:49:00	156	4	
Hudson Funke	30	1	8:40	188	3	
Tim Greiner	30	4	0:24:50	188	7	Felt really good today, I implemented some hills into the workout and I was able to keep a consistent pace. Splits: 6:13, 6:17, 6:12, 6:08. 1.5mi wu and cd. Weights and stretch

David Hunt						
Walter Hurley						
Spencer Johnson	15	1	0:07:19	184	4	Pretty hard day for me
Brendan Jones	24	3	0:21:01	161	6	Didn't feel great today
Carter Lowe	25	4	0:26:56	168	7	Felt pretty good
Nolan Meara	30	3	0:18:45	~200	5	Decent day. Ankle didn't hurt at all whilst running and I got a decently fast tempo in on a hilly course. Splits were 6:28, 6:15, 6:01. Might have gone sub six on the last one but I surged a tenth of a mile before the finish. Happy with my time. 1st and 2nd sets, mile warmup and cool down, 3 sets of weights.
Joel Miller						
Lionel Moise						
Nicholas Purschke	30	3	0:20:15	179	5	fastest three mile i've ran in a very long time, struggled a bit on the back end but overall it was a good day
Lucas Rammacher	22	3			5	I forgot my watch at home and felt good going in. I was planning on going at a 6:30-6:45 pace but I think I went faster. It wasn't the best, but also wasn't the worst. And I did weights with a big branch.
Will Riggan	27	4	0:25:48	180	7	tempo felt good, pushups
Wyatt Seal	30	4	0:25:48	168	7	felt good the whole way through, pushups and stretch
Nathan Spengemann						
Nico Wilson	30	2	0:26:30		4	
Freshmen	Push-ups	Tempo Distance	Tempo Time	Pulse	Total Mileage	Comments
Quinn Apprill-Sokol						
Evan Batten	20	2	24:04	172	3	Tempo run took a lot of energy and I thought I could go the extra mile, didn't make it on pace so I'll try harder next time
Landon Beiseman						
Sean Boyd						
Nate Boyer	31	2	18:03	183	3	
Jackson Dauska	now is still injured	1	11	168	3	
Henry Erker						
Noah Evers	30	3	21:02	174	5	
Leo Fitzmaurice						
Charlie Gray						
Jonathan Hulsen						
Kai Imhof						
Matthew Kolnik						
Keller Maher						
Christopher Malpiedi						
Chase Mason						
Charlie Murray	50	3	0:24:16	179	6	
Leo Narkiewicz						
Nolan Nester						
Charles Nolan						

Michael Safar						
Ian Taylor						

Date: 8-12-20 Conditions: Unofficial start of season - Runs done on their own					
Workout: 1 mile warm-up/ Push-ups/Core/Aerobic Run run A=11 B=10 C=8 D=6 E=5 F=4/ Strides/ Stretch					
Seniors	Push-ups	Mileage	Time	Pulse	Comments
Noah Apprill-Sokol					
Henry Bourneuf					
Michael Buescher					
Aidan Byrne	20	10	1:22:53	172	
Keegan Cantwell					
Andrew Frattini	59	5.8	0:53:23	179	First time running more than 4.5 miles
Anthony Garavaglia					
J. Daniel Hogan	20	11	1:21:56	157	Strides, core, stretch. Felt a little sore. Started to thunder significantly so I had to finish stretchinh at home.
Reid Jackson					
Ryan Kramer	20	8	1:02:14	156	
Sandy LeGrand					
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo	20	3	0:25:19	168	
Maurice Safar	0	0			
Ben Siemer	20	6	0:48:12	148	had some really bad cramps today idk why
Parker Stus					
Alex Thro					
Hayden Zenor					
Juniors	Push-ups	Mileage	Time	Pulse	Comments
Francis Alford	15	10	1:16:13		A really good long run through places in Forest park I've never been
Taggart Arens					
Grant Brawley					
Clay Derdeyn					
Eli Dernlan	28	6	53:09:00		
Ethan Evans					
Justin Glass					
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg		7	0:54:48	166	very diffucult/tiring run so the way back was slower than the first half
Joe LaBarge	30	10	1:16:13		
Gavin Lawhorn					
Alex Mittendorf	25	7	0:55:05	172	felt good on the run but it was very humid.
Robert Mize					
Joseph Nesser	17	5	0:37:13	167	
Flynn O'Connell					
Baker Pashea	20	10	1:16:01	155	
Luke Pierson	13	6.5	0:58:43	174	I ran a warmup mile and then almost a 6 mile run but where I was running was super hilly and I couldn't do it. So I grabbed my bike and biked for 25 min to kind of make up for that
Sam Quinlivan	21	5	43:49:00	178	
Cullen Swiecicki					
Jack Werremeyer	20	7	0:58:43		
Nathan Wojtkowski	15	4	0:27:42	170	Warmup and cooldown mile...did strides up a slight hill too. Ran around noon, so it was hot and humid. Still working back towards what I was at the end of the year
Sophomores	Push-ups	Mileage	Time	Pulse	Comments
Joe Abbate	19	5	42:19	167	Ran later in day so heat was not issue. Went around Francis Park, and it felt like an amazing run. Very calm late at night.
Nathan Abner	0	0	0	0	
Tyler Barks					
Jeffrey Baur					

Thomas Bock	0	0	0	0	was at the lake the whole day and got back at 7:45 and was very tired
Alex Brinkman	25	4	34:53:00	163	3 miles then strides then 1 mile cool down
Ryan Carpenter	20	6	0:56:59	167	
Connor Coolbaugh	30	8	1:05:35	165	Felt alright, strides and core
Jackson Cooper					
Cody Cox	44	8	1:04:11	144	
Hudson Funke	20	4.5	35:55:00	193	1 mile warmup then ran 3.5, didnt feel great
Tim Greiner	35	10	1:19:26	156	1 mile wu push ups and core. 8 miles. 6 strides. 1 mi cd and stretch.
David Hunt					
Walter Hurley					
Spencer Johnson	15	7			
Brendan Jones	21	8	1:04:53	169	Little sore throughout run, but otherwise felt pretty good.
Carter Lowe	25	10	1:15:56	160	first time doing 10 miles, not a big fan
Nolan Meara	37	5	0:39:47	164	Longest continuous run I've done in a while, ankle didn't hurt at all again, pretty sore in my gluteus and hams though. Didn't focus on pace at all.
Joel Miller	0	3.1	0:29:00		
Lionel Moise	15	5	0:44:32	168	
Nicholas Purschke	30	8	1:08:10	162	extremely sore today, and fatigued barely made it 8 miles, first time ever running 8 so i was happy i finished
Lucas Rammacher	22	7	0:51:12	152	I was about to get out the door when my dad asked for help which took about 30 mins. Then I stopped early to hang out with my brother because it was his birthday. It was a pretty nice run.
Will Riggan	24	10	1:15:12	165	ran this in the heat it was tough to run alone, core
Wyatt Seal	30	10	1:16:15	148	Felt good, got a little tired towards the end on some big hills. First 10 mile run, strides after 9, 1 mile cool down and stretch
Nathan Spengeman	25	5	0:37:50	168	
Nico Wilson	25	5	0:49:00	-	
Freshmen	Push-ups	Mileage	Time	Pulse	Comments
Quinn Aprill-Sokol	25	5	50 min	154	ran late around 8:30 pm
Evan Batten	25	4	45:02	162	Ran all four at the same time, felt good until the last mile and could have done better, longest I have run in awhile
Landon Beiseman	20	6.5	0:58:15	174	Ran late, I did the mile warm-up then ran the 6.5 miles, did a couple of striders, and I felt extremely good today. But I couldn't complete the mile cooldown.
Sean Boyd					
Nate Boyer	32	6	57:55	178	1 mile warmup then the six mile run with pushups and core halfway through
Jackson Dauska	bow still injured	4	54:23	166	1 mile warm up, 2 miles run, 1 mile cool down which I was very slow cause I felt horrible I did the strides and core at the end
Henry Erker					
Noah Evers	30	8	1:05:24	164	
Leo Fitzmaurice	75	2	14:40	160	I should have run earlier, I ran at 8:15 at night and it got dark quick, so I will make sure to run significantly more tomorrow.
Charlie Gray					
Jonathan Hulsen					
Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					
Charlie Murray	50	8	1:13:06	173	Farthest I've ever run, felt great the whole time and didn't stop.
Leo Narkiewicz					
Nolan Nester					
Charles Nolan					
Michael Safar					
Ian Taylor					

Date: 8-13-20		Conditions: Unofficial start of season - Runs done on their own			
Workout: 1 mile warm-up/ Push-ups/Aerobic Run run A=10 B=8 C=7 D=6 E=4 F=3/ Strides/Stretch					
Seniors	Push-ups	Mileage	Time	Pulse	Comments
Noah Apprill-Sokol					
Henry Bourneuf					
Michael Buescher					
Aidan Byrne	20	8	1:05:27		
Keegan Cantwell					
Andrew Frattini	60	5.9	0:52:40	169	Felt good
Anthony Garavaglia					
J. Daniel Hogan	20	10	1:13:38	159	Strides, stretch. Ran on my own today. still feeling good..
Reid Jackson					
Ryan Kramer	20	7	55:12:00	156	
Sandy LeGrand	20	6	47:42:00		My bad for not logging until today, run felt good
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo					
Maurice Safar	0	0			
Ben Siemer					
Parker Stus					
Alex Thro					
Hayden Zenor					
Juniors	Push-ups	Mileage	Time	Pulse	Comments
Francis Alford	15	8	1:01:25		Solid run even with some fatigue
Taggart Arens					
Grant Brawley					
Clay Derdeyn					
Eli Dernlan	28	6	53:18:00	168	
Ethan Evans					
Justin Glass					
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg					
Joe LaBarge					
Gavin Lawhorn					
Alex Mittendorf					
Robert Mize					
Joseph Nesser	14	4	35:37:00	178	didn't feel too good today. I think I was just dehydrated
Flynn O'Connell					
Baker Pashea	22	8	1:01:25	152	
Luke Pierson	14	5	0:44:12	172	Today was weird cuz I tried to run with my sister for the first two miles but she's so new to running that she wasn't ready for how hilly cliff cave is so that didn't last very long. Other than that my legs were very sore from yesterday.
Sam Quinlivan					
Cullen Swiecicki					
Jack Werremeyer					
Nathan Wojtkowski	17	4	16:18	180	Total mileage was 4...1 mile warmup and cooldown. Another hot day but I feel myself getting better everyday.
Sophomores	Push-ups	Mileage	Time	Pulse	Comments
Joe Abbate	13	5	41:47	178	Went pretty fast on this run since I ran with some other people, but my legs were really tired. Other than that, it was a pretty good run.
Nathan Abner					
Tyler Barks	19	6	0:48:21	164	
Jeffrey Baur					
Thomas Bock		5	41:38:00		even with stops that was pretty horrible. i wasnt out of breath, just super worn out
Alex Brinkman	25	3	27:32:00	167	
Ryan Carpenter					
Connor Coolbaugh	30	6	0:47:38		Alright, strides
Jackson Cooper					

Cody Cox	40	8	59:58:00	160	
Hudson Funke					
Tim Greiner	35	7.3	0:58:12	152	Ok run today. legs were deffinetly sore due to the previous 2 hard days. My legs got really heavy and I was starting to feel dehydrated so I stopped a little early. 6 strides.
David Hunt					
Walter Hurley					
Spencer Johnson					
Brendan Jones	18	7	0:55:24	168	
Carter Lowe	25	8	1:00:31	152	felt great
Nolan Meara	35	5	0:42:02	170	Fine run, not sore anymore, felt my ankle a little at the very end, not going to go further than 5 until I feel more confident. ran with Tim, 6 strides
Joel Miller					
Lionel Moise	15	4	0:31:28	177	had to stop at a stop light for about 2 minutes
Nicholas Purschke	30	8	1:02:25	169	felt so much better today, went 6 minutes faster than yesterday
Lucas Rammacher	25	7	0:55:05	159	My freind dared me to run with ankle weights and I was feeling great until I went up my usual hill. I took them off after about half and I felt very light on my feet after that. On my second stride my knee started to have sharp pains and I decided to strech after that.
Will Riggan	26	8	1:01:43	165	felt good today, it's pretty tough running alone but still had a quality day
Wyatt Seal	30	8.1	1:01:24	144	Legs were a little tired after the long run, went with Baker Francis and Justin; strides after 7 with 1 mile cool down
Nathan Spengemann					
Nico Wilson	20	4	0:36:21	-	For some reason my right leg felt a lot heavier than my left on my run and it bugged me
Freshmen	Push-ups	Mileage	Time	Pulse	Comments
Quinn Aprill-Sokol	25	5	50 min	156	
Evan Batten	25	3	34:02	168	Definitely could have ran better but the last mile and the heat got me
Landon Beiseman	20	5	0:40:02	171	
Sean Boyd					
Nate Boyer	32	3	28:30	175	1 mile warmup then 3 mile run. Heat started to get to me and my legs were sore
Jackson Dauska	lbrow is still injure	3	36	155	Felt horrible again 1 mile warm up 1 mile regular and 1 mile cool down
Henry Erker					
Noah Evers	35	7	58:14		
Leo Fitzmaurice	25	4.12	0:32:13	165	felt great after the run
Charlie Gray					
Jonathan Hulsen					
Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					Felt good
Charlie Murray	61	8	1:11:13	180	Really hot, felt fine though.
Leo Narkiewicz					
Nolan Nester	30	4	36:50:00	172	
Charles Nolan					
Michael Safar					
Ian Taylor					

Date: 8-14-20		Conditions: Unofficial start of season - Runs done on their own			
Workout: 1 mile warm-up/ Core/ Push-ups/Aerobic Run run A=8 B=7 C=6 D=5 E=4 F=3/ Strides/Stretch					
Seniors	Push-ups	Mileage	Time	Pulse	Comments
Noah Apprill-Sokol					
Henry Bourneuf					
Michael Buescher					
Aidan Byrne	20	7	0:55:47		THE CONES!! THEY'RE BACK!!!!
Keegan Cantwell					
Andrew Frattini	52	9.1	1:16:40	181	Got lost running, thought I was on a different road that led to house, had to run back long way. Will be sore tomorrow
Anthony Garavaglia					
J. Daniel Hogan	25	8	0:58:14	164	Strides, stretch, core. Hot one but felt fairly good.
Reid Jackson					
Ryan Kramer					
Sandy LeGrand		6	46:58:00		
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo					
Maurice Safar	30	0			
Ben Siemer		0			
Parker Stus		4	0:38:20	164	
Alex Thro					
Hayden Zenor					
Juniors	Push-ups	Mileage	Time	Pulse	Comments
Francis Alford	15	7	0:56:00	156	I forgot to start my watch so I guessed my time
Taggart Arens	11	3.5	0:30:35	169	I didn't drink nearly enough water the day before so I got several cramps. I figured it would be a good idea to stop early to prevent injury
Grant Brawley					
Clay Derdeyn					
Eli Dernlan					
Ethan Evans					
Justin Glass					
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg					
Joe LaBarge					
Gavin Lawhorn					
Alex Mittendorf					
Robert Mize					
Joseph Nesser	14	4	0:35:59	174	
Flynn O'Connell					
Baker Pashea	24	8	0:58:19	155	
Luke Pierson	17	4.5			this run was extremely unorganized on my part.
Sam Quinlivan	22	4	0:36:09	178	
Cullen Swiecicki					
Jack Werremeyer					
Nathan Wojtkowski	15	0			
Sophomores	Push-ups	Mileage	Time	Pulse	Comments
Joe Abbate	15	4	33:01	159	Good run, but heat was tough. Legs were very sore from yesterday, but running with fatigue is good.
Nathan Abner					

Tyler Barks	20	6	0:48:23	160	
Jeffrey Baur					
Thomas Bock					
Alex Brinkman	25	3	0:24:39	165	Felt good went later so it wasn't as hot
Ryan Carpenter	25	3	0:26:28	168	
Connor Coolbaugh	30	6	0:54:12	162	Not good, hamstrings started to cramp towards the end, could only manage 2 strides, core
Jackson Cooper					
Cody Cox	40	6	47:49:00	136	Ran early this morning. Reading everyone else's comments, I feel sorry that everyone felt bad. Strides, shups, core
Hudson Funke					
Tim Greiner	35	7	0:57:56	144	Made sure to take it nice and easy today so that I can be well fueled up for the workout tomorrow. core, 6 strides.
David Hunt					
Walter Hurley					
Spencer Johnson					
Brendan Jones	18	6	0:46:22	169	Felt good, went out a little fast so my pulse was higher.
Carter Lowe	25	7	0:54:24	152	
Nolan Meara	41	3	0:25:29	165	Felt good, ankle hurt a little so I just ran 3. Biked about 6 miles afterward to keep Tim company. 6 strides, core.
Joel Miller					
Lionel Moise	15	4	0:33:28	170	not good, overheating
Nicholas Purschke	30	3	0:23:10	164	couldn't go six today cause i had a doctors appointment at 8 and wasn't gonna be home the rest of the day so only ran 3, 6 strides, core
Lucas Rammacher					
Will Riggan	27	6.6	0:49:32	175	felt a sharp pain in my left calf in the second stride, I didn't pull anything but I just decided to stop, very hot and humid run
Wyatt Seal	35	7	0:52:38	140	legs felt amazing today, 7 miles went by really fast; 1 mile warmup, core, strides and stretch
Nathan Spengemann					
Nico Wilson	20	4	0:35:53	-	
Freshmen	Push-ups	Mileage	Time	Pulse	Comments
Quinn Apprill-Sokol					
Evan Batten	25	3	36:00	142	Good run, ran at an easier pace for me so I have energy for tomorrow
Landon Beiseman	20	5	0:39:51	170	Did a mile warm-up then did 5, I felt okay and I think I could've done better.
Sean Boyd					
Nate Boyer	32	3	28:36	177	didn't do a warmup mile today, just three miles
Jackson Dauska	Elbow still injured	3	41	154	ran 2.5 miles and had to walk .5 miles because I felt like I was gonna fall over
Henry Erker					
Noah Evers	30	6	44:47	168	
Leo Fitzmaurice					
Charlie Gray					
Jonathan Hulsen					
Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					
Charlie Murray	50	6	0:57:27	159	Took it easy today to rest up.

Leo Narkiewicz					
Nolan Nester	30	3.4	32:54:00	188	I did it when it was hotter and regret everything
Charles Nolan					
Michael Safar					
Ian Taylor					

Date: 8-15-20		Conditions: Unofficial start of season - Runs done on their own				
Workout: Warm-up/ Push-ups/Fartlek- Groups EF- 5x1min. on/1min. off Groups CD-3-4 miles of 3min. on/2 min. off Groups AB-5-6 miles of 3min. on/2 min. off / Weights Circuit/ Cool-down/ Stretch Total MileageA=8 B=7 C=6 D=5 E=4 F=3						
Seniors	Push-ups	Fartlek Distance	Fartlek Time	Fartlek Pulse	Total Miles	Comments
Noah Apprill-Sokol						
Henry Bourneuf						
Michael Buescher						
Aidan Byrne	0	5	0:34:42	192	7	So for once my stomach cooperated which is rare for a workout! My ons were really good but my odds were a bit slow, overall a pretty solid workout though
Keegan Cantwell						
Andrew Frattini						
Anthony Garavaglia						
J. Daniel Hogan	20	6	0:36:53	169	8	Stretch, weights. Very solid workout. Francis did a great job and stayed with us through his whole workout. Baker also did a really nice job despite fighting off a cramp.
Reid Jackson						
Ryan Kramer	29	5	0:32:14	184	7	
Sandy LeGrand						
Henry McIntyre						
Teddy Nolan						
Bobby Rizzo						
Maurice Safar						
Ben Siemer						
Parker Stus						
Alex Thro						
Hayden Zenor						
Juniors	Push-ups	Fartlek Distance	Fartlek Time	Fartlek Pulse	Total Miles	Comments
Francis Alford	15	5	0:30:54	184	8	Great workout with Hogan, Baker, and Justin. My shins were hurting after the cooldown
Taggart Arens						
Grant Brawley						
Clay Derdeyn						
Eli Dernlan						
Ethan Evans						
Justin Glass						
Theodore gray						
Will Halley						
Peter James						
Samuel Kean						
Sean Kellogg						
Joe LaBarge						
Gavin Lawhorn						
Alex Mittendorf						
Robert Mize						

Joseph Nesser						
Flynn O'Connell						
Baker Pashea		6	0:36:54	173	8	
Luke Pierson						
Nick La Presta						
Sam Quinlivan						
Cullen Swiecicki						
Jack Werremeyer						
Nathan Wojtkowski	0	0	0	0	0	
Sophomores	Push-ups	Fartlek Distance	Fartlek Time	Fartlek Pulse	Total Miles	Comments
Joe Abbate	16	1.5	10	163	4.5	Felt okay. It got to me at the end.
Nathan Abner						
Tyler Barks	19	4	0:30:00	176	6	
Jeffrey Baur						
Thomas Bock		1.75	10			
Alex Brinkman	25	2	15:34	164		I do not think I was speeding up enough I would start speeding up but then go back to my normal pace
Ryan Carpenter						
Connor Coolbaugh	30	3	0:22:26	175	5	
Jackson Cooper						
Cody Cox	40	4	21:44	176	5	
Hudson Funke						
Tim Greiner	35	5.25	35:00:00	188	7.25	Solid workout today. Started off a little hot but my on pace stayed really consistent. Off pace started to drop towards the end but a really good day overall. 1 mi wu and cd weight circuit (2 sets)
David Hunt						
Walter Hurley						
Spencer Johnson						
Brendan Jones	20	4	0:30:00	178	6	Felt pretty good on the workout
Carter Lowe	25	5.24	0:35:00	168	7	1 mile warmup, 1 mile cool down. 3 on, 2 off. Weight circuit
Nolan Meara	30	3	0:19:37	189	5	Pretty fine workout, still don't want to be doing much distance, so I just went for 3 and still felt like I could go further. Ankle hurt a little bit throughout the day. 3 sets of weights
Joel Miller						
Lionel Moise		1	10	154		5 minutes running, 5 minutes walking
Nicholas Purschke	30	4	0:28:58	180	6	struggled today, 1 mile wu and 1 mile cd, and did the weight circuit
Lucas Rammacher						
Will Riggan	28	5.2	0:35:00	191	8	2 miles warmup, 1 mile cooldown, super hot and humid today felt pretty fatigued
Wyatt Seal	35	5.3	0:35:00	172	8	didn't map out a distance, just did circuit 7 times: 2 mile warmup, 1 mile cool down, workout circuit stretch

Nathan Spengemann						
Nico Wilson				-		
Freshmen	Push-ups	Fartlek Distance	Fartlek Time	Fartlek Pulse	Total Miles	Comments
Quinn Apprill-Sokol						
Evan Batten	30	2	16:29	168	3	one mile wu and i felt really good on the fartlek portion
Landon Beiseman	20	4	0:34:37	172	5	I did the mile warm-up and attempted to run my best, but today I did not feel good.
Sean Boyd						
Nate Boyer						
Jackson Dauska	bow still injured	1	10	163	3	Ran 2.5 miles and walked .5 miles during the cool down. Feet felt like they were on fire
Henry Erker						
Noah Evers	30	3	19:44	170		
Leo Fitzmaurice						
Charlie Gray						
Jonathan Hulsen						
Kai Imhof						
Matthew Kolnik						
Keller Maher						
Christopher Malpiedi						
Chase Mason						
Charlie Murray	51	4	0:37:00	167	6	Really struggled to find the right pace today and it was not at all where I wanted it to be. Although I did 12 miles on my bike today so it could have been fatigue.
Leo Narkiewicz						
Nolan Nester						
Charles Nolan						
Michael Safar						
Ian Taylor						

Date: 8-16-20 Conditions: Unofficial start of season - Runs done on their own

Workout: Sunday Workout

Seniors	Push-ups	Distance	Time	Pulse	Comments
Noah Apprill-Sokol					
Henry Bourneuf					
Michael Buescher					
Aidan Byrne					
Keegan Cantwell					
Andrew Frattini		3.9	0:36:36	166	
Anthony Garavaglia					
J. Daniel Hogan		4	0:34:48	142	Stretch. Feels like xc weather.
Reid Jackson					
Ryan Kramer		4			
Sandy LeGrand					
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo					
Maurice Safar					
Ben Siemer	20	5	0:38:20	160	I already had a day off this week so this was my make up haha
Parker Stus					
Alex Thro					
Hayden Zenor					
Juniors	Push-ups	Distance	Time	Pulse	Comments
Francis Alford		3	0:25:22	156	My left shin was hurting during the whole run
Taggart Arens					
Grant Brawley					
Clay Derdeyn					
Eli Dernlan					
Ethan Evans					
Justin Glass					
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg					
Joe LaBarge					
Gavin Lawhorn					
Alex Mittendorf					

Robert Mize					
Joseph Nesser					
Flynn O'Connell					
Baker Pashea		5	0:44:07		
Luke Pierson					
Nick La Presta					
Sam Quinlivan					
Cullen Swiecicki					
Jack Werremeyer					
Nathan Wojtkowski					
Sophomores	Push-ups	Distance	Time	Pulse	Comments
Joe Abbate					
Nathan Abner					
Tyler Barks					
Jeffrey Baur					
Thomas Bock					
Alex Brinkman					
Ryan Carpenter					
Connor Coolbaugh					
Jackson Cooper					
Cody Cox					
Hudson Funke					
Tim Greiner	35	Bike ride: 6.5	0:31:00	128	first time riding in awhile and it felt nice. Stretch
David Hunt					
Walter Hurley					
Spencer Johnson					
Brendan Jones		Bike ride	0:46:43	130	8 miles on bike
Carter Lowe	Volleyball Workout		1:30:00		
Nolan Meara		12 mile bike	~1:00:00	?	
Joel Miller					
Lionel Moise					
Nicholas Purschke					
Lucas Rammacher					
Will Riggan					
Wyatt Seal	35	4	0:31:12	132	
Nathan Spengemann					
Nico Wilson				-	
Freshmen	Push-ups	Distance	Time	Pulse	Comments
Quinn Apprill-Sokol	30	5		152	Core, push-ups, hill sprints, cool down, and warm up

Evan Batten					
Landon Beiseman					
Sean Boyd					
Nate Boyer					
Jackson Dauska					
Henry Erker					
Noah Evers		3	20:12	143	
Leo Fitzmaurice					
Charlie Gray					
Jonathan Hulsen					
Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					
Charlie Murray					
Leo Narkiewicz					
Nolan Nester					
Charles Nolan					
Michael Safar					
Ian Taylor					

Monday - 8/17	Tuesday - 8/18	Wednesday - 8/19	Thursday - 8/20	Friday - 8/21	Saturday - 8/22	Sunday - 8/23	Goal Mileage for the Week
Speed Day	Tempo Run	Long Run	Recovery Run	Recovery Run	Time Trial		
1 Mile Warm-up Run	1 Mile Warm-up Run for Groups C-F	1 set of push-ups	1 set of push-ups	1 set of push-ups	1 Mile Warm-up Run for Groups C-F	Groups D-F should take Sunday off	Group A = 56-61 miles
1 set of push-ups	2 Mile Warm-up for Groups A and B	Core Routine	F= 3 mile run	Core Routine	2 Mile Warm-up for Groups A and B	Groups A-C should either cross train for 30 minutes or run 3-5 miles depending on the individual	Group B = 46-51 miles
Core Routine	Group F - 1.5 mile at tempo pace	F= 4 mile run	E= 4 mile run	F= 3 mile run	1 mile time trial		Group C = 38-42 miles
6x15 second uphill sprints with 2:30 rest in between	Groups D and E - 2 miles at tempo pace	E= 5 mile run	D= 5 mile run	E= 4 mile run	Groups E-F = Cool-down of 1 mile		Group D = 30 miles
Plyometric Speed Drills	Group C - 3.5 miles at tempo pace	D= 6 mile run	C= 7 mile run	D= 5 mile run	Groups C-D = 4x200 meter sprints with 200 jog recovery, 2 mile cool-down		Group E = 24 miles
F= 1 mile cool-down	Group B - 4 miles at tempo pace	C= 8 mile run	B= 8 mile run	C= 6 mile run	Groups A-B = 6x200 meter sprints with 200 jog recovery, 3 mile cool-down		Group F = 19 miles
E= 2 mile cool-down	Group A - 5 miles at tempo pace	B= 10 mile run	A= 11 mile run	B= 7 mile run	Weight Circuit		
D= 3 mile run	Weight Circuit	A= 12 mile run	6x100 meter strides	A= 8 mile run	Cool-down should reflect total volume on the day		
C= 4 mile run	Cool-down should reflect total volume on the day	6x100 meter strides	Stretch	6x100 meter strides	F=3, E=4, D=5, C=6, B=7, A=8		
B= 6 mile run	F=4, E=4, D=5, C=6, B=7, A=8	Stretch		Stretch	Stretch		
A= 8 mile run	Stretch						
Stretch							

Date: 8-17-20 Conditions: Unofficial start of season - Runs done on their own					
Workout: 1 mile warm-up/ Push-ups/Core/ 6x12 second uphill sprints/ Aerobic Run run A=8 B=6 C=4 D=3 E=2 F=1/ Stretch					
Seniors	Push-ups	Distance	Time	Pulse	Comments
Noah Apprill-Sokol	20	7	around 54 mins		I ran very late tonight. 6x speed progression.
Henry Bourneuf					
Michael Buescher					
Aidan Byrne	20	7	0:53:53		golly gee I sure do love running at night when the sun doesn't make you feel like you're a microwaveable chicken nugget
Keegan Cantwell					
Andrew Frattini	55	3.5	0:28:42	~170	Faster[ish] pace, less mileage
Anthony Garavaglia					
J. Daniel Hogan	25	9	1:06:22	148	6 x Speed progression, Core, stretch. Had to run early but felt ok anyway. Saw Kean & Halley running by Francis park
Reid Jackson					
Ryan Kramer	25	6	0:47:12	168	
Sandy LeGrand		6	46:56:00		Ran w hayden
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo					
Maurice Safar					
Ben Siemer					
Parker Stus	15	4	0:39:23		
Alex Thro					
Hayden Zenor		6	46:46:00		
Juniors	Push-ups	Distance	Time	Pulse	Comments
Francis Alford	15	7	0:48:11	168	I felt pretty tired during the first half of the run after the sprints. Saw coach doing his workout
Taggart Arens					
Grant Brawley					
Clay Derdeyn					
Eli Dernlan					
Ethan Evans					
Justin Glass					While doing my first sprint the muscle on the front of my leg had a shooting pain run through it. It continued hurting throughout the rest of my run so I went down a mile.
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg					
Joe LaBarge					
Gavin Lawhorn					
Alex Mittendorf					
Robert Mize					

Joseph Nesser	16	3	26:13:00	169	
Flynn O'Connell					
Baker Pashea	23	8	1:00:26	151	core, 6 sprints, check out these even splits: 7:31, 7:32, 7:34, 7:32, 7:32, 7:33, 7:33, 7:33
Luke Pierson					
Nick La Presta	12	2	20	184	
Sam Quinlivan	23	3	0:26:13	172	
Cullen Swiecicki					
Jack Werremeyer					
Nathan Wojtkowski					
Sophomores	Push-ups	Distance	Time	Pulse	Comments
Joe Abbate	16	4	33:04	159	Good run today
Nathan Abner					
Tyler Barks	19	5	0:39:25	156	
Jeffrey Baur					
Thomas Bock					
Alex Brinkman	25	2	18:23	164	Pushups, core, pylos, ran up, hill sprints
Ryan Carpenter					
Connor Coolbaugh					
Jackson Cooper					
Cody Cox	30	4	27:33:00	148	
Hudson Funke					
Tim Greiner	35	4.3	0:32:17	152	Core, 6 sprints. I felt amazing on the sprints, however on the run my knee/shin area started to feel very painful on my left leg. so i decided to stop and walk back home. doesnt hurt to walk on. hurdles and stretch.
David Hunt					
Walter Hurley					
Spencer Johnson					
Brendan Jones	18	5	0:39:53	167	
Carter Lowe	25	6	0:45:18	152	Push-ups, core, plyos, hill sprints, felt great
Nolan Meara	35	3.3	0:28:16	162	Today kinda sucked, ankle hurt, going to cross training tomorrow. 6 hill sprints, plyos, core
Joel Miller					
Lionel Moise	15	3.1	0:26:55	170	
Nicholas Purschke	30	5	0:39:50	170	push-ups, core, 6 hill sprints, felt good today
Lucas Rammacher					
Will Riggan	32	6	0:46:34	165	pushups, core, hill sprints, mile wu
Wyatt Seal	38	6	0:45:32	140	
Nathan Spengemann					
Nico Wilson				-	
Freshmen	Push-ups	Distance	Time	Pulse	Comments
Quinn Apprill-Sokol					
Evan Batten					

