

Seniors (18)	Week 13	Week 12	Week 11	Week 10	Week 09	Week 08	Week 07	Week 06	Week 05	Week 04	Week 03	Week 02	Week 01	Total
Andrew	30	33	39	22	22	23	46	40	31	38	35	18	0	377
Bievenue	21	36	39	37	32	39	34	26	6	37	33	16	0	356
Booher	41	43	44	34	11	25	13	40	32	37	30	37	32	419
Callahan	53	56	42	0	11	27	42	41.5	43	51	49.5	49.5	43	508.5
Dillon	51	62	62.5	59	47	59	61	55	49	61	59.5	55.5	46	727.5
Friedrichs	55	54	56.5	54	39	29	47	35	34	43	38	30	33	547.5
Galli	37	38	39	39	28	40	40	40	31	24	36	18	0	410
Garcia	18	24	30	22	4	0	0	0	14	27	28	30	31	228
Gordon	35	38	41	34	12	40	38	40	31	36	35	18	0	398
LaBarge	43	41	38	40	30	39	40	39	41	38	37	18	0	444
Mittendorf	56	60	60.5	54	47	59	59	57	52	61	57.5	56.5	46	725.5
Moore	37	36	38	39	37	40	40	40	31	37	34	18	0	427
Potter	29	0	0	0	0	0	0	0	4	0	0	0	0	33
Rackers	56	60	61.5	59	47	64	46	19	53	56	53	53	43	670.5
Scott	56	62	62.5	59	47	63.5	61	60	47	55	54	52	43	722
Song	45	43	48	47	43	18	46.5	46	36	44	34	20	0	470.5
Swiecicki	13	29	4	30	27	34	35	39	23	36	18	17	0	305
Wu	0	10	31	32	32	21	26	36	30	33	31	10	0	292
Juniors (18)	Week 13	Week 12	Week 11	Week 10	Week 09	Week 08	Week 07	Week 06	Week 05	Week 04	Week 03	Week 02	Week 01	Total
Apprill-Sokol	48	44.5	47	45	26	46	37	40	36	41	38	24	6	478.5
Bourneuf	30	32	32	15	34	42	38	33	26	12	7	0	0	301
Buescher	37	30	41	36	34	41	40	40	31	38	31	18	0	417
Byrne	38	40	43	40	39	43	43	40	32	35	35	35	31	494
Cantwell	29	34	33	39	37	42	40	40	31	33	35	18	0	411
Garavaglia	35.5	36.5	39	39	28	40	40	40	30	16	26	17	0	387
Hogan	57	60	60.5	52	50	36	0	0	18	40.5	46	46	35	501
Jackson	41.5	23	20	18	19	3	0	12	28	38	33	34	30	299.5
Kramer	48	27.5	19	10	6	34	41	42	42	40	40.5	44	43	437
LeGrand	41.5	43	46	39	31	12	36	40.5	42	40	37	30	31	469
McIntyre	35.5	37	38	36	34	40	40	40	31	33	34	13	0	411.5
Nolan	36	36	22	31	27	39	40	40	29	38	34	18	0	390
Rizzo	29	28	17	26	22	10	34	34	26	32	29	16	0	303
Safar	24	27	4	4	33	26	34	34	26	16	0	14	0	242
Stus	36	37	37	39	33	39	40	40	30	32	34	17	0	414
Thro	37	36	30	32	31	45	21	25	30	38	27	17	0	369
Zenor	35	34	44	40	41	46	44	43	41	49	40.5	0	8	465.5
Sophs (25)	Week 13	Week 12	Week 11	Week 10	Week 09	Week 08	Week 07	Week 06	Week 05	Week 04	Week 03	Week 02	Week 01	Total
Alford	31	27	29	0	22	42	40	40	38	38	35	18	0	360
Arens	29	28.5	31	32	32	15	37	36	28	34	29	16	0	347.5
Brawley	47	55.5	55	46	48	57	52	57	50	45	48.5	49.5	43	653.5
Demian	36	7	0	8	19	40	37	19	29	37	36	18	0	286
Glass	42	45	46	43	41	45	50	47	44	41	37	37	33	551
Gray	38	38	41	39	37	41	40	40	31	38	35	36	28	482
Halley	26	29	24	35	17	31	29	29	18	23	32	16	0	309
James	23	34	28	29	32	38	37	36	28	32	33	16	0	366
Kean	32	31.5	35	29	32	36	37	36	28	34	32	16	0	378.5
Kellogg	0	0	10.5	6	15	27	29	30	28	34	25	25	17.5	247
LaBarge	39	41	43	40	36	42	44	41	41	40	34	36	30	507
Lawhorn	32	34	32	41	35	40	40	39	30	38	35	18	13	427
McGroarty	32	34	30	38	37	39	40	27	31	38	37	18	0	401
Mittendorf	37	31	39	39	37	33	40	40	31	38	36	35	30	466
Mize	38.5	38	39	39	37	40	40	40	31	35	37	18	0	432.5
Nesser	24	31	31	13	0	2	0	0	0	0	25	13	0	139
O'Connell	32	26	25	36	15	27	30	28	28	34	34	16	0	331
Pashea	43	47	46	48	41	48	50	49	38	44	39.5	37	43	573.5
Pierson	36	38	30	38	37	40	40	25	19	32	0	15	0	350
Quinlivan	32	32	20	36	32	31	26	31	26	34	15	15	0	330
Sanfilippo	37	34	41	40	37	41	41.5	42	34	40	34	18	0	439.5
Swiecicki	22	29	30	33	32	33	34	34	21	32	29	15	0	344
Wojtkowski	33	31	34	36	32	29	37	36	28	12	27	16	0	351

8061

6790

9072

Freshmen (24)	Week 13	Week 12	Week 11	Week 10	Week 09	Week 08	Week 07	Week 06	Week 05	Week 04	Week 03	Week 02	Week 01	Total
Abbate	24	26	27	28	31	32	33	33	25	32	24	16	0	331
Abner	14	26	18	29	30	32	33	28	25	32	29	16	0	312
Barks	26	28.5	31	31	28	33	35	34	26	34	31	17	12	366.5
Carpenter	24	27	27	29	31	32	32	33	25	31	24	10	0	325
Coolbaugh	29	28	31	26	26	32	33	27	25	34	26	17	0	334
Cooper	24	26	30	31	31	32	35	35	20	34	32	17	0	347
Cox	26	32	27	32	16	23	29	27	23	34	29	17	0	315
Evans	20	26	25	24	24	29	31	14	20	2	0	0	0	215
Funke	24	26	27	29	31	32	33	22	25	32	29	16	0	326
Greiner	26	30	35	27	31	36	39	34	29	34	32	23	24	400
Hurley	26	29	31	31	31	27	33	33	26	32	29	16	0	344
Johnson	24	26	23	29	31	33	33	32	23	32	29	16	0	331
Jones	22	28	30	31	31	32	34	35	28	34	32	17	6	360
Lowe	32	35	35	33	31	31	30	34	23	34	32	17	11	378
Meara	32	30	35	31	31	36	36	34	33	31	32	23	23	407
Miles	0	26	27	14	19	32	28	33	25	26	29	16	0	275
Purschke	10	24	35	33	31	36	36	29	27	34	34	17	12	358
Rammacher	10	28	26	20	0	29	27	33	24	34	31	23	17	302
Riggan	10	30	34	33	26	35	36	34	27	33	35	17	12	362
Seal	32	34	35	33	31	29	39	28	29	34	32	35	31	422
Spengemann	10	28	31	31	31	32	35	29	27	34	26	30	11	355
Zlotopolski	24	27	27	28	31	27	27	32	25	32	17	16	0	313

31401.5

7478.5

Week 13 - August 12-18

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



Date: 8/12/19 Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run on Loops A=6 B=5 C=4 D=3 E=2 / Strides/ Full Stretch/
Jog SLUH - Freshmen stay with Coach Porter

	Group	PU	Mileage	Time	Pulse	Comments	Group	PU	Mileage	Time	Pulse	Comments	
A	Scott		6	45:24	156	50	McGrouchy		3	27:15	192	25	D
A	Callahan		6	45:24	172	30	Seal W		3	24:35	136	41	D
A	Hogan		6	45:24	168	30	Zenar		3	27:05	145	20	DIR
A	Mittendorf		6	45:24	144	35	Drunkan		3	27:13	144	25	SC
B	Jackson		6	45:24	176	45	O'Connell		3	28:36	164	20	D
B	Kramer		6	45:24	176	15	McGrail		3	23:27	120	20 30	D
A	Rackers		6	45:24	156	30	Lauhern		3	23:47	200	25	D
A	Dillen		6	45:24	148	15	Arens		3	28:30	193	12 12	D
B	Song		6	46:46	184	40	Nesser		3	29:22	188	7	D
A/B+	Brawley		6	45:24	152	25	Halley		3	29:10	184	20	D
A	Friedrichs		6	45:24	156	50	Kean		3	29:10	184	15	D
							O'Sullivan		3	29:49	160	15	D
C	J LaBarge		5	41:15	152	20							
B	April-Schol		5	40:46	144	20	Garcia		2	16:25	148	20	IR
C	Byrne		5	42:15	164	20							
B	LeGrand		5	40:38	160	10							
C	J LaBarge		5	40:46	172	20	James		5 total	41:16	148		
C	Pashea		5	41:15	138	20							
C	Gray		5	41:15	156	20							
C	Sanfilippo		5	42:15	168	20							
C	Bocher		4	39:59	152	20							
B	Seal, G		4	34:00	172	15							
C	M. Haderf A		4	35:31	184	20							
C	Mize		4	33:56	152	27							
C	Bierscher		4	34:05	192	10							
C	Spence		4	40:27	152	15							
C	Galli		4	40:27	172	10							
C	Gurdon		4	34:41	184	25							
C	Thro		4	34:05	196	15							
D	Wojtkowski		4	40:52	183	15							
C	Alford		4	33:51	140	15							
C	Pierxon		4	38:27	168	16							
C	Bournaif		4	34:05	164	30							
C	Moore		4	41:32	184	10							
D	Co Swicki		3	33:08	108	33							
D	Rizzo		3	28:21	192	15							
C	Stus		3	27:10	163	15							
C	Gardavaglia		3	27:11	176	16							
C	McIntyre		3	27:13	188	15							
C	Nolan		3	31:11	192	15							
D	Co Swicki		3	28:45	184	28							
D	Poller		3	27:26	162	40							
D	Cocibaugh		3	27:24	145	35							
D	Lowe		3	24:38	184	30							
D	Quinlan		3	29:10	152	20							
D	Meara		3	24:33	196	25							

Date: 8-12-19 Conditions:									
Workout: Drills/Jog 1m to Steinberg/Drills/ Push-ups /Tempo Run run A=5 B=4 C=4 D=3 E=2 F=Aerobic 2 with Surge Zones/ 6xHill / Full Stretch/ Jog SLUH - General Prep for Weights Group									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	4	24:11	192	25	Arens	2	17:19	196	-
Dillon	4	25:31	184	15	Coolbaugh	2	18:40	120	37
Friedrichs	5	36:18	184	50	Halley	2	16:03	200	21
Hogan	5	29:58	194	30	James	ABSENT			
Mittendorf, Ad	5	29:45	160	35	Kean	2	16:03	172	15
Rackers	5	29:45	176	26	Lawhorn	2	16:24	184	25
Scott	5	29:42	188	45	Lowe	2	14:42	168	30
					McGrail	2	15:15	150	30
Group A-					McGroarty	2	16:59	204	25
Brawley	4	24:52	168	20	Meara	2	14:40	180	26
					Nesser	2	19:40	180	8
Group B					O'Connell	2	16:55	154	15
Apprill-Sokol	3	22:40	178	20	O'Sullivan	2	18:45	-	15
Jackson	INJURED				Potter	2	14:35	162	35
Kramer	3	19:08	184	15	Quinlivan	2	16:23	180	21
Seal, G	4	32:36	180	16	Rizzo	2	19:03	189	15
Song	4	28:05	192	35	Seal, W	2	14:03	160	42
					Swiecicki, Co	2	20:20	160	34
Group B-					Swiecicki, Cu	2	18:20	178	18
LeGrand	3	21:11	164	13	Wojtkowski	2	16:19	191	16
Pashea	3	18:58	170	21					
Glass	3	18:47	190	5	Group E				
					Abbate	2	19:46	130	15
Group C					Barks	2	17:38	180	9
Alford	3	20:34	184	16	Brozovich				
Andrew	3	24:03	240	-	Cantwell	2	14:40	160	10
Booher	3	20:16	180	20	Carpenter	2	20:18	168	26
Bourneuf	3	21:45	184	25	Cooper	2	19:50	164	6
Buescher	3	22:15	196	11	Cox	2	15:09	150	17
Byrne	3	21:41	184	15	Evans	2	22:09	152	21
Dernlan	3	23:40	132	26	Funke	2	22:16	160	15
Galli	3	25:50	172	11	Hurley	2	16:13	184	21
Garavaglia	3	27:32	180	17	Johnson	2	19:42	168	5
Gordon	3	23:00	180	10	Jones	ABSENT			
Gray	3	21:45	184	20	Pfeuffer	ABSENT			
LaBarge, J	3	20:29	179	25	Safar	2	23:50	124	12
McIntyre	3	25:50	188	15	Zeidler	ABSENT			
Mittendorf, Al	3	25:10	196	20	Zlotopolski	2	23:47	128	10
Mize	3	24:49	164	28	Greiner	2	15:32	130	15
Moore	3	30:18	172	5					
Nolan	3	29:20	204	15					
Pierson	INJURED - COMPLETED WORKOUT								
Sanfillippo	3	22:13	172	22	IR				
Spence	3	27:58	188	15	Garcia	3	24:00	164	21
Stus	3	24:36	164	15	Zenor	2	11:58	186	20
Thro	3	22:15	188	10	Kellogg	XJ			
LaBarge, P	3	20:21	176	20					

GROUP D

15:53-187

Date: 8-13-19		Conditions:		Workout: Drills/Jog 1m to West Camp/Core/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 F= 2 Strides/ Full Stretch/ Jog SLUH					
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	45:30	172	25	Halley	EXCUSED			
Dillon	8	59:46	164	15	James	EXCUSED			
Friedrichs	8	59:46	168	60	Kean	4	43:58	160	15
Hogan	8	59:46	159	30	Lawhorn	4	36:08	196	30
Mittendorf, Ad	8	59:46	152	35	Lowe	4 +	39:31	164	30
Rackers	8	59:46	156	30	McGrail	4	35:49	140	30
Scott	8	59:46	160	10	McGroarty	4	35:49	188	20
					Meara	4	39:20	184	25
Group A-					O'Connell	4	36:01	164	15
Brawley	6	45:30	152	20	Quinlivan	4	38:01	172	22
					Seal, W	5	38:30	172	45
Group B					Wojtkowski	4	43:26	182	17
Apprill-Sokol	6	47:18	164	22	Cantwell	4 +	37:56	165	20
Jackson	INJURED			45					
Kramer	6	45:20	176	15	Group E				
Seal, G	6	51:25	180	17	Arens	3	27:13	181	15
Song	6	50:11	184	35	Coolbaugh	3	29:35	170	35
					Nesser	EXCUSED			
Group B-					O'Sullivan	3	29:36	188	15
LeGrand	4.3	39:00	180	20	Potter	3	26:21	167	30
Pashea	5	39:09	155	15	Rizzo	3	34:06	164	15
Glass	5	39:09	160	5	Swiecicki, Co	EXCUSED			
					Swiecicki, Cu	3	31:00	168	19
Group C					Barks	3	28:14	190	10
Alford	5	39:09	176	17	Cox	3	24:10	140	19
Andrew	5	53:19	200	20	Hurley	3	27:20	191	22
Booher	5	37:35	160	23	Greiner	3	25:58	188	21
Bourneuf	5	46:32	172	25					
Buescher	5	46:32	168	13	Group F				
Byrne	5	39:29	164	20	Abbate	2	20:50	160	10
Dernlan	5	46:32	160	27	Carpenter	2	20:18	160	17
Galli	5	44:28	168	12	Cooper	2	20:30	164	7
Garavaglia	4.5	46:25	172	16	Evans	2	22:36	191	22
Gordon	3	26:21	180	10	Funke	2	21:13	140	16
Gray	5	39:45	164	20	Johnson	2	21:30	178	6
LaBarge, J	5	39:09	161	28	Safar	2	21:23	180	12
LaBarge, P	5	41:16	176	20	Zlotopolski	2	22:42	194	10
McIntyre	4.2	39:40	172	15	Jones	3	27:48	180	10
Mittendorf, Al	5	46:42	178	20	Zeidler				
Mize	5	46:40	158	29					
Moore	5	55:20	180	6					
Nolan	5	47:05	200	12					
Pierson	5	44:28	178	14	IR				
Sanfillippo	5	46:52	172	24	Garcia	XT			
Spence	4.5	46:25	144	15	Zenor	4	26:46	160	20
Stus	5	47:45	156	15	Kellogg	EXCUSED			
Thro	5	46:32	188	13					

Date: 8-14-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 F= 2 Drills/ Flying 180-160-140-120/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	8	59:40	172	32	Cantwell	4	32:25	174	16
Dillon	8	58:45	164	15	Halley	4	41:25	196	23
Friedrichs	8	60:48	152	65	James	EXCUSED			
Hogan	8	59:40	160	35	Kean	4	41:55	168	15
Mittendorf, Ad	8	59:40	140	35	Lawhorn	4	34:20	164	20
Rackers	8	59:40	144	32	Lowe	4	32:56	168	40
Scott	EXCUSED				McGrail	EXCUSED			
					McGroarty	4	34:20	180	27
Group A-					Meara	4	32:56	184	27
Brawley	6	46:01	152	20	O'Connell	4	34:13	180	15
					Quinlivan	4	34:13	174	23
Group B					Seal, W	4	32:25	160	44
Apprill-Sokol	6	45:20	166	35	Wojtkowski	4	39:18	187	18
Jackson	2	41:51	172	65					
Kramer	6	45:45	176	20	Group E				
Seal, G	6	48:10	188	18	Arens	3	29:35	171	7
Song	6	47:02	184	35	Barks	3	26:52	182	10
					Coolbaugh	3	26:29	160	37
Group B-					Cox	3	24:30	140	20
LeGrand	3	31:59	164	7 (1T, 400)	Greiner	3	24:37	188	30
Pashea	6	45:20	165	18 (BAND)	Hurley	3	26:55	190	20
Glass	6	48:10	172	5	Nesser	3	32:55	184	8
					O'Sullivan	3	26:18	168	15
Group C					Potter	3	26:15	162	31
Alford	5	39:19	164	18	Rizzo	3	33:31	168	15
Andrew	4	38:24	180	20	Swiecicki, Co	EXCUSED			
Booher	5	37:38	164	21	Swiecicki, Cu	3	31:23	168	18
Bourneuf	EXCUSED								
Buescher	5	41:21	168	15	Group F				
Byrne	5	41:46	172	20	Abbate	2	20:28	160	10
Dernlan	5	41:21	160	28	Carpenter	2	19:17	150	26
Galli	5	45:55	172	13	Cooper	2	19:04	168	6
Garavaglia	5	47:18	172	21	Evans	EXCUSED			
Gordon	5	45:55	180	15	Funke	2	21:22	160	16
Gray	5	40:20	172	20	Johnson	2	21:35	168	6
LaBarge, J	5	39:19	152	23	Safar	2	21:23	172	12
LaBarge, P	5	39:31	172	20	Zlotopolski	2	23:48	185	10
McIntyre	5	41:18	200	10	Jones	3	26:48	164	15
Mittendorf, Al	5	45:10	177	20	Zeidler	ABSENT			
Mize	4	34:14	172	28	ABNER	2	22:20	120	12
Moore	5	58:01	172	7	REVENUE	3	26:15	132	50
Nolan	5	45:51	175	25					
Pierson	5	41:18	184	15	IR				
Sanfillippo	5	45:33	164	26	Garcia	2	15:44	172	23
Spence	5	45:51	168	15	Zenor	5	37:38	159	20
Stus	5	47:26	172	15	Kellogg	EXCUSED			
Thro	5	41:21	188	13					