Landon Beiseman					
Sean Boyd					
Nate Boyer	33	2	15:56	183	Did one warmup run as well. Felt great today
Jackson Dauska	Elbow still injured	1	11:47	152	It is super hot outside so that made it harder
Henry Erker					
Noah Evers	30	4	26:17	177	
Leo Fitzmaurice					
Charlie Gray					
Jonathan Hulsen					
Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					
Charlie Murray	50	5	0:35:37	162	Felt slow today, but other than that it was fine.
Leo Narkiewicz					
Nolan Nester					
Charles Nolan					
Michael Safar					
Ian Taylor					

Date: 8-18-20 Conditions: Unofficial start of season - Runs done on their own

Workout: 1-2 mile warm-up/ Push-ups/ Tempo Run run A=5 B=4 C=3 DE=2 F=1.5/ 4x200 meter sprints with 200 meter jog recovery/ Cool-down/ Weight Circuit/ Stretch

Seniors	Push-ups	Tempo Distance	Tempo Time	Pulse	Total Mileage	Comments
Noah Apprill-Sokol	20	5	29:52:00	188	7	I ran on a treadmill, so it was probably alot easier, but I still felt like I put in a tempo effort, and I know this is a run on sentence, but I am trying to become like Adam Mittendorf. Also I just finished my run, sorry for logging so late. I also did core.
Henry Bourneuf						
Michael Buescher						
Aidan Byrne		4	0:23:56	184	6	UM I MIGHT BE GOOD AT THIS SPORT NOW?!?! I tells ya, running in the dead of night is the way to go- that way it's cooler (and my stomach only hurts in the morning so that might also factor into it...) This felt definitely a touch above tempo pace but still, fantastic workout!
Keegan Cantwell						
Andrew Frattini						
Anthony Garavaglia						
J. Daniel Hogan	20	5	0:28:47	174	9	Weights, stretch. Splits were 6:02, 6:00, 5:37, 5:36, 5:31. Got to do this one together again, not everyone felt great but I thought everybody got fitter. Shout out to Justin for a freaky fast 5.
Reid Jackson						
Ryan Kramer		0				sick
Sandy LeGrand						
Henry McIntyre						
Teddy Nolan						
Bobby Rizzo						
Maurice Safar						
Ben Siemer						
Parker Stus		3	0:24:03	174		
Alex Thro						
Hayden Zenor						
Juniors	Push-ups	Tempo Distance	Tempo Time	Pulse	Total Mileage	Comments
Francis Alford	15	4	0:24:59	180	8	The tempo didn't feel terrible but I had trouble pushing the pace to where I wanted to be
Taggart Arens	15	2	16:39	166	3	I got up late and did the run inside on a treadmill. I tried to simulate an actual run by using some incline
Grant Brawley						
Clay Derdeyn						
Eli Dernlan						
Ethan Evans						
Justin Glass	5	5	0:29:15	176	8.21041	Not to bad
Theodore gray						
Will Halley						
Peter James						
Samuel Kean						
Sean Kellogg						
Joe LaBarge						
Gavin Lawhorn						
Alex Mittendorf						
Robert Mize						
Joseph Nesser						
Flynn O'Connell						
Baker Pashea	20	4	0:23:10		8	Rly been getting in my own head on these tempos

Luke Pierson	13	2	0:15:18	183	4	Felt really good for the first half of the tempo then felt decent for the second half. Really had to stretch out my quads before I ran my cool down but they feel so much better now it's ridiculous.
Nick La Presta						
Sam Quinlivan	25	2	0:16:32	188	4	
Cullen Swiecicki						
Jack Werremeyer		3	0:22:11		5	
Nathan Wojtkowski						
Sophomores	Push-ups	Tempo Distance	Tempo Time	Pulse	Total Mileage	Comments
Joe Abbate	17	2	14:40	169	4	Felt great today on the tempo. Probably one of my best in a while.
Nathan Abner						
Tyler Barks	18	3.5	0:24:33	172	6	
Jeffrey Baur						
Thomas Bock	20	2	14:35:00		4	
Alex Brinkman	25	1.5	11:56	178	3	weights hot outside
Ryan Carpenter						
Connor Coolbaugh	30	3	0:22:46	182	5	
Jackson Cooper	10	3.25	0:23:56	176	5.75	1 mi warmup, 1.5 cooldown, felt fine aside from a few cramps towards the end
Cody Cox	30	3	22:50:00	?	4	1 mile warmup, weights, sprints
Hudson Funke						
Tim Greiner	35	0	1:45:00	140	bike: 21.5	good bike ride still icing my knee and taking cautious steps going forward. hurdles and stretch
David Hunt						
Walter Hurley						
Spencer Johnson						
Brendan Jones	19	3.5	0:24:33	162	6.12	
Carter Lowe	25	4	0:25:31	172	7	Weights, felt good today
Nolan Meara	32	0	1:00:21	147	13 mile bike	Fine bike ride, might just try to cross train and actually let my ankle heal for once.
Joel Miller						
Lionel Moise		2.35	0:18:47	173		
Nicholas Purschke	30	4	0:27:30	185	6	weights, 1 mile wu and 1 mile cd, the hills really killed me today, but i was happy with my time, i'm really progressing from where i was 2 months ago
Lucas Rammacher						
Will Riggan	30	4	0:25:20	189	7	2 mile wu 1 mile cd, not too hot but the hills were tough
Wyatt Seal	35	4	0:24:30		7.5	idk what happened when I was logging this but it said I put 0:30:00 for some reason. Idk what happened but I changed it
Nathan Spengemann						
Nico Wilson	20	2	0;	-		
Freshmen	Push-ups	Tempo Distance	Tempo Time	Pulse	Total Mileage	Comments
Quinn Apprill-Sokol						
Evan Batten	30	1.5	15:00	171	3.5	felt bad but still ran tempo wu and cool down miles were slow
Landon Beiseman						
Sean Boyd						
Nate Boyer	33	2	17:56	182	3	
Jackson Dauska	Elbow still injured	1.5	15:25	173	up 1.5 mile tempo	had to walk the 1 mile slow down. I think I was dehydrated and had a bad side ache as well.
Henry Erker						
Noah Evers	25	3.5	23:32	163	5	
Leo Fitzmaurice					4.55	
Charlie Gray						

Jonathan Hulsen						
Kai Imhof						
Matthew Kolnik						
Keller Maher						
Christopher Malpiedi						
Chase Mason						
Charlie Murray	50	3	0:23:46	174	5	Not super happy about my pace, but I'll take what I can get.
Leo Narkiewicz						
Nolan Nester	30	2	17:15	156	4	sunset was great
Charles Nolan						
Michael Safar						
Ian Taylor						

Date: 8-19-20 Conditions: Unofficial start of season - Runs done on their own					
Workout: 1 mile warm-up/ Push-ups/Core/ Long Run: A=11 B=9 C=7 D=5 E=4 F=3. 6x100 meter strides/ Stretch.					
Seniors	Push-ups	Distance	Time	Pulse	Comments
Noah Apprill-Sokol	20	10	1:16:42		Another semi late run. Felt good, although my leg were really sore earlier today. I don't know when I will run tomorrow, probably a little later because of school.
Henry Bourneuf					
Michael Buescher					
Aidan Byrne	20	9	1:11:36		There was this one sketchy lookin car that kept driving around my neighborhood so I decided to call it at 9 cuz I do t think he had any snickers
Keegan Cantwell					
Andrew Frattini	51	4	0:31:23	154	Top of foot not so good. Shoes too tight maybe
Anthony Garavaglia					
J. Daniel Hogan	30	12	1:28:18	144	Strides, stretch, core. Weather was amazing today. Ran up past Wash U a little ways with Baker and Justin.
Reid Jackson					
Ryan Kramer	20	6	45:45:00	160	still a little sick. probably not rona.
Sandy LeGrand		6	46:43:00		Pushing long run to tommorow
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo					
Maurice Safar	28	3	0:26:10	184	First day back after a long period of slacking. Felt bad (as it should).
Ben Siemer					
Parker Stus					
Alex Thro					
Hayden Zenor					
Juniors	Push-ups	Distance	Time	Pulse	Comments
Francis Alford					
Taggart Arens					
Grant Brawley					
Clay Derdeyn					
Eli Dernlan					
Ethan Evans					
Justin Glass					
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg					
Joe LaBarge					
Gavin Lawhorn					
Alex Mittendorf					
Robert Mize					
Joseph Nesser					
Flynn O'Connell					
Baker Pashea	27	11	1:21:34		did a swim weight workout with cooper scharff. Xc is way harder
Luke Pierson		5			

Nick La Presta					
Sam Quinlivan	25	4	0:36:14		
Cullen Swiecicki					
Jack Werremeyer					
Nathan Wojtkowski					
Sophomores	Push-ups	Distance	Time	Pulse	
Joe Abbate	15	5	43:41	155	my left foot was feeling bad, but not super bad. Really dehydrated as well.
Nathan Abner					
Tyler Barks	18	8	1:03:57	164	
Jeffrey Baur					
Thomas Bock		4			for some reason my right leg and feet started feeling horrible and i couldnt run 5. my whole leg was super sore and my ankles and feet hurt like they did during track
Alex Brinkman	25	4		189	
Ryan Carpenter					
Connor Coolbaugh	30	8	1:05:48	155	
Jackson Cooper					
Cody Cox					
Hudson Funke					
Tim Greiner	35	Bike: 29.2	2:30:31	136	Good ride legs started to get really fatigued for the last 3 miles still icing my knee. Hurdle mobility core and stretch
David Hunt					
Walter Hurley					
Spencer Johnson					
Brendan Jones	19	8	1:03:53	160	
Carter Lowe	25	10	1:15:48	152	
Nolan Meara		0	1:16:22	147	Biked 18 miles
Joel Miller					
Lionel Moise	0	5	0:46:21	161	
Nicholas Purschke	30	6	0:49:10	160	felt fine took it easy
Lucas Rammacher					
Will Riggan	23	9	1:06:45	167	mile wu, pushups, core, strides, went a bit faster today because I felt great in the nice weather
Wyatt Seal	40	9	1:11:12		strides and stretch; wish I could have gone one second faster
Nathan Spengemann					
Nico Wilson	20	5	0:45:00	-	
Freshmen	Push-ups	Distance	Time	Pulse	Comments
Quinn Apprill-Sokol					
Evan Batten					
Landon Beiseman					
Sean Boyd					
Nate Boyer					
Jackson Dauska	Elbow still injured	4	51:38	145	ran 3 miles and walked the cool down felt easier than last week
Henry Erker					
Noah Evers					
Leo Fitzmaurice					
Charlie Gray					
Jonathan Hulsen					

Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					
Charlie Murray	50	7	1:07:43	158	Felt alright today, went a little slower than I expected.
Leo Narkiewicz					
Nolan Nester	30	4	42:19:00	172	hot just hot
Charles Nolan					
Michael Safar	20	2	16:53	170	Felt a bit harder than normal to do but overall did ok.
Ian Taylor					

Date: 8-20-20 Conditions: Unofficial start of season - Runs done on their own

Workout: Push-ups/ Aerobic Run: A=11 B=8 C=6 D=5 E=4 F=3/ 6x100 meter strides/ Stretch.

Seniors	Push-ups	Distance	Time	Pulse	Comments
Noah Apprill-Sokol		0			I went to work on school work with a classmate, and forgot to check the time until it was too late.
Henry Bourneuf					
Michael Buescher					
Aidan Byrne	20	8	1:02:07	152	T MINUS 4 DAYS UNTIL PRACTICE STARTS
Keegan Cantwell					
Andrew Frattini	50	3.5	0:29:22	155	Took easy, top of foot still not so good
Anthony Garavaglia					
J. Daniel Hogan	25	11	1:20:56	152	Strides, stretch. A little faster than expected but it felt pretty easy and pulse was on the low side. Saw coach flanagan on the trail.
Reid Jackson					
Ryan Kramer	25	8	1:02:15	168	
Sandy LeGrand		8	1:01:29		Actually felt pretty good today, saw coach Flanagan on grants trail so that was cool
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo					
Maurice Safar	32	3	0:26:00	182	Really nice day. Still getting back into things though.
Ben Siemer					
Parker Stus					
Alex Thro					
Hayden Zenor					
Juniors	Push-ups	Distance	Time	Pulse	Comments
Francis Alford	15	8	0:57:17	152	
Taggart Arens					
Grant Brawley					
Clay Derdeyn					
Eli Demlan					
Ethan Evans					
Justin Glass					
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg					
Joe LaBarge	30	8	1:00:31	142	
Gavin Lawhorn					
Alex Mittendorf					
Robert Mize					
Joseph Nesser	16	4	0:36:16	167	
Flynn O'Connell					
Baker Pashea	21	8	0:59:51	130	
Luke Pierson	11	5	0:43:17	182	

Nick La Presta					
Sam Quinlivan					
Cullen Swiecicki					
Jack Werremeyer					
Nathan Wojtkowski					
Sophomores	Push-ups	Distance	Time	Pulse	Comments
Joe Abbate	14	4	32:53	163	Foot still hurt, but was still able to run.
Nathan Abner					
Tyler Barks	19	6	0:47:57	160	Went 1 mile less, was pretty fatigued from the 8 miles
Jeffrey Baur					
Thomas Bock		3			Feet and knees still hurt a ton
Alex Brinkman					
Ryan Carpenter					
Connor Coolbaugh	30	6	0:44:23	156	
Jackson Cooper					
Cody Cox	30	6	38:22:00	140	
Hudson Funke					
Tim Greiner	35	Bike:24.1	2:00:11	136	Good day my knee is feeling better probably going to run a little tomorrow and follow it up with a bike ride. Hurdles, stretch
David Hunt					
Walter Hurley					
Spencer Johnson					
Brendan Jones	20	7	0:56:43	155	
Carter Lowe	25	8	0:59:11	160	strides, felt good
Nolan Meara	40	Bike 10	0:42:39	151	Fine ride, just kinda want to run again, but I don't really know what to do from here. Might do the time trial but idk.
Joel Miller					
Lionel Moise					
Nicholas Purschke	30	8	1:03:45	169	was a very good day today felt great
Lucas Rammacher					
Will Riggan	19	8	1:02:18	171	felt pretty good today, strides
Wyatt Seal	37	8	1:00:06	136	shups strides stretch
Nathan Spengemann					
Nico Wilson				-	
Freshmen	Push-ups	Distance	Time	Pulse	Comments
Quinn Aprill-Sokol					
Evan Batten					
Landon Beiseman					
Sean Boyd					
Nate Boyer					
Jackson Dauska	Elbow still injured	3	39:40	153	
Alex Eckert					
Henry Erker					
Noah Evers					
Leo Fitzmaurice					
Charlie Gray					
Jonathan Hulsen					

Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					
Charlie Murray	52	6.5	1:00:19	162	Somewhat hilly route, good run though.
Leo Narkiewicz					
Nolan Nester	30	3	29:48:00	180	
Charles Nolan					
Michael Safar					
Ian Taylor					

Date: 8-21-20 Conditions: Unofficial start of season - Runs done on their own					
Workout: Push-ups/ Core/ Aerobic Run: A=8 B=7 C=6 D=5 E=4 F=3/ 6x100 meter strides/ Stretch.					
Seniors	Push-ups	Distance	Time	Pulse	Comments
Noah Apprill-Sokol		3			I feel really bad. Staring at a screen for seven hours and then expected to do homework (which a lot it is online as well) does not help my body.
Henry Bourneuf					
Michael Buescher	10	4	34:15:00		
Aidan Byrne	20	7	0:55:56		Everything tomorrow has been cancelled, the weather will be perfect, the stage is set, and tomorrow, I finally break 5 minutes for the mile. Also, T MINUS 3 DAY UNTIL PRACTICE
Keegan Cantwell					
Andrew Frattini					
Anthony Garavaglia					
J. Daniel Hogan	30	8	0:58:55	154	Strides, stretch, core
Reid Jackson					
Ryan Kramer					
Sandy LeGrand					
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo					
Maurice Safar	28	2	0:17:09	182	Had a lot of muscle tightness that became too much after a bit. I regret not stretching the first few days.
Ben Siemer					
Parker Stus		5	42.52	160	
Alex Thro					
Hayden Zenor					
Juniors	Push-ups	Distance	Time	Pulse	Comments
Francis Alford	15	7	0:55:19	152	Some shin pain
Taggart Arens					
Grant Brawley					
Clay Derdeyn					
Eli Dernlan					
Ethan Evans					
Justin Glass					
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg					
Joe LaBarge					
Gavin Lawhorn					
Alex Mittendorf					
Robert Mize					
Joseph Nesser					
Flynn O'Connell					
Baker Pashea					
Luke Pierson					

Nick La Presta					
Sam Quinlivan					
Cullen Swiecicki					
Jack Werremeyer					
Nathan Wojtkowski					
Sophomores	Push-ups	Distance	Time	Pulse	Comments
Joe Abbate	17	4	32:18	165	Foot still was in pain, but a little better.
Nathan Abner					
Tyler Barks	18	6	0:48:54	156	
Jeffrey Baur					
Thomas Bock		4	cant find my watch		My feet and knees still hurt
Alex Brinkman	25	3	26:32:00	185	
Ryan Carpenter					
Connor Coolbaugh	30	6	0:46:58	158	
Jackson Cooper					
Cody Cox	30	6	43:22:00	156	
Hudson Funke					
Tim Greiner	35	3	0:23:56	140	Good first run back made sure to take it nice and easy. I followed up my run with an 1hr bike ride. Hurdles Core
David Hunt					
Walter Hurley					
Spencer Johnson					
Brendan Jones	17	6	0:47:12	159	
Carter Lowe	25	7	0:52:39	160	
Nolan Meara	40	2	0:15:29	160	ran a little today, also did a 7 mile bike ride
Joel Miller					
Lionel Moise		4	0:33:35	169	
Nicholas Purschke	30	6	0:51:02	164	took it super slow today, just wanted to have a nice easy run, core, shups, strides
Lucas Rammacher					
Will Riggan	22	7	0:53:08	167	Good run today, ready for time trial, core, strides
Wyatt Seal	32	7	0:51:12	128	got a really nice breeze for most of run, slight knee pain, nothing really to worry about; shups core strides stretch
Nathan Spengemann					
Nico Wilson				-	
Freshmen	Push-ups	Distance	Time	Pulse	Comments
Quinn Apprill-Sokol					
Evan Batten					
Landon Beiseman					
Sean Boyd					
Nate Boyer	33	3.74	29:38	182	This was one of the best runs I have had in a while
Jackson Dauska	Elbow still injured	3	37:02	156	I ran the whole time with not stopping except for lights
Alex Eckert					
Henry Erker					
Noah Evers					
Leo Fitzmaurice					

Charlie Gray					
Jonathan Hulsen					
Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					
Charlie Murray	50	5	0:46:39	165	Really hot, felt alright though. Went a little easy today so I can be ready for tomorrow.
Leo Narkiewicz					
Nolan Nester	30	4	39:23:00	172	
Charles Nolan					
Michael Safar					
Ian Taylor					

Date: 8-22-20 Conditions: Unofficial start of season - Runs done on their own						
Workout: Push-ups/ A-C=2 mile warm-up and D-F=1 mile warm-up/ 1 mile time trial/ 5:00 Recovery/ A-D=4-6x200 meter sprints with 200 jog recovery/Cool-down/ Stretch.						
Seniors	Push-ups	Time Trial Time	Pulse	200 Splits	Total Mileage	Comments
Noah Apprill-Sokol		5:26			4	I did it at 3 pm, and it was hot. Probably should have planned it better. Not what I was aiming for, but I guess it is a decent starting point.
Henry Bourneuf						
Michael Buescher						
Aidan Byrne		5:02		27,28,28,26	4	AAAAAAAAAAAAAAAAHHHHHH!! !!! So close!!!! Whatever, I still shattered my old mile PR so I'll take it! Also... T MINUS TWO DAYS UNTIL PRACTICE!!
Keegan Cantwell	20	5:50	153			
Andrew Frattini	55	0:05:49	188		3	Top of foot still hurts. Tendon maybe?
Anthony Garavaglia						
J. Daniel Hogan	25	4:44.3		28.6, 30.3, 27.9	8	Middle 200's were untamed but around 29s. Splits were 69, 72, 73, 70. Not a perfect race but I felt really smooth and PR'd so I think that's an awesome place to be.
Reid Jackson						
Ryan Kramer						
Sandy LeGrand						
Henry McIntyre						
Teddy Nolan						
Bobby Rizzo	20	0:07:44			3	
Maurice Safar		0:07:28	182		2	
Ben Siemer						
Parker Stus		0:06:42	172		3	
Alex Thro						
Hayden Zenor						
Juniors	Push-ups	Time Trial Time	Pulse	200 Splits	Total Mileage	Comments
Francis Alford		0:04:59			7	Great time trial with Baker, Hogan, Justin, and Wyatt
Taggart Arens	15	6:54	189		3	I didn't use a track because the track by my house is undergoing construction. Due to that, I had to run around my neighborhood which meant I encountered a lot of uneven terrain and hills.
Grant Brawley						
Clay Derdeyn						
Eli Dernlan	30	6:29		41, 37, 37, 39	3	
Ethan Evans						
Justin Glass		5:04		in the low 30s	6	on a track
Theodore gray	25	0:05:04	168	36,35,36,35	5	mile was a slight downhill
Will Halley	31	7:29	196	39,40,38,36	3	Neighborhood hills
Peter James						
Samuel Kean	20	7:23	something high		3	Track
Sean Kellogg	20	0:05:04	171	35,36,35,36	5	Mostly flat with a slight downhill
Joe LaBarge	30	0:04:47	something high	39,31,34,37	6	Mostly flat, but a little downhill
Gavin Lawhorn						
Alex Mittendorf						
Robert Mize						
Joseph Nesser	19	0:06:32	189	32,30,34	2.5	

Flynn O'Connell						
Baker Pashea		0:04:41		probably 26-27	7	Ran on a track, great last lap felt like I could've gone out faster
Luke Pierson		0:06:03	193	Low 40s	4	my calves and quads are aching but today was a win for me
Nick La Presta	25	0:07:32	184	43	3	ran on a track
Sam Quinlivan	25	0:07:07	182	a solid 42	4	pretty flat with some uphill
Cullen Swiecicki						
Jack Werremeyer	22	0:05:43			4	
Nathan Wojtkowski						
Sophomores	Push-ups	Time Trial Time	Pulse	200 Splits	Total Mileage	Comments
Joe Abbate	19	6:41	180	38,37,40,41	3	Was a good time trial, but hurt a lot in my knee afterwards.
Nathan Abner						
Tyler Barks	18	5:25	180	Didn't time them	4	I wasn't able to run on Saturday so i got my time trial in on Sunday. Over all i am happy with my time, it was like 90 degrees so it was pretty hot. Ran around my neighborhood, fairly flat and a .33 loop for a total of 3 laps.
Jeffrey Baur						
Thomas Bock						
Alex Brinkman	25	7:49	187		2.5	
Ryan Carpenter						
Connor Coolbaugh	30	0:06:48	188	2, think they wer	4	
Jackson Cooper						
Cody Cox	34	5:39	148		4	Sprints
Hudson Funke						
Tim Greiner	35	0:00:00	140		3	1hr bike ride run felt really good today, still want to make sure I ease back into running so I don't overdo it. hurdles.
David Hunt						
Walter Hurley						
Spencer Johnson						
Brendan Jones	20	0:05:36	151	Forgot to time	4.5	Felt pretty good today
Carter Lowe	25	0:05:24	164	28,30,29,29,28,30		Felt pretty good
Nolan Meara		1:28:24		biked 21 miles		
Joel Miller						
Lionel Moise	20	0:08:20	161		5	
Nicholas Purschke	30	0:05:28	166	orgot to time them	4	felt great today, i wish i would've ran a bit faster cause i was one second off from getting a new pr, and i ran in my neighborhood so it was hilly
Lucas Rammacher						
Will Riggan	23	0:05:12	183	did not time splits	7	Ran on a loop with uphill and downhills in the heat, wasn't a pr but I really pushed myself
Wyatt Seal	32	0:05:22	164	20s-lower 30s, did	7	Tried Bakers bang strat, during third lap got awful cramp and threw up, 1:50 on that lap; ran on track
Nathan Spengemann						
Nico Wilson						
Freshmen	Push-ups	Time Trial Time	Pulse	200 Splits	Total Mileage	Comments
Quinn Apprill-Sokol						
Evan Batten	25	9:17	167		3	Didn't do good knees stated hurting probably because I didn't run the last two days

Landon Beiseman	20	6:03	185	time these, I did 4	4	I'm close to my original PR (5:43), but I did not run a mile time recently. I ran on a track.
Sean Boyd						
Nate Boyer	35	6:50	184		3	I could have easily gotten 6:30 if I was on a track and started my spring better
Jackson Dauska	Elbow still injured	8:52	153		3	Walked the 1 mile cool down
Alex Eckert						
Henry Erker						
Noah Evers						
Leo Fitzmaurice						
Charlie Gray						
Jonathan Hulsen						
Kai Imhof						
Matthew Kolnik						
Keller Maher						
Christopher Malpiedi						
Chase Mason						
Charlie Murray	50	6:12	183	38,39,40,40	5.5	Got a lot of work to do, but felt good today. Ran on a track. Quad started hurting a bit after a couple sprints, but its fine now. Also really hot out.
Leo Narkiewicz						
Nolan Nester	30	6:50	168		3	I got one of my worst cramps on my right side but I still thought I could have done better probably an extra 20 or 30 seconds
Charles Nolan						
Michael Safar						Sprained ankle
Ian Taylor						

Date: 8-23-20 Conditions: Unofficial start of season - Runs done on their own					
Workout: Sunday Workout					
Seniors	Push-ups	Mileage	Time	Pulse	Comments
Noah Apprill-Sokol					
Henry Bourneuf					
Michael Buescher					
Aidan Byrne					
Keegan Cantwell					
Andrew Frattini					
Anthony Garavaglia					
J. Daniel Hogan		0	0:25:49		Swam 1 mile. My calves are in bad shape so I decided to swim, hopefully they'll feel good enough to run on by tommorow.
Reid Jackson					
Ryan Kramer					
Sandy LeGrand					
Henry McIntyre					
Teddy Nolan					
Bobby Rizzo					
Maurice Safar					
Ben Siemer					
Parker Stus					
Alex Thro					
Hayden Zenor					
Juniors	Push-ups	Mileage	Time	Pulse	Comments
Francis Alford		3	0:25:46	152	Some shin pain
Taggart Arens					
Grant Brawley					
Clay Derdeyn					
Eli Dernlan					
Ethan Evans					
Justin Glass					
Theodore gray					
Will Halley					
Peter James					
Samuel Kean					
Sean Kellogg					
Joe LaBarge					
Gavin Lawhorn					
Alex Mittendorf					
Robert Mize					
Joseph Nesser					
Flynn O'Connell					
Baker Pashea					
Luke Pierson					
Nick La Presta					

Sam Quinlivan					
Cullen Swiecicki					
Jack Werremeyer					
Nathan Wojtkowski					
Sophomores	Push-ups	Mileage	Time	Pulse	Comments
Joe Abbate					
Nathan Abner					
Tyler Barks	18	4	5:25:00	180	I wasn't able to run on Saturday so i got my time trial in on today. Over all i am happy with my time, it was like 90 degrees so it was pretty hot. Ran around my neighborhood, fairly flat and a .33 loop for a total of 3 laps. (I put my time also in Saturday's sheet)
Jeffrey Baur					
Thomas Bock					
Alex Brinkman					
Ryan Carpenter					
Connor Coolbaugh					
Jackson Cooper					
Cody Cox	100	3	?	148	
Hudson Funke					
Tim Greiner	35	Bike ride: 6.4	0:30:21	136	Nice and easy bike ride today I feel fresh for tomorrow.
David Hunt					
Walter Hurley					
Spencer Johnson					
Brendan Jones					
Carter Lowe					
Nolan Meara					
Joel Miller					
Lionel Moise					
Nicholas Purschke					
Lucas Rammacher					
Will Riggan					
Wyatt Seal		3	0:24:18		
Nathan Spengemann					
Nico Wilson					
Freshmen	Push-ups	Mileage	Time	Pulse	Comments
Quinn Apprill-Sokol					
Evan Batten					
Landon Beiseman					
Sean Boyd					
Nate Boyer					
Jackson Dauska					
Alex Eckert					
Henry Erker					
Noah Evers					

Leo Fitzmaurice					
Charlie Gray					
Jonathan Hulsen					
Kai Imhof					
Matthew Kolnik					
Keller Maher					
Christopher Malpiedi					
Chase Mason					
Charlie Murray					
Leo Narkiewicz					
Nolan Nester					
Charles Nolan					
Michael Safar					
Ian Taylor					

Date: 8-24-20

Conditions: First practice as a program. Temperatures in the 90s

Workout: 1 mile warm-up/ Push-ups/Core/ 6x12 second uphill sprints/ Aerobic Run run A=8 B=6 C=4 D=3 E=2 F=1/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments	
Alford	7.75	60:50	154			Abbate	16	4.0	32:58	171		
Brawley	30	8.0	60:13	148		Abner	20	2.0	19:13	167		
Glass	7.75	60:50	158			Arens	16	3.0	25:18	174		
Greiner	40	4.0	30:18	164		Bock	16	2.0	17:33	174		
Hogan	30	5.0	43:31	143		Boyer	30	4.0	34:28	183		
Kramer	7.0	55:42				Brinkman	14	2.0	19:40	167		
LaBarge	25	7.0	55:42	132		Carpenter	25	2.0	19:13	177		
Meara	40	3.0	23:37	164		Coolbaugh	30	4.0	30:15	171		
Pashea	15	8.0	60:32	132		Funke	15	2.0	19:20	185		
Riggan	27	7.0	56:00	170		Garavaglia	NO CONCUSSION CLEARANCE					
Seal	30	7.0	56:00	136		Halley	10	3.0	31:20	188		
Zenor	7.0	55:42				Hurley	15	2.0	19:13	178		
						Johnson	ABSENT					
Group 2	PU	Distance	Time	Pulse	Comments	Kean	10	3.0	31:20	192		
Apprill-Sokol	20	6.5	52:45	164		LaPresta	NO PHYSICAL					
Barks	15	5.26	41:58	164		Munsell	ABSENT					
Byrne	16	6.5	53:55	168		Nesser	RETURNED					
Cox	39	6.5	52:03	160		Nester	30	2.0	-	172		
Gray	15	5.0	42:05	158		Siemer	PHYSICAL					
Jackson	RETURNED					Stus	20	3.0	27:39	168		
Jones	17	5.26	41:58	163								
Kellogg	15	5.0	42:05	181		Group 6	PU	Distance	Time	Pulse	Comments	
LeGrand	20	5.0	42:05	-		Apprill-Sokol	22	2.0	-	156		
Lowe	30	6.5	52:15	156		Batten	-	2.0	-	15		
Purschke	30	6.5	51:14	160		Baur	ABSENT					
Rammacher	19	2.5	18:00	152		Boyd	-	1.0	9:58	-		
						Caso	RETURNED					
Group 3	PU	Distance	Time	Pulse	Comments	Dauska	-	2.0	-	-		
Bourneuf	NO PHYSICAL					Derdeyn	20	3.0	28:46	-		
Cantwell	20	4.0	38:45	150		Eckert	-	2.0	-	-		
Cooper	9	2.0	17:16	156		Erker	ABSENT					
Frattini	56	4.0	38:45	158		Evans	RETURNED					
Lawhorn	15	4.0	38:45	196		Fitzmaurice	RETURNED					
Mayer	30	4.0	38:26	-		Miller	-	2.0	18:00	-		
Mittendorf	20	4.0	34:18	182		Moise	-	2.0	-	164		
Werremeyer	ABSENT					O'Connell	20	2.0	-	-		
						Quinlivan	20	2.0	-	172		
Group 4	PU	Distance	Time	Pulse	Comments	Rizzo	20	3.0	-	172		
Beiseman	-	5.0	38:45	-		Safar	ABSENT					
Buescher	10	3.0	28:07	176		Swiecicki	25	2.0	22:35	182		
Dernlan	RETURNED					Wilson	RETURNED					
Evers	-	3.0	29:30	-		Wojtkowski	10	2.0	18:00	-		
James	15	3.0	31:23	104								
McIntyre	5	3.0	31:23	212		Group 7	PU	Distance	Time	Pulse	Comments	
Murray	-	3.0	28:07	178		Gray	25	2.0	-	-		
Nolan	10	3.0	31:23	198		Hulsen	ABSENT					
Pierson	ABSENT					Imhof	ABSENT					
Spengemann	SOCCER					Kean	RETURNED					
Thro	-	3.0	31:29	196		Maher	-	2.0	-	-		
						Malpiedi	ABSENT					
						Mason	ABSENT - NO PHYSICAL					
						Narkiewicz	RETURNED					
						Nolan	RETURNED					
						Roseberry	20	2.0	-	-		
						Safar	RETURNED					
						Strohmeyer	ABSENT					
						Sullivan	ABSENT					
						Taylor	ABSENT					
						Zangara	-	1.0	-	-		

5 total miles

5 total miles

5 total miles

Date: 8-25-20

Conditions: First practice as a program. Temperatures in the 90s

Workout: 1 mile warm-up to West Camp/ Push-ups/Core/ Aerobic Run run A=8 B=6 C=5 D=4 E=3 F=2/ Strides/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Alford	15	6	45:41	172		Abbate	15	3	29:38	164	
Brawley	30	6	45:33	148		Abner	20	3	33:30	180	
Glass	21	5	45:41	172		Arens	11	4	35:24	171	
Greiner	10	3	21:56	156		Bock	15	3	29:41	180	
Hogan	30	7	51:54	155		Boyer	—	—	—	—	
Kramer	30	6	46:15	—		Brinkman	15	3	34:45	192	
LaBarge	25	6	45:23	156		Carpenter	DOCTOR				
Meara	45	3	21:56	160		Coolbaugh	30	3	29:40	164	
Pashea	21	6	45:41	152		Funke	15	3	29:30	187	
Riggan	32	6	45:41	176		Garavaglia	25	3	29:40	156	
Seal	36	6	45:41	160		Halley	15	3	35:21	204	
Zenor	20	6	46:15	164		Hurley	20	3	33:30	189	
						Johnson	ABSENT				
Group 2	PU	Distance	Time	Pulse	Comments	Kean	15	3	35:21	196	
Apprill-Sokol	20	6	48:19	156		LaPresta	15	3	35:21	200	
Barks	15	5	39:17	168		Munsell	ABSENT				
Byrne	20	6	48:23	176		Nesser	17	3	31:59	185	
Cox	30	6	47:58	162		Nester	30	3	29:41	192	
Gray	15	5.5	44:48	174		Siemer	20	3	29:40	152	
Jackson	—	—	—	—		Stus	25	3	29:39	152	
Jones	15	5	39:17	167		Wilson	17	3	33:30	182	
Kellogg	15	6	48:19	184							
LeGrand	20	6	47:17	172		Group 6	PU	Distance	Time	Pulse	Comments
Lowe	25	6	48:19	160		Apprill-Sokol	22	2	19:03	160	
Purschke	30	6	48:20	164		Batten	18	2	32:09	168	
Rammacher	X	11	1:21:00	146	cycling pulse	Baur	31	3	26:12	176	
	21					Boyd	12	2	19:24	145	
Group 3	PU	Distance	Time	Pulse	Comments	Caso	—	—	—	—	
Bourneuf	30	4	35:31	176		Dauska	—	—	—	—	
Cantwell	20	5	42:38	148		Derdeyn	ABSENT				
Cooper	11	4	34:51	178		Eckert	20	2	19:03	166	
Fattini	20	4	34:51	176		Erker	ABSENT				
Lawhorn	20	5	42:46	172		Evans	ABSENT				
Mayer	35	4	34:52	184		Fitzmaurice	35	2	17:05	160	
Mittendorf	20	5	43:20	191		Miller	10	2	17:58	190	
Werremeyer	18	4	35:31	184		Moise	15	3	25:38	171	
						O'Connell	20	3	27:34	184	
Group 4	PU	Distance	Time	Pulse	Comments	Quinlivan	25	3	27:34	166	
Beiseman	30	4	34:00	158		Rizzo	20	3	37:13	182	
Buescher	12	4	34:00	172		Safar	28	3	37:13	175	
Dernlan	25	4	34:00	156		Swiecicki	18	3	33:40	188	
Evers	X	—	—	—		Wojtkowski	15	3	25:42	180	
James	20	4	39:26	140							
McIntyre	5	4	38:29	216		Group 7	PU	Distance	Time	Pulse	Comments
Murray	50	4	34:00	160		Gray	SOCCEP				
Nolan	10	4	38:29	188		Hulsen	ABSENT				
Pierson	16	4	39:26	164		Imhof	—	—	—	—	
Spengemann	SOCCEP					Kean	17	2	24:00	163	
Thro	10	4	38:29	196		Maher	25	2	23:30	184	
						Malpiedi	ABSENT				
						Mason	ABSENT				
						Narkiewicz	ABSENT				
						Nolan	20	2	22:36	140	
						Roseberry	—	—	—	—	
						Safar	10	2	20:12	175	
						Strohmeyer	SOCCEP				
						Sullivan	SOCCEP				
						Taylor	ABSENT				
						Zangara	24	2	18:14	140	

11 2 25:00 180

Group 4	PU	800	800	800	800	800	800	Comments
Beiseman	20	3:30	3:20	3:21	3:43	3:36	4:04	
Buescher	12	3:23	3:21	3:27	3:31	3:57	3:21	
Demlan	30	3:30	3:26	-	-	-	3:19	
Evers	15	3:43	3:53	4:04	4:10	4:15	3:33	
James	20	3:44	3:53	4:02	4:07	4:10	4:08	
McIntyre	10	3:45	4:13	4:34	4:25	4:30	3:54	
Murray	60	3:31	3:19	3:21	3:34	3:24	3:19	
Nolan	15	3:57	4:27	5:12	-	4:45	-	
Pierson								Sick
Spengemann								
Thro		3:29	3:18	3:23	3:39	3:38	3:43	
	(1)	(2)	(3)		(4)	(5)	(6)	
Group 5	PU	800	800	800	800	800	800	Comments
Abbate	3:31	3:30	3:48		3:46	3:49	3:36	
Abner	4:00	4:10	4:35		4:44	4:36	-	
Arens	3:40	3:27	3:41		3:42	3:48	3:28	
Bock	3:45	3:30	4:02		3:47	4:50	3:19	
Boyer	3:30	3:16	3:22		3:26	3:15	3:03	
Brinkman	3:48	4:07	3:57		4:57	5:10	-	
Carpenter	3:50	4:05	4:20		4:17	4:20	4:08	
Coolbaugh	3:30	3:17	3:39		3:42	3:49	3:28	
Funke	4:16	4:20	5:03		5:05	5:50	-	
Garavaglia	3:20	3:16	3:33		3:38	3:47	3:27	
Halley								
Hurley	3:46	3:42	4:10		4:19	4:20	4:30	
Johnson								
Kean	3:45	2:54	4:18		4:19	4:45		
LaPresta	3:45	3:57	4:26		4:55	5:19	5:22	
Munsell								
Nesser	3:48	4:02	4:36		4:53	4:56	5:12	
Nester	3:45	3:37	3:57		4:00	4:05	4:10	
Siemer	3:45	3:18	3:33		3:39	3:49	3:10	
Stus	3:20	3:14	3:21		3:17	3:11	3:02	
Wilson	4:05	3:50	3:52		4:20	4:40	4:01	
	(1)	(2)	(3)		(4)	(5)	(6)	
Group 6	PU	800	800	800	800	800	800	Comments
Apprill-Sokol	4:16	3:30	4:13		4:30	4:24	4:25	
Batten	3:54	5:00	5:48		6:10	5:30		
Baur								Dropped XC
Boyd	4:49	7:10	6:44	0	9:45			Hurt Ankle
Caso								
Dauska	4:05	4:56	6:26		5:50			
Derdeyn								
Eckert		3:30	4:13		4:31	4:08		
Erker								
Fitzmaurice	3:27	3:18	3:20		3:29	3:24		
Miller	2:30	7:22	3:18		3:25	3:38		
Moise	3:33	3:26	3:52		3:31	4:07		
O'Connell	3:25	3:36	5:20		3:35	3:45	3:35	
Quinlivan	3:25	3:36	3:21		3:36	3:44	3:36	
Rizzo	4:10	5:06	4:25		4:50	5:20	5:32	
Safar	4:02	4:05	4:06		4:45	4:27	4:25	
Swiecicki	4:00	4:35	4:28		4:50	5:00	5:18	
Wojtkowski	3:19	3:15	3:19		3:12	3:18	3:16	

Date: 8-26-20				Conditions: Hot		
Workout: Warm-up to Jewel Box or Central Fields/ Sprint Drills/Push-ups/ Groups 12: 5-6 mile progression run Group 3: 4 mile progression run/ Groups 4-7: 6x800/ Weights/Cool-down/ Stretch						
Group 1	PU	Distance	Time	Pulse	Splits	Comments
Alford	15	5	32:38	180		
Brawley	25	3	18:28	160		
Glass	15	5	32:28	190		
Greiner		2.5	16:04	184		
Hogan	30	6	36:48	163		
Kramer	SICK					
LaBarge	25	4	26:28	176		
Meara	ABSENT					37PU 5mi
Pashea						
Riggan	25	2.25	15:20	—		TWISTED ANKLE
Seal	40	4	26:12	—		
Zenor	10	5	34:12	—		6:19/6:22/6:50/7:07/7:21
Group 2	PU	Distance	Time	Pulse	Splits	Comments
Apprill-Sokol	20	5	37:42	—		
Barks	11	3	21:45	182		FELT DIZZY
Byrne	20	3.5	25:40	180		
Gray	20	2	13:41	172		HIT POT HOLE
Jackson	ABSENT					
Jones	15	3	20:01	176		
Kellogg	15	5	36:45	179		
LeGrand						
Lowe	30	5	35:05	172		
Purschke	WITHDREW					
Rammacher	CROSS TRAIN		1:20:00	152		21 pushups
Group 3	PU	Distance	Time	Pulse	Splits	Comments
Bourneuf	25	2	32:54	165		
Cantwell	20	4	—	—		
Cooper	11	2	17:30	198		8:27/9:03/
Frattoni	60	4	32:54	196		
Lawhorn	12	4	33:02	180		
Mayer	40	4	32:43	164		
Mittendorf	20	4	32:39	182		
Werremeyer	18	3	27:34	—		

GRAY
COX

Date: 8-27-20						Conditions: Hot					
Workout: Warm-up to West Camp/ Core/Push-ups/ Groups 123: Long Run A=11 miles B=8 C=6 Groups 4567= B=6 C=5 D=4 E=3 F=2 / Weights/Cool-down/ Strides/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Alford	15	8	59:13	168		Abbate	15	3	28:57	172	
Brawley		ABSENT				Abner	20	3	31:32	182	
Glass	5	8	59:12	168		Arens	10	4	35:17	186	
Greiner	40	5	39:06	152		Bock	15	3	27:04	168	
Hogan	30	10	74:00	164		Boyer	35	3	24:45	179	
Kramer		ABSENT			SICK	Brinkman	20	3	32:18	191	
LaBarge	23	8	59:25	161		Carpenter	20	3	31:32	177	
Meara	45	4	31:47	160		Coolbaugh	30	3	25:23	180	
Pashea	26	8	59:25	149		Funke	10	3	31:32	172	
Riggan	32	8	59:07	182		Garavaglia	21	4	38:20	164	
Seal	45	8	59:13	156		Halley			ABSENT		
Zenor	20	8	59:13	160		Hurley	20	3	31:32	179	
						Johnson			ABSENT		
Group 2	PU	Distance	Time	Pulse	Comments	Kean	15	3	27:07	176	
Apprill-Sokol	20	8	62:48	160		LaPresta	20	3	31:57	180	
Barks	15	6.1	48:23	160		Munsell			ABSENT		
Byrne	20	8	62:48	176		Nesser			ABSENT		
Cox	35	6	48:10	144		Nester	30	3	28:25	180	
Gray	25	8	62:02	172		Siemer	20	3	24:46	168	
Jackson		ABSENT				Stus	20	4	37:50	148	
Jones	15	6.1	48:23	161		Wilson	17	3	31:29	176	
Kellogg	20	8	62:48	183							
LeGrand	20	8	62:16	168		Group 6	PU	Distance	Time	Pulse	Comments
Lowe	30	8	62:11	152		Apprill-Sokol	22	3	26:00	148	
Purschke	30	8	63:56	164		Batten	10	2	22:15	164	
Rammacher	22	XT	1 hr. 17 min.	152		Boyd	-	2	27:11	180	
						Caso	-	2	20:13	156	
Group 3	PU	Distance	Time	Pulse	Comments	Dauska	-	2	22:44	158	
Bourneuf	30	4	36:57	164		Eckert	15	2	22:48	160	
Cantwell	20	6	53:14	162		Erker			ABSENT		
Cooper	12	4	36:57	180		Fitzmaurice	25	3	25:05	150	
Fratini	65	4	36:57	164		Miller	16	2	18:35	188	
Lawhorn	15	6	53:14	180		Moise	15	2	28:35	166	
Mayer	30	4	38:57	140		O'Connell	20	3	26:08	140	
Mittendorf	20	6	53:14	179		Quinlivan	25	3	26:08	170	
Werremeyer	22	4	36:57	184		Rizzo	20	3	33:31	165	
						Safar	26	3	31:34	175	
Group 4	PU	Distance	Time	Pulse	Comments	Swiecicki	18	3	33:12	176	
Beiseman		ABSENT				Wojtkowski	17	3	25:26	180	
Buescher	13	4	34:38	180							
Dernlan	21	4	34:38	156		Group 7	PU	Distance	Time	Pulse	Comments
Evers	20	4	34:38	152		Gray			SOCCER		
James	21	4	35:19	144		Hulsen			ABSENT		
McIntyre	10	4	37:23	192		Kean	17	2	23:00	165	
Murray	50	4	34:38	156		Maher	15	2	23:00	164	
Nolan	10	4	38:25	188		Malpiedi			ABSENT		
Pierson	14	4	35:19	178		Mason			ABSENT		
Spengemann		SOCCER				Narkiewicz			ABSENT		
Thro	10	4	37:50	184		Nolan	15	2	23:40	142	
						Roseberry	-	2	22:48	172	
						Safar	10	2	19:50	174	
						Strohmeyer			SOCCER		
						Sullivan			SOCCER		
						Taylor			ABSENT		
						Zangara	34	3	25:05	140	

Group 7	PU	(1) 800	(2) 800	(3) 800	(4) 800	(5) 800	(6) 800	Comments
Gray	3:27		3:19	3:34	3:22	3:24	3:39	
Hulsen								
Kean	4:18		4:30	5:26	5:45			
Maher	4:50				5:46			
Malpiedi								
Mason								
Narkiewicz								
Nolan	4:14		4:34	5:24				
Roseberry	4:18		4:34	1:00	5:25	6:00		
Safar	4:03		3:46	4:16	4:06	4:06	4:08	
Strohmeier								
Sullivan	4:00		3:10	3:08	3:13	3:13	3:19	
Taylor								
Zangara	3:47		3:15	3:25	3:29	3:18	3:49	

Note: Kicked off central fields by
the no-lice, Steinkberg 800's;
Insanity.

Date: 8-28-20						Conditions: Hot					
Workout: Warm-up to West Camp/Push-ups/ A=6 B=5 C=4 D=3 E=3 F=2 /Cool-down/ Strides/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Alford	15	5	38:20	156		Abbate		ABSENT			
Brawley		DNS				Abner	20	3	32:29	178	
Glass	20	5	38:20	160		Arens	15	3	25:43	164	
Greiner	40	4	36:38	156		Bock	15	3	26:53	162	
Hogan	30	6	44:52	150		Boyer	35	3	23:15	180	
Kramer		SICK				Brinkman	25	3	32:25	183	
LaBarge	20	5	36:24	156		Carpenter	20	3	31:57	180	
Meara	43	4	30:56	164		Coolbaugh	30	3	26:16	181	
Pashea	21	5	36:13	136		Funke	10	3	32:27	185	
Riggan	29	5	38:20	172		Garavaglia	21	2	27:10	156	
Seal	36	5	38:20	144		Halley	15	3	28:40	180	
Zenor	20	5	39:21	140		Hurley	20	3	32:29	182	
						Johnson	15	3	32:27	172	
Group 2	PU	Distance	Time	Pulse	Comments	Kean	15	3	27:40	172	
Apprill-Sokol	20	5	39:41	148		LaPresta	15	3	33:01	184	
Barks	16	5	38:48	164		Munsell		ABSENT			
Byrne	25	5	39:41	160		Nesser	14	3	31:02	187	
Cox	33	5	37:38	144		Nester		ABSENT			
Gray	20	5	38:48	168		Siemer	20	3	23:45	180	
Jackson		ABSENT				Stus	15	3	27:10	160	
Jones	12	5	38:48	160		Wilson	17	3	31:45	172	
Kellogg	20	5	38:48	172							
LeGrand	20	5	38:42			Group 6	PU	Distance	Time	Pulse	Comments
Lowe	25	5	39:04	152		Apprill-Sokol	22	3	28:33		
Purschke	30	5	39:40	160		Batten	25	2	21:56	172	
Rammacher	20	5	38:48	164		Boyd		2	26:46	164	
						Caso		3	29:00		
Group 3	PU	Distance	Time	Pulse	Comments	Dauska		2	25:45	148	
Bourneuf		SICK				Eckert	5	2	26:17	152	
Cantwell	20	4	33:59	160		Erker		ABSENT			
Cooper	13	3	26:00	184		Fitzmaurice	30	3	24:43	140	
Frattini	102	3	26:00	164		Miller	15	2	17:50	188	
Lawhorn	25	4	33:59	168		Moise	15	2	17:50	166	
Mayer	50	3	26:00	178		O'Connell	20	3	25:53	148	
Mittendorf	20	4	33:59	177		Quinlivan	26	3	27:40	164	
Werremeyer	20	3	26:01	172		Rizzo	30	3	34:00	184	
						Safar		ABSENT			
Group 4	PU	Distance	Time	Pulse	Comments	Swiecicki	22	3	31:32	184	
Beiseman		3	23:18	182		Wojtkowski	17	3	31:22	160	
Buescher	10	3	25:03	196							
Dernlan	30	3	25:03	164		Group 7	PU	Distance	Time	Pulse	Comments
Evers	30	3	25:03	176		Gray	22	3	34:20	173	
James	20	3	27:57	160		Hulsen		ABSENT			
McIntyre	10	3	26:45	176		Kean	15	2	26:23	168	
Murray	50	3	25:03	180		Maher	15	2	26:46	160	
Nolan	10	3	27:10	189		Malpiedi		ABSENT			
Pierson	15	3	27:02	186		Mason		ABSENT			
Spengemann		SOCCEP				Narkiewicz		ABSENT			
Thro	10	3	26:45	192		Nolan		INJURED			
						Roseberry		2	26:17	176	
						Safar	10	2	19:30	177	
						Strohmeyer		SOCCEP			
						Sullivan	34	3	25:55		
						Taylor		SOCCEP			
						Zangara	37	3	24:45	150	

5 total 3 in 26:07
167 pulse 174

5 total 3 in 25:48
160 pulse

Conditions:

[illegible]

Date: 9-1-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Aerobic Run run A=8 B=6 C=5 D=4 E=3 F=2/ Strides/Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments		
Alford	Q	8 total	6:43	126	Shin Pain	Arens	11	3	25:27	168			
Brawley	Q					Bock	15	3	25:28	184			
Glass	Q	10	6 total	44:15	148	Cooper	14	3	25:27	173			
Greiner	Q	40	6	47:43	144	Evers	35	5	41:20	192			
Hogan	Q	Q	52:20	144		Fitzmaurice	25	4	33:36	140			
Kramer	Q					McIntyre	10	4	31:27	192			
LaBarge	Q	6	45:08	145		Pierson	ABSENT						
LeGrand	Q	20	7.2 total	56:30	Rollerblade	Thro	Q				XTBike 1:00:00		
Lowe	Q	30	6	47:32	152								
Meara	Q	40	4	32:57	155								
Pashea	Q	22	10 total	1:15:14		Group 5	PU	Distance	Time	Pulse	Comments		
Riggan	Q	28	8 total	1:01:00	160	Abbate	19	3	27:01	161			
Seal	Q				XT Bike 2:14:00	Apprill-Sokol, Q	22	3	31:25	140			
Zenor	Q	20	9 total	63:00	NP	Carpenter	20	3	28:05	178			
			47:32			Hurley	20	3	28:05	175			
						James	25	3	27:25	120			
Group 2	PU	Distance	Time	Pulse	Comments	Kean, S	15	3	25:28	172			
Apprill-Sokol, N	20	6		160		Wilson	17	3	28:05	179			
Barks	15	5	38:06	144									
Byrne	25	6	47:32	164		Group 6	PU	Distance	Time	Pulse	Comments		
Cantwell	25	6	47:32	160		Abner	INJURED						
Cox	25	5	36:52	142		Brinkman	20	3	32:53	180			
Fratini	22	3	26:47	192		Garavaglia	Q	22	4	35:27	144		
Gray, T	20	6	47:32	160		Halley	Q	15	3	26:28	192		
Jones	15	5	38:06	138		Johnson	10	3	32:47	168			
Kellogg	15	6	47:32	160		LaPresta	25	3	31:47	184			
Mayer	60	3	28:47	112		Nester	35	3	26:30	160			
Mittendorf	20	4	32:31	164		Nolan, T	Q	15	4	36:57	180		
Purschke	30	5	38:30	160		Roseberry	Q	7	2	24:25	172		
Rammacher	22	6	47:32	152		Safar, Ma	ABSENT						
						Safar, Mi	10	3	26:30	174			
Group 3	PU	Distance	Time	Pulse	Comments	Swiecicki	18	3	31:43	180			
Beiseman	25	2	34:47	168		NEESER	16	3	26:46	176			
Bourneuf	Q					Group 7	PU	Distance	Time	Pulse	Comments		
Boyer	30	4	35:51	174		Batten	20	2	22:25	180			
Buescher	Q				Elliptical 5 miles	Boyd	ABSENT						
Coolbaugh	30	4	36:16	187		Caso	15	3	26:38	160			
Demian	20	4	34:47	152		Dauska	ABSENT						
Gray, C		ABSENT					Funke	INJURED					
Lawhorn	ABSENT					Kean, B	INJURED						
Miller	15	4	35:30	160		Maher	15	2	24:25	142			
Moise	ABSENT					Nolan, C	ABSENT						
Murray	43	4	34:47	140		Rizzo	20	3	26:46	176			
O'Connell	20	4	34:47	152									
Quinlivan	28	4	35:36	162									
Siemer	20	4	35:52	140									
Stus	Q	4 total	36:43	NP									
Sullivan	SOCCER												
Werremeyer	20	5	41:09	164									
Wojtkowski	19	5	41:09	170									
Zangara	30	4	36:17	140									

9/2/20

Date: 9-1-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Groups 1-3=Fartlek (1-2-3-2-1-2-3-2-1) Groups 4-7=4x800 4x400/ Cool-down/Weights/ Stretch

Group 1	PU	Fartlek Time	Fartlek Pulse	Total Mileage	Comments
Alford	9	34:00	172	8	
Brawley		34:00			
Glass		34:00	156		
Greiner		34:00			
Hogan		34:00	159	10	
Kramer					
LaBarge		34:00	Averaged 6:25 pace		1 up/1 down
LeGrand	20	34:00			
Lowe	25	34:00	172		
Meara	10	34:00	NP		
Pashea		34:00		8	
Riggan	28	34:00	186		
Seal	147				Bike 2:15:17 17 miles
Zenor	20	34:00	NP		
Group 2	PU	Fartlek Time	Fartlek Pulse	Total Mileage	Comments
Apprill-Sokol, N	20	34:00	180		
Barks					CYCLING
Byrne	34	34:00	184		
Cantwell	25	34:00	174		
Cox	35	34:00	164		
Frattini	96	34:00	204		
Gray, T	40	34:00	176		
Jones	12	34:00	168		
Kellogg	15	34:00	172		
Mayer					Shins
Mittendorf	30	34:00	174		
Purschke	30	34:00	179		
Rammacher					Knee
Group 3	PU	Fartlek Time	Fartlek Pulse	Total Mileage	Comments
Beiseman		29:00	178		
Bourneuf	10				
Boyer	35	28:00	183		
Buescher	10				
Coolbaugh					AT STEINBERG
Dernlan	25	34:00	172		
Gray, C	20	26:00	170		
Lawhorn	12	34:00	176		
Miller	15	26:00	200		
Moise	20	26:00	179		
Murray	40	28:00	NP		
O'Connell	21	34:00	180		
Quinlivan	34	34:00	188		
Siemer	20	29:00	172		
Stus	10	34:00	168		
Sullivan	36	29:00	184		
Werremeyer	25	34:00	NP		
Wojtkowski	20	34:00	170		
Zangara	37	29:00	148		

Groups 1-3 =
1 mile up/
1 mile down

Teddy
No down
28:00 182

Gamondia
28:00 176
21PU

Group 4	PU	Fartlek Time	Fartlek Pulse	Total Mileage	Comments					
Arens		24:00	175	3.9	400 @ 86					
Bock				2.2						
Cooper		24:00	186	3	400 @ 86					
Evers		22:00		2.5	2 x 400 1:22, 1:28					
Fitzmaurice				2.2						
McIntyre		22:00		2.5	2 x 400 end 70-					
Pierson		28:30	172	3.5	Finished!					
Thro		28:00	196							
Group 5	PU	800	800	800	800	400	400	400	400	Comments
Abbate	14	3:36	3:44	3:48	3:54	1:43	1:50	1:43	1:50	
Apprill-Sokol, Q	22	3:39	3:47	3:53	3:36	1:35	1:34	1:35	1:35	
Carpenter	20	3:43	3:47	3:51	3:56	1:41	1:46	1:48	1:48	
Hurley	15	3:27	3:29	3:34	3:40	1:35	1:34	1:35	1:38	
James	25	3:36	3:44	3:47	3:40	1:35	1:34	1:35	1:35	
Kean, S	15	3:39	3:49	3:56	5:16	1:50	1:57	1:52	2:00	
Wilson	15	3:38	3:49	3:57	4:05	1:49	1:43	1:45	1:50	
Group 6	PU	800	800	800	800	400	400	400	400	Comments
Abner										Aerobic
Brinkman		3:52	4:11	4:03	4:17	1:55	1:59	1:54	1:51	
Garavaglia										
Halley		3:30	3:39	3:41	3:45	1:42	1:50	-	-	
Johnson		3:42	3:52	3:47	3:46	1:41	1:45	1:41	1:41	
LaPresta		4:05	3:57	3:55	4:02	1:57	1:57	1:52	1:50	
Nester										
Nolan, T										
Roseberry		4:25	4:30	4:32	4:48	2:10	1:59	1:55	2:01	
Safar, Ma		3:39	3:56	3:44	3:57	1:43	1:48	1:48	1:47	
Safar, Mi		3:50	3:59	3:35	3:42	1:43	1:44	1:40	1:45	
Swiecicki		4:05	4:04	3:57	4:03	1:55	1:58	1:54	1:48	
IV, S.W.		3:27	3:37	3:40	3:45	1:40	1:44	1:41	1:41	
Group 7	PU	800	800	800	800	400	400	400	400	Comments
Batten		4:26	4:51	5:14	5:15	2:15	2:20	2:23	2:18	
Boyd		4:30	4:54	6:23	5:28	2:34	2:40	2:48	2:12	
Caso		4:15	4:19	4:28	4:28	1:56	1:54	1:51	1:44	
Dauska		4:25	4:52	5:14	4:50	2:00	2:16	2:26	2:13	
Funke										Aerobic
Kean, B										Enj.
Maher										Enj.
Nolan, C										Low D
Rizzo		3:31	3:56	3:54	4:11	1:46	1:54	1:54	1:54	

Group 3 → Coulbough 3 mile fartlek in 25:30

Date: 9-3-20						Conditions:					
Workout: 1 mile warm-up/ Push-ups/ Core/ Aerobic Run run A=8 B=6 C=5 D=4 E=3 F=2/ Strides/Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	Q	7 total	43:02	164		Arens	15	3	25:56	159	
Brawley	Q					Bock	15	3	25:56	184	
Glass	Q	6	43:59	156		Cooper	11	3	25:48	188	
Greiner	Q	5		152	7 total	Evers	ABSENT				
Hogan	Q	8	56:51	171		Fitzmaurice	30	5	42:31	160	
Kramer	Q	25	6	47:10	172 NO IDEA HOW HE COULD RUN	McIntyre	10	3	30:07	200	
LaBarge	Q	8 total	59:28	141		Pierson	Q				
LeGrand	Q	17	6	47:22		Thro	Q	4 total	35:33		
Lowe	Q	25	8	61:20	160						
Meara	Q	40	4	31:10		Group 5	PU	Distance	Time	Pulse	Comments
Pashea	Q	22	8	60:20		Abbate	15	3	28:15	162	
Riggan	Q	8 total	60:00	168		Apprill-Sokol, Q	22	3	29:58	140	
Seal	Q	Shins Still Hurt			Bike 6:00	Carpenter	25	3	29:56	179	
Zenor	Q	20	9.7	71:13	—	Hurley	20	3	31:00	165	
						James	22	3	29:18	140	
Group 2	PU	Distance	Time	Pulse	Comments	Kean, S	15	3	32:51	184	
Apprill-Sokol, N	23	8	61:20	172		Wilson	17	3	31:00	183	
Barks	XT										
Byrne	25	8	61:47	152		Group 6	PU	Distance	Time	Pulse	Comments
Cantwell	25	8	61:20	164		Abner	20	2	26:15	132	
Cox	27	6	44:53	144		Brinkman	15	2	26:15	174	
Frattini	75	4	38:35	156		Garavaglia	Q	23	3 total	26:30	168
Gray, T	20	7.5	60:42	158		Halley	15	3	32:51	188	
Jones	15	6	47:00	163		Johnson	15	3	32:15	168	
Kellogg	15	7.5	60:42	157		LaPresta	25	3	35:02	180	
Mayer	50	4	38:32	144		Nester	30	3	30:37	172	
Mittendorf	20	6	48:16	181		Nolan, T	Q	—	3	26:17	172
Purschke	30	8	63:20	169		Roseberry	10	2	26:17	170	
Rammacher	20	4	37:38	140		Safar, Ma	29	3	32:33	171	
						Safar, Mi	15	3	30:37	183	
Group 3	PU	Distance	Time	Pulse	Comments	Swieicki	18	3	35:09	172	
Beiseman	25	5	42:31	168		NESSER	12	4	37:53	178	
Bourneuf	Q					Group 7	PU	Distance	Time	Pulse	Comments
Boyer	40	5	42:31	160		Batten		INJURED	—	2 miles	165
Buescher	Q					Boyd	—	2	27:54	164	
Coolbaugh	30	4	37:42	174		Caso	10	2	—	—	HURT ANKLE WALK +
Dernlan	30	5	42:31	172		Dauska	—	2	27:39	153	
Gray, C	SOCCER					Funke	10	2	26:15	187	
Lawhorn	15	6	55:53	168		Kean, B		INJURED			
Miller	20	4	37:25	180		Maher	15	2	27:39	156	
Moise	20	4	37:50	168		Nolan, C	Q	—	—	—	
Murray	45	5	42:31	180		Rizzo	20	3	32:33	182	
O'Connell	20	5	42:31	160							
Quinlivan	30	5	42:31	182							

1 Zander 1/2 5 42:31 160

Rest of Group 3 on back * SEE BACK PAGE *

Siemer	20	5	42:31	168					
Stus	20	4	36:43						
Sullivan		Soccer							
Werremeyer	20	6	55:53	174					
Wojtkowski	20	6	57:20	175					
Zangara	40	5	42:31	160					