Date: 8-16-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=6 B=5 C=4 D=3 EF= 2/ Strides/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	45:56	176	30	Bievenue	2	15:34	155	75
Dillon	6	45:50	156	20	Cantwell	3	22:40	170	15
Friedrichs	6	47:48	152	60	Halley	3	20:28	230	24
Hogan	6	45:50	159	20	James	EXCUSED			
Mittendorf, Ad	6	45:50	136	35	Kean	3	30:28	120	15
Rackers	6	45:50	144	31	Lawhorn	3	26:25	140	20
Scott	6	45:50	144	40	Lowe	3	24:46	168	30
					McGrail	3	22:40	160	30
Group A-					McGroarty	3	26:25	180	28
Brawley	6	45:50	152	25	Meara	3	24:46	172	26
					O'Connell	3	26:40	173	15
Group B					Quinlivan	3	26:40	164	24
Apprill-Sokol	5	38:14	180	35	Seal, W	3	22:40	148	47
Jackson	2	14:58	172	50	Wojtkowski	3	27:07	184	19
Kramer	5	36:41	172	20	Group E				
Seal, G	5	39:05	156	19	Abner	2	19:55	180	16
Song	5	38:14	172	35	Arens	2	19:49	170	12
					Barks	2	16:40	172	10
Group B-					Coolbaugh	2	18:26	152	35
LeGrand	4	34:16	160	8	Cox	2	15:24	130	25
Pashea	5	36:41	157	21	Greiner	2	15:36	172	32
Glass	5	36:41	170	5	Hurley	2	16:46	180	19
					Nesser	2	19:49	179	8
Group C					O'Sullivan	2	18:00	168	15
Alford	4	31:16	172	19	Potter	2	15:40	156	30
Andrew	4	35:09	172	20	Rizzo	2	19:28	190	15
Booher	4	30:58	148	21	Swiecicki, Co	2	20:28	164	36
Bourneuf	4	32:46	160	30	Swiecicki, Cu	2	19:49	168	21
Buescher	4	32:46	180	16	Group F				
Byrne	4	32:40	160	20	Abbate	2	19:33	168	16
Dernlan	4	33:53	144	29	Carpenter	2	18:25	174	30
Galli	4	36:52	172	14	Cooper	2	18:27	160	7
Garavaglia	4	37:50	164	22	Evans	2	21:42	184	25
Gordon	4	36:18	180	10	Funke	2	20:00	140	17
Gray	4	31:16	168	20	Johnson	2	18:30	160	4
LaBarge, J	4	31:16	162	25	Safar	2	20:28	172	13
LaBarge, P	4	31:52	166	20	Zlotopolski	2	21:55	187	10
McIntyre	4	32:40	200	10	Jones	2	16:37	152	21
Mittendorf, Al	4	33:40	171	20	Zeidler	XX			

Date: 8-18-19		Conditions:							
Workout: Sunday Workout									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	4	38:00			Bievenue	5	40:00	160	
Dillon					Cantwell				
Friedrichs	3	27:30	136		Halley				
Hogan	5				James				
Mittendorf, Ad	4	31:34			Kean				
Rackers	4	31:34			Lawhorn				
Scott	4	38:48	112		Lowe				
					McGrail				
Group A-					McGroarty				
Brawley					Meara				
					O'Connell				
Group B					Quinlivan				
Apprill-Sokol	5				Seal, W				
Jackson					Wojtkowski				
Kramer	4	38:00			Group E				
Seal, G					Abner				
Song					Arens				
					Barks				
Group B-					Coolbaugh				
LeGrand	4	38:00			Cox				
Pashea	2	15:11			Greiner				
Glass					Hurley				
					Nesser				
Group C					O'Sullivan				
Alford					Potter				
Andrew					Rizzo				
Booher	2	18:42			Swiecicki, Co				
Bourneuf					Swiecicki, Cu				
Buescher					Group F				
Byrne					Abbate				
Dernlan					Carpenter				
Galli					Cooper				
Garavaglia					Evans				
Gordon				Weights	Funke				
Gray					Johnson				
LaBarge, J					Safar				
LaBarge, P	4	38:00			Zlotopolski				
McIntyre					Jones				
Mittendorf, Al					Zeidler				
Mize	2.5				New Guys				
Moore					Riggan				
Nolan					Purshke				
Pierson					Rammacher				
Sanfilippo	5				Spengeman				
Spence									
Stus									
Thro									
					IR				
					Garcia				
					Zenor				
					Kellogg				

Week 12 - August 19-25							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	AB=3-5 Shakeout	A=63-65
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to West Camp/Steinberg	CDE=X-Train/Rest	B=54-56
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Push-ups		C=41
A=8	2nd Set Drills	A=8	A=8	A=6	2nd Set Drills		D=35
B=6	Groups 1 and 2	B=6	B=6	B=5	Groups 1 and 2		E=30
C=5	3x50m @ Fast	C=5	C=5	C=4	Fartlek - 6 miles		
D=4	6-8x1K @ CV	D=4	D=4	D=3	3 on/2 off		
E=3	1:30 Rest	E=3	E=3	E=2	4x200		
6 Strides	Groups 3 and 4	Stretch with Leader	Drills	6 Strides	Groups 3, 4, 5, and 6		
Stretch with Leader	1600, 2x800, 4x400	Jog to SLUH	Flying 125s	Stretch with Leader	3-4x4x400		
Jog to SLUH	Groups 5 and 6		Stability Weights	Jog to SLUH	2x200		
	4x800, 4x400		Stretch with Leader		Cooldown		
	3x150m for Groups 3, 4, 5, and 6		Jog to SLUH		AB=3 miles		
	Cooldown				CDE= Jog to SLUH		
	AB=2 miles				Med Balls for Weights group		
	CDE= Jog to SLUH				Stretch		
	Med Balls for Weights group						
	Stretch						

Date: 8-19-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 F= 2/ Strides/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan		70:00	168	35	Bievenue	50			
Dillon		70:00	156	15	Cantwell	50	50	157	15
Friedrichs		70:00	164	50	Halley	50	50	152	
Hogan		70:00			James	50	50	152	
Mittendorf, Ad		70:00	160	35	Kean	50	50	160	20
Rackers		70:00	148	24	Lawhorn	50	50	160	
Scott		70:00	160	50	Lowe	50	50	160	
					McGrail	50			
Group A-					McGroarty	50	50	172	
Brawley		80:00	148	20	Meara	50	45	176	34
					O'Connell	50	50	160	
Group B					Quinlivan	40	50	144	25
Apprill-Sokol		60:00	160	20	Seal, W	60	50	148	45
Jackson		35:00	156	50	Wojtkowski	50 min	50	170	
Kramer		60	144	20					
Seal, G		60:00	152		Group E				
Song		60:00	164	35	Abner	4	35	170	
					Arens	3	40	166	12
Group B-					Barks	5	40	169	
LeGrand		60:00	160	10	Coolbaugh	5	40	160	
Pashea		60:00	133	21	Cox		40		
Glass		60:00	155	1	Greiner	5	40	176	
					Hurley	3.60	40	172	watch
Group C					Nesser	5	50	164	
Alford		55:00	144	20	O'Sullivan	3	40	160	20 P
Andrew		55:00	164	22	Potter				XT
Booher		55:00	172	30	Purshke	5	40	165	
Bourneuf		55:00			Riggan	5	40	180	
Buescher					Rizzo	50:00	40:00	172	15
Byrne		55:00	168	20	Swiecicki, Co	40:00	40:00	164	37
Dernian		55:00	152	20	Swiecicki, Cu	40:00	40	160	
Galli		55:00	156	15					
Garavaglia		55:00	150	21	Group F				
Gordon		55	160		Abbate		35:00	164	
Gray		25:00			Carpenter	1.74	35:00	183	
LaBarge, J		55:00	141	21	Cooper		35:00	164	
LaBarge, P		55:00	158	25	Evans	35 min	35:00	178	31 P.V.
McIntyre		55:00	212	15	Funke	1	35:00	170	
Mittendorf, Al		23:00	154	25	Johnson		35:00	160	
Mize		55:00	136	26	Jones	5	40	152	
Moore		55:00	136	1	Rammacher	35 min	35:00	144	
Nolan		55:00	185	15	Safar	40 min	40 min	172	13 PV
Pierson		55:00	167	15	Spengeman	35 min	55:00	178	15 PV
Sanfilippo		55:00	148	26	Zeidler				
Spence		55:00	156	15	Zlotopolski	35 min	35 min	160	10
Stus		55:00	152	15	New Guys				
Thro		55:00	100	13	Marty Miles	35 min	35 min	116	
					IR	35 min	35 min		
					Garcia	40:48	20:00	162	
					Zenor		40:00		XT
					Kellogg				

50

40

35

6

17

Date: 8-20-19					Conditions:				
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 F= 2/ Strides/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	8	59:55	168	30	Bievenue	4	33:15	152	50
Dillon	8	62:41	148	16	Cantwell	4	31:49	160	160 20
Friedrichs	8	62:37	168	50	Halley	4	39:23	172	26
Hogan	8	59:55	168	30	James	4	33:09	152	12
Mittendorf, Ad	8	59:55	148	40	Kean	4	39:25	160	15
Rackers	8	59:55	148	30	Lawhorn	4	34:15	180	20
Scott	8	59:55	152	50	Lowe	4	33:33	160	30
					McGrail	4	32:45	120	35
Group A-					McGroarty	4	34:15	188	30
Brawley	5.5	40:53	144	20	Meara	4	33:30	154	25
					O'Connell	WALKED WITH INJURE			
Group B					Quinlivan	4	37:17	168	26
Apprill-Sokol	5.5	40:53	145	27	Seal, W	4	31:49	160	50
Jackson	2	14:51	160	55	Wojtkowski	3	34:09	162	15
Kramer	5.5	40:53	140	20	Group E				
Seal, G	XT				Abner	2	20:07	166	15
Song	6	45:00		30	Arens	3	26:21	172	12
				3 - do time	Barks	3	27:00	184	10
Group B-					Coolbaugh	3	29:07	160	35
LeGrand	5	40:16	160	16	Cox	4	33:24	160	20
Pashea	5	38:28	154	18	Greiner	3	21:55	176	40
Glass	5	38:41	157	7	Hurley	3	26:42	181	22
					Nesser	4	37:52	181	9
Group C					O'Sullivan	3	31:06	152	20
Alford	5	38:58	176	21	Potter	XT			
Andrew	5	40:38	164	20	Purshke	3	22:03	157	35
Booher	5	38:41	152	23	Riggan	3	24:52	180	27
Bourneuf	5	41:20	160	35	Rizzo	3	34:58	177	15
Buescher	4	36:00	180	10	Swiecicki, Co	3	34:58	164	39
Byrne	5	40:14	156	20	Swiecicki, Cu	3	29:42	160	21
Demlan	INJURED				Group F				
Galli	5	47:10	160	16	Abbate	2	20:08	152	15
Garavaglia	5	44:35	164	16	Carpenter	2	20:07	170	30
Gordon	5	47:02	156	15	Cooper	2	18:10	156	7
Gray	5	38:38	172	25	Evans	2	18:09	190	16
LaBarge, J	5	38:37	151	20	Funke	2	19:15	140	20
LaBarge, P	5	40:16	166	25	Johnson	2	18:15	168	5
McIntyre	5	45:18	180	15	Jones	3	25:44	152	18
Mittendorf, Al	XT				Marty	2	16:50	168	10
Mize	5	40:50	148	23	Miles	2	20:09	148	5
Moore	5	51:59	172	10	Rammacher	2	15:32	164	15
Nolan	5	44:43	186	15	Safar	3	34:58	192	13
Pierson	5	40:50	178	15	Spengeman	2	15:30	176	17
Sanfillippo	EXCUSED				Zelander				
Spence	5	43:20	164	20 15	Zlotopolski	2	19:16	188	10
Stus	5	44:35	152	15	New Guys				
Thro	4	36:18	164	13	STEFAN				
					MAYER	2	16:35	124	80
					LUBER	2	16:57	124	6
								128	
					IR				
					Garcia	4	31:22	163	26
					Zenor	4	31:33	152	32
					Kellogg	XT			

DEMILAN
FRESH

- KNEE PAIN

MOVE
TO
E

- KNEE
PAIN

REMOVE

WITH
BRADLEY
AND
APRILL SOKOL
WHEN THEY
SAW
LIGHTNING

- ADDED
ANOTHER
MILE
BUT
HAS NO
TIME

[illegible]

Garcia

2.5-19:22

Group 3	1600	800	800	400	400	400	400	Comments
Bourneuf	6:03	2:54	2:58	1:22	1:24	1:26	1:26	
Buescher	6:11	3:00	3:15	1:27	1:38	1:48	—	
Cantwell	6:14	2:58	2:58	1:26	1:24	1:26	1:26	
Cox	6:17	2:54	3:10	1:31	1:29	1:24	1:37	
Gordon	6:24	3:02	3:12	1:29	1:28	1:33	1:36	
Gray	6:10	3:00	3:09	1:23	1:26	1:26	1:27	
Greiner	6:15	2:57	2:58	1:25	1:22	1:23	1:21	!!!
Lowe	6:15	3:00	3:03	1:24	1:27	1:28	1:30	
McGrail	6:02	—	3:10	1:22	1:24	1:24	1:26	
Meara	—	—	—	—	—	—	—	
Potter	—	—	—	—	—	—	—	
Purshke	6:13	3:08	3:18	1:38	1:33	1:51	1:44	
Riggan	6:15	3:02	3:07	1:33	1:33	1:40	1:44	
Sanfilippo	6:17	3:02	3:23	1:29	1:34	1:33	1:37	
Seal, W	6:08	2:56	2:57	1:23	1:20	1:25	1:25	
Thro	6:32	3:04	3:15	1:28	1:33	1:41	1:37	
Jackman	5:49	2:38	2:31	—	—	—	—	
Group 4	1600	800	800	400	400	400	400	Comments
Andrew	XT	—	—	—	—	—	—	
Demlan	XT	—	—	—	—	—	—	
Galli	7:04	3:28	3:41	1:39	1:42	1:44	1:43	
James	6:49	2:54	3:10	1:16	1:21	1:29	1:29	
Lawhorn	6:40	3:22	3:21	1:32	1:30	1:38	1:35	
Marty	6:50	4:11	4:30	1:22	1:23	2:05	1:54	
McGroarty	6:40	3:06	3:22	1:29	1:37	1:40	1:39	
McIntyre	7:00	3:26	3:37	1:38	1:42	1:33	1:28	
Mittendorf, Al	6:48	3:22	3:35	1:35	1:39	1:38	1:39	
Mize	6:34	3:00	3:21	1:26	1:35	1:33	1:36	
Pierson	6:32	3:05	3:20	1:26	1:35	1:38	1:35	
Rammacher	6:26	3:07	3:22	1:38	1:39	1:43	1:40	
Spengeman	6:33	3:14	3:30	1:48	1:45	1:39	1:41	
Stus	6:32	3:03	3:20	1:35	1:38	1:35	1:38	

[illegible]

Date: 8-22-19 Conditions:									
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 F= 2/ Drills/ Flying 180-160-140-120/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	8	61:13	168	25	Bievenue	4	31:25	152	50
Dillon	8	61:13	148	20	Cantwell	4	31:21	164	22
Friedrichs	8	61:13	168	50	Halley	2	20:31	148	28
Hogan	8	61:13	164	20	James	4	31:20	144	12
Mittendorf, Ad	8	61:13	124	35	Kean	4	38:58	124	15
Rackers	8	61:13	194	21	Lawhorn	4	34:42	152	30
Scott	8	61:13	136	50	Lowe	4	33:24	140	40
					McGrail	4	31:21	120	35
Group A-					McGroarty	4	34:42	180	30
Brawley	6	44:22	152	20	Meara	4	33:24	156	30
					O'Connell	2	20:31	120	18
Group B					Quinlivan	4	38:50	168	28
Apprill-Sokol	6	51:04	164	15	Seal, W	4	31:21	148	46
Jackson	PUNCHED UP PRACTICE				Wojtkowski	4	37:42	164	15
Kramer	XT				Group E				
Seal, G	6	51:04	156	20	Abner	2	20:39	170	12
Song	6	51:04	160	30	Arens	2	16:32	173	12
					Barks	3	25:12	174	14
Group B-					Coolbaugh	3	27:37	160	35
LeGrand	5	38:59	160	15	Cox	RETURNED BUT DIDN'T REPORT			
Pashea	5	38:59	139	16	Greiner	3	22:18	172	41
Glass	5	38:59	154	10	Hurley	3	25:12	186	30
					Nesser	4	38:58	164	10
Group C					O'Sullivan	XT			
Alford	4	38:58	140	22	Potter	XT			
Andrew	5	40:40	168	21	Purshke	3	22:36	157	40
Booher	5	38:59	152	21	Riggan	3	22:36	160	35
Bourneuf	5	38:59	152	30	Rizzo	3	36:12	145	15
Buescher	5	39:49	156	12	Swiecicki, Co	3	36:12	164	41
Byrne	5	38:59	164	20	Swiecicki, Cu	3	32:20	168	17
Dernlan	XT				Wu				
Galli	5	41:22	164	18	Group F				
Garavaglia	5	46:20	164	16	Abbate	2	20:15	144	15
Gordon	5	39:56	160	10	Carpenter	2	20:39	158	30
Gray	5	38:59	152	25	Cooper	2	16:44	160	6
LaBarge, J	5	38:59	148	25	Evans	2	20:38	123	20
LaBarge, P	5	38:59	142	25	Funke	2	18:33	142	20
McIntyre	5	38:59	200	15	Johnson	2	19:48	144	4
Mittendorf, Al	5	45:39	162	20	Jones	3	25:12	162	18
Mize	5	39:49	144	26	Marty	2	21:38	140	11
Moore	5	42:08	160	13	Miles	2	23:02	158	15
Nolan	5	46:20	172	20	Rammacher	2	16:14	144	19
Pierson	5	41:05	176	18	Safar	2	19:46	164	14
Sanfillippo	5	44:32	152	27	Spengeman	2	16:14	176	15
Spence	5	44:21	144	15	Zlotopolski	2	23:13	152	10
Stus	5	46:20	152	15					
Thro	5	39:49	192	13	IR				
					Garcia	2	15:45	160	25
					Kellogg	XT			
					Luber				
					Mayer	INJURED			
					Zenor	5	38:28	-	15

4 28:55 152

ANKLE HURTING
A LITTLE

Date: 8-23-19					Conditions:				
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=6 B=5 C=4 D=3 EF= 2/ Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	45:17	164	35	Bievenue	3	23:45	164	50
Dillon	6	45:17	160	20	Cantwell	3	22:39	151	25
Friedrichs	6	45:17	152	50	Halley	2	19:45	168	29
Hogan	6	45:17	176	25	James	3	22:39	156	10
Mittendorf, Ad	6	45:17	155	35	Kean	3	22:05	124	15
Rackers	6	45:17	142	31	Lawhorn	3	26:34	148	20
Scott	6	45:17	142	50	Lowe	4	33:35	152	30
					McGrail	3	22:39	140	30
Group A-					McGroarty	3	26:34	168	35
Brawley	6	45:17	152	20	Meara	4	33:35	156	29
					O'Connell	2	19:45	120	20
Group B					Quinlivan	3	22:05	164	30
Apprill-Sokol	5	38:02	172	31	Seal, W	3	22:39	152	36
Jackson	4	30:15	164	60	Wojtkowski	3	27:09	172	20
Kramer	1.2	9:01	-	15	Group E				
Seal, G	5	41:21	160	21	Abner	2	20:55	164	16
Song	5	41:21	164	30	Arens	2	16:57	169	15
					Barks	2	16:57	180	14
Group B-					Coolbaugh	2	18:22	130	35
LeGrand	5	37:48	164	13	Cox	3	20:35	148	22
Pashea	5	38:02	156	23	Greiner	2	14:28	172	42
Glass	5	38:02	164	10	Hurley	2	20:55	167	21
					Nesser	2	18:55	139	10
Group C					O'Sullivan	ABSENT - UNEXCUSED			
Alford	2	19:21	144	23	Potter	XT			
Andrew	4	32:26	176	22	Purshke	2	14:00	156	40
Booher	4	30:57	152	23	Riggan	2	14:29	160	36
Bourneuf	4	30:57	172	30	Rizzo	2	18:58	174	15
Buescher	4	30:57	184	10	Swiecicki, Co	2	18:58	164	42
Byrne	4	30:57	168	20	Swiecicki, Cu	2	20:20	156	19
Dernlan	XT				Wu	3	26:30	200	10
Galli	4	37:11	160	19	Group F				
Garavaglia	4	37:34	160	17	Abbate	2	20:49	168	15
Gordon	4	37:11	156	20	Carpenter	2	19:20	180	31
Gray	4	30:57	160	25	Cooper	2	19:20	156	6
LaBarge, J	4	30:57	156	25	Evans	2	19:34	188	23
LaBarge, P	4	31:33	160	25	Funke	2	19:18	154	21
McIntyre	4	30:57	212	20	Johnson	2	19:21	156	6
Mittendorf, Al	4	35:50	159	20	Jones	2	19:17	154	21
Mize	4	31:53	164	27	Marty	2	22:30	172	14
Moore	4	49:00	164	14	Miles	2	21:34	156	10
Nolan	4	37:34	178	10	Rammacher	2	16:01	160	20
Pierson	4	31:53	169	16	Safar	2	18:46	150	13
Sanfillippo	4	35:50	198	30	Spengeman	2	16:01	188	15
Spence	2	21:34	126	15	Zlotopolski	2	20:31	169	10
Stus	4	37:34	152	15					
Thro	4	33:57	160	13	IR				
					Garcia	2	15:37	164	25
					Kellogg				
					Luber				
					Mayer	DOCTOR			
					Zenor				

ALSO WENT
BACK TO XT
ON BIKE

100 BIKERESS

29 04
29 08
30 08

Date: 8-24-19		Conditions:		
Workout: Drills/Jog 1m to Steinberg or Bowl Lake/ Push-ups /2nd Set of Drills/ Groups Fartlek 3 on-2off for 5-6 miles, 4x200/ Groups 3456= 3-4x4x400/ Full Stretch/ Jog SLUH/ General Prep for Weight Group				
Group 1	Fartlek	Time	Pulse	Comments
Rackers	6	34:49	160	32
Scott				
Callahan				
Mittendorf, Ad	6	34:59	164	35
Brawley	6	36:04	172	20
Hogan	6	34:56	200	20
Dillon	6	37:21	176	20
Kramer				
Zenor	6	35:04	170	10
Group 2				
Glass	6	37:27	172	
Pashea	6	37:44	182	18
LaBarge, J	5	32:28	176	20
LeGrand	5	32:40	168	12
Song				
Alford				
Apprill-Sokol	5	32:30	178	15
Bievenue	5 4	26:58	200	50
Booher	5	31:19	180	23
Byrne	4	27:53	180	15
Friedrichs	ACT			5 miles in 34:53 (on own) 8 total
LaBarge, P	5 5	33:55	171	25
Seal, G				

Group 3	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Bourneuf	X																
Buescher	1:38	1:29	1:29	1:30	1:27	1:26	1:28	1:31	1:32	1:26	1:26	1:27	1:24	1:26	1:27	1:27	
Cantwell	1:43	1:29	1:24	1:29	1:26	1:24	1:25	1:25	1:25	1:26	1:30	1:24	1:26	1:27	1:26	1:25	
Cox	1:39	1:29	1:24	1:29	1:26	1:29	1:30	1:30	1:30	1:30	1:31	1:36	X				hip
Gordon	1:43	1:33	1:33	1:33	1:33	1:33	1:33	1:34	1:34	1:33	1:33	1:33	1:32	1:31	1:33	1:32	
Gray	1:41	1:30	1:28	1:29	1:27	1:26	1:27	1:29	1:31	1:28	1:29	1:29	1:26	1:27	1:29	1:28	
Greiner	1:33	1:27	1:25	1:24	1:24	1:22	1:22	1:23	1:25	1:23	1:23	1:23	1:23	1:23	1:23	1:21	
Lowe	1:43	1:28	1:25	1:25	1:24	1:22	1:24	1:24	1:27	1:24	1:25	1:24	1:23	1:24	1:23	1:20	
McGrail	1:42	1:29	1:24	1:29	1:24	1:22	1:30	1:30	1:24	1:26	1:26	1:26	1:24	1:24	1:25	1:23	
Meara	1:43	1:30	1:27	1:26	1:27	1:23	1:24	1:25	1:26	1:22	1:23	1:23	1:23	1:22	1:23	1:22	
Potter	X																
Purshke	X																
Riggan	1:43	1:30	1:27	1:29	1:27	1:24	1:24	1:27	1:26	1:26	1:27	1:27	1:27	1:26	1:26	1:25	
Sanfillippo	1:43	1:31	1:31	1:32	1:30	1:30	1:29	1:34	1:30	1:26	1:26	1:28	1:23	1:27	1:28	1:26	
Seal, W	1:43	1:29	1:24	1:29	1:27	1:24	1:20	1:22	1:24	1:21	1:22	1:22	1:21	1:21	1:21	1:15	
Thro	1:42	1:31	1:31	1:33	1:33	1:33	1:33	1:34	1:35	1:33	1:34	1:34	1:32	1:31	1:35	1:31	
Group 4	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Andrew	1:44	1:40	1:42	1:45	1:44	1:42	1:46	1:43	1:43	1:44	1:43	1:43	1:39	1:41	1:34	1:31	
Dernlan	X																
Galli	1:44	1:42	1:39	1:44	1:43	1:42	1:41	1:40	1:42	1:37	1:43	1:40	1:40	1:41	1:32	1:29	
James	1:41	1:40	1:36	1:42	1:42	1:40	1:36	1:42	1:40	1:36	1:38	1:40	1:33	1:34	1:36	1:20	
Lawhorn	1:41	1:45	1:37	1:41	1:43	1:38	1:43	1:39	1:40	1:36	1:36	1:41	1:38	1:39	1:35	1:36	
Marty																	
McGroarty	1:45	1:42	1:40	1:45	1:44	1:41	1:45	1:41	1:40	1:38	1:42	1:44	1:38	1:42	1:35	1:34	
McIntyre	1:45	1:41	1:40	1:44	1:42	1:41	1:42	1:40	1:39	1:39	1:41	1:39	1:39	1:39	1:32	1:20	
Mittendorf, Al	1:45	1:40	1:40	1:42	1:43	1:40	1:43	1:40	1:40	1:38	1:42	1:42	1:40	1:41	1:35	1:35	
Mize	1:45	1:34	1:36	1:40	1:40	1:31	1:30	1:29	1:27	1:26	1:28	1:26	1:24	1:23	1:21	1:20	
Pierson	1:45	1:35	1:42	1:41	1:42	1:40	1:41	1:39	1:39	1:38	1:41	1:39	1:39	1:39	1:35	1:30	
Rammacher	1:43	1:35	1:36	1:41	1:39	1:32	1:36	1:41	1:36	1:33	1:35	1:39	1:36	1:37	1:30	1:24	
Spengeman	1:46	1:37	1:40	1:45	1:46	1:41	1:43	1:41	1:41	1:39	1:39	1:42	1:39	1:31	1:33	1:32	
Stus	1:46	1:40	1:42	1:40	1:44	1:42	1:45	1:42	1:42	1:39	1:38	1:39	1:37	1:37	1:29	1:30	

Group 5	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Arens	1:42	1:44	1:43	1:46	1:43	1:46	1:41	1:46	1:43	1:44	1:40	1:44	1:35	1:36			
Barks	1:37	1:40	1:36	1:43	1:35	1:41	1:37	1:35	1:31	1:33	1:29	1:29	1:27	1:28			
Coolbaugh	1:40	1:40	1:36	1:45	1:38	1:45	1:34	1:41	1:34	1:48	1:48	1:45					
Cooper	1:42	1:43	1:41	1:47	1:40	1:42	1:46	1:45	1:42	1:40	1:45	1:45					
Garavaglia	1:35	1:40	1:36	1:43	1:37	1:41	1:35	1:35	1:31	1:33	1:28	1:28	1:27	1:28			
Halley	1:40	1:43	1:40	1:45	1:39	1:43	1:39	1:43	1:39	1:40	1:39	1:37					
Hurley	1:40	1:42	1:43	1:47	1:39	1:40	1:43	1:46	1:39	1:40	1:41	1:45					
Johnson	1:41	1:43	1:42	1:46	1:40	1:46	1:42	1:43	1:41	1:44	1:42	1:46					
Jones	1:40	1:42	1:43	1:46	1:40	1:45	1:42	1:45	1:45	1:48							Calf
Kean	1:37	1:40	1:39	1:45	1:37	1:40	1:39	1:43	1:39	1:39	1:35	1:43					
O'Connell	1:37	1:41	1:39	1:43	1:37	1:42	1:37	1:33	1:35	1:31	1:33	1:38					
O'Sullivan X																	
Quinlivan	1:36	1:41	1:39	1:43	1:37	1:43	1:39	1:41	1:39	1:39	1:35	1:38					
Spence	1:34	1:41	1:43	1:52	1:47	1:57	1:59	1:56									Quad
Wojtkowski	1:40	1:41	1:36	1:44	1:36	1:41	1:38	1:43	1:36	1:41	1:39	1:35					
Group 6	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Abbate	1:49	1:50	1:50	1:50	1:49	1:49	1:47	1:52	1:52	1:52	1:52	1:52					
Abner	1:56	1:57	1:56	2:02	1:57	2:02	2:03	2:03	2:05	2:03	2:07	2:03					
Carpenter	1:57	1:55	1:55	2:00	1:52	1:51	1:52	1:52	1:51	1:55	1:51	1:51					
Evans	1:38	1:36	1:33	1:33	1:39	1:44	1:38	1:39	1:41		1:49	1:48					
Funke	1:56	1:53	1:52	2:00	1:50	1:52	1:52	1:58	1:55	1:52	1:52	1:56					
Funke																	
Miles	2:05	2:07	2:03	2:04	1:57	2:07	2:09	2:11	2:02	2:09	2:08	2:10					
Moore	2:01	2:00	1:57	1:54	1:55	1:54	2:02	2:01	2:01	2:00	2:07	2:03	1:51	1:48			
Nesser	1:46	1:47	1:43	1:40	1:36	1:46	1:39	1:46	46	1:48	1:48	1:50					
Nolan	1:36	1:35	1:36	1:33	1:37	1:42	1:37	1:38	1:39	1:42	1:42	1:42	1:31	1:28			
Rizzo	1:53	1:55	1:54	1:59	1:58	1:59	2:02	1:58	2:09	1:56	1:53	1:46					
Safar	1:54	1:50	1:51	1:54	1:54	1:59	1:54	1:58	2:00	1:57	1:55	1:45					
Swiecicki, Co	2:01	2:00	1:57	1:54	1:55	1:54	2:02	2:01	2:01	2:00	2:07	2:03	1:57	1:40			
Swiecicki, Cu	1:54	2:00	1:57	1:56	1:59	2:01	2:02	2:09	2:05	2:09	2:07	2:03					
Wu X																	
Zlotopolski	1:45	1:43	1:44	1:45	1:47	1:49	1:47	1:52	1:50	1:49	1:49	2:01	1:46				
MARTY	1:58	1:58	1:50	2:00	1:57	2:04	2:05	2:00	1:58	2:00	2:04	2:00					
IR																	
Garcia																	3 miles
Jackson																	
Kellogg																	
Mayer																	

Group 5

Group 5

Workout: Sunday Workout

Workout: Sunday Workout					Workout: Sunday Workout				
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan					Bievenue				
Dillon	5	40:37			Cantwell				
Friedrichs					Halley				
Hogan	3	23:53	142		James				
Mittendorf, Ad	3				Kean				
Rackers	3	24:40			Lawhorn				
Scott	5	48:58	116		Lowe				
25ACB ESSISEL				1 mile 4/11/00	McGrail				
Group A-				2 miles as fast as possible	McGrarty				
Brawley	4	31:24	140		Meara				
					O'Connell				
Group B					Quinlivan				
Apprill-Sokol					Seal, W				
Jackson					Wojtkowski				
Kramer					Group E				
Seal, G					Abner				
Song	5				Arens				
					Barks				
Group B-					Coolbaugh				
LeGrand					Cox				
Pashea	3	24:23			Greiner				
Glass					Hurley				
					Nesser				
Group C					O'Sullivan				
Alford					Potter				
Andrew					Purshke				
Booher	4			5 min on bike	Riggan				
Bourneuf					Rizzo				
Buescher					Swiecicki, Co				
Byrne					Swiecicki, Cu				
Dernlan					Wu				
Galli					Group F				
Garavaglia					Abbate				
Gordon					Carpenter				
Gray					Cooper				
LaBarge, J					Evans				
LaBarge, P					Funke				
McIntyre					Johnson				
Mittendorf, Al					Jones				
Mize					Marty				
Moore					Miles				
Nolan					Rammacher				
Pierson					Safar				
Sanfillippo					Spengeman				
Spence					Zlotopolski				
Stus									
Thro					IR				
					Garcia				Bike
					Kellogg				
					Luber				
					Mayer				
					Zenor				

Week 11 - August 26-September 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	AB=3-5 Shakeout	A=62-64
Jog to West Camp	Jog to Carr Lane	Jog to West Camp	Jog to West Camp	Jog to West Camp	Jog to Steinberg	CDE=X-Train/ Rest	B=49-55
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	2nd Set Drills		C=42
A=8	2nd Set Drills	A=8	A=8	A=8	Billiken		D=35-36
B=6	Groups 1 and 2	B=6	B=6	B=6	OR Jr. Billiken		E=30
C=5	5-6 Mile Progression	C=5	C=5	C=5	Cooldown		
D=4	Groups 3 and 4	D=4	D=4	D=4	AB=2 miles		
E=3	6x1K @ CV	E=3	E=3	E=3	CDE= Jog to SLUH		
6 Strides	1:30 Rest	Stretch with Leader	Drills	6 Strides	Specific Prep for Weights group		
Stretch with Leader	Groups 5 and 6	Jog to SLUH	Flying 150s	Stretch with Leader	Stretch		
Jog to SLUH	5x1K @ CV		Stability Weights	Jog to SLUH			
	3x150m for Everyone		Stretch with Leader				
	Cooldown		Jog to SLUH				
	AB=2 miles						
	CDE= Jog to SLUH						
	Specific Prep for Weights group						
	Stretch						

Date: 8-26-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=6 B=5 C=4 D=3 EF= 2/ Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	8	61:05	172	35	Bievenue	4	31:40	176	50
Dillon	8	60:19	156	20	Cantwell	5	43:21	168	20
Friedrichs	8	55:19	156	100	Halley	4	39:19	134	15
Hogan	8	58:19	136	25	James	4	33:45	148	20
Mittendorf, Ad	8	60:19	140	35	Kean	4	39:48	160	20
Rackers	8	60:19	156	31	Lawhorn	ABSENT			
Scott	8	60:19	148	50	Lowe	ABSENT			
					McGrail	4	31:41	120	35
Group A-					McGroarty	4	35:21	168	30
Brawley	8	61.05	144	25	Meara	4	33:45	160	31
					O'Connell	4	35:30	162	15
Group B					Quinlivan	XT			
Apprill-Sokol	6	47.56	172	20	Seal, W	4	31:40	156	40
Jackson	XT				Wojtkowski	3	42:10	142	10
Kramer	3	25:30	140	20	Group E				
Song	6	48:47	172	40	Abner	2	21:38	171	17
					Arens	3	27:33	172	20
Group B-					Barks	3	26:03	180	14
LeGrand	6	47:56	164	13	Coolbaugh	3	29:11	140	40
Pashea	6	47:56	152	24	Cox	4	25:14	135	22
Glass	6	47:56	156	15	Greiner	4	31:14	134	43
					Hurley	3	27:33	162	25
Group C					Nesser	4	38:13	172	10
Alford	4	35:30	168	24	O'Sullivan	ABSENT			
Andrew	5	43:21	176	27	Potter	XT			
Booher	5	37:13	168	21	Purshke	4	31:30	163	40
Bourneuf	5	40:27	164	30	Riggan	4	31:32	164	35
Buescher	5	45:12	142	13	Rizzo	2	21:38	192	15
Byrne	5	40:27	156	20	Swiecicki, Co	2	21:38	164	44
Dernlan	XT				Swiecicki, Cu	3	31:23	152	19
Galli	5	46:57	160	21	Wu	3	27:35	180	15
Garavaglia	5	48:11	164	16	Group F				
Gordon	5	46:57	160	15	Abbate	2	18:42	168	15
Gray	5	40:44	164	25	Carpenter	2	20:11	180	25
LaBarge, J	5	40:44	156	25	Cooper	2	18:23	160	6
LaBarge, P	5	45:12	155	20	Evans	2	21:23	172	26
McIntyre	5	41:15	200	20	Funke	2	21:15	140	25
Mittendorf, Al	4	38:13	172	20	Johnson	ABSENT			
Mize	5	41:58	160	29	Jones	3	27:33	166	21
Moore	5	43:30	164	16	Marty	2	23:30	160	12
Nolan	5	41:25	175	20	Miles	2	22:58	180	10
Pierson	5	43:21	176	16	Rammacher	3	26:03	164	21
Sanfillippo	5	43:31	160	27	Safar	2	28:25	172	15
Spence	3	28:53	164	15	Spengeman	3	26:03	176	22
Stus	5	48:11	156	15	Zlotopolski	2	21:40	176	10
Thro	ABSENT								
					IR				
					Garcia	3	23:36	159	30
					Kellogg	XT			
					Mayer	ABSENT			
					Zenor	5	37:42	152	15