Date: 9-4-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Aerobic Run run A=6 B=5 C=4 D=3 E=3 F=2/ Strides/Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	1					Arens	15	4	23:59	169	
Brawley	2					Bock	15	2	17:19	164	
Glass	3					Cooper	13	2	17:19	182	
Greiner	5	5	39:23	144		Evers	20	4	36:30	168	
Hogan	6	6	42:52	131		Fitzmaurice	25	4	33:59	140	
Kramer	6 total	47:20	172			McIntyre	13	4	36:30	176	
LaBarge	7 total	52:13	138			Pierson	15	4	33:59	172	
LeGrand	20	7 total	54:47			Thro	1				
Lowe	20	5	38:12	144							
Meara	41	6 total	47:23			Group 5	PU	Distance	Time	Pulse	Comments
Pashea	8 total	59:44				Abbate	15	3	27:25	172	
Riggan	29	6 total	44:54	168		Apprill-Sokol, Q	22	3	26:17	172	
Seal	20					Carpenter	20	3	27:50	176	
Zenor	20	5 total	36:24			Hurley	20	3	28:02	178	
						James	30	3	25:27	140	
Group 2	PU	Distance	Time	Pulse	Comments	Kean, S	15	3	27:04	164	
Apprill-Sokol, N	20	5	38:10	156		Wilson	16	3	28:02	160	
Barks	15	4	30:33	156							
Byrne	25	5	38:39	164		Group 6	PU	Distance	Time	Pulse	Comments
Cantwell	25	5	38:12	160		Abner	20	2	21:20	170	
Cox	40	4	27:38	148		Brinkman	23	2	21:37	179	
Fratini	145	3	23:56	184		Garavaglia	3 total	27:30	160		
Gray, T	20	5	38:01	149		Halley	EXCUSED				DOCTOR
Jones	15	4	30:18	144		Johnson	16	3	30:01	168	
Kellogg	XT			144 B: 60:00		LaPresta	25	3	30:19	184	
Mayer	15	3	23:48	140		Nester	32	3	30:37	172	
Mittendorf	35	4	30:27	172		Nolan, T	3 total	26:42	174		
Purschke	30	5	38:45	152		Roseberry	11	2	24:30	168	
Rammacher	22	4	31:00	146		Safar, Ma	34	3	32:02	175	
						Safar, Mi	15	3	30:38	168	
Group 3	PU	Distance	Time	Pulse	Comments	Swiecicki	21	3	30:21	176	
Beiseman	25	4	32:01	168		NESSER	13	3	27:12	179	
Bourneuf	1					Group 7	PU	Distance	Time	Pulse	Comments
Boyer	ABSENT					Batten	20	2	23:00	165	
Buescher	1					Boyd	10	2	25:37	186	
Coolbaugh	30	3	25:20	168		Caso	15	2	30:40	164	
Demlan	25	4	32:01	180		Dauska	-	2	25:37	140	
Gray, C	33	3	24:35	160		Funke	10	2	21:20	192	
Lawhorn	25	4	32:01	168		Kean, B	EXCUSED				
Miller	20	3	24:30	188		Maher	15	2	25:37	176	
Moise	20	3	25:14	168		Nolan, C	EXCUSED				
Murray	40	4	32:01	160		Rizzo	20	3	32:02	164	
O'Connell	27	3	24:35	143							
Quinlivan	31	3	25:20	154							
Siemer	20	4	32:01	152							
Stus	4 total	37:46									
Sullivan	36	4	32:48	160							
Werremeyer	15	4	32:01	184							
Wojtkowski	17	3	25:20	170							
Zangara	30	4	32:01	160							

4 total
31:03 35:00
176 pulse

9/5

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Core/ Groups 1-2=4-5x4x400 Groups 3-5= 3-4x4x400 Group 6-7=2-3x4x400/Weight Circuit/ Cool-down/Stretch

Group 1	PU	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Alford Q		80	85	87	86	82	83	83	84	79	78	79	79	76	76	75	73					
Brawley Q		82	78	79	78	79	77	76	76	76	74	74	73	72	72	72	71	70	68	68	68	
Glass Q		86	86	86	87	81	80	79	81	72	76	78	70									1.5up/1down
Greiner Q		88	87	88	88	86	85	86	84	84	82	83	80	80	79	79	78	76	77	77	75	1up/1down
Hogan Q		82	81	81	81	76	79	79	78	75	74	75	75	72	71	71	72	68	68	67	69	2up/2down
Kramer Q																						
LaBarge Q		16x400 started at 90 and went down to 77																			1up/1down	
LeGrand Q		82	85	84	83	82	80	88	83	83	78	78	80	81	77	76	76	75	75	75	71	
Lowe		82	83	90	91	86	86	84	86	81	84	83	81	77	77	81	75					
Meara Q	40	84	87	90	89	87	84	86	86	84	83	81	79	78	80	78	80					1up/1down
Pashea Q		80	81	80	83	80	80	78	80	75	76	76	74	71	73	70	71	69	70	71	68	8 total mileage
Riggan Q	29	90	90	90	89	84	84	85	84	80	79	80	78	74	74	74	73					1up/1down
Seal Q		2 Hours on Bike 164 Pulse																				
Zenor Q		16 x 400 total time was 22:12 = 83 second average																				
Group 2	PU	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Apprill-Sokol, N		92	89	91	91	87	86	88	88	84	86	86	84	86	86	89	86					
Barks		94	90	92	92	89	88	88	87	84	86	87	85	81	84	84	80					
Byrne		91	87	90	91	87	86	86	86	82	85	85	85	81	82	92	80					
Cantwell		93	90	92	92	88	87	88	88	84	88	87	86	85	79	83	82					
Cox		93	90	91	91	88	86	86	87	84	81	82	82	77	77	82	86					
Frattoni		94	92	94	94	89	89	90	91	86	87	92	91	87	90	89	92					
Gray, T		92	89	91	91	88	88	88	88	86	86	86	86	84	87	86	86					
Jones		94	90	92	92	88	89	88	89	85	87	87	87									IT Band
Kellogg		92	88	90	91	88	87	88	86	84	84	85	83	81	81	82	78					
Mayer		91	95	93	94																	Shins
Mittendorf		95	90	92	92	88	88	89	90	86	88	89	89									Shins
Purschke		95	90	92	92	88	87	88	87	83	86	86	83	77	79	82	79					
Rammacher		92	89	90	91	87	86															Knee

Group 5	PU	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Abbate		1:41	1:42	1:45	1:44	1:47	1:45	1:46	1:45	1:41	1:47	1:46	1:38									
Apprill-Sokol, Q		1:39	1:38	1:33	1:30	1:31	1:33	1:28	1:34	1:37	1:37	1:36	—									Injured before last 400
Carpenter		1:39	1:38	1:42	1:41	1:42	1:42	1:45	1:44	1:35	1:45	1:43	1:36									
Hurley		1:40	1:34	1:39	1:35	1:38	1:36	1:40	1:40	1:36	1:41	1:36	1:33									
James		1:39	1:33	1:34	1:32	1:36	1:34	1:40	1:38	1:35	1:37	1:41	1:32									
Kean, S		1:45	1:46	1:47	1:44	1:43	1:44	1:45	1:45	1:39	1:48	1:44	1:45									
Wilson		1:46	1:55	1:58	1:55	1:54	1:55	2:03	2:02	1:57	2:01	1:56	1:57									
Group 6	PU	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Abner		2:07	2:08	2:10	2:06	1:58	2:02	1:55	1:53	1:50	1:50											
Brinkman		2:02	2:05	2:07	2:12	2:05	2:08	2:07	2:17	2:55	1:55											
Garavaglia	24	1:45	1:43	1:47	1:41	1:43	1:41	1:45	1:40	1:38	1:38	1:38	1:38									
Halley																						
Johnson																						
LaPresta		1:55	1:48	1:52	1:51	1:42	1:44	1:49	1:44	1:40	1:40											
Nester		1:54	1:47	1:50	1:50	1:44	1:49	1:49	1:51	1:40	1:40											
Nolan, T		1:37	1:44	1:48	1:53	1:43	1:56	2:02	1:58	1:40	1:40											
Roseberry		2:15	2:15	2:20	2:16	2:13	2:11	2:11	2:04													
Safar, Ma		2:00	1:51	2:02	1:55	1:52	1:59	1:58	1:55	1:46	1:41	1:40	1:37									
Safar, Mi		1:53	1:42	1:46	1:46	1:43	1:48	1:48	1:51	1:40												
Swiecicki		1:54	1:48	1:56	1:55	1:52	1:53	1:54	1:52	1:40	1:40	1:41	1:37									
Nesser		1:47	1:42	1:44	1:42	1:34	1:41	1:42	1:36	1:30	1:41	1:41	1:37									
Group 7	PU	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Batten		2:00	2:08	2:03	2:07	2:06	2:04	2:15	2:08													
Boyd		2:21	2:34	2:40	2:40	2:42	2:44	3:00	2:44													
Caso		1:59	1:50	1:55	1:47	1:46	1:55	1:52	1:55	1:37	1:36											
Dauska		1:56	1:58	1:59	1:58	2:01	2:05	2:07	2:07													
Funke		1:57	1:58	2:03	1:57	2:02	2:05	2:07	2:07													
Kean, B																						
Maher		1:57	1:55	1:56	1:55	1:57	1:58	1:53	1:54	1:38												
Nolan, C																						
Rizzo		2:00	2:01	1:59	2:00	2:54	2:06	2:10	2:00	1:35	1:35											

Date: 9-7-20						Conditions:					
Workout: 1 mile warm-up/ Push-ups/ Core/ Aerobic Run run A=8 B=6 C=5 D=4 E=3 F=2/ Strides/ Hurdle Mobility/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	10					Arens	15	3	25:49	165	
Brawley	10					Bock	XT	-BIKE	FOR	33:35	
Glass	10					Cooper	11	3	25:49	173	
Greiner	10	6	45:06	152	8 total	Evers	20	4	36:24	156	
Hogan	10	8	58:00	154		Fitzmaurice	20	4	36:23	144	
Kramer	10					McIntyre	10	4	36:24	168	
LaBarge	10					Pierson	14	4	36:23	174	
LeGrand	10	6	48:12		8 total	Thro	9				
Lowe	25	6	46:40	156							
Meara	40	6	47:12		7 total	Group 5	PU	Distance	Time	Pulse	Comments
Pashea	23	10	1:15:25			Abbate	17	3	27:48	171	
Riggan	22	5	41:24	156	7 total	Apprill-Sokol, Q	22	3	33:19	160	
Seal	10				Bike 2 hours	Carpenter	20	3	27:54	176	
Zenor	10					Hurley	20	3	27:54	171	
						James	20	3	26:42	160	
Group 2	PU	Distance	Time	Pulse	Comments	Kean, S	15	3	27:07	168	
Apprill-Sokol, N	20	6	46:40	156		Wilson	15	3	35:20	164	
Barks	16	5	38:40	152							
Byrne	25	6	46:40	168		Group 6	PU	Distance	Time	Pulse	Comments
Cantwell	25	6	46:40	152		Abner	20	3	33:28	176	
Cox	32	6	46:40	148		Brinkman	15	3	33:38	182	
Fratini	65	3	22:11	168		Garavaglia	25	4	36:03	164	
Gray, T	15	6	46:40	164		Halley			ABSENT		
Jones	15	5	38:40	144		Johnson			ABSENT		
Kellogg			ABSENT			LaPresta			ABSENT		
Mayer			ABSENT			Nesser			ABSENT		
Mittendorf			ABSENT			Nester	30	3	28:53	172	
Purschke	30	6	46:40	165		Nolan, T	10	3	27:02	172	
Rammacher	20	3.5	24:56	152		Roseberry			ABSENT		
						Safar, Ma	26	3	33:11	160	
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Mi	10	2	23:47	160	
Beiseman	25	5	37:39	180		Swiecicki	12	3	29:26	180	
Bourneuf	10										
Boyer	35	5	37:30	182		Group 7	PU	Distance	Time	Pulse	Comments
Buescher	10	4 total				Batten	15	2	21:56	185	
Coolbaugh	30	4	37:24	177		Boyd	-	2	31:46	120	
Dernlan	20	5	41:10	156		Caso	20	3	33:19	170	
Gray, C	20	5	41:10	160		Dauska	-	2	26:42	148	
Lawhom	20	5	37:39	180		Funke			ABSENT		
Miller	25	5	41:19	184		Kean, B			INJURED		
Moise	25	5	39:41	170		Maher	20	2	26:42	128	
Murray	35	5	37:30	172		Nolan, C			ABSENT - INJURED		P
O'Connell	25	5	41:10	138		Rizzo	20	3	33:11	187	
Quinlivan	31	ABSENT			4 total 36:12 185						
Siemer	20	5	41:10	160							
Stus	10										
Sullivan	30	5	47:05	162							
Werremeyer	20	5	38:40	184							
Wojtkowski	20	5	41:23	180							
Zangara	30	5	41:10	140							

154 PULSE

PUP LIST

Date: 9-8-20

Conditions:

Workout: Warm-up/ Push-ups/ Sprint Drills/ Groups 1-3: 6-8x400 @ 1600 pace with 1:30 recovery + 1.5 mile tempo Groups 4-5 4-6x400 @ 1600 race pace with 1:30 recovery + 1.5 mile tempo Groups 6-7: 4x400 @ 1600 race pace + 1 mile race/ Strides/ Hurdle Mobility/ Stretch

Group 1	PU	400	400	400	400	400	400	400	400	Tempo Distance	Tempo Time	Tempo Pulse	Comments
Alford		73	71	74	75	75	76	73	75	1.5	9:41		
Brawley		72	70	70	69	68	67	66	65	1.5	8:24		
Glass													
Greiner		74	75	74	73	73	72	71	74	1.5	8:42		1.5 up/1.5 down
Hogan		68	64	69	63	66	65	65	66	1.5	8:22		7.5 total
Kramer													
LaBarge		79	75	75	75	76	77	?	74	1.5	9:45	182	
LeGrand													
Lowe	25	81	75	74	75	75	79	80	76	1.5	9:09		
Meara		82	77	79	75	75	75			1.5	10:20		
Pashea		67	69	68	62	69	68	67	67	1.5	8:38		
Riggan		75	70	75	74	76	76	76	X	1.5	9:25		
Seal													
Zenor		70	72	74	78	71	73	Y	Y				
Group 2	PU	400	400	400	400	400	400	400	400	Tempo Distance	Tempo Time	Tempo Pulse	Comments
Apprill-Sokol, N	15	83	77	78	79	77	80	87	92	1.5	9:43	184	lost glasses on 7
Barks	17	83	81	80	82	81	83	84	82	1.5	9:41	176	
Byrne	25	81	75	75	77	76	79	81	79	1.5	9:08		
Cantwell	20	83	78	80	82	79	82	88	82	1.5	9:09		
Cox	35	82	76	75	76	76	80	80	77	1.5	9:08		
Fratini	62	85	83	84	83	82	85	85	82	1.5	9:52	172	
Gray, T	25	82	80	82	84	82	86	88	83		9:52		
Jones	15	84	81	82	84	83	86	86	84	1.5	9:42		
Kellogg	15	82	77	78	80	78	81	X	X				Shins
Mayer													Absent
Mittendorf	25	84	82	83	85	82	86	87	84	1.5	10:04		
Purschke	30	83	80	81	85	86	X	X	88	1.5	12:02		Cortisol
Rammacher	22	82	78	WFF									Knee
Group 3	PU	400	400	400	400	400	400	400	400	Tempo Distance	Tempo Time	Tempo Pulse	Comments
Beiseman	25	86	83	91	92	92	92	97	92	1.5	10:11	172	
Bourneuf													
Boyer		83	84	84	86	86	87	87	83	1.5	9:43	188	
Buescher													
Coolbaugh	30	84	89	92	96	97	93	95	93	1.5	10:45	185	
Dernlan	30	80	81	88	90	88	88	90	90	1.5	9:57	192	
Gray, C													Soccer
Lawhorn	10	81	84	91	92	84	85	87	87	1.5	9:42	184	
Miller	30	92	92	93	92	92	90	99	98	1.5	10:47	NP	
Moise	30	87	89	93	88	86	89	93	94	1.5	10:51	178	
Murray	35	83	82	85	87	85	86	87	84	1.5	9:45	184	
O'Connell	25	84	84	88	90	88	85	87	87	1.5	10:05	160	
Quinlivan	32	90	90	93	95	88	89	89	90	1.5	10:12	192	
Siemer													
Stus		8x400 at 1:30								1.5	11:58		
Sullivan													
Werremeyer	22	86	87	91	92	91	91	94	96	1.5	10:34		

Wolkowski

Zangara

85 85 86 89 91

30 92 92 94 93 103 104 114 110

1.5

11:31

100

Date: 9-9-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Core/ Aerobic Run run A=8 B=6 C=5 D=4 E=3 F=2/ Strides/ Hurdle Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford						Arens			ABSENT		DOCTOR
Brawley						Bock			ABSENT		
Glass		6	45:38		6 total	Cooper	13	4	34:22	182	
Greiner	40	6	45:06	15	8 total	Evers	25	4	35:07	172	
Hogan		8	56:35	151		Fitzmaurice	36	5	39:30	160	
Kramer						McIntyre	10	3	29:00	172	
LaBarge		8 Total	61:01			Pierson	17	4	35:07	176	
LeGrand						Thro					
Lowe	30	6	46:49	164							
Meara	40	5	46:52	168	7 total	Group 5	PU	Distance	Time	Pulse	Comments
Pashea	23	8	60:01			Abbate	17	3	26:07	172	
Riggan	28	6	45:50	173	7 total	Apprill-Sokol, Q	32	3	28:34	160	
Seal						Carpenter	20	3	26:23	179	
Zenor						Hurley	15	3	28:56	175	
						James	25	3	25:27	160	
Group 2	PU	Distance	Time	Pulse	Comments	Kean, S	15	3	26:00	176	
Apprill-Sokol, N	15	6	46:49	188		Wilson	15	3	28:56	141	
Barks	16	3	23:31	154							
Byrne	25	6	47:45	156		Group 6	PU	Distance	Time	Pulse	Comments
Cantwell	25	6	46:49	162		Abner	20	3	31:28	178	
Cox	35	6	46:35	154		Brinkman	15	2	33:02	167	ANKLE PAIN
Frattini	85	3	23:25	172		Garavaglia	23	4	35:00	160	
Gray, T	25	6	47:28	158		Halley			ABSENT		
Jones	15	5.6	43:00	146		Johnson	17	3	30:02	176	
Kellogg					ABSENT	LaPresta	25	3	37:33	200	
Mayer	50	3	23:19	160		Nesser	12	3	27:56	176	
Mittendorf	25	5	39:19	188		Nester	30	3	30:08	164	
Purschke	30	6	48:01	170		Nolan, T		3	27:01	163	
Rammacher	22	3+	23:00	148	KNEE PAIN	Roseberry	10	3	37:27	172	
						Safar, Ma	20	3	33:26	177	
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Mi	10	2	32:35	142	
Beiseman	25	5	40:01	160		Swiecki	17	3	31:30	172	
Bourneuf									20:59		
Boyer	40	5	38:30	182		Group 7	PU	Distance	Time	Pulse	Comments
Buescher	15	5	47:25	172		Batten	15	2	29:59	185	
Coolbaugh	30	4	38:55	164		Boyd		2	29:59	124	
Dernlan	23	5	41:15	172		Caso	10	3	32:35	190	
Gray, C					Soccer	Dauska		2	21:05	151	
Lawhorn	26	5	48:04	164		Funke	15	3	36:04	172	
Miller	30	5	41:10	188		Kean, B		2	32:33	168	
Moise	30	5	41:19	171		Maher	15	2	20:58	174	
Murray	35	5	38:30	180		Nolan, C			ABSENT		
O'Connell	25	5	41:15	160		Rizzo	30	3	33:26	185	
Quinlivan	33	5	41:19	188							
Siemer	20	5	41:05	172							
Stus		4 total	30:32								
Sullivan					Soccer						
Werremeyer	23	5	47:25	176							
Wojtkowski	17	3	25:23	182							
Zangara	30	5	41:19	163							

Date: 9-10-20					Conditions						
Workout: 1 mile warm-up/ Push-ups/ Aerobic Run run A=6 B=5 C=4 D=3 E=3 F=2/ Strides/ Hurdle Mobility/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	20	5	37:10	160		Arens	15	3	25:30	169	
Brawley	25	5	37:10	144		Bock	INJURED				
Glass	15	5	37:10	160		Cooper	13	3	25:35	182	
Greiner	40	5	37:10	160		Evers	20	3	26:00	172	
Hogan	30	6	44:18	140		Fitzmaurice	30	4	33:32	152	
Kramer	ABSENT					McIntyre	10	3	28:11	188	
LaBarge	25	5	37:10	124	-1	Pierson	14	3	25:30	175	
LeGrand	20	5	37:08	164		Thro	10	3	28:11	192	
Lowe	30	5	37:10	152							
Meara	EXCUSED					Group 5	PU	Distance	Time	Pulse	Comments
Pashea	23	5	37:10	143		Abbate	19	3	27:15	171	
Riggan	27	5	37:10	184		Aprill-Sokol, Q	SERVICE				
Seal	42	XT	1 Hour 7 min			Carpenter	20	3	29:02	175	
Zenor	10	5	37:19	160	116 PULSE	Hurley	20	3	29:02	173	
						James	20	3	28:15	140	
Group 2	PU	Distance	Time	Pulse	Comments	Kean, S	15	3	29:45	176	
Aprill-Sokol, N	20	5	44:04	144		Wilson	15	3	27:15	148	
Barks	16	4	30:51	156							
Byrne	25	5	38:51	164		Group 6	PU	Distance	Time	Pulse	Comments
Cantwell	20	5	44:04	154		Abner	20	3	29:28	172	
Cox	30	5	38:13	142		Brinkman	XT				
Frattoni	25	3	24:53	172	CLAP PUSHUPS	Garavaglia	21	3	30:25	164	
Gray, T	20	5	41:04	160		Halley	10	3	29:45	196	
Jones	12	4	30:51	145		Johnson	10	3	30:09	188	
Kellogg	ABSENT					LaPresta	20	3	29:52	184	
Mayer	50	3	22:25	132		Nesser	15	3	29:56	172	
Mittendorf	20	4	30:51	184		Nester	30	3	34:25	152	
Purschke	30	5	41:04	160		Nolan, T	INJURED DURING RUN				
Rammacher	22	XT	1 Hour 7 min			Roseberry	10	3	35:09	170	
					120 PULSE	Safar, Ma	20	3	31:52	174	
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Mi	XT - CYCLED 7.58 MILES				
Beiseman	30	4	34:26	168		Swiecicki	18	3	31:20	168	
Bourneuf	30	4	35:32	176							
Boyer	45	4	34:32	164		Group 7	PU	Distance	Time	Pulse	Comments
Buescher	10	4	35:32	184		Batten	15	2	26:39	140	
Coolbaugh	ABSENT					Boyd	-	2	29:32	170	
Demian	XT					Caso	5	3	30:09	209	
Gray, C	SOCCER					Dauska	-	2	26:12	143	
Lawhorn	36	4	34:32	160		Funke	15	3	32:17	184	
Miller	30	3	26:30	180		Kean, B	INJURED				
Moise	30	3	26:30	168		Maher	ABSENT				
Murray	41	4	34:32	170		Nolan, C	ABSENT				
O'Connell	26	4	33:19	160		Rizzo	25	3	31:52	173	
Quintivan	34	3	26:14	156							
Siemer	20	4	34:32	160							
Stus	15	3	28:11	149							
Sullivan	SOCCER										
Werremeyer	24	4	33:10	172							
Wojtkowski	17	3	26:50	167							
Zangara	40	4	33:19	163							

46:55
BPM 168

Date: 9-12-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Aerobic Run run A=9 B=8 C=6 D=5 E=4 F=3/ Strides/ Hurdle Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	20	8	60:08	172		Arens	12	5	44:05	162	
Brawley	20	8	59:35	140		Bock	15	3	27:57	164	
Glass	15	8	61:20	175		Cooper	12	3	27:57	176	
Greiner	40	8	59:35	156		Evers	20	5	44:12	156	
Hogan	30	10	75:04	143		Fitzmaurice	20	4	35:52	140	
Kramer		DNS	→ 5 day	MISHEA		McIntyre	10	4	37:40	160	
LaBarge	25	8	59:35	148		Pierson	13	5	44:12	174	
LeGrand	20	8	59:39	-		Thro	10	4	37:40	172	
Lowe	30	8	59:35	140							
Meara	40	8	59:35	164							
Pashea	24	8	59:35	132		Group 5	PU	Distance	Time	Pulse	Comments
Riggan	28	8	59:35	176		Abbate	21	4	37:49	181	
Seal	42	XT	1 HR 38 min	7 SEC		Apprill-Sokol, Q	32	4	37:34	160	TURNED BACK FOR NICO
Zenor	-	8	59:35	148		Carpenter	20	4	37:32	171	
						Hurley	20	4	37:32	172	
						James	20	4	36:40	160	
Group 2	PU	Distance	Time	Pulse	Comments	Kean, S	15	4	36:39	172	
Apprill-Sokol, N	15	8	67:43	156		Wilson	15	4	38:50	140	
Barks	20	6	49:01	160							
Byrne	25	8	67:43	156		Group 6	PU	Distance	Time	Pulse	Comments
Cantwell		ACT				Abner		XT			
Cox	5	6	47:53	156		Brinkman		INJURED			
Frattoni	25	4	31:47	156		Garavaglia	21	4	38:10	164	
Gray, T	20	7.5	62:38	164		Halley	10	4	38:10	172	
Jones	13	6	49:01	162		Johnson	13	4	41:30	180	
Kellogg		XT				LaPresta	25	4	45:05	184	
Mayer	40	6	49:51	132		Nesser	16	4	45:05	158	
Mittendorf	20	6	49:51	173		Nester	30	4	45:05	166	
Purschke	30	8	67:43	165		Nolan, T	10	4	38:10	164	
Rammacher	18	4	29:05	152		Roseberry	10	4	48:56	143	
						Safar, Ma	32	4	42:08	179	
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Mi		XT - 7.5 miles	BIKE 44 min.		BPM 152
Beiseman	35	6	52:01	160		Swiecicki	10	4	45:45	148	
Bourneuf		ABSENT									
Boyer	40	6	52:05	160		Group 7	PU	Distance	Time	Pulse	Comments
Buescher		ACT				Batten	15	3	34:52	148	
Coolbaugh	30	4	37:46	178		Boyd	-	3+	66:00	88	
Dernlan	30	XT	Bike 75:00	172 Pulse		Caso		INJURED DURING RUN			
Gray, C	23	6	51:06	160		Dauska	-	3	39:38	143	
Lawhorn	25	6	52:11	152		Funke	10	4	41:30	185	
Miller	35	4	36:32	160		Kean, B		ABSENT			
Moise		EXCUSED				Maher	15	3	39:30	164	
Murray	40	6	52:05	140		Nolan, C		INJURED			
O'Connell	26	6	52:11	160		Rizzo	25	4	42:13	184	
Quinlivan	35	5	43:47	152							
Siemer	20	6	52:11	162							
Stus	10	4	37:40	154							
Sullivan	40	6	51:40	160							
Werremeyer	25	6	53:21	168							
Wojtkowski	15	6	52:05	183							
Zangara		EXCUSED									

PULSE

TURNED BACK FOR NICO

BPM 152

Date: 9-14-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Core/Aerobic Run run A=8 B=6 C=5 D=4 E=3 F=3/ Strides/ Hurdle Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford					INJURED DURING RUN	Arens	18	4	33:49	159	
Brawley	20	6	44:20	136		Bock			INJURED		
Glass	10	6	44:20	160		Cooper	13	4	33:49	168	
Greiner	40	6	44:20	160		Evers	20	4	33:49	152	
Hogan	30	8	58:36	155		Fitzmaurice	30	4	33:49	132	
Kramer	25	3	44:20	152	JOG	McIntyre	10	4	35:30	172	
LaBarge	25	6	46:09	152		Pierson	16	4	33:55	174	
LeGrand	20	6	45:18	160		Thro	10	4	35:50	168	
Lowe	30	6	44:20	152							
Meara	41	6	44:20	164		Group 5	PU	Distance	Time	Pulse	Comments
Pashea	26	6	44:20	132		Abbate	24	3	27:17	182	
Riggan	31	6	44:20	178		Apprill-Sokol, Q	32	3	33:18	160	
Seal				116	SICK 89:30	Carpenter	20	3	27:29	180	
Zenor	-	6	44:20	154		Hurley	20	3	27:20	168	
						James	20	3	26:08	160	
Group 2	PU	Distance	Time	Pulse	Comments	Kean, S	15	3	28:17	168	
Apprill-Sokol, N	35	6	43:32	164		Wilson			ABSENT		
Barks	15	6	57:02	164							
Byrne	25	6	43:32	156		Group 6	PU	Distance	Time	Pulse	Comments
Cantwell	20	6	47:02	164		Abner			XT -- WILL DO AT HOME		
Cox	35	6	43:12	148		Brinkman	15	1	10:26	159	
Fratini	25	CLAP 4	32:09	156		Garavaglia	22	4	35:54	168	
Gray, T	20	6	46:12	151		Halley	15	3	30:50	140	
Jones	12	6	47:02	152		Johnson	16	3	29:59	184	
Kellogg	15	4	31:45	155		LaPresta	20	3	30:30	184	
Mayer	50	4	32:09	140		Nesser	12	3	29:33	161	
Mittendorf	25	5	37:36	174		Nester	30	3	30:45	178	
Purschke	30	6	48:19	167		Nolan, T	15	4	35:54	181	
Rammacher	23	4	31:45	154		Roseberry			EXCLUDED		
						Safar, Ma	32	3	31:28	173	
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Mi	15	XT 6 MILES	32:38	168 bpm	
Beiseman			SERVICE			Swiecicki	16	3	30:45	152	
Bourneuf			INJURED RIGHT BEFORE RUN								
Boyer	35	5	43:15	160		Group 7	PU	Distance	Time	Pulse	Comments
Buescher	15	5	43:15	168		Batten			SERVICE		
Coolbaugh	30	4	33:50	173		Boyd			SICK		
Dernlan	25	5	43:15	168		Caso	10	3	32:29	200	
Gray, C			SOCCER			Dauska	-	3	38:49	143	
Lawhorn	30	5	43:15	156		Funke	15	3	32:29	180	
Miller	20	5	42:30	-		Kean, B			ABSENT		
Moise	25	5	43:45	176		Maher	15	3	38:49	160	
Murray	40	5	43:15	156		Nolan, C			INJURED		
O'Connell	25	5	43:15	140		Rizzo	20	3	31:28	174	
Quinlivan	36	5	43:15	164							
Siemer	20	5	43:15	160							
Stus	15	4	35:54	146							
Sullivan			SOCCER								
Werremeyer	26	5	43:46	168							
Wojtkowski	12	5	43:43	180							
Zangara	30	5	43:15	142							

25
6 46:08
152

Date: 9-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Drills/Tempo run AB=4 CD=3 EF=2 5:00 Recovery Fast 1600 or 800 depending on group/ Cool-down/ Stretch

Group 1	PU	Tempo	Time	Pulse	Mile	Comments	Group 4	PU	Tempo	Time	Pulse	800	Comments
Alford							Arens	20	3	22:25	169	3:06	
Brawley	20	4	23:10	164	5:16		Bock			ABSENT			
Cox	35	4	24:30	168	6:00		Cooper	12	3	21:57	163	3:06	
Glass	10	4	23:13	185	5:32		Evers	20	3	22:27	159	3:08	
Greiner	20	4	24:21	188	5:50		Fitzmaurice	30	3	22:30		3:18	
Hogan	30	4	22:52	170	5:01		McIntyre	15	3	22:25		3:18	
Kellogg	15	3	18:00	172	6:10		Pierson	14	3	21:36	182	3:09	
Kramer							Thro	10	3	21:37		2:59	
LaBarge	25	4	24:22		5:59								
LeGrand	20	3	18:42		5:42		Group 5	PU	Tempo	Time	Pulse	800	Comments
Lowe	30	4	24:24	172	5:49		Abbate	19	2	15:13	185	3:34	
Meara	30	4	24:26		5:47		Apprill-Sokol, Q	29	2	16:11	160	3:26	
Pashea	22	4	22:53	178	5:16		Carpenter	20	2	15:46	186	3:34	
Riggan	25	3	18:00	188	5:32		Hurley	25	2	14:28	182	3:20	
Seal							James	25	2	14:11	168	3:04	
Zenor							Kean, S	15	2	15:19	190	3:46	
							Wilson	18	2	16:19	190	3:41	
Group 2	PU	Tempo	Time	Pulse	Mile	Comments	Group 6	PU	Tempo	Time	Pulse	800	Comments
Apprill-Sokol, N	25	3	19:03	174	6:05		Abner			INT XT			
Barks	15	3	19:46	172	5:56		Brinkman		2	17:25	191		
Byrne	25	3	25:15	184	5:44		Garavaglia	21	2	16:00	184	3:06	
Cantwell	20	3	18:55	172	5:58		Halley	16	2	17:15	180	3:25	
Fratini	30	3	20:12	196	6:12		Johnson	11	2	14:42	164	3:15	
Gray, T	20	3	19:40	168	5:59		LaPresta	20	2	17:17	188	3:55	
Jones	8	3	19:46	172	6:13		Nesser	11	2	15:35	186	3:24	
Mayer	50	3	19:44	156	5:48		Nester	30	2	17:22	180	3:59	
Mittendorf	20	3	19:48	186	6:00		Nolan, T	10	2	16:25	182	3:32	
Purschke							Roseberry			EXCUSED			
Rammacher	1.5		19:40	250		Knee hurt	Safar, Ma	24	2	15:28	191	3:20	
							Safar, Mi	XT	6	MILES	29:34		PULSE 165
Group 3	PU	Tempo	Time	Pulse	Mile	Comments	Swiecicki	21	2	16:30	172	3:52	
Beiseman	35	3	21:51	175	7:00	MILE	Group 7	PU	Tempo	Time	Pulse	800	Comments
Bourneuf						INJURED ON THE RUN OVER	Batten	20	2	20:21	162	4:42	
Boyer	35	3	20:19	184	6:20	MILE	Boyd	10	2	24:26		5:02	
Buescher	12	3	21:29		3:30		Caso	5	2	17:54	180	3:40	
Coolbaugh	30	1.5	12:18	180		INJURY	Dauska		2	20:28	164	4:02	
Dermlan						ABSENT	Funke	10	2	17:39		3:50	
Gray, C						SUCCESS	Kean, B	10	2	23:34		6:10	
Lawhorn	25	3	20:41	180	6:30	MILE	Maher	15	2	20:28	168	4:00	
Miller	20	3	23:17	184	3:15		Nolan, C			EXCUSED			
Moise	25	3	23:19	180	3:30		Rizzo	20	2	17:14	180	3:51	
Murray	40	3	20:21	168	6:24	MILE							
O'Connell	25	3	21:25	160	3:14								
Quinlivan	37	3	22:01	188	6:41	MILE							
Siemer	20	3	21:45	180	2:30	(?)							
Stus	15	3	23:23		3:10								
Sullivan						SUCCESS							
Werremeyer	20	3	22:01	180	3:17								
Wojtkowski	17	3	21:25	185	3:13								
Zangara	30	3	23:17	147	3:17								