Date: 8-27-19		Conditions:		
Workout: Drills/Jog 1m to Steinberg or Bowl Lake/ Push-ups /2nd Set of Drills/ Groups 12-Progression Run 5-6 Miles, 3x150m/ Groups 3456= 5x1K, 3x150/ Full Stretch/ Jog SLUH/ General Prep for Weight Group				
Group 1	Progression	Time	Pulse	Comments
Rackers	6	37:08	192	
Scott	6	37:05	196	
Callahan	6	38:16	199	
Mittendorf, Ad	6	38:16	164	
Brawley	6	39:57	168	
Hogan	6	38:16	190	
Dillon	6	39:22	176	
Kramer				3 miles aerobic
Zenor	6	39:34	180	
Group 2	Progression	Time	Pulse	Comments
Glass	5	32:37	180	
Pashea	5	32:37	182	
LaBarge, J	5	33:54	183	
LeGrand	4	29:49	144	4 miles
Song	5	33:39	188	
Alford	5	34:25	188	
Apprill-Sokol	5	35:22	188	
Bievenue	5	34:40	208	
Booher	5	32:37	184	
Byrne	5	34:37	188	
Friedrichs	5	34:18	188	
LaBarge, P	4	29:35	157	
Seal, G				

Rackers/Scott

7:00
6:40
6:20
6:00
5:40
5:20
37:00

Callahan/Mittendorf/
Hogan
7:10
6:50
6:30
6:10
5:50
5:30
38:00

Garcia: 3 23:13
Jackson: 3 23:17
Grant/Zenor/
Dillon
7:20
7:00
6:40
6:20
6:00
5:40
39:00

Justin/Baker/
Booher
7:10
6:50
6:30
6:10
5:50
32:30

175
164
Rest
7:15
7:00
6:45
6:30
6:15
33:45

* Poor Communication on the
Route took Wrong Turn - RF

⑥ ⑥

wants to drop
to 4 due to stress. →

Group 3	1K	1K	1K	1K	1K	Comments
Bourneuf	3:50-40	3:46	3:45	3:41	3:40	
Buescher		3:54	3:55	4:07	4:07	
Cantwell		3:49	3:47	3:52	3:55	
Cox		3:54	3:54	4:04	4:04	
Gordon		4:04	4:04	4:01	4:02	
Gray		3:48	3:55	4:07	4:10	
Greiner		3:47	3:45	3:50	3:50	
Lowe		3:49	3:51	4:00	4:00	
McGrail	Headache ☹️		3:46	3:52		
Meara		3:46	3:46	3:52	3:51	
Potter	XT					
Purshke		3:42	3:42	3:50	4:05	
Riggan		3:48	3:48	3:53	3:51	
Sanfillippo	4:12	3:51	3:47	3:53	3:54	
Seal, W	3mi 24:00					Knockout
Thro		4:02	4:07	4:29	4:28	
Group 4	1K	1K	1K	1K	1K	Comments
Andrew	4:29	4:13	4:14	4:24	4:24	
Dernlan	XT					
Galli	4:29	4:08	4:10	4:20	4:32	
James	4:29	4:06	4:14	4:15	4:17	
Lawhorn		4:06	4:18	4:20	4:13	
Marty						
McGroarty		4:04	4:06	4:18	4:10	
McIntyre	4:35	4:25	4:20	4:20	4:28	
Mittendorf, Al	4:20	4:13	4:13	4:23	4:26	
Mize	4:15	4:03	4:09	4:15	4:17	
Pierson	4:19	4:02	4:06	4:12	4:10	
Rammacher	ORTHO					
Spengeman		4:15	4:15	4:16	4:27	
Stus	4:20	4:04	4:06	4:12	4:11	

might be
with
night turn

Group 5	1K	1K	1K	1K	1K	Comments
Arens	4:42	4:39	4:46	4:47	4:47	
Barks	4:21	4:14	4:17	4:21	4:16	
Coolbaugh	4:30	5:29	6:04	4:38	4:55	
Cooper	4:37	4:32	4:51	4:48	4:49	
Garavaglia	4:19	4:19	4:30	4:17	4:11	
Halley	XT					
Hurley	4:21	4:21	4:24	4:21	4:16	
Johnson	4:35	4:32	4:50	4:48	4:49	
Jones	4:31	5:02	5:01	5:11	5:21	
Kean	4:24	4:40	4:58	5:00	5:10	
O'Connell	4:16	4:08	4:24	4:35	4:36	
O'Sullivan	3 MIA					
Quinlivan	XT					
Spence	5:07	5:38	6:07	—	4:13	
Wojtkowski	5:02	4:45	4:54	4:53	4:55	
WU	4:30	4:27	4:37	4:38	4:32	
Group 6	1K	1K	1K	1K	1K	Comments
Abbate	5:25	4:57	5:01	5:06	5:00	
Abner	XT					
Carpenter	5:49	5:20	5:22	5:25	5:40	
Evans S	4:37	4:41	—	4:50	DNF	
Funke	5:28	5:06	5:00	5:08	5:26	
Huber						
Miles	6:10	6:31	6:27	5:59	5:58	
Moore	5:56	6:02	6:24	6:22	6:43	
Nesser	5:20	4:54	4:57	4:53	4:52	
Nolan S	4:16	4:23	4:31	4:22	4:19	
Rizzo	5:26	5:15	5:50	5:27	4:44	
Safar	XT					
Swiecicki, Co	XT					
Swiecicki, Cu	5:51	5:28	5:57	5:35	5:33	
WU Marty	6:13	6:06	6:25	6:16	6:36	
Zlotopolski	6:00	6:27	6:58	7:08	6:30	
IR						
Garcia						
Jackson						
Kellogg						
Mayer						

Date: 8-28-19					Conditions:				
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=6 B=5 C=4 D=3 EF= 2/ Strides/ Hurdle Mobility/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	44:30	168	40	Bievenue	4	31:59	162	50
Dillon	8	59:01	160	20	Cantwell	5	38:35	173	25
Friedrichs	8	58:40	168	50	Halley	XT			
Hogan	8	59:01	176	20	James	4	20:51	140	20
Mittendorf, Ad	8	59:01	152	35	Kean	4	34:28	168	20
Rackers	8	59:01	156	30	Lawhorn	5	39:56	180	20
Scott	8	59:01	156	50	Lowe	4	32:45	160	30
					McGrail	EXCUSED			
Group A-					McGroarty	EXCUSED			
Brawley	6	44:30	152	25	Meara	4	32:01	172	29
					O'Connell	XT			
Group B					Quinlivan	2	19:45	144	15
Apprill-Sokol	6	44:30	184	25	Seal, W	4	29:27	152	40
Jackson	3	21:20	142	50	Wojtkowski	4	37:31	174	15
Kramer	1	8:00	120	20	Group E				
Song	6	46:34	176	30	Abner	ARSENAL (XT)			
					Arens	3	28:25	163	10
Group B-					Barks	3	25:07	180	14
LeGrand	5	39:34	180	15	Coolbaugh	3	29:13	140	35
Pashea	5	36:19	154	26	Cox	4	29:48	148	20
Glass	5	36:19	168	5	Greiner	4	30:41	164	45
					Hurley	3	26:48	179	25
Group C					Nesser	3	26:29	171	12
Alford	5	39:48	164	25	O'Sullivan	XT			
Andrew	5	41:57	172	20	Potter	XT			
Booher	5	36:19	160	25	Purshke	4	30:45	163	40
Bourneuf	5	40:52	144	30	Riggan	4	30:33	184	37
Buescher	5	39:34	168	10	Rizzo	3	29:58	189	15
Byrne	5	37:24	160	20	Swiecicki, Co	XT			
Dernlan	XT				Swiecicki, Cu	3	30:40	152	22
Galli	5	41:57	164	15	Wu	3	28:25	180	13
Garavaglia	EXCUSED				Group F				
Gordon	5	41:42	168	20	Abbate	2	18:55	156	15
Gray	5	37:48	164	25	Carpenter	2	19:00	181	30
LaBarge, J	5	37:48	153	30	Cooper	3	25:07	156	6
LaBarge, P	4	32:45	140	25	Evans	2	18:44	184	25
McIntyre	5	42:02	208	15	Funke	2	18:33	148	15
Mittendorf, Al	5	44:17	177	25	Johnson	2	18:40	148	10
Mize	5	40:51	144	31	Jones	3	26:48	168	21
Moore	5	57:11	176	18	Marty	2	20:30	144	14
Nolan	5	40:52	190	15	Miles	2	21:21	148	15
Pierson	4	34:28	172	16	Rammacher	3	24:57	156	20
Sanfillippo	5	44:14	156	33	Safar	XT			
Spence	4	35:27	156	15	Spengeman	3	24:56	168	20
Stus	5	40:52	152	15	Zlotopolski	2	19:45	176	13
Thro	3	26:21	156	10					
					IR				
					Garcia	4	32:45	160	25
					Kellogg	EXCUSED			
					Mayer	EXCUSED			
					Zenor	5	36:56	148	10

80 mini bike;
PULSE 164

Date: 8-29-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 F= 2/ Drills/ Flying 200-180-160-140/ Full Stretch/ Jog SLUH/ Stability Weights for the Weights Group									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	5	37:55	168	35	Bievenue	4	34:40	164	50
Dillon	8	59:47	160	28	Cantwell	5	40:15	164	27
Friedrichs	8	57:56	156	40	Halley	4	34:42	133	33
Hogan	8	59:47	172	30	James	3	29:05	148	8
Mittendorf, Ad	8	59:47	160	35	Kean	4	34:42	133	20
Rackers	8	61:06	156	50	Lawhorn	5	42:20	176	25
Scott	8	59:47	156	50	Lowe	4	33:30	168	40
					McGrail	XT			
Group A-					McGroarty	5	43:05	184	35
Brawley	8	59:47	144	25	Meara	4	33:27	172	30
					O'Connell	2	19:18	140	17
Group B					Quinlivan	3	27:27	152	33
Apprill-Sokol	6	46:07	164	27	Seal, W	4	30:16	152	41
Jackson	XT				Wojtkowski	4	32:14	170	17
Kramer 4 total	2	15:36	144	10	Group E				
Song	5	50:14	168	30	Abner	2	21:50	180	20
					Arens	3	29:38	167	12
Group B-					Barks	3	25:19	160	14
LeGrand	6	47:00	164	12	Coolbaugh	3	29:48	160	40
Pashea	6	46:07	158	24	Cox	3	23:10	140	20
Glass	6	46:07	178	5	Greiner	4	30:51	172	46
					Hurley	3	27:18	185	25
Group C					Nesser	3	27:05	161	12
Alford	5	43:05	164	26	O'Sullivan	ABSENT			
Andrew	5	43:11	176	20	Potter	XT			
Booher	5	37:55	160	22	Purshke	4	33:19	163	40
Bourneuf	4	34:37	140	40	Riggan	4	30:54	180	36
Buescher	5	41:48	168	12	Rizzo	ABSENT			
Byrne	5	39:00	176	20	Swiecicki, Co	XT			
Dernlan	XT				Swiecicki, Cu	2	22:39	146	21
Galli	5	47:30	164	20	Wu	3	29:38	168	10
Garavaglia	5	46:30	160	21	Group F				
Gordon	5	47:30	152	20	Abbate	2	19:30	164	15
Gray	5	39:00	168	25	Carpenter	2	19:12	186	27
LaBarge, J	5	38:40	154	25	Cooper	3	25:14	156	6
LaBarge, P	3	24:35	160	25	Evans	2	19:12	184	27
McIntyre	4	34:37	188	15	Funke	2	19:13	155	25
Mittendorf, Al	5	46:05	177	25	Johnson	2	19:12	144	9
Mize	5	41:38	148	27	Jones	3	27:18	174	21
Moore	5	51:11	172	19	Marty	2	19:50	160	15
Nolan	2	19:31	184	10	Miles	2	22:44	176	15
Pierson	ABSENT				Rammacher	3	24:54	168	20
Sanfillippo	5	46:05	164	36	Safar	XT			
Spence	3	29:24	156	15	Spengeman	3	24:54	176	20
Stus	EXCUSED				Zlotopolski	2	21:08	176	16
Thro	3	26:36	144	13					
					IR				
					Garcia	3	24:35	161	27
					Kellogg	2	25:10	21:38	?
					Mayer	ABSENT			
					Zenor	2	38:26	142	20

5 total
45:37
156

Date: 8-30-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 F= 2/ Strides/ Full Stretch/ Jog SLUH/ Stability Weights for the Weights Group									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	XT				Bievenue	4	32:16	140	50
Dillon	6.5	49:29	148	20	Cantwell	5	32:08	164	15
Friedrichs	7.5	37:11	144		Halley	4	35:22	152	34
Hogan	6.5	49:29	152	30	James	ABSENT			
Mittendorf, Ad	6.5	49:29	124	40	Kean	4	35:29	140	15
Rackers	6.5	49:29	144	35	Lawhorn	5	42:22	176	30
Scott	8	58:20	148	40	Lowe	4	32:13	160	30
					McGrail	XT			
Group A-					McGroarty	4	34:25	152	35
Brawley	6	47:30	140	30	Meara	4	32:13	184	29
					O'Connell	2.25	19:24	153	17
Group B					Quinlivan	3	26:21	160	34
Apprill-Sokol	6	47:30	148	35	Seal, W	3.4	29:42	151	42
Jackson	4	29:12	144	50	Wojtkowski	4	35:35	168	17
Kramer	WALKED INJURED			15	Group E				
Song	6	49:15	168	30	Abner	2	18:36	171	18
					Arens	3	26:24	176	7
Group B-					Barks	3	24:46	180	14
LeGrand	5	37:58	160	12	Coolbaugh	3	29:09	140	40
Pashea	5	37:05	144	31	Cox	2.3	21:29	150	19
Glass	5	37:05	155	15	Greiner	4	29:48	160	47
					Hurley	3	26:09	183	25
Group C					Nesser	2	17:54	151	14
Alford	XT			2 TOTAL RUN	O'Sullivan	XT			
Andrew	5	39:48	168	21	Potter	XT			
Booher	5.3	39:17	172	17	Purshke	4	32:12	160	40
Bourneuf	5	40:00	156	40	Riggan	3	21:24	168	40
Buescher	5	40:00	168	10	Rizzo	ABSENT			
Byrne	5	39:15	192	20	Swiecicki, Co	XT			
Dernlan	XT				Swiecicki, Cu	3	29:13	140	18
Galli	5	43:56	160	20	Wu	3	26:50	168	10
Garavaglia	5	43:56	160	14	Group F				
Gordon	5	42:13	160	15	Abbate	2.4	18:14	164	15
Gray	5	38:08	160	30	Carpenter	2	18:37	182	26
LaBarge, J	4	31:29	122	25	Cooper	3	24:46	156	6
LaBarge, P	4	33:09	140	25	Evans	2	18:14	184	19
McIntyre	5	40:00	180	15	Funke	2	17:59	139	25
Mittendorf, Al	5	44:03	164	25	Johnson	2	18:12	148	8
Mize	5	42:47	152	27	Jones	3	26:09	166	18
Moore	4	47:35	164	20	Marty	2	22:03	160	15
Nolan	ABSENT				Miles	2	20:15	192	15
Pierson	4	34:25	168	15	Rammacher	3	24:46	152	21
Sanfillippo	5	44:03	152	37	Safar	XT			
Spence	ABSENT				Spengeman	3	24:50	176	20
Stus	5	40:00	156	15	Zlotopolski	2	18:56	168	19
Thro	5	40:00	160	13					
					IR				
					Garcia	4	33:09	152	25
					Kellogg	3	23:54		
					Mayer				
					Zenor	5	37:05	148	20

831-19

Date: 8-27-19 Conditions: Groups 123-Bill/Ken Groups 456-Jr. Bill/Ken

Workout: Drills/Jog 1m to Steinberg or Bowl Lake/ Push-ups /2nd Set of Drills/ Groups 12 Progression Run 5-6 Miles, 3x150m/ Groups 3456-5x1K, 3x150/ Full Stretch/ Jog SLUH/ General Prep for Weight Group

Group 1	Paces	1600	Mile	1200	Mile	800	Mile	400	Comments
Rackers	5:15/3:50/2:27/71	5:20	7:18	3:49	7:23	2:26	7:15	62	
Scott	5:15/3:50/2:27/71	5:20	7:18	3:49	7:23	2:26	7:15	62	
Callahan	5:20/3:52/2:30/72	5:22	7:18	3:51	7:23	2:27	7:15	63	Aerobic
Mittendorf, Ad	5:20/3:52/2:30/72	5:22	7:18	3:51	7:23	2:27	7:15	63	
Hogan	5:20/3:52/2:30/72	5:22	7:18	3:51	7:23	2:27	7:15	63	
Brawley	5:30/4:00/2:36/76	5:32	7:18	3:53	7:23	2:27	7:15	63	
Dillon	5:30/4:00/2:36/76	5:41	7:18	4:05	7:23	2:36	7:15	65	
Zenor	5:30/4:00/2:36/76	5:34	7:18	3:56	7:23	2:27	7:15	65	
Group 2	Paces	1600	Mile	1200	Mile	800	Mile	400	Comments
Glass	5:50/4:15/2:42/76	5:48	7:18	4:10	7:23	2:42	7:15	65	
Pashea	5:50/4:15/2:42/76	5:52	7:18	4:15	7:23	2:40	7:15	64	
Booher	5:50/4:15/2:42/76	5:52	7:18	4:27	7:23	2:55	7:15	70	
LaBarge, J	6:00/4:22/2:47/79	6:05	8:00	4:22	7:50	2:45	8:03	1:06	
LeGrand	6:00/4:22/2:47/79	6:06	8:00	4:20	7:50	2:45	8:03	1:07	
Song	6:00/4:22/2:47/79	6:06	8:00	4:23	7:50	2:44	8:03	1:03	
Alford	6:00/4:22/2:47/79	ABSENT							
Apprill-Sokol	6:00/4:22/2:47/79	6:03	8:00	4:22	7:50	2:45	8:03	1:08	
Bievenue	6:00/4:22/2:47/79	6:04	8:00	4:20	7:50	2:44	8:03	1:03	
Byrne	6:00/4:22/2:47/79	6:05	8:00	4:36	7:50	2:45	8:03	1:03	
Friedrichs	6:00/4:22/2:47/79	6:04	8:00	4:35	7:50	2:47	8:03	1:05	
LaBarge, P	6:00/4:22/2:47/79	ABSENT							
REID JACKSON	DEPOT		4 miles	22:08		170	35 P/U	4X	mini pick-ups
Group 3	Paces	1600	Mile	1200	Mile	800	Mile	400	Comments
Bourneuf	6:25/4:42/3:04/90	INJURED							
Buescher	6:25/4:42/3:04/90	6:30	8:30	4:47	8:30	3:08	8:30	1:40	RAN ALONE
Cantwell	6:25/4:42/3:04/90	ABSENT							
Gordon	6:25/4:42/3:04/90	7:02	8:28	5:13	8:37	3:23	8:29	1:26	
Gray	6:25/4:42/3:04/90	6:40	8:28	5:10	8:34	3:04	8:29	1:20	
McGrail	6:25/4:42/3:04/90	INJURED							
Sanfillippo	6:25/4:42/3:04/90	6:49	8:28	5:10	8:34	3:10	8:29	1:20	
Thro	6:25/4:42/3:04/90	6:53	8:28	5:10	8:34	3:14	8:29	1:22	
Group 3 -	Paces	1600	800 A	1200	800 A	800	800 A	400	Comments
Seal, W	6:25/4:42/3:04/90	6:28	4:15	4:34	4:30	2:35	4:23	1:02	
Riggan	6:25/4:42/3:04/90	6:30	4:15	4:41	4:30	2:44	4:23	1:07	
Purshke	6:25/4:42/3:04/90	6:28	4:15	4:36	4:30	2:34	4:23	1:05	
Meara	6:25/4:42/3:04/90	6:29	4:15	4:38	4:30	2:34	4:23	1:07	
Greiner	6:25/4:42/3:04/90	6:28	4:15	4:36	4:30	2:34	4:23	1:05	
Lowe	6:25/4:42/3:04/90	6:29	4:15	4:39	4:30	2:42	4:23	1:05	
Cox	6:25/4:42/3:04/90	SICK							

Kellogg: 3 miles 21:52

3x1:00 pickups
20 pushups

Garcia & LaBerge

3 miles 23:03

3x1:00 pickups

pull @ 170
25 pushups

pull @ 150
25 pushups

RAN GRAVEL PATH RATHER
THAN BIKE PATH
NEAR BRIDGE, SO
THEY RAN SLIGHTLY
LONG.

Group 4	Paces	1600	800 A	1200	800 A	800	800 A	400	Comments
Andrew	6:50/5:00/3:16/96	7:30	4:30	5:38	4:20	3:50	4:17	1:43	
Dernlan	6:50/5:00/3:16/96	7:30	4:30	5:38	4:20	3:50	4:17	1:43	
Galli	6:50/5:00/3:16/96	6:59	4:30	4:58	4:20	3:20	4:21	1:37	
James	6:50/5:00/3:16/96	6:58	4:30	5:02	4:23	3:30	4:35	1:55	
Lawhorn	6:50/5:00/3:16/96	7:00	4:30	5:02	4:20	3:23	4:25	1:38	
Marty	6:50/5:00/3:16/96	8:40	2:13	7:48	4:47	4:10	(2:16)	1:39	400 A
McGroarty	6:50/5:00/3:16/96	7:30	4:30	5:38	4:20	3:50	4:17	1:43	
McIntyre	6:50/5:00/3:16/96	6:59	4:30	4:58	4:05	3:14	4:27	1:35	
Mittendorf, Al	6:50/5:00/3:16/96	7:04	4:30	5:01	4:20	3:21	4:05	1:38	
Mize	6:50/5:00/3:16/96	6:58	4:30	5:00	4:04	3:17	3:47	1:26	
Pierson	6:50/5:00/3:16/96	7:09	4:30	5:16	4:26	3:26	4:20	1:38	
Rammacher	6:50/5:00/3:16/96	6:58	4:30	4:58	4:04	3:17	3:47	1:30	
Spengeman	6:50/5:00/3:16/96	7:04	4:30	5:10	4:11	3:24	3:54	2:01	
Stus	6:50/5:00/3:16/96	6:57	4:30	4:54	4:05	3:14	4:05	1:36	
Group 5	Paces	1600	800 A	1200	800 A	800	800 A	400	Comments
Arens	7:15/5:18/3:28/1:42	7:25	4:20	5:26	4:05	3:37	4:01	1:42	
Barks	7:15/5:18/3:28/1:42	7:08	4:16	5:13	4:03	3:18	3:46	1:34	
Coolbaugh	7:15/5:18/3:28/1:42	7:43	4:20	5:50	4:30	4:18	4:27	1:47	
Cooper	7:15/5:18/3:28/1:42	7:25	4:20	6:02	4:08	4:08	4:20	1:58	
Garavaglia	7:15/5:18/3:28/1:42	7:17	4:22	5:20	4:20	3:27	4:15	1:34	
Halley	7:15/5:18/3:28/1:42	7:14	4:23	5:31	4:23	3:25	4:20	1:43	
Hurley	7:15/5:18/3:28/1:42	7:09	4:18	5:13	4:18	3:18	3:46	1:34	
Johnson	7:15/5:18/3:28/1:42	7:21	4:21	5:21	4:15	3:28	4:16	1:42	
Jones	7:15/5:18/3:28/1:42	7:29	4:24	5:42	4:21	4:18	4:25	2:01	
Kean	7:15/5:18/3:28/1:42	7:21	4:23	5:31	4:23	3:48	4:23	1:55	
O'Connell	7:15/5:18/3:28/1:42	7:17	4:18	5:31	4:18	4:01	4:30	2:50	
O'Sullivan	7:15/5:18/3:28/1:42	—	—	—	—	—	—	—	
Quinlivan	7:15/5:18/3:28/1:42	7:17	4:17	5:22	4:08	3:28	4:16	1:41	
Spence	7:15/5:18/3:28/1:42	7:22	4:18	5:13	4:04	3:30	3:53	1:40	
Wojtkowski	7:15/5:18/3:28/1:42	7:22	4:18	5:13	4:04	3:30	3:53	1:40	
Wu	7:15/5:18/3:28/1:42	7:18	4:20	5:21	4:10	3:22	4:01	1:38	
Group 6	Paces	1600	400 A	1200	800 A	800	400 A	400	Comments
Abbate	8:00/5:54/3:52/1:54	7:50	1:52	5:42	3:55	3:42	1:55	1:20	
Abner	8:00/5:54/3:52/1:54	8:20	2:15	6:32	4:26	4:15	2:16	1:40	
Carpenter	8:00/5:54/3:52/1:54	8:10	2:07	6:12	4:16	3:51	2:03	1:32	
Evans	8:00/5:54/3:52/1:54	7:38	4:21	—	—	—	—	—	
Funke	8:00/5:54/3:52/1:54	8:06	2:15	6:18	4:36	4:03	2:18	1:42	
Wu	8:00/5:54/3:52/1:54	—	—	—	—	—	—	—	
Miles	8:00/5:54/3:52/1:54	9:22	2:22	7:32	4:55	4:18	2:22	1:49	
Moore	8:00/5:54/3:52/1:54	9:20	2:24	7:28	4:55	4:38	2:18	1:37	
Nesser	8:00/5:54/3:52/1:54	7:55	2:06	6:46	4:39	4:16	2:09	1:24	
Nolan	8:00/5:54/3:52/1:54	7:55	2:06	6:46	4:39	4:16	2:09	1:24	
Rizzo	8:00/5:54/3:52/1:54	7:55	2:06	6:46	4:39	4:16	2:09	1:24	
Swiecicki, Co	8:00/5:54/3:52/1:54	7:55	2:06	6:46	4:39	4:16	2:09	1:24	
Swiecicki, Cu	8:00/5:54/3:52/1:54	8:05	2:03	6:16	4:16	3:52	2:10	1:21	
Wu	8:00/5:54/3:52/1:54	7:55	2:06	6:46	4:39	4:16	2:09	1:24	
Zlotopolski	8:00/5:54/3:52/1:54	7:55	2:06	6:46	4:39	4:16	2:09	1:24	
IR									
Garcia									
Jackson									
Kellogg									
Mayer									
Kramer									
Potter									
Safar									

1st mile
was
on gravel
rather
than
bike
path

Hurley
Barks

4 2

↑

Evans

Wu to

5

HSMA

Date: 9-1-19 Conditions:

Workout: Sunday Workout

[illegible]

Week 10 - September 2-8

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

Date: 9-2-19		Conditions:		Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 F= 2/ Strides/ Full Stretch/ Jog SLUH/ Stability Weights for the Weights Group							
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments		
Callahan	XT			1 hr 20 min 144	Bievenue	4	32:30	144	75		
Dillon	8	60:15	160	20	Cantwell	5	38:55	172	25		
Friedrichs	8	60:15	164	50	Halley	ABSENT 6 total 4 in 39:45 163					
Hogan	8	60:15	168	30	James	4	33:41	152	15		
Mittendorf, Ad	8	60:15	144	35	Kean	4	35:06	160	15		
Rackers	8	60:15	144	40	Lawhorn	5	42:49	180	20		
Scott	8	60:15	160	50	Lowe	4	30:15	160	40		
					McGrail	XT					
Group A-					McGroarty	4	37:05	188	25		
Brawley	8	59:21	152	30	Meara	4	32:51	172	31		
					O'Connell	4	35:06	163	17		
Group B					Quinlivan	4	35:06	164	35		
Apprill-Sokol	6	47:13	161	25	Seal, W	4	30:15	156	37		
Jackson	4	29:45	164	50	Wojtkowski	4	35:21	169	15		
Kramer	XT				Group E						
Song	6	48:37	172	30	Abner	2	18:30	166	20		
					Arens	3	28:35	168	10 -11		
Group B-					Barks	3	24:52	182	18		
LeGrand	4	41:17	176	12	Coolbaugh	EXCUSED					
Pashea	6	47:10	151	30	Cox	4	30:50	160	24		
Glass	6	46:08	164	15	Greiner	4	30:18	168	48		
					Hurley	3	27:13	174	20		
Group C					Nesser	EXCUSED					
Alford	XT				O'Sullivan	WHATEVER					
Andrew	5	46:41	160	21	Potter	XT Biked 10					
Booher	5	38:47	164	14	Purshke	4	32:57	156	40		
Bourneuf	XT				Riggan	4	32:30	164	37		
Buescher	3.3	29:39	152	15	Rizzo	ABSENT					
Byrne	5	38:55	164	20	Swiecicki, Co	2	18:41	164	46		
Demian	XT				Swiecicki, Cu	3	29:11	156	22		
Galli	5	44:20	164	20	Wu	3	28:35	168	18		
Garavaglia	5	47:30	164	15	Group F						
Gordon	5	44:20	160	10	Abbate	2	18:59	156	20		
Gray	5	39:36	168	30	Carpenter	2	19:15	184	26		
LaBarge, J	5	39:36	138	20	Cooper	3	24:55	160	5		
LaBarge, P	5	38:55	167	30	Evans	SICK					
McIntyre	3.3	29:39	172	10	Funke	2	18:08	143	25		
Mittendorf, Al	5	45:35	177	25	Johnson	2	18:14	156	11		
Mize	5	42:29	168	26	Jones	3	27:13	168	21		
Moore	5	42:00	168	21	Marty	2	22:53	140	20		
Nolan	ABSENT				Miles	2	21:19	188	10		
Pierson	5	46:41	212	15	Rammacher	3	25:05	160	20		
Sanfillippo	5	45:51	152	40	Safar	XT Bike 1.2					
Spence	ABSENT				Spengeman	3	25:05	184	21		
Stus	5	47:30	160	15	Zlotopolski	2	22:45	164	22		
Thro	5	47:30	172	10							
					IR						
					Garcia	3	23:06	164	20		
					Kellogg	OUT AND BACK 3 29:42					
					Mayer	INJURED					
					Zenor	3	23:06	160	10		

sick -

-HPS A COLD

Biked 10 miles 137

sick

Bike 1:24:00 172 Pulse

PRACTICE ADJUSTED DUE TO HEAT/HUMIDITY

Date: 9-3-19		Conditions:							
Workout: Drills/Jog 1m to Steinberg/ Push-ups /Tempo 3-5 miles + 2x hill bounds OR Aerobic Run run A=6 B=5 C=4 D=3 E=3 F= 2/ Strides/ Full Stretch/ Jog SLUH/ General Prep Weights									
Group 1	Tempo	Time	Pulse	Comments	Group B-	Mileage	Time	Pulse	Comments
Callahan				XT	Pashea	6 miles	46:43	151	
Dillon	4	24:21	180		Glass	6 miles	46:43	173	
Hogan	4	23:16	180						
Mittendorf, Ad	4	23:17	164		Group C				
Rackers	5	29:00	172		Gray	6 miles	46:54	168	
Scott	4	23:26	196		LaBarge, J	6 miles	46:54	159	
Brawley	4	25:30	148		Mittendorf, Al	25:33	+27 min	147	30 p/u
Kramer				XT	Mize	22:50	+27 min	152	41 p/u
Zenor	4	24:48	178		Sanfilippo	25:33	+27 min	144	
Group 2	Tempo	Time	Pulse	Comments					
Friedrichs	4	27:00	188		Group D				
Apprill-Sokol	4	26:31	188		Halley	27:30	+18 min	146	
Jackson	3	18:39	185		Kean	27:30	+18 min	152	
Song	4	26:49	188		Lawhorn	5 miles	37:00	176	
LeGrand	3	23:33	164		Lowe	24:14	+16 min	144	
Booher	4	25:25	184		McGrail	24:32	+16 min	152	+16 min 160
Byrne	4	28:34	184		McGroarty	25:44	+19 min	152	
LaBarge, P	3	21:30	190		Meara	24:14	+16 min	164	
Bievenue	4	27:01	176		O'Connell	27:12	+18 min	138	
Group 3	Tempo	Time	Pulse	Comments					
Buescher	3	21:32	180		Quinlivan	26:45	+18 min	144	
Gordon				Dentist	Seal, W	21:50	+16 min	120	
Thro	3	22:40	176		Wojtkowski	26:20	+18 min	160	
Cantwell	3	20:30	170		Group E				
Group 4	Tempo	Time	Pulse	Comments	Abner	29:18	+9 min	168	
Andrew	3	22:00	204		Arens	25:47	+18 min	-	
Galli	3	23:18	172		Barks	24:52	+18 min	167	
McIntyre	3	22:35	172		Coolbaugh	33:14	+18 min	179	
Pierson	Aerobic	26:14	+27	172	Cox	21:54	+16 min	132	
Stus	3	21:30	172		Greiner	22:22	+16 min	172	
James	Aerobic	23:00	+16 min	140	Hurley	25:50	+18 min	162	
Group 5	Tempo	Time	Pulse	Comments	Nesser	28:13	+18 min	172	
Garavaglia	3	24:27	204		Purshke	24:14	+16 min	145	
Nolan	2	18:35	168		Riggan	21:50	+16 min	156	
Spence	2	15:55	168		Swiecicki, Cu	28:45	+18 min	156	
Group 6	Tempo	Time	Pulse	Comments	Group F				
Moore	3	33:40	215		Abbate	26:30	+9 min	160	
Rizzo	-			-	Carpenter	27:05	+9 min	170	
Swiecicki, Co	3	29:54	164		Cooper	24:36	+18 min	152	
Wu	3	24:10	200		Evans	27:05	+9 min	177	
					Funke	26:40	+9 min	159	
IR/XT					Johnson	26:32	+9 min	152	
Alford					Jones	25:48	+18 min	164	
Bourneuf					Marty	33:40	+9 min	140	
Demian					Miles	29:18	+9 min	180	
Garcia	3	20:16	178		Rammacher	23:07	+16 min	140	
Kellogg	3	23:10	170		Spengeman	23:13	+17 min	168	
O'Sullivan					Zlotopolski	31:59	+9 min	158	
Potter									
Safar									
				</					

Saturday-Rizzo 3 total 3:27 174

TO GERMAN
STATUE
AND BACK
PLUS A NUMBER OF MINUTES
TO GET THEM TO ROUGHLY TOTAL
MILES INCLUDING WARM UP AND
COOL DOWN

Date: 9-4-19		Conditions:									
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 / Strides/ Full Stretch/ Jog SLUH											
Group A		Mileage	Time	Pulse	Comments	Group D		Mileage	Time	Pulse	Comments
Callahan	1	15	1:00:00	180	Bike	Bievenue		4	31:58	175	
Dillon	20	8	59:20	160		Cantwell	25	5	39:01	178	
Friedrichs		8	61:32	168	Went Before School	Halley		—			O'Fallon
Hogan	30	8	59:20	172		James		—			O'Fallon
Mittendorf, Ad	35	8	59:20	148		Kean		—			O'Fallon
Rackers	30	8	59:20	148		Lawhorn		—			O'Fallon
Scott	30	8	59:20	152		Lowe		—			O'Fallon
						McGrail		—			O'Fallon
Group A-						McGroarty		—			O'Fallon
Brawley	25	5	39:00	144		Meara		—			O'Fallon
						O'Connell		—			O'Fallon
Group B						Quinlivan		—			O'Fallon
Apprill-Sokol	27	6	45:30	152		Seal, W		—			O'Fallon
Jackson						Wojtkowski		—			O'Fallon
Kramer		2	15:18	136		Group E					
Song	40	6	48:10	156		Abner		—			O'Fallon
						Arens		—			O'Fallon
Group B-						Barks		—			O'Fallon
LeGrand	13	5	40:14	160		Coolbaugh		—			O'Fallon
Pashea		—			O'Fallon	Cox		—			O'Fallon
Glass		—			O'Fallon	Greiner		—			O'Fallon
						Hurley		—			O'Fallon
Group C						Nesser		—			O'Fallon
Alford		—			O'Fallon						
Andrew	23	5	43:54	168							
Booher	20	4	30:03	148		Purshke		—			O'Fallon
Bourneuf		2	15:18	140		Riggan		—			O'Fallon
Buescher	10	5	40:14	168		Rizzo	15	3	27:22	184	
Byrne	20	5	39:00	164		Swiecicki, Co 4		3	30:46	164	
Dernlan		—			O'Fallon	Swiecicki, Cu		—			O'Fallon
Galli	20	5	43:58	164		Wu	10	4	37:54	160	
Garavaglia	16	5	46:30	160		Group F					
Gordon	20	5	43:58	160		Abbate		—			O'Fallon
Gray		—			O'Fallon	Carpenter		—			O'Fallon
LaBarge, J		—			O'Fallon	Cooper		—			O'Fallon
LaBarge, P	15	5	39:58	159		Evans		—			O'Fallon
McIntyre	15	5	40:14	184		Funke		—			O'Fallon
Mittendorf, Al		—			O'Fallon	Johnson		—			O'Fallon
Mize		—			O'Fallon	Jones		—			O'Fallon
Moore	23	5	58:15	180		Marty		—			O'Fallon
Nolan	15	5	41:30	180		Miles		—			O'Fallon
Pierson		—			O'Fallon	Rammacher		—			O'Fallon
Sanfillippo		—			O'Fallon	Safar		—			XT
Spence	15	4	39:54	148		Spengeman		—			O'Fallon
Stus	15	5	46:30	152		Zlotopolski		—			O'Fallon
Thro	10	5	42:15	164							
Zenor	20	5	39:00	152		IR					
						Garcia	30	3	22:53	156	
						Kellogg					
						O'Sullivan					
						Potter					