8LVS TEMPO ON BIKE 27:18 PULSE 164 PUSH-UPS 44

Date: 9-16-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Core/Aerobic Run run A=9 B=8 C=6 D=5 E=4 F=3/ Strides/ Hurdle Mobility/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	20	6	44:53	172		Arens	15	4.22	35:10	152	
Brawley	20	8	58:09	148		Bock	XT	XT			
Cox	41	8	58:09	148		Cooper	13	5	46:09	173	
Glass	11	8	58:09	152		Evers	20	5	41:12	164	
Greiner	40	8	58:09	164		Fitzmaurice		ABSENT			
Hogan	25	9	65:11	148		McIntyre	10	5	43:57	176	
Kellogg	15	8	60:00	165		Pierson	15	5	41:25	172	
Kramer	ONE HOUR RETURN TO PLAY					Phro	10	5	44:00	132	
LaBarge	25	6	45:23	148							
LeGrand	20	8	59:48	164		Group 5	PU	Distance	Time	Pulse	Comments
Lowe	35	8	58:09	148		Abbate	19	4	36:27	169	
Meara	46	8	58:09	160		Apprill-Sokol, Q	42	4	36:27	160	
Pashea	26	8	58:09	144		Carpenter	25	4	35:32	172	
Riggan	30	8	58:09	170		Hurley	20	4	35:23	175	
Seal	60	5	37:05	128		James	25	4	32:58	164	
Zenor	—	8	58:09	150		Kean, S	15	4	37:04	180	
						Wilson	16	4	35:32	186	
Group 2	PU	Distance	Time	Pulse	Comments	STROMMEYER	25	3	29:04	124	
Apprill-Sokol, N	25	8	60:21	132		Group 6	PU	Distance	Time	Pulse	Comments
Barks	18	7	54:19	168		Abner	XT	XT			
Byrne	25	8	60:21	156		Brinkman	15	3	32:37	168	
Cantwell	25	7	58:02	164		Garavaglia	22	4	38:03	164	
Frattoni CLAR	30	3	23:20	168		Halley	16	4	38:03	184	
Gray, T	20	8	60:21	152		Johnson	12	4	37:50	168	
Jones	12	7	54:19	170		LaPresta	20	4	39:14	184	
Mayer	35	6	46:45	148		Nesser	11	4	39:14	179	
Mittendorf	20	6	45:59	167		Nester	30	4	39:24	168	
Purschke	30	8	60:21	160		Nolan, T	12	4	38:03	162	
Rammacher	20	6	44:53	156	KNEE WAS GOOD	Roseberry		ABSENT			
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Ma	26	4	39:00	176	
Beiseman	35	6	51:06	178		Safar, Mi	15	4	39:24	175	
Bourneuf	24	2	16:50	160		Swiecicki	16	4	39:15	168	
Boyer	35	6	52:45	158		Group 7	PU	Distance	Time	Pulse	Comments
Buescher	13	6	52:45	184		Batten	20	3	31:34	167	
Coolbaugh			EXCUSED			Boyd	10	3	38:19	164	
Dernlan	27	6	52:45	172		Caso	10	4	37:50	180	
Gray, C			SOCCER			Dauska	—	3	27:56	152	
Lawhorn	25	6	51:47	156		Funke	10	3	28:30	195	
Miller	20	5	42:09	160		Kean, B	10	XT	40 MIN	150 RPM	
Moise	30	5	42:09	172		Maher	20	3	37:56	156	
Murray	40	6	52:45	152		Nolan, C		ABSENT			
O'Connell	25	5	40:39	140		Rizzo	20	4	39:00	184	
Quinlivan	38	5	41:07	164							
Siemer	20	6	52:45	156							
Stus	15	5	44:00	164							
Sullivan			SOCCER								
Werremeyer	16	6	51:47	180							
Wojtkowski	15	6	51:50	174							
Zangara			EXCUSED								

Date: 9-17-20					Conditions:						
Workout: 1 mile warm-up/ Push-ups/Aerobic Run run A=8 B=6 C=5 D=4 E=3 F=3/ Strides/ Hurdle Mobility/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	20	6	41:20	164		Arens	29	2	16:20	161	
Brawley	20	6	44:20	140		Bock	ABSENT				
Cox	41	6	43:12	152		Cooper	12	4	31:07	168	
Glass	10	6	44:20	152		Evers	25	4	31:07	164	
Greiner	40	6	45:04	160		Fitzmaurice	20	4	31:05	168	
Hogan	30	8	59:42	165		McIntyre	10	4	34:09	172	
Kellogg	15	6	41:20	157		Pierson	21	4	30:31	172	
Kramer	RTH to PL 07 30 min JOG					Thro	ABSENT				
LaBarge	23	6	44:20	152							
LeGrand	20	6	44:20	160							
Lowe	30	6	45:04	152		Group 5	PU	Distance	Time	Pulse	Comments
Meara	40	6	45:04	148		Abbate	17	3	27:35	177	
Pashea	21	6	41:20	148		Apprill-Sokol, Q	50	3	27:53	168	
Riggan	32	6	45:04	169		Carpenter	20	3	27:35	170	
Seal	60	6	45:04	140		Hurley	20	3	27:35	175	
Zenor	—	6	44:20	150		James	25	3	24:53	160	
						Kean, S	15	3	25:34	168	
						Strohmeyer	20	3	26:21	200	
Group 2	PU	Distance	Time	Pulse	Comments	Wilson	15	3	27:35	174	
Apprill-Sokol, N	20	6	47:24	164							
Barks	20	6	47:24	160		Group 6	PU	Distance	Time	Pulse	Comments
Byrne	25	6	47:24	148		Abner	25	1	11:39	160	
Cantwell	20	6	47:24	160		Brinkman	15	3	29:10	195	
Frattoni	65	3	22:45	164		Garavaglia	21	3	29:10	168	
Gray, T	20	6	47:24	160		Halley	16	3	29:10	172	
Jones	12	5	41:13	143		Johnson	11	3	27:22	144	
Mayer	40	4	30:33	148		LaPresta	20	3	29:10	184	
Mittendorf	30	5	36:45	168		Nesser	14	3	29:10	168	
Purschke	30	6	49:10	155		Nester	30	3	28:57	180	
Rammacher	23	6	44:20	150		Nolan, T	EXCUSED				
						Roseberry	ABSENT				
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Ma	36	3	28:46	172	
Beiseman	35	5	40:25	168		Safar, Mi	15	3	28:37	174	
Bourneuf	25	1	8:16	160		Swiecicki	18	3	29:10	156	
Boyer	40	5	40:50	162							
Buescher	20	5	40:50	180		Group 7	PU	Distance	Time	Pulse	Comments
Coolbaugh	40	5	41:39	169		Batten	20	3	28:45	186	
Demlan	EXCUSED					Boyd	—	3	39:01	168	
Gray, C	SOCCER					Caso	15	3	28:40	190	
Lawhorn	25	5	40:50	160		Dauska	—	3	37:30	150	
Miller	30	5	40:00	184		Funke	15	3	27:22	192	
Moise	35	5	39:40	177		Kean, B	15	3	39:26	178	
Murray	40	5	40:50	152		Maher	15	3	37:30	144	
O'Connell	25	5	40:50	127		Nolan, C	ABSENT				
Quinlivan	39	5	40:50	152		Rizzo	26	3	29:02	187	
Siemer	20	5	40:50	164							
Stus	10	4	36:09	160							
Sullivan	SOCCER										
Werremeyer	20	5	39:36	180							
Wojtkowski	12	5	39:40	166							
Zangara	40	5	40:50	173							

4 total
33:28
172 pulse

ALL 10x1-1

Date: 9-18-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/Fartlek 1-4=10x 1on/1 off 5-7=8x 1 on/1 off/ Cool-down/ Hurdle Mobility/ Stretch

Group 1	PU	Total Mileage	Time	Pulse	Comments	Group 4	PU	Total Mileage	Time	Pulse	Comments
Alford	20	3.3	20:00	—		Arens	16	3	25:24	154	
Brawley		3.4		152		Bock					XT
Cox	40	3.24		156		Cooper	11	10x1-1		157	
Glass		3.4		162		Evers					ABSENT
Greiner	30	3.24		176		Fitzmaurice	20	10x1-1		152	
Hogan	30	3.4		164		McIntyre	10	10x1-1	20	172	
Kellogg	15	3.25		160		Pierson		4.2	3:54	163	
Kramer	25	3.3		—		Thro	10	10x1-1	20	163	
LaBarge	35	3.3		—							
LeGrand		3.25		172							
Lowe	30	3.24		168		Group 5	PU	Total Mileage	Time	Pulse	Comments
Meara	40	3.24		181		Abbate	20	8x1-1	16		
Pashea		3.4		152		Apprill-Sokol, Q	30	8x1-1	16		
Riggan	32	3.27		192		Carpenter	25	8x1-1	16		
Seal	32	3.26		168		Hurley					
Zenor		3.4		172		James	25	8x1-1	16	168	
						Kean, S	15	8x1-1	16		
						Strohmeyer	25	8x1-1	16		
Group 2	PU	Total Mileage	Time	Pulse	Comments	Wilson	19	8x1-1	16		
Apprill-Sokol, N		3+	20:00	182							
Barks		3.1		172		Group 6	PU	Total Mileage	Time	Pulse	Comments
Byrne	25	3.3		176		Abner					XT
Cantwell		3+		162		Brinkman	15	8x1-1	16	186	
Fratini		3+		188		Garavaglia	31			168	
Gray, T		3.1		168		Halley	10				
Jones		3.1		172		Johnson	13			180	
Mayer		3.1		144		LaPresta	25			188	
Mittendorf		3.1		173		Nesser	12			183	
Purschke		3.2		165		Nester	30			—	
Rammacher	20	8 MIN OF FARTLEK				Nolan, T	10	↓	↓	184	
		PWS 2 MILE AEROBIC				Roseberry					
Group 3	PU	Total Mileage	Time	Pulse	Comments	Safar, Ma	26	8x1-1	16	186	
Beiseman		2.5	20:00	168		Safar, Mi	15	↓		148	
Bourneuf		INJURED				Swiecicki	21	↓		184	
Boyer		2.8		180							
Buescher		2.75		160		Group 7	PU	Total Mileage	Time	Pulse	Comments
Coolbaugh		2.5		176		Batten	15	8x1-1	16	136	
Demlan	27	2.8		172		Boyd	10			156	
Gray, C		Soccer				Caso	10			160	
Lawhorn		2.8		172		Dauska	—			184	
Miller		2.7		172		Funke	15			192	
Moise		2.7		160		Kean, B	—			—	
Murray		2.8		152		Maher	15	↓	↓	180	
O'Connell	25	2.8		160		Nolan, C	10	2 laps Aerobic			
Quinlivan		2.7		185		Rizzo	25	8x1-1	16	179	
Siemer		2.75		164							
Stus		2.75		168							
Sullivan		Soccer									
Werremeyer		2.6		180							
Wojtkowski		3		189							
Zangara	40	2.8		145							

Date: 9-19-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/Core/Aerobic Run run A=8 B=6 C=5 D=4 E=3 F=3/ Strides/ Hurdle Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	8	58:12	168		Arens	15	3	24:29	165	
Brawley	20	8	58:12	146		Bock			ABSENT		
Cox	15	6	45:44	152		Cooper	11	4	32:12	156	
Glass	5	8	58:12	160		Evers			ABSENT		
Greiner	41	6	45:41	136		Fitzmaurice	20	4	32:12	140	
Hogan	30	8	58:12	152		McIntyre	10	4	32:04	160	
Kellogg	15	8	58:12	168		Pierson	13	4	34:10	147	
Kramer	20	6	46:20	172		Thro	10	3	26:55	172	
LaBarge	20	8	58:12	156							
LeGrand	15	8	58:12	164		Group 5	PU	Distance	Time	Pulse	Comments
Lowe	40	6	45:39	140		Abbate	15	4	35:35	173	
Meara	44	6	45:59	144		Apprill-Sokol, Q	40	4	35:33	160	
Pashea	16	8	58:12	148		Carpenter	20	4	35:33	170	
Riggan	33	6	45:41	156		Hurley	25	4	35:33	167	
Seal	32	6	45:41	140		James	25	4	34:40	140	
Zenor	—	8	58:12	156		Kean, S	15	4	33:44	176	
						Strohmeyer	15	3	28:13	156	
Group 2	PU	Distance	Time	Pulse	Comments	Wilson	17	4	35:35	161	
Apprill-Sokol, N			ACT								
Barks	15	6	47:17	156		Group 6	PU	Distance	Time	Pulse	Comments
Byrne	25	6	47:48	148		Abner			ABSENT		
Cantwell	20	6	47:17	154		Brinkman	15	3	28:02	193	
Fratini	75	4	29:33	192		Garavaglia			WEATHER BALLOON?		
Gray, T	25	6	47:02	146		Halley	10	3	28:55	172	
Jones	12	6	47:17	146		Johnson	12	3	25:02	148	
Mayer	30	4	31:46	136		LaPresta	10	3	28:30	184	
Mittendorf	20	5	38:41	159		Nesser	14	3	26:21	172	
Purschke	30	6	47:48	150		Nester			BASEBALL		
Rammacher	20	6	47:02	142		Nolan, T	10	3	28:55	156	
						Roseberry			ABSENT		
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Ma	24	3	28:49	171	
Beiseman	35	5	37:50	172		Safar, Mi	15	3	27:54	171	
Bourneuf			ACT			Swiecicki			ABSENT		
Boyer	40	5	40:58	161							
Buescher	15	5	40:58	184		Group 7	PU	Distance	Time	Pulse	Comments
Coolbaugh	30	5	41:12	170		Batten	15	3	27:55	176	
Dernlan	25	5	40:58	160		Boyd	—	3	35:21	188	
Gray, G			50:58			Caso	12	3	27:00	174	
Lawhorn	20	5	40:58	156		Dauska	—	3	35:22	158	
Miller			XT			Funke	10	3	26:55	183	
Moise	40	5	40:36	172		Kean, B	10	3	36:06	180	
Murray	40	5	40:58	140		Maher	15	3	32:36	176	
O'Connell	25	5	40:58	140		Nolan, C	15	3	35:27	160	
Quinlivan	30	4	35:26	160		Rizzo	25	3	28:49	183	
Siemer	20	5	40:58	156							
Stus	15	4	32:30	156							
Sullivan	40		50:58	5	37:11	164					
Werremeyer	25	5	40:58	168							
Wojtkowski	10	5	41:55	150							
Zangara	30	5	40:58	175							

6mils
41:37
162

Date: 9-21-20						Conditions:					
Workout: 1 mile warm-up/ Push-ups/6x12 second uphill sprints/ Aerobic Run run A=8 B=6 C=4 D=3 E=2 F=1/ Leg Circuit/Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	6	45:05	160		Arens	18	4	35:40	159	
Brawley	20	6	46:05	136		Bock	18	4	35:40	159	
Cox	40	4	28:31	124		Cooper	12	4	35:45	175	
Glass	15	6	46:05	136		Evers	25	4	35:45	160	
Greiner	41	6.3	50:00	144		Fitzmaurice	30	4	35:45	120	
Hogan	25	8	59:33	158		McIntyre	20	4	36:34	172	
Kellogg	15	6	47:25	161		Pierson	14	4	36:54	172	
Kramer	20	6	46:05	-		Thro	10	4	-	172	
LaBarge	15	6	46:05	152							
LeGrand	13	6	45:48	160		Group 5	PU	Distance	Time	Pulse	Comments
Lowe	25	6	48:06	156		Abbate	13	3	28:31	170	
Meara	40	6	48:06	156		Apprill-Sokol, Q	35	3	29:05	160	
Pashea	21	6	46:05	139		Carpenter	20	3	28:31	179	
Riggan	32	6.3	50:00	164		Hurley	15	3	28:31	172	
Seal	32	6.3	50:00	132		James	25	3	29:05	160	
Zenor	-	6	46:05	156		Kean, S	15	3	33:03	160	
						Strohmeyer	15	3	29:34	164	
Group 2	PU	Distance	Time	Pulse	Comments	Wilson	15	3	28:35	168	
Apprill-Sokol, N	20	6	46:22	162							
Barks	17	6	46:10	148		Group 6	PU	Distance	Time	Pulse	Comments
Byrne	25	6	46:22	164		Abner	15	3	29:05	168	
Cantwell	20	5	41:57	168		Brinkman	15	3	29:05	168	
Frattini	35	5	41:57	172		Garavaglia	23	3	28:30	168	
Gray, T	20	6	46:22	156		Halley	10	2.5	34:00	154	FELT LIGHT
Jones	12	6	46:10	156		Johnson	11	3	28:31	172	
Mayer	40	4	-	148		LaPresta	30	2.5	34:00	145	
Mittendorf	25	5	39:53	172		Nesser	EXCUSED				
Purschke	EXCUSED					Nester	30	3	33:54	164	
Rammacher	23	4.5	-	132	CRAMPS IN SIDE	Nolan, T	15	3	28:42	174	
						Roseberry	EXCUSED				
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Ma	22	3	33:56	184	
Beiseman	35	5	42:31	168		Safar, Mi	15	3	33:54	161	
Bourneuf	EXCUSED					Swiecicki	19	3	35:55	176	
Boyer	45	5	45:50	159							
Buescher	15	5	45:50	176		Group 7	PU	Distance	Time	Pulse	Comments
Coolbaugh	30	5	45:50	169		Batten	15	2	-	130	
Dernlan						Boyd	-	2	-	148	
Gray, C						Caso	15	2	-	160	
Lawhorn	26	5	42:48	172		Dauska	-	2	18:00	158	
Miller	20	5	-	168		Funke	10	3	30:00	164	
Moise	45	5	-	172		Kean, B	10	2	18:00	160	
Murray	40	5	45:50	144		Maher	15	2	-	184	
O'Connell	25	5	45:50	148		Nolan, C	15	2	-	180	
Quinlivan	40	5	45:50	156		Rizzo	20	3	33:56	168	
Siemer	20	5	45:50	158							
Stus	15	5	45:50	156							
Sullivan											
Werremeyer		5 (Came out)									
Wojtkowski	15	5	45:00	160							
Zangara	30	5	45:50	133							

2 total
16:14

Date: 9-22-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/Core/ Aerobic Run run A=6 B=5 C=4 D=3 E=3 F=3/Strides/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	5	36:18	14 160		Arens	15	3	25:08	163	
Brawley	20	5	36:10	132		Bock			ARSEN		
Cox	30	5	35:13	148		Cooper	13	3	23:49	165	
Glass	10	5	36:10	140		Evers	30	3	23:49	156	
Greiner	40	5	36:10	140		Fitzmaurice			EXCUSED		
Hogan	30	6	44:14	141		McIntyre	10	3	26:10	168	
Kellogg	15	5	36:10	160		Pierson	13	3	25:07	163	
Kramer	35	5	36:19	—		Thro	10	3	26:10	176	
LaBarge	32	5	36:10	132							
LeGrand	15	5	36:19	156		Group 5	PU	Distance	Time	Pulse	Comments
Lowe	25	5	36:10	152		Abbate	13	3	25:58	174	
Meara	40	5	36:10	148		Apprill-Sokol, Q	50	3	26:00	168	
Pashea	25	5	36:10	131		Carpenter	20	3	26:11	179	
Riggan	28	5	36:15	160		Hurley	20	3	25:58	175	
Seal	40	5	36:15	128		James	30	3	26:00	160	
Zenor	—	5	36:19	152		Kean, S	15	3	26:06	172	
						Strohmeyer	15	3	25:34	176	
Group 2	PU	Distance	Time	Pulse	Comments	Wilson	21	3	25:54	156	
Apprill-Sokol, N	20	5	36:42	156							
Barks	20	5	37:48	148		Group 6	PU	Distance	Time	Pulse	Comments
Byrne	25	5	36:32	156		Abner	35	2	23:30	166	
Cantwell	20	5	36:42	152		Brinkman	15	3	25:17	194	
Fratini	25	2	14:52	152		Garavaglia	21	3	26:40	168	
Gray, T	20	5	36:42	160		Halley	15	2	24:10	140	
Jones	12	5	37:48	133		Johnson	13	3	25:27	156	
Mayer	35	3	23:49	144		LaPresta	20	3	27:06	188	
Mittendorf	25	5	37:10	162		Nesser			EXCUSED		
Purschke	30	5	38:53	160		Nester	30	3	26:36	180	
Rammacher	22	5	36:20	144		Nolan, T	15	3	26:40	182	
						Roseberry					
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Ma	26	3	30:00	164	
Beiseman	15	4	30:18	168		Safar, Mi	15	3	26:35	167	
Bourneuf					ARSEN	Swiecicki	22	3	27:15	180	
Boyer	40	4	30:22	149							
Buescher	15	4	30:22	168		Group 7	PU	Distance	Time	Pulse	Comments
Coolbaugh	30	4	31:28	185		Batten	15	3	26:43	—	
Dernlan					XT	Boyd	—	3	33:52	160	
Lawhorn	25	4	30:22	176		Caso	10	3	26:25	180	
Miller	60	4	31:15	—		Dauska			EXCUSED		
Moise	50	4	31:16	170		Funke	18	3	27:26	183	
Murray	40	4	30:22	140		Kean, B	9	3	35:12	168	
O'Connell	25	4	30:22	132		Maher	15	3	24:13	176	
Quinlivan	40	4	31:18	150		Nolan, C	15	3	30:15	180	
Siemer	20	4	30:22	148		Rizzo	20	3	30:00	170	
Stus	15	3	26:40	152							
Werremeyer	20	4	30:22	164							
Wojtkowski	18	4	31:30	165							
Zangara	30	4	30:22	162							

Date: 9-23-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/ Aerobic Run run A=9 B=8 C=6 D=5 E=4 F=3/Strides/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	8	55:06	172		Arens	15	3.1	30:07	176	33:06 160
Brawley	20	9	63:22	140		Bock	15	3.1	30:07	176	
Cox	25	8	55:06	176		Cooper	13	5	40:57	172	
Glass	10	8	55:06	160		Evers	30	5	41:37	144	
Greiner	42	8	57:09	164		Fitzmaurice	50	5	40:37	148	
Hogan	25	9	63:58	147		McIntyre	10	4	35:45	196	
Kellogg	15	5	37:27	147		Pierson	14	5	41:37	168	
Kramer	—	8	55:06	168		Thro	10	5	42:28	160	
Labaree	15	8	55:54	172							
Labaree	—	8	56:30	160		Group 5	PU	Distance	Time	Pulse	Comments
Lowe	30	8	57:09	148		Abbate	14	4	34:37	161	
Meara	43	8	55:24	168		Apprill-Sokol, Q	51	4	32:36	172	
Pashea	21	8	55:06	157		Carpenter	20	4	34:48	173	
Riggan	36	8	57:09	170		Hurley	20	4	34:49	167	
Seal	30	8	57:09	132		James	30	5	41:07	168	
Zenor	—	8	55:06	168		Kean, S	15	4	36:36	164	
						Strohmeyer	15	4	34:49	180	
Group 2	PU	Distance	Time	Pulse	Comments	Wilson		ABSENT			
Apprill-Sokol, N	25	8	57:36	156		Group 6	PU	Distance	Time	Pulse	Comments
Barks	17	8	60:56	160		Abner	30	3	27:50	172	
Byrne	30	8	60:56	152		Brinkman	15	4	34:19	193	
Cantwell	20	8	57:36	160		Garavaglia	22	4	35:03	172	
Frattini	35	4	32:35	184		Halley	15	2	20:44	160	SHIN SPLINTS
Gray, T	20	8	60:56	158		Johnson	15	4	33:46	168	
Jones	12	8	60:56	148		LaPresta		ABSENT			
Mayer	50	5	40:08	136		Nesser		ABSENT			
Mittendorf	20	8	60:56	165		Nester		ABSENT			
Purschke	30	8	60:56	165		Nolan, T	10	4	34:59	172	
Rammacher	23	8	57:36	160		Roseberry		ABSENT			
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Ma	26	4	38:16	167	
Beiseman	45	6	46:42	168		Safar, Mi	15	4	36:48	168	
Bourneuf		ABSENT				Swiecicki	17	4	37:45	172	
Boyer	40	6	46:46	162		Group 7	PU	Distance	Time	Pulse	Comments
Buescher	2	6	46:46	204		Batten	20	4	37:39	175	
Coolbaugh	30	5	45:06	161		Boyd	—	3	35:29	180	
Dernlan		EXCUSED				Caso	20	4	48:16	160	
Gray, O						Dauska	—	3	33:54	162	
Lawhorn	22	6	46:46	176		Funke	15	4	39:55	184	
Miller	30	6	49:30	156		Kean, B		INJURED			
Moise	50	6	49:30	175		Maher	20	3	33:54	152	
Murray	40	6	46:46	160		Nolan, C	15	4	48:16	180	
O'Connell	26	6	46:46	140		Rizzo	20	4	38:18	174	
Quinlivan	41	6	49:30	180							
Siemer	20	6	46:46	172							
Stus	10	5	42:28	150							
Werremeyer	15	6	46:46	180							
Wojtkowski	13	6	49:30	170							
Zangara	30	6	46:46	140							

Date: 9-24-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/Core/ Aerobic Run run A=6 B=5 C=4 D=3 E=3 F=3/ Leg Circuit/Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	5	38:15	160		Arens	11	3	25:36	157	
Brawley	20	5	36:15	132		Bock	15	3	25:29	180	
Cox		ABSENT				Cooper	12	3	25:29	170	
Glass	10	5	36:15	136		Evers	30	3	25:34	168	
Greiner	42	5	36:15	148		Fitzmaurice	25	3	25:29	160	
Hogan	25	6	44:38	147		McIntyre	10	3	26:37	184	
Kellogg	15	5	36:15	172		Pierson	12	3	25:36	168	
Kramer	RETURNED	---	DID NOT REPORT			Thro	10	3	26:37	176	
LaBarge	25	5	36:15	128							
LeGrand	20	5	36:25	152		Group 5	PU	Distance	Time	Pulse	Comments
Lowe	35	5	36:15	144		Abbate	20	3	26:28	173	
Meara	45	5	36:15	152		Apprill-Sokol, Q	60	3	28:08	160	
Pashea	22	5	36:15	127		Carpenter	20	3	26:06	180	
Riggan	40	5	36:15	165		Hurley	20	3	26:51	167	
Seal	40	5	36:15	148		James	28	3	25:09	168	
Zenor	—	5	36:25	—		Kean, S	15	3	27:59	160	
						Strohmeyer	15	3	29:59	152	
Group 2	PU	Distance	Time	Pulse	Comments	Wilson		EXCUSED			
Apprill-Sokol, N	25	5	37:52	132		MUSIAL	20	3	30:30	167	
Barks	15	5	37:52	156		Group 6	PU	Distance	Time	Pulse	Comments
Byrne	30	5	37:48	152		Abner	25	3	27:59	172	
Cantwell	20	5	36:35	160		Brinkman	15	3	26:06	186	
Frattini	—	2	16:30	156		Garavaglia	22	3	27:21	168	
Gray, T	20	5	37:48	140		Halley	20	3	27:30	168	
Jones	12	5	37:52	147		Johnson	9	3	25:13	164	
Mayer	50	3	23:54	144		LaPresta	15	3	30:26	180	
Mittendorf	25	5	37:48	175		Nesser	14	3	28:16	169	
Purschke	30	5	38:15	160		Nester	30	3	27:30	180	
Rammacher	21	2,2	20:00	104		Nolan, T	10	3	27:24	185	
		INJURED DURING RUN				Roseberry					
Group 3	PU	Distance	Time	Pulse	Comments	Safar, Ma	30	3	27:04	178	
Beiseman	45	4	30:55	164		Safar, Mi	15	3	27:07	170	
Bourneuf	30	3	25:24	168		Swiecicki	19	3	28:18	168	
Boyer		SERVICE									
Buescher	10	4	30:06	176		Group 7	PU	Distance	Time	Pulse	Comments
Coolbaugh	30	4	31:50	163		Batten	20	3	28:14	170	
Dernlan		EXCUSED				Boyd	—	2	41:25	80	
Gray, C						Caso	10	3	26:06	200	
Lawhorn	20	4	30:05	172		Dauska	—	3	35:06	142	
Miller	10	4	28:45	168		Funke	15	3	27:59	178	
Moise	51	4	31:50	173		Kean, B		ABSENT			
Murray	45	4	30:06	148		Maher	15	3	35:06	148	
O'Connell	27	4	30:06	138		Nolan, C	20	3	27:46	180	
Quinlivan		EXCUSED				Rizzo	22	3	27:50	185	
Siemer	20	4	30:06	160							
Stus	15	3	25:24	152							
Sullivan											
Werremeyer	20	4	30:06	176							
Wojtkowski	20	4	30:00	170							
Zangara	40	4	30:05	160							

Date: 9-25-20

Conditions:

Workout: 1 mile warm-up/ Push-ups/Aerobic Run run A=6 B=5 C=4 D=3 E=3 F=3/Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	5	37:42	168		Arens	16	3	25:18	163	
Brawley	15	5	37:42	128		Bock	15	3	24:43	180	
Cox	30	5	35:23	137		Cooper	12	3	24:43	173	
Glass	5	5	35:23	156		Evers	30	3	23:57	156	
Greiner	40	5	35:23	148		Fitzmaurice	15	3	23:57	160	
Hogan	30	6	43:03	149		McIntyre	10	3	26:00	180	
Kellogg	15	5	35:23	163		Pierson	14	3	25:16	148	
Kramer	—	5	35:23	—		Thro	10	3	26:27	164	
LaBarge	25	5	37:42	152							
LeGrand	17	5	35:23	160		Group 5	PU	Distance	Time	Pulse	Comments
Lowe	35	5	35:23	148		Abbate	21	3	25:23	161	
Meara	45	5	37:30	142		Apprill-Sokol, Q	50	3	27:21	160	
Pashea	18	5	35:27	129		Carpenter	20	3	25:29	177	
Riggan	34	5	37:30	160		Hurley	20	3	25:29	175	
Seal	42	5	37:30	140		James	29	3	25:27	140	
Zenor	20	5	37:27	152		Kean, S	20	3	27:32	164	
						Musial					
Group 2	PU	Distance	Time	Pulse	Comments	Strohmeyer	15	3	24:39	176	
Apprill-Sokol, N	20	5	40:48	148		Wilson					
Barks	20	5	39:36	156							
Byrne	30	5	40:48	152		Group 6	PU	Distance	Time	Pulse	Comments
Cantwell	20	5	40:48	160		Abner	30	3	27:06	174	
Fratini						Brinkman	15	3	27:06	189	
Gray, T	20	5	39:36	148		Garavaglia	21	3	26:46	168	
Jones	12	5	39:36	146		Halley	10	3	29:40	152	
Mayer	60	3	23:30	152		Johnson	13	3	29:48	160	
Mittendorf	25	5	40:17	166		LaPresta	15	3	29:40	184	
Purschke	30	5	40:00	157		Nesser	14	3	28:00	166	
Rammacher	21	3	23:30	148		Nester	30	3	27:00	180	
						Nolan, T	15	3	26:46	172	
Group 3	PU	Distance	Time	Pulse	Comments	Roseberry					
Beiseman	45	4	32:35	158		Safar, Ma	28	3	29:39	178	
Bourneuf	30	3	26:27	156		Safar, Mi	15	3	26:37	167	
Boyer	40	4	32:23	169		Swiecicki	14	3	30:00	164	
Buescher	13	4	32:23	172							
Coolbaugh	30	4	34:48	178		Group 7	PU	Distance	Time	Pulse	Comments
Dernlan						Batten	20	3	30:35	170	
Gray, C						Boyd	—	3	39:58	168	
Lawhorn	25	4	32:19	152		Caso	10	3	31:01	170	
Miller	7	4	33:11	172		Dauska	—	3	35:45	133	
Moise	50	4	32:23	172		Funke	10	3	26:51	187	
Murray	35	4	32:25	160		Kean, B					
O'Connell	28	4	35:01	120		Maher	20	3	35:45	124	
Quinlivan	42	4	34:48	148		Nolan, C	15	3	31:01	184	
Siemer	20	4	32:23	160		Rizzo	15	3	29:39	174	
Stus	15	3	26:27	154							
Sullivan											
Werremeyer	20	4	35:01	142							
Wojtkowski	13	4	34:48	158							
Zangara	30	4	32:23	126							