Date: 9-5-19 Conditions:									
Workout: Drills/Jog 1m to West Camp/ Core/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3 / Those who didn't race have Drills and Flying 200s/ O'Fallon racers have strides/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	12 Bike	55:00	164	118	Bievenue	4	31:05	180	DD +75
Dillon	8	59:10	168	DD +20	Cantwell	5	40:28	158	DD +25
Friedrichs	8	59:37	160	DD +70	Halley	4	37:13	160	DD +37
Hogan	6	46:15	160	DD +30	James	4	33:19	128	DD +15
Mittendorf, Ad	8	59:10	156	DD +35	Kean	ABSENT - DR. APPT.			
Rackers	8	59:10	160	DD +31	Lawhorn	5	43:04	164	DD +25
Scott	8	59:10	156	DD +50	Lowe	4	29:28	156	DD +30
					McGrail	5	40:20	120	DD +50
Group A-					McGroarty	5	43:04	182	DD +30
Brawley	5	37:30	144	DD +30	Meara	EXCUSED			
					O'Connell	4	37:13	132	DD +17
Group B					Quinlivan	4	37:13	143	DD +37
Apprill-Sokol	6	46:15	172	DD +30	Seal, W	4	29:28	156	DD +40
Jackson	3.3	24:40	152	DD +60	Wojtkowski	4	36:42	163	DD +15
Kramer	2	16:08	136	DD	Group E				
Song	6	46:15	172	DD +30	Abner	3	28:25	160	DD +21
					Arens	3	26:40	172	DD +10
Group B-					Barks	3	24:38	182	DD +20
LeGrand	6	46:39	176	DD +5	Coolbaugh	3	28:15	171	DD +40
Pashea	6	46:15	163	DD +27	Cox	3	23:10	150	DD
Glass	6	46:15	172	DD +10	Greiner	EXCUSED			
					Hurley	3	27:18	177	DD +25
Group C					Nesser	INJURED ABSENT			
Alford	XT				Purshke	4	31:05	167	DD +40
Andrew	INJURED DURING RUN				Riggan	4	29:28	172	DD +42
Booher	5	37:50	160	DD +23	Rizzo	3	31:35	183	DD +15
Bourneuf	3	24:33	160	DD +10	Swiecicki, Co	3	31:35	164	DD +20
Buescher	4	36:45	170	DD +5	Swiecicki, Cu	3	31:40	152	DD +23
Byrne	5	38:26	168	DD +10	Wu	3	28:16	152	DD +10
Demlan	2	16:38	152	DD	Group F				
Galli	5	45:13	160	DD +15	Abbate	2	19:40	152	DD +20
Garavaglia	5	46:12	160	DD +15	Carpenter	3	27:26	187	DD +27
Gordon	5	45:13	160	DD +15	Cooper	3	24:38	164	DD +5
Gray	5	37:50	164	DD +30	Evans	2	18:45	181	DD +21
LaBarge, J	5	37:30	163	DD +30	Funke	3	27:27	143	DD +25
LaBarge, P	5	38:24	158	DD +20	Johnson	3	27:25	156	DD +10
McIntyre	4	36:45	180	DD +10	Jones	3	27:18	166	DD +26
Mittendorf, Al	5	42:58	163	DD +30	Miles	QUIT			
Mize	5	41:50	168	DD +31	Miles	XT			
Moore	5	59:30	176	DD +20	Rammacher	INJURED MAYBE XT			
Nolan	5	46:12	178	DD +17	Safar	XT Bike 1:26 168 Pulse			
Pierson	5	41:00	175	DD +25	Spengeman	3	25:20	168	DD +20
Sanfillippo	5	43:06	152	DD +42	Zlotopolski	2	23:13	166	22
Spence	4	32:50	164	DD					
Stus	5	46:12	156	DD +10	IR				
Thro	4	36:45	156	DD +10	Garcia	5	38:15	164	DD +25
Zenor	5	37:50	150	DD +10	Kellogg	EXCUSED			
					O'Sullivan	AFTER WHATEVER			
					Potter	XT			

4 miles
33:43
160

1.5 miles
and then
injured

Conditions:

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	46:10	152	20	Bievenue	3	24:34	177	50
Dillon	6	46:59	160	30	Cantwell	4	33:14	164	25
Friedrichs	6	46:10	160	30	Halley	3	26:57	188	20
Hogan	6	44:58	156	20	James	3	24:41	140	15
Mittendorf, Ad	6	44:58	152	29	Kean	3	28:18	164	15
Rackers	6	46:10	156	35	Lawhorn	4	33:08	164	30
Scott	6				Lowe	70	14:50	160	
					McGrail	4	32:30	120	50
Group A-					McGroarty	4	32:50	168	35
Brawley	4	30:37	140	25	Meara	2	14:57	177	
					O'Connell	3	26:57	156	17
Group B					Quinlivan	3	26:57	164	25
Apprill-Sokol	5	40:54	144	15	Seal, W	34	14:57	148	
Jackson	5	41:04	120	10	Wojtkowski	3	25:17	180	15
Kramer	5	40:54	164	30	Group E				
Song	5				Abner	23	18:46	169	
					Arens	21	17:37	173	
Group B-					Barks	15	15:48	172	
LeGrand	4	33:00	160	12	Coolbaugh	35	19:14	167	
Pashea	4	30:37	154	27	Cox	20	14:53	151	
Glass	4	30:37	178	25	Greiner	30	14:57	160	
					Hurley	20	16:00	178	
Group C					Nesser		EXCUSED		
Alford		XT			Purshke	40	15:00	174	
Andrew		XT			Riggan	32	14:50	154	
Booher		XT			Rizzo		18:18	186	15
Bourneuf	4	33:14	164	40	Swiecicki, Co	2	18:18	180	41
Buescher	4	33:47	168	10	Swiecicki, Cu	2	20:45	120	19
Byrne	4	31:25	172	20	Wu	2	20:11	148	12
Dernlan	2	17:23	164	24	Group F				
Galli	4	38:36	164	15	Abbate	17	18:01	144	
Garavaglia	4	38:41	160	15	Carpenter	30	17:51	183	
Gordon	4	30:50	168	10	Cooper	9	15:45	164	
Gray	4	31:25	160	30	Evans	15	17:27	140	
LaBarge, J	4	31:25	149	30	Funke	20	17:37	140	
LaBarge, P	4	33:00	156	25	Johnson	10	16:43	154	
McIntyre	4	33:14	196	15	Jones	14	17:27	152	
Mittendorf, Al	4	35:00	177	30	Marty				
Mize	4	32:30	172	23	Miles		XT		
Moore	4	48:00	180	20	Rammacher	15	14:57	126	
Nolan	4	33:47	182	10	Safar	2	22:00	188	13
Pierson	4	33:08	173	15	Spengeman	20	15:48	176	
Sanfillippo	4	35:04	152	45	Zlotopolski	2	23:49	167	22
Spence	3	26:57	152	20					
Stus	4	34:40	152	15	IR				
Thro		SICK			Garcia		XT		
Zenor	4	30:37	152	20	Kellogg		XT		
					O'Sullivan		WHAT EVER		
					Potter		XT		

Date: 9-8-19 Conditions:

Workout: Sunday Workout

[illegible]

Week 9 - September 9-15 Bounce Week

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

WORKOUT ADJUSTED DUE TO TEMPERATURE FLUNKING THE HOT BALL TEST.

Date: 9-9-19		Conditions: PART OF THE RUN WAS OUTSIDE, BUT ATHLETES FINISHED IN FIELD HOUSE							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=6 B=5 C=4 DE=37 Strides/ Full Stretch/ Jog SLUH TO REACH ESTIMATE									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	XT				Bievenue	5 MILES	175	50	
Dillon	7	54:56	160	20	Cantwell	6 MILES	163	25	
Friedrichs	7	55:24	172	75	Halley	EXCUSED			
Hogan	7	53:25	~	30	James	5 MILES	148	20	
Mittendorf, Ad	7	53:25	~	30	Kean	XT Treadmill	45:00	Run	
Rackers	7	53:25	156	30	Lawhorn	6 MILES	156	50	
Scott	7	53:25	160	55	Lowe	5 MILES	140	40	
					McGrail	RETURNED FROM PARTY /			
Group A-					McGroarty	6 MILES	140	30	
Brawley	7	55:38	148	30	Meara	5 MILES	164	28	
					O'Connell	ABSENT			
Group B					Quinlivan	5 MILES	144	38	
Apprill-Sokol	7	53:25	172	33	Seal, W	5 MILES	148	44	
Jackson	5 MILES		164	20	Wojtkowski	5 MILES	168	15	
Kramer	6 MILES 166 20 NOT				Group E				
Song	7	56:50	176	30	Abbate	5 MILES	148	18	
					Abner	5 MILES	158	23	
Group B-					Arens	5 MILES	156	15	
LeGrand	7	55:12	172	14	Barks	3 MILES	INJURED ON RUN		
Pashea	7	54:56	159	34	Carpenter	5 MILES	174	26	
Glass	7	54:52	170	10	Coolbaugh	5 MILES	174	40	
					Cooper	5 MILES	148	7	
Group C					Cox	ABSENT			
Alford	XT				Evans	4 MILES	INJURED ON RUN		
Andrew	XT				Funke	5 MILES	160	30	
Booher	6	46:09	172	23	Greiner	5 MILES	152	49	
Bourneuf	DOCTOR				Hurley	5 MILES	124	20	
Buescher	6 MILES		112	10	Johnson	5 MILES	144	13	
Byrne	6 MILES		152	20	Jones	5 MILE	176	31	
Dernlan	XT				Miles	4 MILES	158	20	
Galli	ABSENT				Nesser	EXCUSED			
Garavaglia	6 MILES		160	15	Purshke	5 MILES	164	40	
Gordon	6 MILES		140	20	Rammacher	XT			
Gray	6 MILES		160	40	Riggan	EXCUSED			
LaBarge, J	6 MILES		156	30	Rizzo	EXCUSED			
LaBarge, P	6 MILES		165	25	Safar	5 MILES	168	15	
McIntyre	6 MILES		160	15	Spengeman	5 MILES	172	25	
Mittendorf, Al	6 MILES		145	35	Swiecicki, Co	5 MILES	164	32	
Mize	6 MILES		132	26	Swiecicki, Cu	5 MILES	158	20	
Moore	6 MILES		148	20	Wu	5 MILES	172	25	
Nolan	6 MILES		172	20	Zlotopolski	5 MILES	152	24	
Pierson	6 MILES		159	15					
Sanfillippo	6 MILES		140	35					
Spence	6 MILES		156	15					
Stus	6 MILES		152	15	IR				
Thro	EXCUSED				Garcia	4 MILES	140	27	
Zenor	7	52:57	165	15	Kellogg	ABSENT			
					O'Sullivan	XT			
					Potter	XT			

TOTAL MILEAGE (INCL. W/ COOL DOWN) BASED ON TIME

DID NOT REPORT #5

AS A RESULT NOTING AGE RECORD FOR MOST RUNNER

RUNNER WHO WERE ABLE TO COMPLETE THEIR RUN OUTSIDE ENTIRELY BASED ON DISTANCE DO HAVE A TIME RECORDED BUT MILEAGE SHOWN

TOTAL MILEAGE (APPL. W/ COOL DOWN) BASED ON TIME

DID NOT REPORT #5

AS A RESULT NO TIME ARE RECORDED FOR MOST RUNNERS

RUNNERS WHO WERE ABLE TO COMPLETE THEIR RUN OUTSIDE ENTIRELY BASED ON DISTANCE DO HAVE A TIME RECORDED BUT MILEAGE SHOWN FOR THEM INCLUDE ONE MILE W/ COOL DOWN

5 total miles 37:35 164

4 total miles 36:09 168

4 total miles 34:18 168

Conditions:

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	1.3	16:15	164	~	Bievenue	3.1	27:00	168	50
Dillon	6.0	47:55	140	25	Cantwell	4.0 3.1	32:50	174	25
Friedrichs	2.5	41:00	172	75	Halley	EXCUSED			
Hogan	6.0	45:54	180	25	James	3.1	27:30	140	25
Mittendorf, Ad	6.0	45:54	144	40	Kean	RUNNING	INSIDE		→
Rackers	6.0	48:03	160	40	Lawhorn	3.1	27:30	160	30
Scott	6.0	45:54	160	45	Lowe	3.1	27:33	168	40

Brawley	6.0	46:20	148	35
Group B				
Apprill-Sokol	5.0	41:28	184	20
Jackson	2.5	20:03	140	20
Kramer	ABSENT			
Song	5.0	43:40	172	30

Apprill-Sokol	5.0	41:28	184	20
Jackson	2.5	20:03	140	20
Kramer	ABSENT			
Song	5.0	43:40	172	30

LeGrand	INJURED ON RUN			
Pashea	5.18	39:34	156	35
Glass	5.18	39:34	163	20

Alford		X	T		
Andrew		X	T		
Booher	3.1	72:33	140	17	
Bourneuf	4.0	32:40	168	35	
Buescher	4.0	32:40	184	10	
Byrne	4.0	32:27	172	20	
Dernlan		X	T		
Galli	4.0	38:40	168	15	
Garavaglia	3.1	31:39	160	15	
Gordon	4.0	38:40	176	30	
Gray	4.0	32:25	164	30	
LaBarge, J	4.0	31:41	152	30	
LaBarge, P	4.0	32:25	162	20	
McIntyre	4.0	36:35	192	20	
Mittendorf, Al	4.0	26:13	167	40	
Mize	4.0	36:13	180	29	
Moore	4.0	100:30	160	20	
Nolan	3.1	29:59	181	23	
Pierson	4.0	36:35	176	16	
Sanfilippo	4.0	36:20	168	37	
Spence	3.1	29:49	148	15	
Stus	3.1	29:45	167	15	
Thro	3.1	31:39	184	13	
Zenor	5.18	39:34	155	26	

Galli	4.0	38:40	168	15
Garavaglia	3.1	31:39	160	15
Gordon	4.0	38:40	176	30
Gray	4.0	32:25	164	30
LaBarge, J	4.0	31:41	152	30
LaBarge, P	4.0	32:25	162	20
McIntyre	4.0	36:35	192	20
Mittendorf, Al	4.0	26:13	187	40
Mize	4.0	36:13	180	29
Moore	4.0	108:30	160	20
Nolan	3.1	29:59	181	23
Pierson	4.0	36:35	176	18
Sanfillippo	4.0	36:20	168	37
Spence	3.1	29:49	148	15
Stus	3.1	29:45	167	15
Thro	3.1	31:39	184	13
Zenor	5.18	39:34	155	26

Thro	3.1	31:39	184	13
Zenor	5.18	39:34	155	26

Group D	Mileage	Time	Pulse	Comments
Bievenue	3.1	27:00	168	50
Cantwell	4.0 3.1	32:50	174	25
Halley	EXCUSED			
James	3.1	27:30	140	25
Kean	RUNNING	INSIDE		→
Lawhorn	3.1	27:30	160	30
Lowe	3.1	27:33	168	40
McGrail	3.1	27:30	160	50
McGroarty	4.0	36:34	168	35
Meara	3.1	27:33	176	32
O'Connell	3.1	24:45	155	17
Quinlivan	3.1	28:39	170	38
Seal, W	3.1	27:30	156	45
Wojtkowski	3.1	24:45	161	17

Abbate	3.1	29:27	168	19
Abner		EXCUSED		-4
Arens	3.1	28:41	178	20
Barks	2	17:30	162	15
Carpenter	3.1	31:03	192	26
Coolbaugh	3.1	30:34	175	40
Cooper	3.1	28:40	168	6

Evans	EXCUSED			
Funke	3.1	34:10	166	30
Greiner	3.1	27:33	160	50
Hurley	3.1	30:05	172	25
Johnson	3.1	28:41	160	13
Jones	3.1	31:15	184	36
Miles	XT			
Nesser	EXCUSED			
Purshke	3.1	29:45	170	40
Rammacher	XT			
Riggan	3.1	27:43	152	37
Rizzo	XT			
Safar	4.0	43:13	164	13
Spengeman	3.1	29:41	180	25
Swiecicki, Co	XT			
Swiecicki, Cu	3.1	42:13	—	20
Wu	3.1	28:50	172	20
Zlotopolski	4.0	42:48	165	24

Nesser	EXCLUDED			
Purshke	3.1	29:45	170	40
Rammacher	X	T		
Riggan	3.1	27:43	152	37
Rizzo	X	T		
Safar	4.0	43:13	164	13
Spengeman	3.1	29:41	180	25
Swiecicki, Co	X	T		
Swiecicki, Cu	3.1	42:13	—	20
Wu	3.1	28:50	172	20
Zlotopolski	4.0	42:48	165	24

Garcia	XT		
Kellogg	XT	1:15	Bike
O'Sullivan	XT		
Potter	XT		

Date: 9-19-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=6 B=5 C=4 DE=3/ Strides/ Full Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	XT	AT TRAIL			Bievenue	3.1	28:21	174	50
Dillon	6.0	45:46	156	20	Cantwell	4.0	34:10	174	20
Friedrichs	3.1	27:09	156	75	Halley	3.1	28:07	188	20
Hogan	6.0	48:49	180	30	James	3.1	28:30	140	20
Mittendorf, Ad	6.0	48:49	152	30	Kean	XT	RAN INSIDE ALLEGES		
Rackers	6.0	45:26	148	30	Lawhorn	3.1	25:59	152	30
Scott	6.0	45:04	160	15	Lowe	3.1	26:38	164	40
					McGrail	3.1	26:30	160	50
Group A-					McGroarty	4.0	34:06	192	40
Brawley	5.0	37:53	152	35	Meara	3.1	26:38	172	29
					O'Connell	3.1	28:07	155	17
Group B					Quinlivan	3.1	28:57	172	39
Apprill-Sokol	4.0	35:57	187	33	Seal, W	3.1	26:40	156	45
Jackson	PT				Wojtkowski	3.1	28:41	169	17
Kramer	XT	AT TRAIL			Group E				
Song	5.0	45:19	168	30	Abbate	3.1	33:39	164	22
					Abner	3.1	34:38	175	27
Group B-					Arens	3.1	30:57	184	15
LeGrand	3.1	26:37	160	12	Barks	3.1	30:30	182	15
Pashea	4.0	31:15	154	25	Carpenter	3.1	31:04	188	21
Glass	4.0	31:15	168	10	Coolbaugh	3.1	30:11	168	40
					Cooper	3.1	33:15	168	7
Group C					Cox	JUG			
Alford	2	16:09	168	30	Evans	2.0	33:57	163	12 - SICK DURING RUN
Andrew	3.1	29:33	176	22	Funke	3.1	33:25	167	25
Booher	XT	-MARKED COURSE			Greiner	3.1	26:38	168	49
Bourneuf	4	30:34	172	40	Hurley	3.1	30:47	177	30
Buescher	3.1	26:47	164	15	Johnson	3.1	29:01	156	13
Byrne	4.0	32:06	168	20	Jones	3.1	30:47	180	36
Dernlan	2	16:09	168	22	Miles	XT	-MARKED COURSE		
Galli	4.0	37:02	172	15	Nesser	INJURED			
Garavaglia	3.1	28:31	160	15	Purshke	3.1	26:38	177	40
Gordon	XT	-MARKED COURSE			Rammacher	XT	-MARKED COURSE		
Gray	4.0	33:30	168	25	Riggan	3.1	26:38	180	43
LaBarge, J	3.1	25:59	145	TRAINER	Rizzo	3.1	29:34	185	185
LaBarge, P	4.0	33:30	164	30	Safar	3.1	38:48	168	15
McIntyre	3.1	26:47	172	20	Spengeman	3.1	28:58	176	25
Mittendorf, Al	4.0	35:45	176	40	Swiecicki, Co	3.1	34:23	164	46
Mize	4.0	34:21	176	32	Swiecicki, Cu	3.1	39:01	164	22
Moore	4.0	1:02:01	164	20	Wu	3.1	30:15	156	20
Nolan	XT	RAN INSIDE			Zlotopolski	4.0	47:30	162	24
Pierson	4.0	35:20	185	16					
Sanfillippo	4.0	35:49	176	30					
Spence	3.1	27:21	172	15					
Stus	3.1	26:45	160	15	IR				
Thro	3.1	31:26	168	13	Garcia	XT			
Zenor	4.0	30:34	152	30	Kellogg	3.3	27:08	188	-
					O'Sullivan	3			
					Potter	XT			