Date: 9-28-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Core/ Aerobic Run A=8 B=6 C=5 D=4 E=3/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	6	44:49	164		Arens	15	4	31:54	159	
Brawley	20	6	44:49	132		Beiseman	45	4	30:07	158	
Glass	15	6	44:49	148		Bock	15	2	17:30	160	
Greiner	40	5	38:57	136		Buescher	5	4	35:08	148	
Hogan	25	8	59:09	163		Cooper	13	4	30:04	166	
Kellogg	15	6	44:49	162		Evers	35	4	31:54	148	
Kramer	20	6	44:49	156		Fitzmaurice	25	4	30:00	168	
LaBarge	25	6	44:49	128		James	28	4	35:06	144	
LeGrand	13	6	44:49	160		Moise	33	4	30:19	170	
Lowe	30	6	44:49	152		Siemer	20	4	35:06	144	
Meara	45	6	44:49	168		Stus	15	4	35:08	152	
Pashea	24	6	44:49	136							
Riggan	38	6	46:40	160		Group 5	PU	Distance	Time	Pulse	Comments
Seal	40	6	46:40	132		Apprill-Sokol, Q	55	4	35:36	168	
Zenor	15	6	44:49	154		Carpenter	ABSENT				
						Hurley	20	4	35:36	170	
Group 2	PU	Distance	Time	Pulse	Comments	Johnson	13	4	34:40	164	
Apprill-Sokol, N	16	6	46:42	136		Musial	21	4	35:21	172	
Barks	17	6	46:42	156		Pierson	INJURED - - XT AT HOME				
Byrne	30	6	46:42	160		Safar, Ma	32	3	25:46	171	
Cantwell	20	6	46:23	160		Safar, Mi	15	3	25:41	172	
Cox	40	6	48:24	148		Strohmeyer	15	4	35:36	180	
Fratini CLAPS	25	3	20:59	184		Wilson	17	4	34:40	152	
Gray, T	20	6	46:42	158							
Jones	18	6	46:42	149		Group 6	PU	Distance	Time	Pulse	Comments
Mayer	45	5	44:05	144		Abbate	16	3	25:46	197	4 34:34 162
Mittendorf	30	6	46:24	160		Caso	14	3	25:46	197	
Murray	40	6	46:42	160		Kean, S	15	3	28:31	160	
Purschke	30	6	46:42	165		Maher	15	3	27:52	184	
Rammacher	23	6	43:30	152		Nesser	12	3	27:23	160	
						Nester	30	3	25:12	172	
Group 3	PU	Distance	Time	Pulse	Comments	Nolan, T	ABSENT				
Bourneuf	30	4	31:53	164		Swiecicki	18	3	27:23	168	
Boyer	40	5	39:10	157							
Coolbaugh	30	5	44:57	157		Group 7	PU	Distance	Time	Pulse	Comments
Dernlan	INJURED - - SENT HOME					Abner	CHECKED IN XT AT HOME				
Lawhorn	25	5	40:29	156		Batten	ABSENT				
McIntyre	15	4	31:53	172		Boyd	10	3	39:40	136	
Miller	10	5	39:58	168		Brinkman	15	3	24:58	195	
O'Connell	27	5	39:10	140		Dauska	—	3	39:30	156	
Quinlivan	43	5	43:50	172		Funke	15	3	27:27	180	
Thro	10	4	33:08	172		Garavaglia	21	3	25:10	172	
Werremeyer	20	5	40:29	176		Halley	15	3	28:01	172	
Wojtkowski	15	5	42:21	135		Kean, B	WRONG KERN - BEN IS ABSENT				
Zangara	30	5	39:10	157		LaPresta	15	3	28:12	180	
						Nolan, C	20	3	27:27	180	
						Rizzo	20	3	24:57	181	

Date: 9-29-20 Conditions:

Workout: Warm-up to West Camp/ Push-ups/Steinberg Group: 800 @ Fast with full recovery - 3-4x1K @ 5K pace - 2 x 400 @ 1600 RP Jefferson Lake Group: 3-4x1K @ 5K RP/ Cool Down/ Weight Circuit / Stretch

Steinberg Group

Group 1	PU	800	1K	1K	1K	1K	1K	400	400	Comments
Y Alford		2:31	3:25	3:29	34	30		74	69	
Y Brawley		2:20	3:15	3:16	15	12		65	62	
Y Glass		2:28	3:17	3:19	17	15		67	69	
Y Hogan		2:23	3:16	3:16	15	12		65	65	
Y Kellogg		2:37	3:28	3:31	45	37		74	71	
Y Kramer		2:33	3:16	3:16	16	17		64	68	
Y LaBarge		2:31	3:23	3:25	23	22		73	69	
Y LeGrand		2:47	3:28	DNF	42	44		74	75	
Y Lowe		2:35	3:20	3:21	21	20		68	65	
Y Meara		2:32	3:25	3:27	29	27		73	69	
Y Pashea		2:20	3:16	3:16	15	12		65	62	
- Riggan		2:31	3:25	3:29	34	31		73	69	
Y Zenor		2:25	3:16	3:18	16	13		64	65	
Group 2	PU	800	1K	1K	1K	1K	1K	400	400	Comments
N Cantwell		2:45	3:26	3:29	30	28		74	69	
- Murray			3:40	3:41	3:40			75	75	
Group 3	PU	800	1K	1K	1K	1K	1K	400	400	Comments
- Zangara			3:50	3:47	3:47			75	75	
Group 4	PU	800	1K	1K	1K	1K	1K	400	400	Comments
- Beiseman			3:41	3:41	3:53			72	75	
- Evers			4:00	4:05	4:03			77	76	
- Fitzmaurice			3:58	3:57	4:09			75	68	
Group 5	PU	800	1K	1K	1K	1K	1K	400	400	Comments
Y Strohmeyer			4:06	4:07	4:12			85	83	
Boyer			3:40	3:41	3:44			75	75	

Got lost on 800 but ran around 2:45

Jefferson Lake Group							
Group 1	PU	1K	1K	1K	1K	1K	Comments
Greiner X							5 mile aerobic w/ 3x3:00 surges 35:19 7 total
Seal		3:21	3:26	3:27	3:17	3:22	
Group 2	PU	1K	1K	1K	1K	1K	Comments
Apprill-Sokol, N		3:25	3:27	3:29	3:23	3:31	
Barks		3:38	3:43	3:46	3:43	3:44	
Byrne		3:25	3:27	3:28	3:25	3:31	
Cox		3:22	3:18	3:29	3:17	3:24	
Fratini X							
Gray, T		3:41	3:47	3:46	3:46	3:46	
Jones		3:38	3:43	3:46	3:43	3:44	
Mayer		3:27	3:31	3:39	3:33	3:34	
Mittendorf		3:40	3:47	3:46	3:43	3:41	
Purschke		3:30	3:37	3:42	3:40	3:41	
Rammacher		3:36	3:36	3:41	3:40	3:36	
Group 3	PU	1K	1K	1K	1K	1K	Comments
Bourneuf		3:46	3:41	3:37	3:41	3:42	
Boyer							
Coolbaugh		3:55	3:51	3:58	4:14	—	
Dernlan X							
Lawhorn		3:46	3:51	3:34	3:55	3:40	
McIntyre		3:55	3:51	3:59	4:07	—	
Miller		3:55	3:41	3:42	3:50	3:51	
O'Connell		3:46	3:41	3:33	3:33	3:31	
Quinlivan X							
Thro		3:46	3:41	3:45	3:42	3:42	
Werremeyer		3:48	3:41	3:41	3:46	3:50	
Wojtkowski		3:47	3:41	3:33	3:37	3:31	

Group 4	PU	1K	1K	1K	1K	1K	Comments
Arens		3:57	3:45	3:45	3:44	3:39	
Bock		4:08	4:16	4:26	4:29	4:17	
Buescher		3:50	3:44	3:54	4:00	3:58	
Cooper		3:46	3:42	3:42	3:42	3:37	
James		3:49	3:44	3:51	3:55	3:49	
Moise		3:56	3:54	4:00	4:08	4:08	
Siemer		3:50	3:44	3:46	3:55	3:54	
Stus		4:08	4:10	4:13	4:05	3:59	
Group 5	PU	1K	1K	1K	1K	1K	Comments
Apprill-Sokol, Q		4:09	4:19	4:08	4:20	4:17	
Carpenter		4:12	4:20	4:12	4:16	4:18	
Hurley		4:09	4:19	4:07	4:10	4:03	
Johnson		4:10	4:19	4:07	4:10	4:03	
Musial		4:34	4:52	4:50	4:45	4:41	
Pierson							
Safar, Ma		4:22	4:25	4:25	4:15	4:25	
Safar, Mi		4:11	4:24	4:26	4:16	4:22	
Wilson		4:18	4:24	4:36	4:45	4:35	
Group 6	PU	1K	1K	1K	1K	1K	Comments
Abbate		4:09	4:16	4:22	4:26	4:26	
Caso		4:15	4:17	4:27	4:27	4:27	
Kean, S		4:04	4:15	4:20	4:30	4:33	
Maher		5:15	4:48		5:09	5:18	
Nesser		4:15	4:24	4:27	4:16	4:14	
Nester		4:15	4:24	4:28	4:30	4:29	
Nolan, T		*					
Swiecicki		4:20	4:24	4:30	4:35	4:35	

↓
I missed his #3 time

Group 7	PU	1K	1K	1K	1K	1K	Comments
Abner							X T
Batten							MRI
Boyd							A Absent
Brinkman		4:24	4:28	4:12	4:21	4:10	
Dauska		4:54	5:14	5:07	5:10	5:15	
Funke		5:07	5:13	5:07	5:07	5:08	
Garavaglia		4:11	4:26	3:52	3:50	3:41	
Halley		4:41	—	—	—	—	
Kean, B							Absent
LaPresta		4:17	4:27	4:08	4:18	4:26	
Nolan, C		4:37	4:57	4:56	4:58	4:51	
Rizzo		4:32	4:39	4:30	4:38	4:40	

Date: 9-30-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Regular Aerobic Run OR Pre-Race Aerobic Run/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	20	6	43:50	176		Arens	20	3	25:07	157	
Brawley	20	6	43:50	144	8-58:19-130	Beiseman	45	5	37:21	172	
Glass	10	6	44:00	144		Bock	15	3	25:26	170	
Greiner	45	5	37:31	140		Buescher	—	3	25:40	148	
Hogan	30	8	58:19	152		Cooper	12	3	25:07	161	
Kellogg	15	6	43:50	156		Evers	35	4	32:02	152	
Kramer	—	6	44:00	—		Fitzmaurice	15	4	32:02	164	
LaBarge	33	6	44:00	157		James	28	3	25:07	160	
LeGrand	13	5	37:31	152		Moise	30	3	24:30	168	
Lowe	30	6	43:50	148		Siemer	20	3	25:50	144	
Meara	38	6	44:00	158		Stus	15	3	27:17	152	
Pashea	21	6	43:50	141							
Riggan	40	6	44:00	165		Group 5	PU	Distance	Time	Pulse	Comments
Seal	32	5	37:31	128		Apprill-Sokol, Q	50	3	26:37	160	
Zenor	10	6	44:00	150		Carpenter	30	3	25:25	181	
						Hurley	20	3	25:25	174	
Group 2	PU	Distance	Time	Pulse	Comments	Johnson	18	3	25:18	168	
Apprill-Sokol, N	20	5	38:47	148		Musial	21	3	27:05	163	
Barks	17	5	38:47	152		Pierson	—	—	—	—	
Byrne	30	5	46:30	152		Safar, Ma	32	3	25:08	177	
Cantwell	20	6	47:50	152		Safar, Mi	15	3	26:37	167	
Cox	45	5	35:53	144		Strohmeyer	15	3	26:37	160	
Frattini			INJURY - STRETCH			Wilson	18	3	25:15	148	
Gray, T	20	5	38:47	146							
Jones	14	5	38:47	137		Group 6	PU	Distance	Time	Pulse	Comments
Mayer	40	4	31:56	128		Abbate	22	3	25:20	153	
Mittendorf	25	5	39:50	157		Caso	12	3	31:01	160	
Murray	40	6	47:50	160		Kean, S	15	3	27:40	164	
Purschke	30	5	39:50	165		Maher	20	3	30:54	128	
Rammacher	22	5	37:31	144		Nesser	14	3	30:06	159	
						Nester	30	3	27:09	181	
Group 3	PU	Distance	Time	Pulse	Comments	Nolan, T	13	3	27:27	168	
Bourneuf	30	3	25:40	156		Swiecicki	19	3	30:22	158	
Boyer	40	5	37:00	164							
Coolbaugh	30	4	33:07	149		Group 7	PU	Distance	Time	Pulse	Comments
Dernlan			XT			Abner			INJURY -- SHORT RUN / STRETCH		
Lawhorn	30	4	33:07	152		Batten			XT		
McIntyre	10	3	25:40	180		Boyd	—	3	38:10	160	
Miller	10	4	33:00	168		Brinkman	15	3	26:43	183	
O'Connell	27	4	33:07	140		Dauska	—	3	31:05	164	
Quinlivan	44	2	15:33	168	2 LAPS OF FIELD	Funke	10	3	31:31	184	
Thro	—	3	25:40	164		Garavaglia	21	3	27:05	168	
Werremeyer	20	4	33:00	168		Halley			INJURY -- SHORT RUN / STRETCH		
Wojtkowski	17	4	32:44	146		Kean, B			INJURY -- SHORT RUN / STRETCH		
Zangara	30	5	37:00	145		LaPresta	20	3	31:15	184	
						Nolan, C			ABSENT		
						Rizzo	20	3	26:36	174	

Conditions:

Group 1	PU	Distance	Time	Pulse	Comments
Alford	20	8	60:46	160	
Brawley	20	8	60:46	128	
Glass	10	8	60:46	144	
Greiner	45	7	51:47	144	1 mi into 6 mi run
Hogan					
Kellogg	15	8	60:46	152	
Kramer	0	8	59:17	140	
LaBarge	29	8	60:47	140	
LeGrand	13	8	59:46 60:47	-	-
Lowe	26	8	60:20	-	-
Meara	40	~8	1:01:54	-	with breaks
Pashea	22	8	60:47	139	
Riggan		7	60:20	160	8 total
Zenor	0	8	59:17	-	-

6 Strides

Cantwell	6 (8 total) 42:30 162				
Murray					

Group 4	PU	Distance	Time	Pulse	Comments
Beiseman	45	5	39:55	168	
Evers		4(6 total)	32:00	156	
Fitzmaurice		XT			

[illegible]

Date: 10-2-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Regular Aerobic Run OR Pre-Race Aerobic Run/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	5	37:44	152		Arens	15	4	31:57	162	
Brawley	15	5	37:44	128		Beiseman	55	4	30:08	166	
Glass	10	5	37:44	140		Bock	INJURED DURING RUN				
Greiner	50	5	37:30	144		Buescher	10	4	34:26	160	
Hogan	25	6	44:38	138		Cooper	12	4	31:50	158	
Kellogg	15	5	36:46	148		Evers	35	3	23:47	152	
Kramer	—	5	39:00	—		Fitzmaurice	XT				
LaBarge	25	5	37:44	141		Gray, C	XT				
LeGrand	14	5	39:00	142		James	28	4	31:57	160	
Lowe	30	5	37:30	136		Moise	50	4	31:51	172	
Meara	40	5	37:30	136		Siemer	20	4	31:58	168	
Pashea	—	5	37:44	132		Stus	15	4	34:26	160	
Riggan	33	5	37:30	162							
Seal	40	5	37:30	128		Group 5	PU	Distance	Time	Pulse	Comments
Zenor	20	5	39:00	150		Apprill-Sokol, Q	XT				
						Carpenter	20	3	24:59	173	
Group 2	PU	Distance	Time	Pulse	Comments	Hurley	20	3	25:43	175	
Apprill-Sokol, N	20	6	47:26	156		Johnson	17	3	24:59	168	
Barks	17	6	47:26	152		Musial	21	3	29:23	164	
Byrne	30	6	48:51	152		Pierson	13	3	28:48	173	
Cantwell	20	5	41:30	162		Safar, Ma	24	3	24:21	176	
Cox	35	6	42:51	154		Safar, Mi	15	3	24:21	168	
Frattini	50	2	14:00	156		Strohmeyer	15	3	23:49	176	
Gray, T	20	6	47:26	148		Wilson	20	3	25:41	152	
Jones	12	6	47:26	154							
Mayer	40	5	41:05	144		Group 6	PU	Distance	Time	Pulse	Comments
Mittendorf	25	6	48:51	159		Abbate	15	3	25:41	162	
Murray	40	5	41:30	—		Caso	20	3	28:00	160	
Purschke	30	6	48:51	155		Kean, S	EXCUSED				
Rammacher	20	6	47:49	140		Maher	20	3	26:06	172	
						Nesser	14	3	28:55	164	
Group 3	PU	Distance	Time	Pulse	Comments	Nester	30	3	27:00	142	
Bourneuf	ABSENT					Nolan, T	11	4	34:26	180	
Boyer	40	4	30:18	143		Swiecicki	14	3	29:30	156	
Coolbaugh	30	5	42:55	169							
Demlan	XT					Group 7	PU	Distance	Time	Pulse	Comments
Lawhorn	35	5	40:16	142		Abner	XT				
McIntyre	10	4	32:27	176		Batten	XT				
Miller	20	4	32:19	168		Boyd	—	3	39:00	132	
O'Connell	20	5	40:16	140		Brinkman	15	3	27:05	168	
Quinlivan	—	3	24:26	170		Dauska	—	3	27:00	180	
Sullivan	32	4	32:17	140		Funke	10	3	28:57	181	
Thro	10	4	34:26	164		Garavaglia	15	4	34:26	168	
Werremeyer	20	5	40:16	152		Halley	15	2	18:54	156	
Wojtkowski	17	4	32:44	148		Kean, B	EXCUSED				
Zangara	30	4	30:18	135		LaPresta	20	3	29:11	180	
						Nolan, C	XT				
						Rizzo	15	3	28:25	173	

5 41:00 160

Date: 10-3-20

Conditions:

4x Flying 200

Workout: Parkway West OR Warm-up to West Camp/ Push-ups/ Aerobic Run A=8 B=6 C=5 D=4 E=3 / 60 sec Hip Mobility/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford					Parkway West	Arens	15	4	32:41	162	
Brawley					Parkway West	Beiseman					Parkway West
Glass					Parkway West	Bock					Absent
Greiner	20	6	75:40	144		Buescher	10	4	34:40	152	
Hogan					Parkway West	Cooper	12	4	32:10	160	
Kellogg					Parkway West	Evers					Parkway West
Kramer					Parkway West	Fitzmaurice					Absent
LaBarge					Parkway West	Gray, C	23	5	40:44	160	
LeGrand					Parkway West	James	28	4	34:48	140	
Lowe					Parkway West	Moise	25	4	32:10	170	
Meara					Parkway West	Siemer	20	4	32:41	164	
Pashea					Parkway West	Stus	15	4	34:40	160	
Riggan					Parkway West						
Seal	40	6	45:40			Group 5	PU	Distance	Time	Pulse	Comments
Zenor					Parkway West	Apprill-Sokol, Q					Absent
						Carpenter	25	4	34:08	175	
Group 2	PU	Distance	Time	Pulse	Comments	Hurley	20	4	24:42	161	
Apprill-Sokol, N	15	6	46:02	180		Johnson	17	4	34:08	168	
Barks	14	6	46:44	154		Musial	22	4	37:30	162	
Byrne	30	6	46:42	156		Pierson	14	4	32:10	167	
Cantwell					Parkway West	Safar, Ma	15	32:44	21:44	168	
Cox	32				Absent	Safar, Mi	24	3	25:54	174	
Fratini		1			Hurting	Strohmeyer					Parkway West
Gray, T	20	6	46:02	152		Wilson	20	4	34:42	168	
Jones	20	6	46:44	148							
Mayer	45	5	41:40	136		Group 6	PU	Distance	Time	Pulse	Comments
Mittendorf	20	5	41:40	154		Abbate	15	4	34:38	165	
Murray					Parkway West	Caso	20	3	30:01	123	
Purschke	30	5	41:40	155		Kean, S					Absent
Rammacher		1			Hurting	Maher	20	3	32:02	164	
						Nesser					Absent
Group 3	PU	Distance	Time	Pulse	Comments	Nester					
Bourneuf						Nolan, T	12	3	27:50	164	
Boyer					Parkway West	Swiecicki	16	3	30:00	140	
Coolbaugh	30	5	41:10	167		Group 7	PU	Distance	Time	Pulse	Comments
Dernlan					Absent	Abner					Absent
Lawhorn	20	5	40:31	164		Batten					
McIntyre	10	4	34:40	152		Boyd		40:30	172		
Miller	10	5	40:45	160		Brinkman	15	3	27:30	175	
O'Connell	28	5	40:31	141		Dauska	0	3	35:00	130	
Quinlivan	45	3	27:01	148		Funke	15	3	30:04	184	
Sullivan					Parkway West	Garavaglia	20	3	27:51	168	
Thro	10	4	34:40	160		Halley					Absent
Werremeyer	20	5	40:31	156		Kean, B					
Wojtkowski	13	5	41:11	150		LaPresta	20	3	29:30	180	
Zangara					Parkway West	Nolan, C	12	3	30:06	188	
						Rizzo	15	3	32:07	184	

6 total
42:12
152

Date: 10-5-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Core/ Aerobic Run with 3-4x1:00 pickups at 5K pace A=8 B=6 C=5 D=4 E=3/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	6	42:08	156		Arens	16	4	32:51	161	
Brawley		EXCUSED				Beiseman	55	4	29:48	166	
Glass	15	6	42:04	148		Bock		ABSENT			
Greiner	15	6	42:17	160		Buescher	10	4	33:45	172	
Hogan	25	8	56:24	152		Cooper	12	4	29:48	146	
Kellogg	15	6	42:32	157		Evers	40	4	33:50	168	
Kramer	—	5.5	—	—	INJURED	Fixmaurice	28	4	29:48	140	
LaBarge	33	6	42:08	156		Gray, C	28	5	39:32	160	
LeGrand	17	6	42:29	160		James	30	4	32:58	160	
Lowe	30	6	42:17	148		Moise	40	4	31:41	172	
Meara	40	6	42:17	164		Siemer	20	EXCUSED			
Pashea	26	6	42:04	136		Stus	15	4	34:11	164	
Riggan	34	6	42:17	184							
Seal	40	6	42:17	152		Group 5	PU	Distance	Time	Pulse	Comments
Zenor	10	6	42:05	154		Apprill-Sokol, Q		INJURED			
						Carpenter	25	4	34:40	172	
Group 2	PU	Distance	Time	Pulse	Comments	Hurley	20	4	34:40	174	
Apprill-Sokol, N	20	6	45:58	148		Johnson	17	4	34:40	168	
Barks	17	6	45:58	152		Musial	22	4	35:19	174	
Byrne	30	6	45:58	156		Pierson	13	4	31:41	173	
Cantwell	20	6	45:58	160		Safar, Ma	20	4	33:48	177	
Cox	40	6	41:47	148		Safar, Mi	15	4	33:50	167	
Frattini	35	3	45:53	188		Strohmeyer	15	4	31:41	176	
Gray, T	25	6	45:49	142		Wilson	30	4	34:41	182	
Jones	12	6	45:58	148							
Mayer		INJURED DURING RUN				Group 6	PU	Distance	Time	Pulse	Comments
Mittendorf	25	6	45:58	170		Abbate	18	34	34:09	172	
Murray	40	6	45:55	152		Caso	20	4	41:27	172	Got Lost
Purschke	30	6	45:58	160		Kean, S	15	3	28:30	168	
Rammacher	21	6	41:47	156		Maher	20	3	32:05	178	
						Nesser	15	4	39:56	164	
Group 3	PU	Distance	Time	Pulse	Comments	Nester	35	3	26:15	182	
Boumeuf	30	4	32:50	168		Nolan, T	10	4	36:41	174	
Boyer	40	5	38:10	161		Swiecicki	16	4	39:56	152	
Coolbaugh	30	5	44:42	157							
Demlan	24	4	31:09	168		Group 7	PU	Distance	Time	Pulse	Comments
Lawhom	15	5	38:10	168		Abner	30	2	18:58	164	
McIntyre	10	4	32:50	172		Batten		ABSENT			
Miller	20	5	39:37	168		Boyd	—	3	38:05	164	
O'Connell	28	5	38:10	144		Brinkman	15	3	27:24	192	
Quinlivan	46	5	39:59	168		Dauska		SERVICE			
Sullivan	27	5	38:10	165		Funke	15	3	28:40	176	
Thro	10	4	32:50	192		Garavaglia	21	4	36:31	184	
Werremeyer	20	5	38:10	152		Halley	15	3	29:10	180	
Wojtkowski	18	5	39:46	163		Kean, B	10	3	30:30	168	
Zangara	30	5	38:10	157		LaPresta	20	3	29:10	184	
						Nolan, C	15	3	28:40	180	
						Rizzo	20	3	28:57	172	

+ total 30 20
160

LE GRAND 4 MILES SUNDAY

Date: 10-6-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Pre-Race/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	5	37:06	164		Arens	20	3	23:51	165	
Brawley	15	5	37:06	128		Beiseman	55	4	31:50	168	
Glass	15	5	37:06	132		Bock	15	3	25:21	192	
Greiner	45	5	37:06	156		Buescher	10	3	26:16	164	
Hogan	25	6	44:20	143		Cooper	12	3	24:00	172	
Kellogg	15	5	37:06	155		Evers	—	3	26:46	168	
Kramer	15	4	31:30	156		Fitzmaurice	25	ARSENAL			→ 3 total 21:10
LaBarge	20	5	37:06	161		Gray, C	23	4	33:04	160	
LeGrand	13	5	37:06	156		James	30	3	23:51	148	
Lowe	40	5	37:06	140		Moise	40	3	24:00	160	
Meara	42	5	37:06	152		Siemer	20	3	26:16	160	
Pashea	20	5	37:06	132		Stus	15	3	26:51	160	
Riggan	50	5	37:06	164							
Seal	55	5	37:06	136		Group 5	PU	Distance	Time	Pulse	Comments
Zenor	10	5	37:06	152		Apprill-Sokol, Q		INJURED			STRETCHING AT CAMP
						Carpenter	25	3	25:22	178	
Group 2	PU	Distance	Time	Pulse	Comments	Hurley	20	3	26:14	176	
Apprill-Sokol, N	20	5	39:58	148		Johnson	17	3	25:10	176	
Barks	15	5	40:43	160		Musial	22	3	27:15	169	
Byrne	30	5	39:58	156		Pierson	13	3	25:07	174	
Cantwell	20	5	40:20	160		Safar, Ma	26	3	25:08	173	
Cox	30	5	39:58	142		Safar, Mi	15	3	25:24	169	
Fratini	35	2	14:30	164		Strohmeyer	15	3	25:25	172	
Gray, T	25	5	39:58	152		Wilson	30	3	26:14	172	
Jones	ABORTED RUN -- INJURED HIP										
Mayer						Group 6	PU	Distance	Time	Pulse	Comments
Mittendorf	25	5	40:45	167		Abbate	22	3	26:13	181	
Murray	40	5	40:12	160		Caso	15	3	31:30	185	
Purschke	30	5	41:30	160		Kean, S	15	3	27:01	176	
Rammacher	22	5	40:20	148		Maher	20	3	36:49	136	
						Nesser	16	EXCUSED			→ 3 total 27:14 161
Group 3	PU	Distance	Time	Pulse	Comments	Nester	30	3	27:56	179	
Bourneuf	30	3	27:27	152		Nolan, T	15	3	27:27	174	
Boyer	35	4	32:15	142		Swiecicki	19	3	30:15	152	
Coolbaugh	30	4	35:27	154							
Dernlan						Group 7	PU	Distance	Time	Pulse	Comments
Lawhom	31	4	33:04	160		Abner	30	2	18:00	172	
McIntyre	15	3	26:59	200		Batten		XT			
Miller	10	4	32:15	164		Boyd	—	3	41:40	164	
O'Connell	29	4	32:15	140		Brinkman	15	3	27:27	165	
Quinlivan	36	4	34:48	152		Dauska	—	3	36:49	140	
Sullivan	20	34	32:36	152		Funke	15	3	31:30	176	
Thro	10	3	27:27	176		Garavaglia	21	3	27:27	164	
Werremeyer	20	4	32:15	160		Halley	11	3	27:01	184	
Wojtkowski	18	4	35:56	168		Kean, B		INJURED			STRETCHING AT CAMP
Zangara	30	4	32:15	163		LaPresta	15	3	31:07	180	
						Nolan, C	15	3	31:30	178	
						Rizzo	15	3	30:57	182	

Date: 10-8-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Aerobic Run A=6 B=5 C=4 DE=3/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	20	5	37:50	172		Arens	15	3	24:10	160	
Brawley	20	5	37:50	128		Beiseman	55	5	38:32	168	
Glass	10	5	37:50	160		Bock	INJURED DURING RUN				
Greiner	45	5	37:50	156		Buescher	—	3	24:32	168	
Hogan	—	0	—	—		Cooper	12	3	23:54	170	
Kellogg	15	5	37:50	157		Evers	—	3	24:35	168	
Kramer	15	5	37:50	156		Fitzmaurice	15	34	32:57	150	
LaBarge	25	5	37:50	152		Gray, C	26	4	32:54	160	
LeGrand	15	5	37:50	150		James	30	3	24:38	160	
Lowe	40	5	37:50	152		Moise	40	3	23:54	178	
Meara	44	5	37:50	152		Siemer	20	3	24:38	160	
Pashea	20	5	37:50	132		Stus	15	3	25:19	156	
Riggan	40	5	37:50	162							
Seal	50	5	37:50	136		Group 5	PU	Distance	Time	Pulse	Comments
Zenor	10	5	37:50	152		Apprill-Sokol, Q	INJURED				
						Carpenter	20	3	26:05	179	
Group 2	PU	Distance	Time	Pulse	Comments	Hurley	20	3	26:36	166	
Apprill-Sokol, N	20	5	39:08	184		Johnson	23	3	26:05	172	
Barks	15	5	39:08	160		Musial	23	3	28:06	172	
Byrne	30	5	39:08	156		Pierson	12	3	26:04	163	
Cantwell	20	5	38:11	156		Safar, Ma	24	3	25:59	166	
Cox	10	5	38:11	134		Safar, Mi	10	3	28:07	160	
Frattini	45	1.5	9:47	172		Strohmeyer	15	3	28:07	156	
Gray, T	25	5	39:07	148		Wilson	27	3	26:05	176	
Jones	12	5	39:08	159							
Mayer	40	3	24:42	136		Group 6	PU	Distance	Time	Pulse	Comments
Mittendorf	25	5	39:08	171		Abbate	15	3	26:35	162	
Murray	40	5	38:58	160		Caso	SERVICE				
Purschke	40	5	40:19	155		Kean, S	15	3	27:10	168	
Rammacher	20	5	38:11	144		Maher	20	3	37:18	120	
						Nesser	15	3	28:35	168	
Group 3	PU	Distance	Time	Pulse	Comments	Nester	30	3	28:15	184	
Bourneuf	30	3	24:30	164		Nolan, T	13	3	29:08	164	
Boyer	35	4	32:54	131		Swiecicki	17	3	33:40	144	
Coolbaugh	30	4	36:09	164							
Demlan	INJURED					Group 7	PU	Distance	Time	Pulse	Comments
Lawhorn	25	4	33:08	152		Abner	XT				
McIntyre	10	3	24:30	180		Batten	INJURED				
Miller	10	4	32:30	168		Boyd	—	3	40:24	160	
O'Connell	ABSENT					Brinkman	20	3	28:20	172	
Quinlivan	30	4	35:24	168		Dauska	—	3	36:48	140	
Sullivan	30	4	32:54	164		Funke	15	3	28:40	182	
Thro	10	3	24:38	192		Garavaglia	21	3	29:08	168	
Werremeyer	20	4	33:08	142		Halley	10 EXCUSED				
Wojtkowski	18	4	36:14	156		Kean, B	JUST DID WARM-UP				
Zangara	41	4	32:54	159		LaPresta	JUST DID WARM-UP... DID NOT RUN				
						Nolan, C	EXCUSED				
						Rizzo	20	3	33:40	176	

8 total
59:15
143

5 total
40:14
160

— 4 total in 42:00 184 pulse

Date: 10-9-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Core/ Aerobic Run A=8 B=6 C=5 D=4 E=3/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 4	PU	Distance	Time	Pulse	Comments
Alford	15	6	43:49	172		Arens	20	4	32:00	162	
Brawley	15	6	43:49	132		Beiseman	60	4	31:22	162	
Glass	10	6	43:49	156		Bock		XT			
Greiner	25	6	43:49	168		Buescher	10	4	35:40	144	
Hogan	25	6	43:49	142		Cooper	12	4	31:20	172	
Kellogg	15	6	43:49	164		Evers	—	5	40:58	156	
Kramer	20	5.5	42:56	156		Fitzmaurice	30	5	36:23	148	
LaBarge	25	6	43:49	152		Gray, C	25	5	37:40	160	
LeGrand	13	5.5	42:56	148		James	30	4	34:14	148	
Lowe	30	6	43:49	152		Moise	40	4	31:49	173	
Meara	45	6	43:49	164		Siemer	20	4	32:08	152	
Pashea	17	6	43:49	136		Stus	15	4	35:40	148	
Riggan	37	6	43:49	162							
Seal	35	6	43:49	160							
Zenor	20	5.5	42:56	152							
Group 2	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Apprill-Sokol, N	20	6	46:50	156		Apprill-Sokol, Q		XT			Biked 30
Barks	15	6	47:27	160		Carpenter	30	4	33:35	178	
Byrne	30	6	48:12	156		Hurley	20	4	34:08	178	
Cantwell	20	6	48:12	160		Johnson	16	4	33:35	176	
Cox	30	6	41:50	156		Musial		ABSENT			
Fratini CLAP	25	3	23:20	182		Pierson	12	4	33:43	173	
Gray, T	20	6	46:50	152		Safar, Ma	18	4	33:36	170	
Jones	12	6	47:27	153		Safar, Mi	15	4	33:19	171	
Mayer	40	4	32:17	144		Strohmeyer	15	4	33:19	172	
Mittendorf	25	6	48:12	165		Wilson	28	4	35:08	176	
Murray	45	6	48:12	160							
Purschke	30	6	49:00	160							
Rammacher	20	6	47:10	148							
Group 3	PU	Distance	Time	Pulse	Comments	Group 6	PU	Distance	Time	Pulse	Comments
Bourneuf	30	4	35:40	124		Abbate	16	4	33:09	171	
Boyer	35	5	37:57	151		Caso	15	3	28:04	180	
Coolbaugh	30	5	43:10	163		Kean, S	20	3	30:03	172	
Demlan		ABSENT				Maher	20	3	32:54	152	
Lawhom	30	5	37:40	160		Nesser	14	4	39:35	173	
McIntyre	10	4	35:40	156		Nester	35	4	39:10	174	
Miller	15	5	39:20	176		Nolan, T	15	3	27:40	174	
O'Connell		ABSENT				Swiecicki	18	4	39:35	156	
Quinlivan	40	4	33:19	162							
Sullivan	20	5	43:24	152							
Thro	10	4	35:40	144							
Werremeyer		ABSENT									
Wojtkowski	18	4	33:19	160							
Zangara	30	5	37:07	145							
Group 7	PU	Distance	Time	Pulse	Comments						
Abner		XT									
Batten		ABSENT									
Boyd	—	3	37:56	164							
Brinkman	15	3	28:10	163							
Dauska	—	3	32:54	154							
Funke	15	3	28:00	—							
Garavaglia	21	3	30:03	184							
Halley	10	3	30:03	176							
Kean, B		EXERCISES AT CAMP DUE TO INJURY									
LaPresta		EXERCISES AT CAMP DUE TO INJURY									
Nolan, C	15	3	27:54	174							
Rizzo	25	3	30:05	177							

5 total
39:47
148

DUE TO INJURY
DUE TO INJURY

Date: 10-10-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Fast Finish Long Run A=10 B=8 C=6 D=5 E=4/ Optional Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Brawley	20	8	55:04	158	11:03	Abbate	22	4	34:30	191	16:12
Glass	10	8	55:16	172	11:15	Apprill-Sokol, Q	XT				
Hogan	25	8	55:04	167	11:05	Arens	20	5	42:23	167	
Kellogg	15	8	55:19	184	12:05	Bock	XT				
Kramer	10	8	55:21	152	11:51	Buescher	10	5	41:46	184	15:10
Lowe	40	8	55:21	152	11:31	Carpenter	30	5	43:19	188	
Meara	45	8	55:09	180	11:57	Hurley	20	4	34:13	184	
Pashea	21	8	55:04	164	11:03	Johnson	16	5	41:46	188	15:10
Zenor	ACT					Pierson	13	5	41:46	186	15:10
						Safar, Ma	12	5	43:18	171	
Group 2	PU	Distance	Time	Pulse	Comments	Safar, Mi	15	5	45:29	168	
Alford	20	8	55:58	—	12:19	Siemer	20	5	41:46	180	15:10
Barks	15	4	31:30	—	INJURED	Strohmeier	15	5	45:29	172	
Cantwell	20	8	60:06	170	13:15	Stus	15	4	34:26	172	
Cox	40	8	56:09	160	12:38	Wilson	26	4	38:03	184	
Greiner	45	8	57:04	196	13:20						
LaBarge	25	8	55:56	172	12:05	Group 6	PU	Distance	Time	Pulse	Comments
LeGrand	14	8	55:56	172	12:06	Brinkman	15	4	38:11	193	
Mayer	40	5	40:35	168		Caso	10	4	38:26	184	
Murray	40	8	60:06	180	13:15	Garavaglia	ACT				
Purschke	8	MILES RUN AND WALK				Kean, S	20	4	38:03	180	
Rammacher	20	8	56:30	164	12:45	Musial	UNEXCUSED CAMPING TRIP				
Riggan	32	8	55:56	180	12:06	Nesser	9	4	40:19	172	
Seal	50	8	55:36	168	12:06	Nolan, T	13	4	38:08	176	
Group 3	PU	Distance	Time	Pulse	Comments	Group 7	PU	Distance	Time	Pulse	Comments
Apprill-Sokol, N	25	8	60:06	184	13:15	Abner	XT				
Bourneuf	30	5	38:50	176		Batten	XT				
Boyer	35	6	44:15	175	13:20	Boyd	—	4	51:11	168	20:00
Byrne	30	8	58:01	184	12:21	Dauska	—	4	41:05	170	
Frattini	25	4	24:30	196	12:00	Funke	15	4	38:50	176	
Gray, T	20	6	42:18	172	13:13	Halley	ABSENT				
Jones	12	6	42:18	168	13:13	Kean, B	XT				
Mittendorf	25	8	59:57	180	13:51	LaPresta	DOCTOR				
O'Connell	ABSENT					Maher	20	4	41:04	188	
Sullivan	37	6	47:15	172	14:15	Nester	35	4	38:24	180	
Thro	10	5	39:24	188		Nolan, C	15	4	38:50	184	
Wojtkowski	18	6	47:25	186	14:15	Rizzo	ACT				
Zangara	30	6	44:15	160	13:20	Swiecicki	22	4	39:35	172	
Group 4	PU	Distance	Time	Pulse	Comments	Injured Reserve					
Beiseman	55	6.25	48:16	174		Demian	IR--XT				
Coolbaugh	30	6	47:25	166	14:15						
Cooper	12	5	38:47	172	14:37						
Evers	—	6	48:44	164							
Fitzmaurice	18	5	38:47	168	14:37						
Gray, C	20	6	48:48	160							
James	30	RETREAT									
Lawhom	20	6	49:01	180							
McIntyre	10	5	38:50	200							
Miller	15	6	48:30	172	15:30						
Moise	25	5	38:55	173	14:55						
Quintivan	40	5	39:13	180	15:01						
Werremeyer	SICK										

55:04

PUSH-UPS
305 total
40:27
4405 total
41:20
168

Date: 10-20-20				Conditions:				
Workout: Warm-up/ Push-ups/ Group 1: Aerobic Run/Strides/Stretch Groups 2-7: 6x800 @ 5k race pace								
Group 1	PU	Distance		Time		Pulse		Comments
Brawley	15	6		43:36		132		
Glass	10	6		43:36		148		
Hogan	25	8		57:49		138		
Kellogg	10	6		43:36		154		
Kramer	10	6		44:27		172		
Lowe	35	6		43:36		152		
Meara	40	6		43:36		160		
Pashea	20	6		43:36		136		
Zenor								
Group 2	PU	800	800	800	800	800	800	Comments
Alford		2:50	2:44	2:50	2:45	2:42	2:41	
Barks	17							Aerobic 4 miles
Cantwell		2:51	2:44	2:50	2:48	2:47	2:42	
Cox		2:50	2:44	2:50	2:45	2:44	2:41	
Greiner		2:51	2:45	2:50	2:47	2:44	2:42	
LaBarge	33	2:50	2:45	2:50	2:45	2:42	2:42	
LeGrand		2:51	2:44	2:52	2:45	2:47	2:41	
Mayer	45	2:50	2:44	2:51	2:49	2:48	2:45	
Murray		2:52	2:47	2:51	2:50	2:53	2:52	
Purschke	30	2:51	2:49	2:52	2:50	2:57	3:00	
Rammacher								Bike 1:15:00
Riggan		2:50	2:45	2:50	2:45	2:44	2:42	
Seal		2:50	2:45	2:50	2:46	2:44	2:41	
Group 3	PU	800	800	800	800	800	800	Comments
Apprill-Sokol, N		2:46	2:43	2:48	2:48	2:52	2:50	15
Bourneuf		2:54	2:51	2:56	2:51	3:01	2:57	30
Boyer		2:53	2:53	2:56	2:52	3:03	2:57	35
Byrne		2:46	2:40	2:48	2:47	2:51	2:49	30
Frattini		2:57	2:55	2:59	2:53	3:08	2:59	
Gray, T		2:55	2:50	2:55	2:50	2:55	2:52	20
Jones		2:49	2:44	2:52	2:49	2:53	2:52	13
Mittendorf		2:50	2:45	2:54	2:50	2:59	2:56	20
O'Connell		2:55	2:44	3:07	X	3:05	3:00	28
Sullivan		2:52	2:53	2:57	2:55	3:05	3:01	36
Thro		2:55	2:56	2:58	2:51	3:03	2:59	10
Wojtkowski		2:49	2:42	3:01	X	3:05	3:01	
Zangara		2:52	2:51	2:54	2:52	3:01	2:57	30

~~Sunday - Riggan~~ 4 27:30 162

said they were feeling very light-headed

Group 4
Scribing
by Nick
LaPresta

Group 4	PU	800	800	800	800	800	800	Comments
Beiseman	40	2:47	2:50	2:52	2:52	2:57	2:47	
Coolbaugh	30	3:16	3:15	3:23	3:16	2:22	3:09	
Cooper	12	2:52	2:57	3:02	3:07	3:09	3:02	
Evers								Service
Fitzmaurice	20	2:56	2:58	3:06	3:04	3:19	3:08	
Gray, C	15	2:58	2:55	3:06	2:59	3:18	3:03	
James	35	2:53	2:56	3:08	3:05	3:14	2:59	
Lawhorn	40	2:47	2:49	2:52	2:51	2:51	2:45	
McIntyre	15	3:10	3:05	3:20	3:06	3:10	2:47	
Miller	15	3:03	2:58	3:06	3:01	3:06	2:50	
Moise	25	3:03	3:05	3:13	3:06	3:10	2:56	
Quinlivan	30	3:15	3:11	3:22	3:10	3:19	3:09	
Werremeyer	20	2:56	3:01	3:22	3:15	3:11	2:56	
Group 5	PU	800	800	800	800	800	800	Comments
Abbate		3:17	3:22	3:27	3:25	3:31	3:30	
Apprill-Sokol, Q		2:47						
Arens		3:11	3:13	3:16	3:07	3:08	3:06	
Bock		3:14	3:23					Pain
Buescher		3:06	3:01	3:07	3:02	3:08	3:10	
Carpenter		3:13	3:13	3:14	2:12	3:11	3:13	
Hurley		3:19	2:19	3:21	3:15	3:22	3:15	
Johnson		3:06	3:01	3:02	2:57	2:55	2:52	
Pierson		3:05	3:00	3:01	2:55	2:57	3:02	
Safar, Ma		3:12	3:02	3:28	3:50	4:12		
Safar, Mi		3:06	3:04	3:11	3:05	3:12	3:17	
Siemer		3:07	3:04	3:17	3:04	3:08	3:13	
Strohmeyer		3:08	3:05	3:18	3:05	3:14	3:25	
Stus		3:17	2:22	3:21	3:25	3:40		
Wilson		3:17	3:21	3:27	3:27	3:30	3:25	
Group 6	PU	800	800	800	800	800	800	Comments
Brinkman		3:31	3:27	3:36	3:33	3:36	3:27	
Caso		3:21	3:20	3:31	3:29	3:33	3:42	
Garavaglia		3:20	3:23	3:27	3:23	3:03	3:52	
Kean, S		3:40	3:46	3:51	3:50	3:53	3:42	
Musial		3:30	3:35	3:40	3:30	3:48	3:11	
Nesser								3:21-3:28-3:25-3:29-3:28-3:27
Nolan, T		3:20	3:23	3:29	3:34		3:14	

Group 7	PU	800	800	800	800	800	800	Comments
Abner		ABSENT						
Batten		ABSENT						
Boyd	10	4:41	4:42	5:02	4:50	5:17	5:04	
Dauska		ABSENT						
Funke	20	3:46	3:37	3:47	3:36	3:50	3:39	
Halley	10	3:15	3:16	3:29	3:14	3:28	3:10	
Kean, B		ORTHODOXIST						
LaPresta		INJURY						
Maher	15	3:55	3:46	4:02	3:39	3:49	3:39	
Nester	30	3:26	3:23	3:33	3:20	3:33	3:14	
Nolan, C	15	3:46	3:44	3:41	3:38	3:49	3:31	
Rizzo	20	3:35	3:33	3:57	3:35	3:48	3:39	
Swiecicki		3:40	3:35	3:42	3:31	3:40	3:17	
Injured Reserve								
Dernlan								

3:11

Date: 10-13-20

Conditions:

Workout: Warm-up/ Push-ups/ Group 1: 3xmile@5K, 800@3200, 400@1600Strides/Stretch Groups 2-7: 6x800 @ 5k race pace

Group 1	PU	Mile	Mile	Mile	800	400	Comments	Group 4	PU	Mileage	Time	Pulse	Comments
Brawley		5:19	5:16	5:10	2:23	68		Beiseman	50	5	38:11	168	
Glass		5:19	5:16	5:12	2:28	68		Coolbaugh	30	5	44:09	147	
Hogan		5:19	5:15	5:10	2:23	67		Cooper	12	4	31:57	178	
Keliogg		5:29	5:30	5:32	2:41	75		Evers	-	5	41:08	148	
Kramer							Aerobic 6 total	Fitzmaurice	30	5	39:26	160	
Lowe		5:25	5:28	5:31	2:37	68		Gray, C	23	5	38:48	160	
Meara		5:30	5:31	5:32	2:39	72		James	31	4	32:50	160	
Pashea		5:19	5:16	5:11	2:23	65		Lawhorn	23	5	38:30	164	
Zenor		5:19	5:17	5:24	2:34	72		McIntyre	10	4	36:00	180	
								Miller	10	4	30:51	164	
Group 2	PU	Mileage	Time	Pulse	Comments			Moise	45	4	31:58	171	
Alford	15	6	45:28	168				Quinlivan	31	5	40:57	172	
Barks	15	5	38:04	152				Werremeyer	20	4	31:59	156	
Cantwell	20	6	44:43	167									
Cox	40	6	44:43	142				Group 5	PU	Mileage	Time	Pulse	Comments
Greiner	35	6	45:28	152				Abbate	20	4	35:01	161	
LaBarge	33	6	45:28	128				Apprill-Sokol, Q	5	2	20:20	168	
LeGrand	14	5.5	42:28	140				Arens	10	4	31:21	165	
Mayer	40	4	31:35	148				Bock			ABSENT		
Murray	40	6	45:28	152				Buescher	12	4	36:20	166	
Purschke	30	6	47:59	157				Carpenter	20	4	33:24	174	
Rammacher	XT OR	RIKE	1 hr 6 min	132				Hurley	20	4	35:10	172	
Riggan	35	6	45:28	164				Johnson	18	4	33:24	168	
Seal	30	6	45:45	132				Pierson	14	4	32:44	173	
								Safar, Ma			ABSENT		
Group 3	PU	Mileage	Time	Pulse	Comments			Safar, Mi	15	4	33:55	163	
Apprill-Sokol, N	20	6	45:30	164				Siemer	20	4	32:46	160	
Bourneuf	30	4	38:05	140				Strohmeier	15	4	33:51	172	
Boyer	35	5	39:56	137				Stus			ABSENT		
Byrne	30	6	45:30	150				Wilson	27	4	36:06	168	
Frattini	35	4	29:11	192									
Gray, T	20	6	45:30	160				Group 6	PU	Mileage	Time	Pulse	Comments
Jones	12	5.5	40:24	132	IT 60MB			Brinkman	15	4	36:55	165	
Mittendorf	20	6	45:30	161	PAIN			Caso	15	4	39:00	180	
O'Connell	28	5	39:56	150				Garavaglia	21	3	29:30	168	
Sullivan	26	5	39:56	132				Kean, S	15	3	27:23	172	
Thro	10	4	34:05	180				Musial	23	4	36:11	164	
Wojtkowski	17	5	42:56	152				Nesser	14	4	35:48	174	
Zangara	30	5	39:56	159				Nolan, T	20	3	29:30	165	
								Group 7	PU	Mileage	Time	Pulse	Comments
								Abner			INTURED		
								Batten			INTURED		
								Boyd	-	3	36:05	160	
								Dauska	-	3	31:52	155	
								Funke			INTURED -- WORKED ON		
								Halley	15	3	29:30	164	
								Kean, B	10		ONE LAP OF BALLFIELDS	168	
								LaPresta	15		ONE LAP OF BALLFIELDS	166	
								Maher	20	3	31:46	151	
								Nester	30	3	28:18	179	
								Nolan, C			ABSENT		
								Rizzo	15	3	29:30	174	
								Swiecicki	17	4	38:05	168	
								Injured Reserve					
								Demian			INTURED		

STRETCHES

168
166

Date: 10-14-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Aerobic Run Run A=6 B=5 C=4 DE=3/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Brawley	15	5	35:34	132		Abbate	19	3	25:53	174	
Glass	18	5	35:34	160		Apprill-Sokol, Q	5	3	26:45	169	
Hogan	TRAIN AT HOME					Arens	15	3	25:02	161	
Kellogg	15	5	35:34	168		Bock	INJURED				
Kramer	TRAIN AT HOME					Buescher	3	3	27:07	140	
Lowe	30	5	35:34	160		Carpenter	20	3	25:43	172	
Meara	42	5	35:34	168		Hurley	20	3	25:56	183	
Pashea	20	5	35:34	194		Johnson	18	3	24:21	164	
Zenor	18	5	35:34	155		Pierson	15	3	24:58	158	
						Safar, Ma	EXCUSED				
Group 2	PU	Distance	Time	Pulse	Comments	Safar, Mi	15	3	27:06	171	
Alford	15	5	39:04	172		Siemer	20	3	24:21	176	
Barks	17	5	39:58	160		Strohmeier	15	3	22:34	180	
Cantwell	20	5	38:00	160		Stus	SICK				
Cox	30	5	33:30	146		Wilson	26	3	27:00	168	
Greiner	35	5	38:30	148							
LaBarge	20	5	39:04	141		Group 6	PU	Distance	Time	Pulse	Comments
LeGrand	11	5	38:38	156		Brinkman	15	3	27:53	175	
Mayer	35	4	31:52	152		Caso	20	3	32:00	164	
Murray	40	5	39:04	160		Garavaglia	21	3	27:23	168	
Purschke	15	5	43:14	160		Kean, S	15	3	27:33	168	
Rammacher	INJURED DURING RUN					Musial	24	3	29:58	176	
Riggan	34	5	39:10	162		Nesser	12	3	28:52	164	
Seal	20	5	39:16	136		Nolan, T	20	3	27:23	172	
Group 3	PU	Distance	Time	Pulse	Comments	Group 7	PU	Distance	Time	Pulse	Comments
Apprill-Sokol, N	20	4	31:19	156		Abner	XT AT HOME				
Bourneuf	30	3	26:24	144		Batten	XT AT HOME				
Boyer	35	4	32:33	152		Boyd	3	3	36:15	160	
Byrne	30	4	31:19	172		Dauska	3	3	33:50	142	
Fratini	35	2	15:20	172		Funke	15	3	32:24	180	
Gray, T	20	5	39:26	152		Halley	15	3	27:33	184	
Jones	12	5	39:58	156		Kean, B	INJURED -- STRETCHES AT CAMP				
Mittendorf	25	5	39:26	161		LaPresta	20	2	20:00	144	
O'Connell	28	4	32:33	140		Maher	20	3	33:45	160	
Sullivan	32	4	32:33	156		Nester	INJURED DURING WARM-UP				
Thro	10	3	26:24	176		Nolan, C	20	3	32:00	176	
Wojtkowski	15	4	33:16	158		Rizzo	TRAIN AT HOME				
Zangara	30	4	32:33	147		Swiecicki	16	3	29:35	148	
Group 4	PU	Distance	Time	Pulse	Comments	Injured Reserve					
Beiseman	TRAINING AT HOME					Dernlan					
Coolbaugh	30	4	35:47	170							
Cooper	12	3	24:03	172							
Evers	10	4	33:40	152							
Fitzmaurice	15	4	30:14	160							
Gray, C	20	4	30:14	160							
James	3	3	27:07	140							
Lawhorn	25	4	33:40	160							
McIntyre	3	3	24:05	192							
Miller	20	3	24:03	188							
Moise	30	3	24:03	172							
Quinlivan	32	4	33:45	180							
Werremeyer	15	4	33:45	156							

kmiles (8 total) -
43:34
146 7 miles

20
1.4 MILES
11:35

4 total 28:38

Date: 10-15-20		Conditions:			
Workout: Warm-up at Jefferson Barracks/ Push-ups/ Aerobic Run Run A=8 B=6 C=5 D=4 E=3/ Flying 200s/ Cool-down/ Stretch					
Group 1	PU	Distance	Time	Pulse	Comments
Brawley		8	59:03		4x200
Glass		8	59:03		4x200
Hogan		8	59:03		4x200
Kellogg		8	59:07		4x200
Kramer		8			4x200
Lowe		8	59:03	-	4x200s
Meara	38	8	59:03	-	4x200s
Pashea	-	8	59:03	-	4x200s
Zenor		8			4x200

Date: 10-16-20					Conditions:						
Workout: Warm-up to West Camp/ Push-ups/ Core/ Aerobic Run Run A=6 B=5 C=4 DE=3/ Strides/ Hip Mobility/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Brawley	20	5	35:03	137		Abbate	16	3	24:15	174	
Glass	10	5	35:03	156		Apprill-Sokol, Q	15	3	26:00	158	
Hogan	25	6	42:26	131	42:26	Arens	20	3	23:41	156	
Kellogg	15	5	35:03	168		Bock	XT				
Kramer	15	5	35:03	164		Buescher	10	3	24:27	160	
Lowe	40	5	35:03	152		Carpenter	20	3	23:50	168	
Meara	43	5	35:03	144		Hurley	20	3	24:19	171	
Pashea	22	5	35:03	128		Johnson	18	3	23:50	172	
Zenor	10	5	35:03	152		Pierson	16	3	23:50	148	
						Safar, Ma	EXCUSED				
Group 2	PU	Distance	Time	Pulse	Comments	Safar, Mi	15	3	25:34	157	
Alford	20	5	37:06	164		Siemer	20	3	24:27	168	
Barks	17	5	37:06	152		Strohmeyer	15	3	27:46	164	
Cantwell	25	6	44:48	136		Stus	15	3	26:24	152	
Cox	40	5	36:28	142		Wilson	25	3	24:19	164	
Greiner	40	5	36:55	148							
LaBarge	25	5	37:06	136		Group 6	PU	Distance	Time	Pulse	Comments
LeGrand	16	5	36:55	148		Brinkman	15	3	24:25	175	
Mayer	40	4	29:36	128		Caso	16	3	24:31	185	
Murray	40	5	37:06	150		Garavaglia	21	3	26:44	172	
Purschke	30	5	37:06	155		Kean, S	20	3	28:41	160	
Rammacher	21	4	29:36	136		Musial	24	3	27:45	156	
Riggan	34	5	36:29	160		Nesser	14	3	25:17	167	
Seal	30	5	36:29	132		Nolan, T	20	3	26:44	168	
Group 3	PU	Distance	Time	Pulse	Comments	Group 7	PU	Distance	Time	Pulse	Comments
Apprill-Sokol, N	15	5	36:29	160		Abner	INJURED				
Bourneuf	30	3	26:24	136		Batten	XT				
Boyer	35	4	30:38	151		Boyd	10	3	39:24	164	
Byrne	30	5	37:07	156		Dauska	EXCUSED				
Fratini	35	3	20:27	196		Funke	20	3	27:22	183	
Gray, T	20	5	36:55	140		Halley	15	3	28:41	152	
Jones	12	5	36:29	137		Kean, B	15	2	28:30	164	
Mittendorf	20	5	36:37	156		LaPresta	20	2	17:32	164	
O'Connell	28	4	30:38	160		Maher	20	3	29:58	151	
Sullivan	33	4	30:38	148		Nester	—	2	19:40	167	
Thro	10	3	26:24	156		Nolan, C	EXCUSED				
Wojtkowski	18	4	31:22	168		Rizzo	15	3	29:45	164	
Zangara	30	4	30:38	145		Swiecicki	18	3	29:45	144	
Group 4	PU	Distance	Time	Pulse	Comments	Injured Reserve					
Beiseman	40	4	30:00	168		Demlan	XT				
Coolbaugh	40	4	34:28	161							
Cooper	12	4	30:14	168							
Evers	25	4	30:14	140							
Fitzmaurice	25	4	29:59	140							
Gray, C	23	4	30:20	160							
James	30	3	25:36	140							
Lawhorn	20	4	31:45	156							
McIntyre			EXCUSED								
Miller	5	4	29:48	176							
Moise	35	4	29:48	169							
Quinlivan	33	4	33:13	172							
Werremeyer	20	4	31:45	164							

Date: 10-17-20

Conditions:

Workout: Warm-up/ Push-ups/ Group 1: 6x1K Cool-down /Stretch Groups 2-7: Aerobic Run A=8 B=6 C=5 D=4 E=3/ Flying 200s/ Stretch

Group 1	PU	1K	1K	1K	1K	1K	1K	Comments	Group 4	PU	Mileage	Time	Pulse	Comments
Brawley		ACT						Average	Beiseman	40	5	38:31	162	
Glass	3:19	3:16	3:17	3:15	3:20	3:18	3:17.5 (16.2)		Boalbaugh	30	5	40:20	149	
Hogan	5:17	3:14	3:15	3:09	3:10	3:15	3:13.3 (16.06)		Cooper	12	4	32:31	158	
Kellogg	3:22	3:19	3:23	3:22	3:25	3:24	3:22.3 (16.51)		Evers	—	5	40:25	148	
Kramer	3:21	3:16	3:15	3:11	3:17	3:15	3:15.8 (16.19)		Fitzmaurice	25	5	39:31	140	
Lowe	3:22	3:19	3:22	3:22	3:24	3:25	3:22.3 (16.51)		Gray, C	18	5	40:20	160	
Meara	3:23	3:20	3:23	3:23	2:23	3:32	3:25 (17.05)		James	30	4	32:31	148	
Pashea	3:17	3:14	3:15	3:11	3:18	3:18	3:15.5 (16.17)		Lawhorn	36	5	40:25	168	
Zenor	3:19	3:14	3:15	3:14	3:10	3:15	3:14 (16.10)		McIntyre			ABSENT		
									Miller	20	4	32:31	168	
Group 2	PU	Mileage	Time	Pulse	Comments				Moise			EXCUSED		
Alford	20	6	45:35	162					Quinlivan	34	4	35:49	168	
Barks	15	3	23:08	152					Werremeyer	20	5	40:25	160	
Camwell COX					RUNNING AT HOME									
CANTWELL	20	6	45:35	168					Group 5	PU	Mileage	Time	Pulse	Comments
Greiner	25	6	45:35	140					Abbate	18	4	34:28	156	
LaBarge					ABSENT				Appril-Sokol, Q	15	4	38:45	175	
LeGrand	14	6	45:35	152					Arens	20		ABSENT	5.1	39:31/167
Mayer	50	5	40:36	136					Bock			ABSENT		
Murray	40	6	45:35	148					Buescher	10	5	42:05	168	
Purschke	30	6	45:35	160					Carpenter	20	4	32:44	177	
Rammacher	21	6	45:35	140					Hurley	20	4	34:28	184	
Riggan	37	6	45:35	162					Johnson	19	4	32:44	172	
Seal	30	6	45:35	136					Pierson	13	5	42:05	156	
									Safar, Ma			SICK		
Group 3	PU	Mileage	Time	Pulse	Comments				Safar, Mi	15	4	34:43	164	
Apprill-Sokol, N	15	6	44:52	156					Siemer	20	5	42:05	164	
Boumeuf	30	4	35:45	160					Strohmeyer	10	4	34:43	168	
Boyer	35	5	38:38	158					Stus	15	3	26:33	152	
Byrne	30	5	38:38	152					Wilson	28	4	36:45	180	
Fratini					INJURED									
Gray, T					ACT				Group 6	PU	Mileage	Time	Pulse	Comments
Jones	12	6	44:55	144					Brinkman	15	4	36:15	172	
Mittendorf	25	5	38:48	154					Caso	20	3	27:00	168	
O'Connell	28	5	40:52	144					Garavaglia	21	3	27:00	172	
Sullivan	33	5	38:38	160					Kean, S	20	3	27:47	156	
Thro	10	4	35:45	176					Musial	24	4	38:44	156	
Wojtkowski	19	5	40:52	165					Nesser			ABSENT		
Zangara	30	5	38:38	140					Nolan, T	15	3	27:03	160	
									Group 7	PU	Mileage	Time	Pulse	Comments
									Abner			INJURED		
									Batten			AT HOME		
									Boyd	10	3	39:50	164	
									Dauska	—	3	36:00	142	
									Funke	15	3	27:22	169	
									Halley	15	3	27:47	148	
									Kean, B	10	2	22:00	176	
									LaPresta	20	2	19:38	164	
									Maher	20	3	31:50	172	
									Nester	—	2	21:10	178	
									Nolan, C	15	3	27:22	176	
									Rizzo	15	3	29:35	168	
									Swiecicki	19	3	30:15	140	
									Injured Reserve					
									Demian					

Did not make track
3:18, 3:12, 3:10,
3:07, 3:03, 2:59
(Avg. 3:08-15:40)

total
36:10
32

COX
CANTWELL

4 total 36:01

Date: 10-19-20

Conditions:

Workout: Warm-up to West Camp or Bowl Lake/ Push-ups/ Group 1 Aerobic Run Run A=8 B=6 C=5 + strides
Groups 2-7: 3x4x400/ Stretch

Group 1	PU	Distance			Time			Pulse			Comments			
Brawley	15	6			44:43			132						
Glass	10	6			44:43			144						
Hogan	25	8			58:05			154						
Kellogg	15	6			44:43			160						
Kramer	0	6			44:43			172						
Lowe	30	6			44:43			144						
Meara	41	6			44:43			140						
Pashea	31	6			44:43			126						
Zenor	20	Rayon Own-Senior Photos									Total 58:16 150 Pulse			
Group 2	PU	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Alford		85	85	84	84	82	80	81	82	77	78	78	78	
Barks		87	87	86	87	84	83	84	84	79	81	82	81	
Cantwell		88	87	86	87	84	83	84	85	80	81	82	83	
Cox		85	85	85	84	83	82	81	82	78	80	82	82	
Greiner		85	85	84	85	83	82	83	83	79	79	80	80	
LaBarge		85	85	84	84	82	81	81	82	77	78	78	78	
LeGrand		85	85	84	85	83	82	82	83	78	81	82	83	
Mayer		86	86	85	85	82	81	83	84	78	80	81	81	
Murray		87	87	86	87	84	83	84	85	80	81	83	82	
Purschke		87	87	86	87	84	83	85	86	80	81	82	81	
Rammacher		84	86	86	86	84	84	84	84	80	80	81	81	
Riggan		85	85	84	85	82	81	82	82	77	78	79	79	
Seal		84	85	84	85	83	81	82	83	78	78	81	81	
Group 3	PU	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Apprill-Sokol, N		90	88	86	87	84	86	85	85	80	80	77	83	
Bourneuf		91	89	88	90	87	89	89	87	83	85	85	83	
Boyer		92	89	87	89	86	88	89	89	82	85	86	85	
Byrne		89	87	86	86	85	85	85	85	79	80	79	80	
Frattini														
Gray, T		90	88	88	88	85	86	85	86	81	82	82	82	
Jones		90	88	87	88	85	85	85	86	81	81	81	81	
Mittendorf		90	88	86	87	85	86	85	85	80	81	79	80	
O'Connell		92	88	89	90	86	89	89	89	82	82	86	86	
Sullivan		92	89	87	89	86	87	86	87	79	81	81	81	
Thro		92	90	89	90	88	90	89	89	83	87	87	86	
Wojtkowski		91	90	88	90	86	89	89	90	82	86	87	86	
Zangara		90	88	87	87	86	87	85	86	80	82	83	83	