9-12-19

Date: 9-20-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=6 B=5 C=4 DE=3/ Drills/Flying 200s/ Full Stretch/ Jog SLUH/ Stability Weights for the weights group									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	14.5	61:00	164		Bievenue	3.1	25:30	168	50
Dillon	6.0	44:05	164	25	Cantwell	4.0	33:24	172	25
Friedrichs	4.0	30:37	172	75	Halley	EXCUSED			
Hogan	6.0	44:00	184	30	James	3.1	28:31	148	25
Mittendorf, Ad	6.0	44:05	148	35	Kean	RUNNING INSIDE			
Rackers	6.0	43:52	156	35	Lawhorn	4.0	35:24	156	20
Scott	6.0	43:52	160	55	Lowe	3.0	24:18	148	40
					McGrail	3.1	27:36	120	50
					McGroarty	4.0	33:08	196	40
Group A-					Meara	3.0	24:18	164	33
Brawley	6.0	46:02	148	35	O'Connell	3.1	29:24	147	20
					Quinlivan	3.1	29:24	166	30
Group B					Seal, W	3.0	24:20	136	50
Apprill-Sokol	4.0	34:40	184	20	Wojtkowski	3.1	30:55	173	20
Jackson	3.1	24:10	164	40					
Kramer	ABSENT				Group E				
Song	5.0	44:19	180	40	Abbate	3.0	30:52	172	23
					Abner	3.0	24:30	172	23
Group B-					Arens	3.1	30:43	178	20
LeGrand	2	19:12	160	13	Barks	3.0	26:48	180	15
Pashea	5.0	38:40	156	23	Carpenter	3.0	28:14	184	23
Glass	5.0	38:40	178	22	Coolbaugh	FILE SHOWN SERVICE			
					Cooper	3.0	28:30	157	6
Group C					Cox	3.0	24:18	148	21
Alford	3.1	24:55	152	30	Evans	3.0	30:02	182	20
Andrew	3.1	29:12	172	20	Funke	3.0	28:58	145	25
Booher	COURSE SET UP				Greiner	3.0	24:20	148	45
Bourneuf	3.1	26:45	144	40	Hurley	3.0	26:48	182	30
Buescher	3.1	26:45	156	10	Johnson	3.0	27:34	156	13
Byrne	4.0	33:21	156	20	Jones	3.0	26:48	182	37
Dernlan	NOT SICK DURING RUN				Miles	2.0	26:43	184	15
Galli	4.0	37:40	172	15	Nesser	EXCUSED			
Garavaglia	ABSENT				Purshke	3.0	24:18	172	40
Gordon	COURSE SET UP				Rammacher	WORKED SETTING UP COURSE			
Gray	4.0	31:23	168	30	Riggan	3.0	24:18	172	47
LaBarge, J	3.1	24:43	169	35	Rizzo	3.0	33:30	197	15
LaBarge, P	4.0	32:10	166	25	Safar	3.1	35:27	164	13
McIntyre	3.1	26:45	200	15	Spengeman	3.0	25:00	168	25
Mittendorf, Al	4.0	35:10	172	40	Swiecicki, Co	3.1	32:57	164	35
Mize	4.0	33:43	172	26	Swiecicki, Cu	3.1	39:14	168	24
Moore	4.0	36:40	174	20	Wu	3.1	34:15	158	15
Nolan	EXCUSED				Zlotopolski	2.0	28:00	168	-
Pierson	4.0	35:12	178	16					
Sanfillippo	4.0	35:18	176	31					
Spence	3.1	28:56	156	20					
Stus	3.1	26:45	168	15	IR				
Thro	ABSENT				Garcia	COURSE SET UP			
Zenor	5.0	36:35	156	20	Kellogg	PT			
					O'Sullivan	MIA			
					Potter	X+			

HRS A COLS

Ran 4 total
35:56 156

Date: 9-13-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run AB=5 C=4 DE=3/ Drills/Flying 200s/ Full Stretch/ Jog SLUH/ Stability Weights for the weights group									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6.0	37:44	148	25	Bievenue	3.1	26:30	165	50
Dillon	4.0	30:14	136	100	Cantwell	4.0	30:25	167	20
Friedrichs	6.0	37:44	160	30	Halley	3.1	28:20	136	20
Hogan	6.0	37:44	136	35	James	3.1	29:43	120	20
Mittendorf, Ad	6.0	37:44	140	33	Kean	3.1	28:20	136	20
Rackers	6.0	37:44	144	40	Lawhorn	4.0	32:42	164	35
Scott					Lowe	3.0	21:11	144	40
					McGrail	3.1	22:50	160	50
Group A-					McGroarty	4.0	30:36	192	40
Brawley	5.0	37:31	140	30	Meara	3.0	23:27	152	33
					O'Connell				
Group B					Quinlivan	3.1	27:23	144	37
Apprill-Sokol	ABSENT				Seal, W	3.0	21:11	152	51
Jackson	2.0	14:42	140	55	Wojtkowski	3.1	26:32	160	20
Kramer	INJURED - WALKED COURSE				Group E				
Song	5.0	37:31	160	40	Abbate	3.0	26:46	152	24
					Abner	3.0	26:23	162	21
Group B-					Arens	3.1	28:21	168	21
LeGrand	3.0	24:28	160	15	Barks	3.0	23:40	160	21
Pashea	4.0	30:09	148	27	Carpenter	3.0	23:54	174	32
Glass	4.0	30:06	152	10	Coolbaugh	3.0	24:10	160	40
					Cooper	3.0	23:40	171	6
Group C					Cox	3.0	21:11	140	25
Alford	4.0	31:57	168	30	Evans	3.0	22:40	191	23
Andrew	3.1	26:40	160	20	Funke	3.0	23:55	140	25
Booher	INJURED - XT				Greiner	3.0	21:11	156	45
Bourneuf	3.1	26:30	160	40	Hurley	3.0	22:40	176	30
Buescher	3.1	25:57	156	10	Johnson	3.0	23:40	156	13
Byrne	4.0	32:41	148	20	Jones	3.0	22:40	172	26
Dernlan	3.1	27:23	160	23	Miles	3.0	24:00	-	15
Galli	4.0	30:40	168	15	Nesser	ABSENT			
Garavaglia	3.1	27:30	160	15	Purshke	3.0	23:27	170	40
Gordon	INJURED - XT				Rammacher	INJURED			
Gray	4.0	30:10	152	30	Riggan	3.0	23:10	160	45
LaBarge, J	4.0	30:09	156	35	Rizzo	3.1	29:53	195	15
LaBarge, P	4.0	30:16	170	25	Safar	3.1	29:51	172	14
McIntyre	3.1	25:57	184	15	Spengeman	3.0	23:32	160	25
Mittendorf, Al	4.0	32:09	141	30	Swiecicki, Co	3.1	28:20	176	34
Mize	4.0	30:36	168	30	Swiecicki, Cu	3.1	33:20	160	22
Moore	4.0	30:00	172	20	Wu	3.1	30:14	144	11
Nolan	3.1	29:53	185	20	Zlotopolski	3.0	26:23	152	24
Pierson	4.0	32:39	173	16					
Sanfillippo	4.0	32:09	164	35					
Spence	3.1	25:54	164	15					
Stus	3.1	26:16	152	15	IR				
Thro	3.1	25:57	172	10	Garcia	INJURED			
Zenor	4.0	30:10	140	20	Kellogg	3.1	22:50	176	25
					O'Sullivan	MTA			
					Potter	XT			

Date: 9-15-19

Conditions:

Workout: Sunday Workout

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan				2	Bievenue				
Dillon				3	Cantwell				
Friedrichs				5	Halley				
Hogan	3	26:20	136	3	James				
Mittendorf, Ad	Nothing			6	Kean				
Rackers				4	Lawhorn				
Scott				2	Lowe				
				4	McGrail				
Group A-				4	McGroarty				
Brawley	3	25:00		2	Meara				
				4/IR	O'Connell				
Group B				4	Quinlivan				
Apprill-Sokol				2	Seal, W				
Jackson				5	Wojtkowski				
Kramer					Group E				
Song				5	Abbate				
				6	Abner				0:14 for 30 min
Group B-				5	Arens				
LeGrand				3	Barks				
Pashea	3	24:12		5	Carpenter				
Glass				5	Coolbaugh				
				4	Cooper				
Group C				3	Cox				
Alford				4	Evans				
Andrew				6	Funke				
Booher				2	Greiner				
Bourneuf				3	Hurley				
Buescher				3	Johnson				
Byrne	2			4	Jones				
Dernlan				6	Miles				
Galli				6/IR	Messer				
Garavaglia	Basketball game			3	Purshke				
Gordon				4	Rammacher				
Gray				3	Riggan				
LaBarge, J				6	Rizzo				
LaBarge, P				6	Safar				
McIntyre				4	Spengeman				
Mittendorf, Al				6	Swiecicki, Co				
Mize				6	Swiecicki, Cu				
Moore				5	Wu				
Nolan				6	Zlotopolski				
Pierson									
Sanfillippo									
Spence									
Stus					IR				
Thro				IR	Garcia				
Zenor				IR	Kellogg				
				MEA	O'Sullivan				
				IR	Potter				

1/IR

2

1

2

IR

IR

2

2/IR

43

2/IR

2/IR

2/IR

2/IR

2/IR

2/IR

2/IR

2/IR

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2/IR

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2/IR

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2/IR

2/IR

2/IR

Week 8 - September 16-22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	PAUL ENKE INVITATIONAL	AB=3-5 Shakeout	A=62-64
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=55-57
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=43
A=10	2nd Set Drills	A=8	A=8	A=6	2nd Set Drills		D=39
B=8	123=(4x400-1 mile tempo) x 2-3	B=6	B=6	B=5	Race		E=34
C=6	456=6x800	C=5	C=5	C=4	Cooldown		
D=5	6xHill	D=4	D=4	D=4	12= 2x400, 2x200 +3 miles		
E=4	Cooldown	E=3	E=3	E=3	3456=3 miles		
6 Strides	AB=2-3 miles	Stretch with Leader	Drills	6 Strides	Stretch		
Stretch with Leader	CDE= Jog to SLUH	Jog to SLUH	Flying 175s	Stretch with Leader	OR		
Jog to SLUH	Competition for Weights group		Stability Weights	Jog to SLUH	1st Set Drills		
	Stretch		Stretch with Leader		Warm-up		
			Jog to SLUH		2nd Set Drills		
					Fartlek (3 on/ 2 off)		
					for 10K		
					Cooldown 2 miles		
					Stretch		

* ASTERISK DENOTES MILES RUN OUTSIDE AND THE TIME IT TOOK -- APPLIES ONLY TO GUYS WHO RAN ALL THEIR RUN OUTSIDE
 Modified Workout due to Flunking the Wet

BALL TEST

Date: 9-16-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Core/ Push-ups /Aerobic Run run A=10 B=8 C=6 D=5 E=4/ Stides/ Hurdle Mobility/ Stretch/ Jog SLUH									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	XT				Bievenue	3 +	35:00	169	50
Dillon	5 +	50:00	144	20	Cantwell	4 +	40:00	167	30
Friedrichs	5 +	45:00	148	100	Halley	3 +	35:00	144	20
Hogan	5 +	50:00	164	30	James	3 +	35:00	164	20
Mittendorf, Ad	5 +	50:00	132	35	Kean	3 +	35:00	136	20
Rackers	5 +	36:00	—	40	Lawhorn	4 +	35:00	144	25
Scott	5 +	50:00	148	55	Lowe	3	27:14	140	35
					McGrail	4 +	35:00	120	50
Group A-					McGroarty	4 +	35:00	124	35
Brawley	5 +	50:00	152	30	Meara	3 +	35:00	164	31
					O'Connell	XT			
Group B					Quinlivan	3 +	35:00	148	32
Apprill-Sokol	4 +	45:00	168	24	Seal, W	XT -	20 min on BIKE		
Jackson	XT	Biked 1:02:20 (14.7 miles)			Wojtkowski	ABSENT			
Kramer	4	29:13	172	20	Group E				
Song	4 +	0:00	—	INSURED ON RUN	Abbate	3 +	30:00	152	25
					Abner	3 +	30:00	154	22
Group B-					Arens	XT	Bike 45:00	131	Pulse
LeGrand	4 +	7:30	160	14	Barks	3 +	30:00	148	16
Pashea	4 +	45:00	149	27	Carpenter	3 +	30:00	167	26
Glass	4 +	45:00	158	5	Coolbaugh	3 +	30:00	160	40
					Cooper	3 +	30:00	172	6
Group C					Cox	ABSENT			
Alford	4 +	35:00	144	20	Evans	3 +	10:00	164	20
Andrew	4 +	35:00	172	20	Funke	3 +	30:00	145	27
Booher	4 +	22:30	148	31	Greiner	3 +	35:00	156	49
Bourneuf	4 +	35:00	120	40	Hurley	3 +	30:00	146	25
Buescher	4 +	35:00	164	15	Johnson	3 +	30:00	156	15
Byrne	4 +	35:00	172	20	Jones	3 +	30:00	168	45
Dernlan	4 +	35:00	176	40	Miles	3 +	30:00	160	15
Galli	4 +	35:00	164	16	Nesser	2	23:20	160	12
Garavaglia	4 +	35:00	160	20	Purshke	3 +	35:00	157	40
Gordon	4 +	35:00	156	20	Rammacher	3	27:14	140	26
Gray	4 +	35:00	156	30	Riggan	3 +	35:00	152	50
LaBarge, J	4 +	35:00	144	32	Rizzo	ABSENT			
LaBarge, P	4 +	23:00	156	30	Safar	3 +	30:00	164	16
McIntyre	4 +	35:00	168	15	Spengeman	3 +	30:00	172	25
Mittendorf, Al	4 +	35:00	143	30	Swiecicki, Co	3 +	30:00	164	38
Mize	4 +	35:00	148	30	Swiecicki, Cu	3 +	30:00	160	25
Moore	4 +	35:00	130	20	Wu	ABSENT			
Nolan	4 +	35:00	180	20	Zlotopolski	3 +	30:00	147	26
Pierson	4 +	35:00	169	16					
Sanfillippo	4 +	35:20	140	30					
Spence	3 +	30:00	144	15					
Stus	4 +	35:00	152	15	IR				
Thro	4	45:06	176	10	Garcia	XT	75 min BIKE	148	
Zenor	4	60:00			Kellogg	ABSENT			
	4 +	30:00	134	20	O'Sullivan	MIA			
					Potter	XT			

35:00

84 PULSE

STOPPED DUE TO INJURY

30:00

DATA SHOWN IS MILES OUTSIDE PLUS "ADD-ON" MINUTES RUN INSIDE (ALL OF THIS INCLUDES W/U AND COOL-DOWN)

50:00

MILES INCLUDE W/U -- COOL-DOWN NO MINUTES RUN INSIDE

35:00

TOE INJURY

Date: 9-17-19		Conditions:															
Workout: Drills/Jog 1m to Steinberg or Bowl Lake/ Push-ups /Groups 123 - 4x400-1mile tempo x 2-3/ Groups 456 - 6x800/ Hill Sprints/ Stretch/ Jog SLUH/ Weights for the weights group																	
Group 1	Paces	400	400	400	400	Tempo	400	400	400	400	Tempo	400	400	400	400	Tempo	Comments
Brawley	Aerobic																6 miles 46:20
Callahan	Aerobic																3 miles + 800
Dillon	Aerobic																8 miles, 60:57
Hogan	Aerobic																
Mittendorf, Ad	Aerobic																8 miles, 61:05
Rackers	Aerobic																
Scott	Aerobic																8 miles, 60:20
Zenor	Aerobic																5 miles 37:37
Glass	74/6:00	40	70	76	75	6:01	79	75	75	75	5:57	78	81	87	82		
Pashea	74/6:00	40	70	76	75	6:01	71	75	75	75	5:57	77	76	78	75		
Group 2	Paces	400	400	400	400	Tempo	400	400	400	400	Tempo	400	400	400	400	Tempo	Comments
Friedrichs	80/6:30	81	76	82	85	6:22	85	80	99	89	6:39						
Apprill-Sokol	80/6:30	91	73	79	71	6:06	83	78	81	80	6:27						
Song	80/6:30																XT
LeGrand	80/6:30																Start cut
Booher	80/6:30	80	75	74	77	6:06	81	77	80	78	6:10						
LaBerge, J	80/6:30	81	75	78	79	6:06	81	77	90	79	6:10	78	80				
LaBerge, P	80/6:30	82	77	80	83	6:34	141	97									
Sanfilippo	80/6:30	83	77	80	81	6:40	86	82	81	82	6:47						
Bievenue	80/6:30	84	77	80	81	6:30	85	81	82	79	6:24	82	82	84	77		
Lowe	80/6:30																3 miles, 23:30
Meara	80/6:30	83	73	79	77	6:25	85	81	82	80	6:39						
Seal, W	80/6:30	83	72	79	77	6:35	84	79	83	79	6:42						
Greiner	80/6:30	82	75	80	81	6:26	87	82	84	80	6:41						
Group 3	Paces	400	400	400	400	Tempo	400	400	400	400	Tempo	400	400	400	400	Tempo	Comments
Alford	86/6:50	84	83	85	84	6:32	88	84	86	79	6:29	84	82				
Boumeuf	86/6:50	84	82	85	84	6:36	88	84	86	81	6:42	81	80	82	80	2:57	
Buescher	86/6:50	85	84	85	85	6:37	92	85	86	84	6:46	92	85				
Byrne	86/6:50	81	74	79	79	6:30	84	79	82	81	6:46	81	85	88	76		Ran w/ Group 2
Gray	86/6:50	84	83	86	84	6:36	89	85	88	84	6:43						
McIntyre	86/6:50	88	88	90	92	7:10	98	98	104	100	8:08						
Cantwell	86/6:50	84	83	84	84	6:17	90	84	87	85	6:43	92	84	88	83		
James	86/6:50	85	84	83	80	6:37	93	86	89	86	6:55	97	91				
Barks	86/6:50	86	85	88	86	6:47	91	-	-	92	7:14						Got Dizz
Cox	86/6:50	83	79	83	81	6:39	91	92	91	99	7:10						
Hurley	86/6:50																
Johnson	86/6:50	86	86	88	87	6:50	95	92	95	100	7:49						
Purshke	86/6:50	84	83	86	83	6:37	90	85	90	86	7:49						
Riggen	86/6:50	84	83	86	85	6:37	89	86	89	85	6:43						