Group 4	PU	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Beiseman		94	95	95	98	90	95	92	94	91	91	88	83	
Coolbaugh		98	98	98	99	95	99	98	99	98	97	98	97	
Cooper		95	95	98	96	91	95	92	94	92	93	90	88	
Evers		95	95	96	95	92	93	93	93	93	92	91	90	
Fitzmaurice		95	94	95	95	89	87	86	85	93	91	89	89	
Gray, C		94	95	98	97	93	94	96	93	94	94	94	94	
James		99	98	99	98	95	97	95	95	95	93	89	89	
Lawhorn		94	94	98	98	92	96	96	93	91	94	93	93	
Melntyre														
Miller		97	97	98	98	94	96	93	93	92	92	87	89	
Moise														
Quinlivan		102	100	102	90	98	98	99	100	101	99	100	102	
Werremeyer		98	97	99	98	92	97	96	94	92	93	90	85	
Group 5	PU	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Abbate		1:40	1:39	1:40	1:39	1:38	1:34	1:41	1:40	1:42	1:43	1:42	1:42	
Apprill-Sokol, Q		1:45	1:45	1:43	1:45	1:46	1:46	1:47	1:51	1:49	1:48	1:48	1:44	
Arens		1:42	1:40	1:39	1:41	1:36	1:37	1:38	1:37	1:31	1:36	1:36	1:34	
Bock		1:44	1:40	1:44	1:45	1:45	1:41	1:45	1:45	1:45	1:41	1:41	1:33	
Buescher		1:45	1:34	1:38	1:39	1:35	1:34	1:38	1:35	1:32	1:35	1:37	1:24	
Carpenter		1:41	1:40	1:39	1:39	1:34	1:40	1:39	1:38	1:33	1:35	1:34	1:37	
Hurley		1:44	1:42	1:42	1:42	1:40	1:38	1:41	1:40	1:38	1:34	1:31	1:38	
Johnson		1:44	1:41	1:40	1:41	1:38	1:36	1:40	1:39	1:35	1:38	1:37	1:37	
Pierson		1:39	1:39	1:38	1:37	1:38	1:35	1:40	1:35	1:31	1:34	1:38	1:34	
Safar, Ma														
Safar, Mi		1:41	1:36	1:34	1:33	1:35	1:33	1:37	1:33	1:35	1:36	1:35	1:32	
Siemer		1:44	1:43	1:34	1:43	1:36	1:34	1:41	1:40	1:36	1:34	1:36	1:38	
Strohmeyer		1:37	1:32	1:34	1:34	1:35	1:37	1:38	1:34	1:35	1:36	1:33	1:25	
Stus		1:44	1:42	1:41	1:44	1:42	1:42	1:41	1:40	1:38	1:34	1:38	1:35	
Wilson		1:44	1:43	1:40	1:42	1:44	1:44	1:46	1:45	1:43	1:42	1:49	1:41	
Group 6	PU	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Brinkman		1:40	1:47	1:44	1:55	1:49	1:50	1:50	1:46	1:47	1:47	1:50	1:44	
Caso		1:39	1:44	1:33	1:42	1:35	1:42	1:38	1:40	1:36	1:39	1:39	1:35	
Garavaglia		1:38	1:50	1:47	1:52	1:50	1:55	1:52	1:46	1:49	1:58	1:51	1:50	52
Kean, S		1:44	1:56	1:54	1:58	1:56	1:57	1:54	1:52	1:49	1:50	1:51	1:52	
Musial		1:46	1:42	1:46	1:46	1:46	1:44	1:48	1:44	1:48	1:47	1:46	1:40	
Nesser		1:27	1:44	1:43	1:47	1:47	1:46	1:44	1:42	1:40	1:45	1:48	1:40	42
Nolan, T		1:29	1:50	1:47	1:52	1:50	1:55	1:52	1:46	1:54	1:53	1:56	1:52	

[illegible]

Date: 10-20-20

Conditions:

Workout: Warm-up/ Push-ups/ Group 1: 3x1200-400 with 1:00/4:00 Recovery -1200s at 5K, 400 at 1600/ Cool-down /Stretch Groups 2-7: Aerobic Run A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch

Group 1	PU	1200	400	1200	400	1200	400	Comments	Group 4	PU	Mileage	Time	Pulse	Comments
Brawley		3:53	67	3:48	68	3:46	64		Beiseman	40	5	38:50	162	
Glass		3:53	67	3:48	68	3:46	65		Coolbaugh	30	5	39:44	175	
Hogan		3:53	67	3:48	68	3:45	65		Cooper	12	5	37:20	168	
Kellogg		3:53	66	3:55	69	3:57	71		Evers	40	5	39:55	144	
Kramer		3:53	67	3:48	68	3:48	69		Fitzmaurice	25	5	36:30	128	
Lowe		3:53	68	3:55	69	3:57	71		Gray, C	23	5	37:11	160	
Meara		3:53	69	3:55	69	3:56	70		James	30	4	33:05	148	
Pashea		3:53	67	3:48	68	3:45	64		Lawhorn	25	5	37:11	164	
Zenor		3:53	67	3:48	69	3:51	69		McIntyre	5	3	27:55	180	
									Miller	15	5	38:52	180	
Group 2	PU	Mileage	Time	Pulse	Comments	Moise	25	5	38:52	168				
Alford	20	6	45:19	144		Quinlivan								
Barks	17	4	32:24	152		Werremeyer	20	5	✓	152				
Cantwell	20	6	45:08	160										
Cox	42	6	41:37	156		Group 5	PU	Mileage	Time	Pulse	Comments			
Greiner	41	6	45:08	148		Abbate	16	4	34:38	170				
LaBarge	25	6	45:19	128		Apprill-Sokol, Q	15	4	39:16	167				
LeGrand	17	6	45:19	148		Arens								
Mayer	30	5	43:15	132		Bock	15	3	26:5	164				
Murray	40	6	44:58	144		Buescher	10	5	43:40	160				
Purschke		6				Carpenter	20	4	34:01	174				
Rammacher	21	6	45:19	140		Hurley	20	4	34:48	172				
Riggan	35	6	45:08	165		Johnson	20	4	34:24	168				
Seal	35	6	45:08	136		Pierson	13	5	43:40	177				
						Safar, Ma	21	3	28:31	167				
Group 3	PU	Mileage	Time	Pulse	Comments	Safar, Mi	15	4	36:55	173				
Apprill-Sokol, N	15	6	44:20	156		Siemer	20	5	43:40	168				
Bourneuf	30	4	33:05	156		Strohmeyer	15	4	36:55	168				
Boyer	35	5	37:00	148		Stus	15	3	28:00	156				
Byrne	30	6	44:20	148		Wilson	28	4	34:40	172				
Fratini														
Gray, T	20	6	45:19	142		Group 6	PU	Mileage	Time	Pulse	Comments			
Jones	12	6	44:21	142		Brinkman	15	4	34:43	173				
Mittendorf	25	6	44:20	164		Caso	14	3	26:30	160				
O'Connell	20	5	37:00	141		Garavaglia	21	3	28:00	184				
Sullivan	31	5	37:00	160		Kean, S	15	3	27:59	164				
Thro	10	4	33:05	164		Musial	25	4	39:12	176				
Wojtkowski	18	5	38:15	160		Nesser	12	4	37:44	172				
Zangara	30	5	37:00	162		Nolan, T	15	3	27:59	164				
						Group 7	PU	Mileage	Time	Pulse	Comments			
						Boyd	0	3	38:45	144				
						Dauska	0	3	34:31	150				
						Funke	20	3	28:30	177				
						Halley	10	3	27:30	152				
						Kean, B	10	3	29:20	148				
						LaPresta	20	3	29:20	136				
						Maher	15	3	34:02	152				
						Nester	10	3	29:13	154				
						Nolan, C	15	3	28:30	172				
						Rizzo	15	3	28:31	174				
						Swiecicki	15	3	29:31	136				
						Injured Reserve								
						Abner								
						Batten								
						Demian								

Date: 10-21-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Aerobic Run Run A=8 B=6 C=5 D=4 E=3/ Strides/ Hip Mobility/ Stretch except Webster racers have pre-race

Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Brawley	15	0	42:20	132		Abbate	23	3	24:40	156	
Glass	10	0	42:24	152		Apprill-Sokol, Q	15	4	26:08	160	
Hogan	25	8	59:16	142		Arens	20	3.01	24:01	175	
Kellogg	15	6	42:24	165		Bock	15	3	24:20	160	
Kramer	0	6	42:24	164		Buescher	10	5	41:05	160	
Lowe	30	6	42:40	140		Carpenter	20	4	31:50	174	
Meara	40	6	42:40	164		Hurley	20	4	33:35	175	
Pashea	25	6	42:20	134		Johnson	23	3	24:20	156	
Zenor	75	6	42:20	150		Pierson	14	5	41:05	178	
						Safar, Ma					
Group 2	PU	Distance	Time	Pulse	Comments	Safar, Mi	15	3	25:09	169	
Alford	20	5	31:27	144		Siemer	20	3	26:58	160	
Barks	17	4	33:05	152		Strohmeyer	10	4	31:57	176	
Cantwell	20	6	42:20	170		Stus	15	3	27:43	152	
Cox	40	5	38:00	148		Wilson	28	4	33:35	172	
Greiner	35	5	39:27	144							
LaBarge	32	6	42:20	133		Group 6	PU	Distance	Time	Pulse	Comments
LeGrand	17	6	42:20	152		Brinkman	15	25:45	3	172	
Mayer	30	5	38:49	140		Caso	20	28:15	3	172	
Murray	40	5	31:27	140		Garavaglia	21	27:43	3	184	
Purschke	30	6	46:30	158		Kean, S	15	27:43	3	168	
Rammacher	23	5	39:17	140		Musial	25	39:09	4	166	
Riggan	37	5	39:27	156		Nesser	16	26:42	3	171	
Seal	35	6	42:20	140		Nolan, T	15	27:43	3	170	
Group 3	PU	Distance	Time	Pulse	Comments	Group 7	PU	Distance	Time	Pulse	Comments
Apprill-Sokol, N	20	6	45:26	156		Boyd	10	3	35:30	164	
Bourneuf	30	4	30:15	160		Dauska	20	3	28:16	172	
Boyer	30	4	30:36	155		Funke	X	3	34:11	140	
Byrne	20	6	45:26	148		Halley	10	28:3	27:43	168	
Fratini						LaPresta	20	3	28:04	184	
Gray, T	20	6	45:26	148		Maher	20	3	34:11	149	
Jones	12	6	45:26	146		Nester	10	3	28:16	146	
Mittendorf	25	6	45:26	162		Nolan, C	20	3	28:15	150	
O'Connell	28	4	30:36	144		Rizzo	15	3	30:31	172	
Sullivan	28	5	38:41	143		Swiecicki	17	3	30:31	148	
Thro	10	4	30:15	168							
Wojtkowski	15	5	41:05	140		Injured Reserve					
Zangara	30	4	30:36	150		Abner					
						Batten					
Group 4	PU	Distance	Time	Pulse	Comments	Dernian					
Beiseman	40	4	32:49	158		Kean, B	10	3	28:16	142	
Coolbaugh	30	4	32:49	171							
Cooper	12	4	30:35	146							
Evers	50	4	33:22	132							
Fitzmaurice	15	4	30:00	156							
Gray, C	23	4	30:24	160							
James	35	4	33:07	144							
Lawhorn	5	4	30:13	164							
McIntyre	10	3	28:58	180							
Miller	25	5	38:49	180							
Moise	25	5	38:49	170							
Quinlivan	Excused										
Werremeyer	20	4	33:24	144							

Date: 10-22-20						Conditions:					
Workout: Webster Meet OR Warm-up to West Camp/ Push-ups/ Aerobic Run Run A=6 B=5 C=4 DE=3/ Strides/ Hip Mobility/ Stretch											
Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Brawley	20	5	38:53	132		Abbate					Webster
Glass	10	5	38:46	160		Apprill-Sokol, Q	17	3	25:53	183	
Hogan	25	6	45:51	148		Arens					Webster
Kellogg	10	5	38:46	155		Bock					Home
Kramer	10	5	38:46	154		Buescher	1	4	33:05		
Lowe	30	5	38:46	156		Carpenter	20	3	25:31	172	
Meara	40	5	38:46	152		Hurley	20	3	26:21	175	
Pashea	35	5	38:46	129		Johnson					Webster
Zenor	65	5	38:46	150		Pierson	12	4	33:05	144	
						Safar, Ma					Webster
Group 2	PU	Distance	Time	Pulse	Comments	Safar, Mi					Webster
Alford					Webster	Siemer					Webster
Barks					Webster	Strohmeyer	15	3	25:43	172	
Cantwell	20	5	40:24	160		Stus	15	3	27:40		
Cox					Webster	Wilson	27	3	26:21	168	
Greiner					Webster						
LaBarge	30	5	38:46	132		Group 6	PU	Distance	Time	Pulse	Comments
LeGrand	16	5	38:46	152		Brinkman					Webster
Mayer					Webster	Caso	15	3	25:30	192?	
Murray					Webster	Garavaglia	21	3	27:14	172	
Purschke	30	4	39:14	158		Kean, S					Hurt
Rammacher					Webster	Musial	25	3	29:02	180	
Riggan					Webster	Nesser					Webster
Seal	30	5	38:46	136		Nolan, T	10	3	27:11	169	
Group 3	PU	Distance	Time	Pulse	Comments	Group 7	PU	Distance	Time	Pulse	Comments
Apprill-Sokol, N	15	5	40:24	162		Boyd	2	3	37:49	144	
Bourneuf	30	3	25:15	172		Dauska		3	37:49	140	
Boyer					Webster	Funke	20	3	27:40	176	
Byrne	30	4	30:53	156		Halley					Webster
Frattini					Webster						
Gray, T	25	5	40:24	154		LaPresta	20	3	28:28	180	
Jones	12	4	32:53	149		Maher	20	3	37:49	151	
Mittendorf	25	5	40:24	160		Nester	10	3	27:35	185	
O'Connell	28	4	33:52	152		Nolan, C	10	3	26:10	184	
Sullivan					Webster	Rizzo					Absent
Thro	X	3	25:15	152		Swiecicki	16	3	29:18	152	
Wojtkowski	20	4	33:52	169							
Zangara					Webster	Injured Reserve					
						Abner					
Group 4	PU	Distance	Time	Pulse	Comments	Batten					
Beiseman					Webster	Dernlan					
Coolbaugh					Webster	Kean, B	↑	10	3	28:28	140
Cooper					Webster						
Evers					Webster						
Fitzmaurice					Webster						
Gray, C					Webster						
James	35	3	25:35	148							
Lawhorn					Webster						
McIntyre	10	3	27:19	180							
Miller	20	4	33:05	168							
Moise	30	4	33:05	168							
Quinlivan					Absent						
Werremeyer	20	4	33:52	160							

Date: 10-23-20

Conditions:

Workout: Big River and Clayton Meet OR Warm-up to West Camp/ Push-ups/ Aerobic Run Run A=6 B=5 C=4 DE=3/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Brawley					Big River	Abbate	20	32:00	4	171	
Glass					Big River	Apprill-Sokol, Q					Big River
Hogan					Big River	Arens	30	30:32	4	155	
Kellogg					Big River	Bock					Big River
Kramer					Big River	Buescher					Clayton
Lowe					Big River	Carpenter					Big River
Meara					Big River	Hurley					Big River
Pashea					Big River	Johnson	15	30:32	4	148	
Zenor					Big River	Pierson					Big River
						Safar, Ma	12	2	20:26	170	
Group 2	PU	Distance	Time	Pulse	Comments	Safar, Mi	15	30:43	4	164	
Alford	20	47:34	6	140		Siemer	20	30:32	4	164	
Barks					XT	Strohmeyer					Big River
Cantwell					Clayton	Stus					Clayton
Cox	40	44:12	6	140		Wilson					Big River
Greiner	20	47:34	6	144							
LaBarge					Big River	Group 6	PU	Distance	Time	Pulse	Comments
LeGrand					Big River	Brinkman	15	33:15	4	175	
Mayer	40	37:00	5	132		Caso					Big River
Murray	40	47:34	6	✓		Garavaglia					Clayton
Purschke	30	30:00	4	135	Clayton	Kean, S					Big River
Rammacher	20	4	32:44	128		Musial					Big River
Riggan	35	4	30:44	130		Nesser					
Seal					Big River	Nolan, T					Clayton
Group 3	PU	Distance	Time	Pulse	Comments	Group 7	PU	Distance	Time	Pulse	Comments
Apprill-Sokol, N					Clayton	Boyd					Big River
Bourneuf					Clayton	Dauska					Big River
Boyer	30	37:55	5	162		Funke					Big River
Byrne					Clayton	Halley	15	41:00	4	164	
Frattini	17	2	17:50			LaPresta					Big River
Gray, T					Clayton	Maher					Big River
Jones					Clayton	Nester					Big River
Mittendorf					Clayton	Nolan, C					Big River
O'Connell					Big River	Rizzo					Big River
Sullivan	20	36:28	5	156		Swiecicki					Big River
Thro					Clayton						
Wojtkowski					Big River	Injured Reserve					
Zangara	30	36:28	5	151		Abner					
						Batten					
Group 4	PU	Distance	Time	Pulse	Comments	Demlan					
Beiseman	30	44:12	6	166		Kean, B					
Coolbaugh	30	52:28	6	180							
Cooper	12	30:32	4	155							
Evers	50	39:09	5	144							
Fitzmaurice	15	36:28	5	140							
Gray, C	25	36:28	5	160							
James					Big River						
Lawhorn											
McIntyre					Clayton						
Miller					Big River						
Moise					Big River						
Quinlivan					Big River						
Werremeyer					Big River						

Date: 10-24-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Aerobic Run Run A=8 B=6 C=5 D=4 E=3/ Strides/ Hip Mobility/ Stretch

Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Brawley	15	6	44:13	128		Abbate	17	3	25:20	161	
Glass	10	6	44:25	122		Apprill-Sokol, O	18	3	28:20	160	
Hogan	25	8	58:24	157		Arens	20	4	31:49	160	Pain early - 4 total miles
Kellogg	15	6	44:13	144		Bock	15	3	29:14	189	
Kramer	20				ACT	Buescher					ACT
Lowe	30	6	47:13	136		Carpenter	20	4	31:12	172	
Meara	40	6	44:13	140		Hurley	20	3	25:14	172	
Pashea	22	1	44:13	132		Johnson	13	4	31:11	168	
Zenor	85	6	44:13	150		Pierson	14	5	34:48	170	
						Safar, Ma					hurt
Group 2	PU	Distance	Time	Pulse	Comments	Safar, Mi	15	4	34:50	168	
Alford	20	6	47:33	152		Siemer					ACT
Barks	17	4	32:34	152		Strohmeier	15	3	28:20	164	
Cantwell					Absent	Stus	10	3	28:14	152	
Cox	10	6	46:45	128		Wilson	29	3	25:05	168	
Greiner	30	6	47:33	148							
LaBarge	X	6	42:00	144		Group 6	PU	Distance	Time	Pulse	Comments
LeGrand	16	6	44:13	136		Brinkman	15	3	25:07	168	
Mayer	30	5	42:39	136		Caso					Out of Turn
Murray	40	6	47:27	148		Garavaglia					ACT
Purschke	30	6	47:33	167		Kean, S					IR
Rammacher	20	3.4	28:53	128		Musial	25	3	28:46	152	
Riggan	36	3.4	28:53	140		Nesser	14	3	28:02	161	
Seal	30	6	44:13	136		Nolan, T	15	3	29:14	156	
Group 3	PU	Distance	Time	Pulse	Comments	Group 7	PU	Distance	Time	Pulse	Comments
Apprill-Sokol, N	15	6	46:22	168		Boyd	X	3	35:25	124	
Bourneuf	30	4	32:52	152		Dauska	X	3	35:16	141	
Boyer	20	5	39:12	152		Funke	15	3	26:59	176	
Byrne	30	6	46:22	136		Halley	15	3	30:45	162	
Frattini						LaPresta	20	3	30:15	164	
Gray, T	25	6	47:33	140		Maher	20	3	31:23	161	
Jones	12	6	46:22	146		Nester	40	3	31:50	155	
Mittendorf	30	6	46:22	155		Nolan, C	20	3	26:59	182	
O'Connell	28	5	39:02	139		Rizzo					Brother
Sullivan	41	5	39:02	148		Swiecicki	17	3	29:35	148	
Thro	10	4	37:52	156							
Wojtkowski	20	5	38:30	169		Injured Reserve					
Zangara	30	5	39:02	150		Abner					
						Batten					
Group 4	PU	Distance	Time	Pulse	Comments	Demian					
Beiseman	30	5.1	36:11	166		Kean, B	10	3	32:08	144	
Coolbaugh	30	5	37:59	174							
Cooper	12	4	31:39	143							
Evers	50	5	40:00	144							
Fitzmaurice	15	4	33:11	120							
Gray, C	23	4	32:11	120							
James	30	4	32:10	148							
Lawhorn					SICK						
McIntyre					A 52						
Miller	1	5	37:40	168							
Moise	25	5	40:10	168							
Quinlivan					Absent						
Werrmeyer	20	4	33:11	136							

8 total
61:45
168

4 total 36:30

4 total 31:15 163

Conditions:

[illegible]

Date: 10-27-20				Conditions:							
Workout: Warm-up to West Camp/ Push-ups/ Pre-Race OR Group 1: 1600-1200-800-400/ Hip Mobility/ Stretch											
Group 1	PU	1600		1200		800		400		Comments	
Brawley		5:09		3:50		2:19		71			
Glass		5:09		3:50		2:19		70			
Hogan		5:09		3:50		2:21		71			
Kellogg		5:09		3:50		2:23		71			
Kramer		5:09		3:50		2:29		71			
Pashea		5:09		3:50		2:19		70			
Zenor		5:09		3:50		2:21		71			
Group 1	PU	Distance	Time	Pulse	Comments	Group 5	PU	Distance	Time	Pulse	Comments
Lowe	0	37:36	5	140		Abbate	15	26:04	3	172	
Meara	43	37:36	5	148		Apprill-Sokol, Q	21	23:18	3	150	
Seal	30	38:02	5	130		Arens	15	24:47	3	154	
						Bock	15	26:04	3	150	
Group 2	PU	Distance	Time	Pulse	Comments	Buescher	0	34:22	4	160	
Alford	20	38:02	5	140		Carpenter	20	26:04	3	172	
Barks	15	38:13	5	140		Hurley	20	26:04	3	179	
Cantwell	20	38:02	5	160		Johnson	15	26:04	3	156	
Cox	40	36:10	5	144		Pierson	12	34:22	4	161	
Greiner	20	37:36	5	144		Safar, Ma	13	29:06	3	171	
LaBarge	14	38:02	5	140		Safar, Mi	15	23:18	3	172	
LeGrand	15	42:07	5	140		Siemer	0	34:22	4	156	
Mayer	40	30:10	4	124		Strohmeyer	15	23:18	3	168	
Murray	40	37:36	5	140		Stus	0	27:11	3	156	
Purschke	30	38:03	5	155		Wilson	20	26:04	3	172	
Rammacher	30	37:36	5	144							
Riggan	32	37:36	5	160		Group 6	PU	Distance	Time	Pulse	Comments
						Brinkman	15	25:38	3	172	
Group 3	PU	Distance	Time	Pulse	Comments	Caso	17	26:30	3	176	
Apprill-Sokol, N	20	37:30	5	164		Garavaglia	9	29:11	3	169	
Bourneuf	6	29:11	3	140		Kean, S	15	27:31	3	160	
Boyer	40	30:33	4	132		Musial	25	28:09	3	160	
Byrne	0	37:30	5	156		Nesser	14	27:35	3	172	
Frattini						Nolan, T	0	24:11	3	169	
Gray, T	15	38:27	5	135							
Jones	12	38:13	5	136		Group 7	PU	Distance	Time	Pulse	Comments
Mittendorf	25	37:30	5	164		Boyd					
O'Connell	28	30:33	4	144		Dauska	0	31:05	3	156	
Sullivan	26	30:33	4	132		Funke	20	28:14	3	175	
Thro	0	29:11	3	148		Halley	16	2	16:30		
Wojtkowski	21	31:36	4	150		LaPresta	20	26:21	3	180	
Zangara	30	30:33	4	155		Maher	20	31:05	3	142	
						Nester	15	25:38	3	178	
Group 4	PU	Distance	Time	Pulse	Comments	Nolan, C	15	28:14	3	172	
Beiseman	30	29:42	4	166		Rizzo	10	29:08	3	168	
Coolbaugh	50	31:12	4	160		Swiecicki	18	29:45	3	140	
Cooper	0	30:38	4	154							
Evers	70	32:38	4	136		Injured Reserve					
Fitzmaurice	20	30:03	4	160		Abner					
Gray, C	23	30:03	4	160		Batten	20	29:31	3	102	
James	30	23:30	3	—		Dernlan					
Lawhorn						Kean, B	10	29:30	3	148	
McIntyre	9	29:11	3	160							
Miller	20	31:12	4	150							
Moise	30	31:12	4	168							
Quinlivan	50	24:45	3	172							
Werremeyer	10	23:43	3	—							

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Date: 10-28-20			Conditions:		
Workout: Regular Aerobic Run (needs to include warm-up and cool-down mileage) and Strides					
Group 1	PU	Distance	Time	Pulse	Comments
Brawley	20	8	60:00?	132	
Glass	—	8	60:00?	—	
Hogan	30	10	72:59	143	
Kellogg	—	8	60:00	160	
Kramer	—	8	60:00	—	
Pashea	—	8	60:00?	—	
Zenor		8			

Date: 10-29-20 Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Aerobic Run Run A=8 B=6 C=5 D=4 E=3/ Flying 150s/ Hip Mobility/ Stretch - Findley Racers have reduced run and strides

Group 1	PU	Distance	Time	Pulse	Comments
Brawley	15	6	45:17	132	
Glass	10	6	45:17	116	
Hogan	25	8	45:17 45:17	140	
Kellogg	15	6	45:47	152	
Kramer	-	6	45:17	160	
Lowe	40	6	45:17	144	
Meara	40	6	45:17	140	
Pashea	15	6	45:17	136	
Seal	25	6	45:17	128	
Zenor	70	6	45:17	150	
Group 2	PU	Distance	Time	Pulse	Comments
Alford	20	5	36:10	156	
Apprill-Sokol, N	10	5	36:10	162	
Byrne	30	5	36:10	156	
Greiner	30	5	36:10	148	
LaBarge	-	45 6	47:18	139	
Rammacher		-	-		
Riggan	33	5	36:10	160	
Gray, C	23	4.5		136	

Cox 40 5 35:53 148
 Beiseman 9 5 36:10 158
 Gray T - 6 47:18 136

Date: 10-30-20			Conditions:		
Workout: Pre-Race Run					
Group 1	PU	Distance	Time	Pulse	Comments
Brawley	15	5	36:52	124	
Glass	-	5	36:52	128	
Hogan	30	5	36:52	142	
Kellogg	15	5	36:52	151	
Kramer	30	5	36:52	164	
Lowe	40	5	36:52	140	
Meara	40	5	36:52	140	
Pashea	10	5	36:52	132	
Seal	35	5	36:52	128	
Zenor	50	5	36:52	150	
Group 2	PU	Distance	Time	Pulse	Comments
Alford	20	5	35:42	NP	
Apprill-Sokol, N	10	5	35:42	NP	
Beiseman	-	-	-	-	
Byrne	30	5	35:42	156	
Cox	40	5	35:45	136	
Gray, C	15	4	30:52	160	
Gray, T	10	5	37:28	136	
Greiner	30	5	35:42	140	
LaBarge	20	5	37:28	128	
Rammacher	22	5	35:42	144	
Riggan	32	5	35:42	152	

Date: 11-2-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Aerobic Run A=8 B=6 C=5 D=4/ Strides/ Stretch/ Jog SLUH

Group 1	PU	Distance	Time	Pulse	Comments
Brawley	15	6	46:54	132	
Glass	10	6	46:54	144	
Hogan	30	8	61:37	158	
Kellogg	15	6	46:54	166	
Kramer	30	6	46:54	164	
Lowe	35	6	46:54	140	
Meara	43	6	48:54	151	
Pashea	20	6	46:54	138	
Seal	40	6	46:54	120	
Zenor	20	6	46:54	150	
Group 2	PU	Distance	Time	Pulse	Comments
Alford	20	6	47:42	148	
Apprill-Sokol, N	ABSENT				
Beiseman	ABSENT				
Byrne	30	6	47:42	156	
Cox	45	6	47:42	144	
Gray, C	15	6	47:42	160	
Gray, T	20	6	47:42	140	
Greiner	30	6	47:42	144	
LaBarge	30	6	47:42	137	
Rammacher	22	6	44:20	140	
Riggan	32	6	44:20	160	

Date: 11-3-20

Conditions:

Workout: Warm-up/ Push-ups/ 2x800 @ 5K pace, 2x400 @ 1600 pace, 2x200 @ 800 Pace/ Cool-down/ Stretch/ Jog SLUH

Group 1	PU	800	800	400	400	200	200	Comments
Brawley		2:31	2:27	69	70	31	31	
Glass		2:31	2:27	65	69	29	28	
Hogan		2:31	2:27	66	68	29	28	
Kellogg		2:31	2:27	69	70	32	30	
Kramer		2:31	2:27	64	71	32	28	
Lowe		2:31	2:27	67	68	31	28	
Meara		2:31	2:27	68	70	30	30	
Pashea		2:31	2:27	64	69	28	28	
Seal		2:31	2:27	67	70	30	29	
Zenor		2:31	2:27	69	71	31	30	
Group 2	PU	800	800	400	400	200	200	Comments
Alford		2:40	2:37	70	72	28	29	
Apprill-Sokol, N								
Beiseman								
Byrne		2:41	2:39	70	73	27	28	
Cox		2:40	2:34	70	73	31	30	
Gray, C		2:57	3:00	79	85	38	39	
Gray, T		2:46	2:49	72	73	33	33	
Greiner		2:40	2:39	71	73	31	30	
LaBarge		2:40	2:35	69	72	29	30	
Rammacher		2:42	2:40	73	75	32	32	
Riggan		2:40	2:38	70	73	30	30	

Date: 11-4-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Aerobic Run A=6 B=5 CD=4/ Strides/ Stretch/ Jog SLUH

Group 1	PU	Distance	Time	Pulse	Comments
Brawley	15	5	39:15	128	
Glass	10	5	39:15	148	
Hogan	25	5	45:54	143	
Kellogg	15	5	39:15	147	
Kramer	25	5	39:15	160	
Lowe	30	5	39:15	152	
Meara	44	5	39:15	144	
Pashea	16	5	39:15	133	
Seal	30	5	39:15	136	
Zenor	85	5	39:15	150	
Group 2	PU	Distance	Time	Pulse	Comments
Alford	20	5	37:54	148	
Apprill-Sokol, N	10	5	42:14	144	
Beiseman	ABSENT				
Byrne	—	5	38:41	156	
Cox	ABSENT				
Gray, C	15	5	38:41	160	
Gray, T	20	5	37:54	144	
Greiner	30	5	38:41	140	
LaBarge	30	5	37:54	140	
Rammacher	22	5	42:14	144	
Riggan	32	5	37:54	156	

Date: 11-5-20

Conditions:

Workout: Warm-up to West Camp/ Push-ups/ Aerobic Run A=6 B=5 CD=4/ Flyin 150s/ Stretch/ Jog SLUH

Group 1	PU	Distance	Time	Pulse	Comments
Brawley	15	6.5	50:25	132	
Glass	10	6.5	50:25	156	
Hogan	30	8	61:45	152	
Kellogg	15	6.5	50:25	160	
Kramer	20	6.5	50:25	164	
Lowe	20	6.5	50:25	148	
Meara	30	6.5	50:25	140	
Pashea	20	6.5	50:25	138	
Seal	25	6.5	50:25	128	
Zenor	20	6.5	50:25	150	
Group 2	PU	Distance	Time	Pulse	Comments
Alford	ABSENT				
Apprill-Sokol, N	10	6	45:08	146	
Beiseman	ABSENT				
Byrne	30	5	36:52	152	
Cox	—	6	44:57	140	
Gray, C	ABSENT				
Gray, T	20	5	36:52	140	
Greiner	30	6	45:08	156	
LaBarge	32	5	36:52	124	
Rammacher	—	6	45:08	144	
Riggan	30	5	45:08	164	