Kellogg
~~6:41~~ - 3 miles, 23:30, 179, 20 pushups

Kramer - 5 miles, 37:37, 180, 20 pushups

Group 4	800	800	800	800	800	800	800	Comments
Andrew	3:25	3:05	3:33	3:33	4:00	—		
Dernlan	3:10	2:49	3:22	2:58	3:18	2:53		
Galli	3:22	3:13	3:46	3:35	3:42	3:36		
Gordon	3:06	2:46	3:07	2:55	3:08	2:53		
Mittendorf, Al	3:10	2:49	3:12	2:58	3:13	2:53		
Mize	3:09	2:46	3:10	2:55	3:13	2:53		
Pierson	3:11	2:57	3:21	3:05	3:23	3:05		
Spence	3:30	3:31	4:11	3:53	4:11	3:48		
Stus	3:14	2:56	3:22	3:06	3:25	3:10		
Lawhorn	3:09	2:46	3:12	3:00	3:19	3:03		
McGrail	3:08	2:46	3:12	2:55	3:13	3:00		
McGroarty	3:12	2:52	3:22	3:05	3:25	3:09		
O'Connell	X AEROBIC							
Quinlivan	3:18	3:04	3:33	3:37	3:41	3:25		
Cooper	3:16	2:59	3:23	3:07	3:33	3:21		
Evans	3:15	2:58	3:28	Asthma				
Jones								
Rammacher	3:13	A						
Spengeman	3:16	3:03	3:23	3:09	3:33	3:11		
Thro	X AEROBIC							
Group 5	800	800	800	800	800	800	800	Comments
Halley	3:30	3:10	3:25	3:12	3:33	3:02		
Wojtkowski	3:34	3:07	3:27	3:07	3:30	3:02		
Abbate	3:33	3:15	3:40	3:24	3:45	3:40		
Arens								
Carpenter	3:39	3:25	3:50	3:31	3:35	3:34		
Coolbaugh								
Wu	3:36	3:17	3:48	3:34	4:18	—		
Group 6	800	800	800	800	800	800	800	Comments
Garavaglia	3:37	3:06	3:43	3:13	3:42	3:04		
Moore	5:21	5:04	5:33	5:35	5:54	5:37		
Nolan	3:34	3:03	3:39	2:59	3:27	2:54		
Kean	3:37	3:06	3:43	3:13	3:42	3:04		
Abner	3:40	3:20	3:43	3:18	3:45	3:17		
Funke	3:40	3:21	3:44	3:29	4:04	3:53		
Miles	5:22	5:05	5:34	5:08	5:37	5:06		
Nesser								
Rizzo								
Safar	5:10	4:36	4:59	4:46	5:22	4:39		
Swiecicki, Co	5:09	4:33	4:59	4:47	5:27	4:44		
Swiecicki, Cu	4:08	3:58	4:20	3:49	4:17	3:45		
Zlotopolski	4:22	4:46	5:33	4:52	5:18	4:15		
IR								
Jackson	Biked	1:25:38	21.6 miles, 130 Pulse					
Kramer								
Garcia								
Kellogg								
O'Sullivan								
Potter								

3 miles/28 34/147/18

PLUS 2 miles 17:59 —
AEROBIC

3 miles/28 34/164/10

Date: 9-18-19

Conditions:

Workout: Drills/Jog 1m to West Camp/ Core/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Strides/ Hurdle Mobility/ Stretch/ Jog SLUH - Group 1 doing the workout from yesterday

Group 1	Paces	400	400	400	400	Tempo	400	400	400	400	Tempo	400	400	400	400	Tempo	Comments
Dillon	73/5:50	76	73	75	74	5:45	78	76	78	73	6:00	81	79	-	-	6:07	
Hogan	73/5:50	76	72	74	74	5:44	75	73	73	74	5:38	75	75	-	-	5:38	
Mittendorf, Ad	73/5:50	75	73	74	73	5:44	74	72	72	73	5:38	75	75	-	-	5:38	400/400
Rackers	71/5:40	73	70	72	71	5:36	72	70	70	71	5:37	71	71	-	-	5:38	70/71
Scott	71/5:40	73	70	72	71	5:36	72	70	70	71	5:37	71	71	-	-	5:38	70/71
Brawley	73/5:50	76	72	74	73	5:45	76	72	77	77	6:05	82	78	-	-	-	
Zenor	73/5:50	77	73	74	74	5:44	75	74	72	74	5:39	79	75	-	-	5:46	
Callahan	?	76	73	76	73	5:45	-	-	-	-	-	-	-	-	-	-	
Kramer	?	76	73	-	-	5:44	75	74	-	-	5:37	75	75	-	-	5:38	
Kellogg	?	-	-	-	-	5:47	76	78	-	-	6:07	-	-	-	-	-	
Group A	Mileage	Time	Pulse	Comments	Group D												Comments
Friedrichs		XT	Bike	75:00 140 Pulse	McGrail	4		31:49	160	55							
					McGroarty	5		41:39	172	35							
Group B	Mileage	Time	Pulse	Comments	Meara	4		31:39	160	32							
Apprill-Sokol	6	48:29	163	27	O'Connell			INTURED DURING RUN --									
Jackson		XT	Bike	1:20:32, 20.85 mi, 132 Pulse	Quinlivan	4		33:30	170	25							
Song		XT	ABSENT		Seal, W	4		29:53	160	53							
					Wojtkowski	4		34:21	168	20							
Group B-	Mileage	Time	Pulse	Comments	Group E												
LeGrand		XT			Abbate	3		26:23	172	27							
Pashea	5	37:17	156	22	Abner	3		26:25	167	21							
Glass	5	37:17	176	5	Arens	4		34:14	178	22							
Group C	Mileage	Time	Pulse	Comments	Barks	3		29:16	176	15							
Alford	5	41:39	174	30	Carpenter	3		26:58	180	31							
Andrew	5	42:38	184	22	Coolbaugh	3		28:17	177	45							
Booher		XT	ABSENT	Bike 1:10 148 Pulse	Cooper	3		24:18	176	7							
Bourneuf	5	39:54	164	40	Cox			ABSENT									
Buescher	5	41:48	168	15	Evans	3		28:08	182	23							
Byrne	5	39:15	148	20	Funke	3		29:11	166	25							
Dernlan	5	42:46	156	21	Greiner	4		30:04	172	51							
Galli	5	47:08	160	17	Hurley	3		28:25	142	185	30						
Garavaglia	5	46:50	160	21	Johnson	3		28:05	154	16							
Gordon	5	47:08	156	20	Jones	3		25:42	172	32							
Gray	5	37:17	172	30	Miles	3		28:48	176	15							
LaBarge, J	5	37:17	168	30	Nesser			INTURED									
LaBarge, P	5	39:54	160	20	Purshke	4		31:39	156	40							
McIntyre	4	34:32	180	20	Rammacher	3		28:55	168	26							
Mittendorf, Al		ABSENT	5	42:26 148 30	Riggan	4		29:53	173	50							
Mize	5	41:44	156	30	Rizzo			ABSENT									
Moore	5	1:03:30	176	20	Safar	3		33:17	168	16							
Nolan	4	34:32	178	20	Spengeman	3		23:56	176	25							
Pierson	5	42:38	175	16	Swiecicki, Co	3		33:17	164	43							
Sanfillippo	5	42:26	148	30	Swiecicki, Cu			ABSENT				3	31:25	168	25		
Spence	3	32:02	148	20	Wu	4		35:51	160	25							
Stus	5	42:46	152	20	Zlotopolski			ABSENT									
Thro	5	42:46	176	10													
Group D	Mileage	Time	Pulse	Comments													
Bievenue	5	40:00	170	50	IR												
Cantwell	5	40:00	168	30	Garcia			INTURED									
Halley	4	33:30	188	20	Kellogg			WITH WORKOUT GROUP									
James	4	37:20	140	30	O'Sullivan			MIN									
Kean	4	33:30	164	20	Potter			INTURED XT									
Lawhorn	5	42:28	168	20													
Lowe	4	31:52	160	40													

ran 9:00
EXTRA
AROUND
BASEBALL
FIELDS

Date: 9-19-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Drills/ Flying 200s/ Stretch/ Jog SLUH/ Stability Weights for the weights group									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	5	38:58	156	35 legs are feeling good	Brevenue	5	38:58	175	50
Dillon	7 + 25 min	156	20		Cantwell	4	+ 25 min	164	
Friedrichs	XT 15 min	132			Halley	3	+ 25 min	164	
Hogan	INJURED DURING RUN -- FIXED				James	3	+ 25 min	140	
Mittendorf, Ad	7 + 25 min	140	40	67	Kean	3	+ 25 min	160	
Rackers	7 + 25 min	148	40		Lawhorn	4	+ 25 min	180	2
Scott	7 + 25 min	140	55		Lowe	3	+ 25 min	148	
					McGrail	4	+ 25 min	120	
Group A-					McGroarty	4	+ 25 min	176	
Brawley	5	+ 25 min	144	30	Meara	DOCTOR	4 miles	31:48	164
					O'Connell	3	+ 25 min	152	19
Group B					Quinlivan	4	33:54	166	40
Apprill-Sokol	5	+ 25 min	172	31	Seal, W	3	+ 25 min	136	5
Jackson	XT				Wojtkowski	3	+ 25 min	160	2
Kramer	5	38:23	163	20	Group E				
Song	EXCUSED -- ART RETRA				Abbate	3	+ 20 min	164	
					Abner	3	+ 20 min	167	
Group B-					Arens	3	+ 10 min		
LeGrand	XT 10 min	128	21		Barks	3	+ 20 min	140	1
Pashea	5 + 25 min	153	28		Carpenter	3	+ 20 min	167	2
Glass	5 + 25 min	158	12		Coolbaugh	3	+ 20 min	182	4
					Cooper	3	+ 20 min	170	
Group C					Cox	3	+ 25 min	134	2
Alford	4 + 25 min	144	20		Evans	3	+ 20 min	163	3
Andrew	INJURED DURING RUN				Funke	3	+ 20 min	148	
Booher	XT 1 HR 10 min	144			Greiner	3	+ 25 min	148	5
Bourneuf	4 + 20 min	140	40		Hurley	3	+ 20 min	145	
Buescher	4 + 25 min	148	14		Johnson	3	+ 20 min	140	
Byrne	4 + 25 min	152	20		Jones	3	+ 20 min	168	
Dernlan	4 + 25 min	152	21		Miles	3	+ 20 min	160	
Galli	4 + 25 min	164	16		Nesser	XT			
Garavaglia	4 + 25 min	160	21		Purshke	3	+ 25 min	162	
Gordon	4 + 25 min	156	20		Rammacher	3 mi. + 20 min	164		
Gray	4 + 25 min	148	25		Riggan	3 mi. + 25 min	160		
LaBarge, J	4 + 25 min	156	31		Rizzo	EXCUSED			
LaBarge, P	4 + 25 min	156	25		Safar	3	+ 20 min	172	
McIntyre	4 + 25 min	160	25		Spengeman	3	+ 20 min	160	
Mittendorf, Al	4 + 25 min	125	20		Swiecicki, Co	4	+ 16 min	164	4
Mize	4 + 25 min	144	28		Swiecicki, Cu	3	+ 20 min	156	
Moore	5 + 25 min	144	20		Wu	3	+ 20 min	156	15
Nolan	4 + 25 min	175	21		Zlotopolski	3	+ 20 min	152	2
Pierson	4 + 25 min	167	16						
Sanfillippo	4 + 25 min	124	25						
Spence	XT 1 HOUR	136							
Stus	4 + 25 min	160	20		IR				
Thro	4 + 25 min	176	10		Garcia	INJURED			
Zenor	7 TOTAL 1 HOUR		20		Kellogg	4	30:16	172	20
					Potter	XT			

FLUNKED THE WET-BALL TEST AGAIN, SO PRACTICE MODIFIED TO A CERTAIN DISTANCE OUTSIDE AND A CERTAIN AMOUNT OF RUNN' INSIDE. THE TOTAL IS TO INCLUDE WARM-UP AND COOL-DOWN

Date: 9-20-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=6 B=5 C=4 DE=3/ Strides/ Stretch/ Jog SLUH/ Optional Hurdle Mobility									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	4	30:02	168	35	Bievenue	4	31:59	176	50
Dillon	6	46:07	144	25	Cantwell	4	29:48	168	30
Friedrichs	3	22:33	168	40	Halley	ABSENT			
Hogan -12 mi. BIKE	46:35	140	30	-	James	3	23:50	140	20
Mittendorf, Ad	6	46:07	140	40	Kean	5 total	42:48	168	20
Rackers	6	46:07	156	40	Lawhorn	4	34:59	164	30
Scott	6	46:07	148	55	Lowe	3	22:33	156	40
					McGrail	4	36:09	140	50
Group A-					McGroarty	4	34:59	192	30
Brawley	5	39:13	144	30	Meara	3	22:33	180	35
					O'Connell	3	25:37	156	19
Group B					Quinlivan	ABSENT			
Apprill-Sokol	5	39:13	156	40	Seal, W	3	22:33	156	53
Jackson	INJURED	DURING RUN			Wojtkowski	3	25:27	164	20
Kramer	4	30:19	168	10	Group E				
Song	5	39:13	160	40	Abbate	3	26:15	168	27
					Abner	3	25:15	166	23
Group B-					Arens	3	26:47	162	20
LeGrand	3	24:02	160	20	Barks	3	24:16	172	15
Pashea	4	29:46	157	30	Carpenter	3	26:34	181	30
Glass	4	29:46	148	30	Coolbaugh	3	28:50	184	40
					Cooper	3	24:16	168	7
Group C					Cox	3	23:05	156	27
Alford	4	34:58	148	30	Evans	3	28:35	183	28
Andrew	XT				Funke	3	26:42	151	25
Booher	3	22:33	164	17	Greiner	3	22:33	168	53
Bourneuf	4	30:09	160	50	Hurley	3	24:17	182	25
Buescher	EXCUSED				Johnson	3	26:40	148	19
Byrne	4	29:46	168	20	Jones	3	24:16	174	36
Dernlan	4	32:40	172	20	Miles	3	31:22	180	20
Galli	4	37:05	160	20	Nesser	ABSENT			
Garavaglia	4	36:43	160	20	Purshke	3	23:50	172	40
Gordon	4	36:09	160	10	Rammacher	3	23:26	168	27
Gray	4	30:59	160	30	Riggan	3	23:26	172	47
LaBarge, J	4	30:59	161	32	Rizzo	3	32:34	184	15
LaBarge, P	4	32:00	154	15	Safar	3	32:34	180	20
McIntyre	4	32:40	188	25	Spengeman	3	23:28	172	25
Mittendorf, Al	4	35:50	166	30	Swiecicki, Co	4	51:49	164	38
Mize	4	33:05	140	29	Swiecicki, Cu	3	31:20	152	35
Moore	4	51:49	168	20	Wu	3	28:15	156	13
Nolan	4	36:43	172	15	Zlotopolski	3	31:20	174	26
Pierson	4	32:44	181	16					
Sanfillippo	4	35:49	144	35					
Spence	INJURED								
Stus	4	36:43	148	20	IR				
Thro	4	35:49	192	10	Garcia	INJURED			
Zenor	4	29:46	144	20	Kellogg	4	30:59	176	20
					Potter	XT			

5 total miles

Date: 9-21-19		Conditions:		
Workout: Drills/Jog/ Push-ups /10K Fartlek on Sioux Passage Course (3 on/2 off)/ Cool-down/ Stretch/ Post Workout Strength Work				
Group 1	Fartlek Distance	Time	Pulse	Comments
Brawley	10K	19:37/19:35	164	
Callahan	5K	19:37	182	
Dillon	10K	41:03	176	Tendon hurt
Hogan	Bike	59:15	176	
Kramer	5K	19:37	186	
Mittendorf	10K	19:37/19:35	152	total 10 miles
Rackers	10K	19:37/19:35	182	total 10 miles
Scott	10K	19:37/19:35		total 10 miles
Zenor	10K (6.23)	40:20	180's	forgot to get pulse
Rizzo	5K	27:25	187	
Garcia	15 K	60:00	200	

Beast ↑

Date: 9-22-19 Conditions:

Workout: Sunday Workout

[illegible]

Week 7 - September 23-29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	FOX INVITE	PALATINE INVITE	AB=3-5 Shakeout	A=61-63
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	OR	1st Set Drills	CDE=X-Train/ Rest	B=54-56
Push-ups/Core	Push-ups	Push-ups/Core	Push-ups	Pre-Race	Warm-up		C=42
A=10	2nd Set Drills	A=8	A=8		2nd Set Drills		D=39
B=8	Groups 1 and 2	B=6	B=6		Race		E=35
C=6	2 mile Power Run	C=5	C=5		Cooldown		
D=5	4x400-4x200	D=4	D=4		12= 2x400, 2x200 +3 miles		
E=4	Groups 3,4,5, and 6	E=3	E=3		3456=3 miles		
6 Strides	4x800 @ 5K pace, 6x400 @ 3200, 2x200	Stretch with Leader	Drills		Stretch		
Stretch with Leader	3x150m for everyone	Jog to SLUH	Flying 175s		1st Set Drills		
Jog to SLUH	Cooldown		Stability Weights		Jog to West Camp		
	AB=3 miles		Stretch with Leader		Push-ups		
	CDE= Jog to SLUH		Jog to SLUH		A=6		
	Competition for Weights group				B=5		
	Stretch				C=4		
					D=4		
					E=3		
					6 Strides		
					Stretch with Leader		
					Jog to SLUH		

Date: 9-23-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A=10 B=8 C=6 D=5 E=4/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	5	37:20	156	30	Bievenue	6	46:38	178	50
Dillon	10	74:57	160	25	Cantwell	6.15	46:19	160	30
Friedrichs	8	61:10	164	100	Halley	5	50:27	188	30
Hogan	XT				James	5	41:45	120	25
Mittendorf, Ad	10	74:57	144	35	Kean	5	50:27	172	20
Rackers	10	74:57	152	40	Lawhorn	6	50:32	180	20
Scott	10	74:57	156	55	Lowe	5	38:09	152	40
					McGrail	5	41:45	140	50
Group A-					McGroarty	6	54:08	164	40
Brawley	10	74:57	148	35	Meara	5	38:09	172	37
					O'Connell	4	35:52	136	20
Group B					Quinlivan	2	17:50	136	30
Apprill-Sokol	8	61:10	152	40	Seal, W	5	38:09	148	54
Jackson	XT				Wojtkowski	5	43:59	175	17
Kramer	5	38:30	160	20	Group E				
Song	8	63:29	168	35	Abbate	4	36:21	172	25
					Abner	4	35:52	160	21
Group B-					Arens	5	45:16	175	17
LeGrand	3	24:35	152	16	Barks	4	32:36	172	15
Pashea	8	61:10	154	23	Carpenter	4	38:13	184	30
Glass	8	61:10	172	10	Coolbaugh	4	36:00	173	40
					Cooper	4	32:36	166	7
Group C					Cox	ARSENT			
Alford	6	47:00	172	30	Evans	4	39:41	180	28
Andrew	5	45:46	176	23	Funke	4	39:40	173	25
Booher	XT	70 min	140	BIKE	Greiner	5	38:09	164	50
Bourneuf	6.15	46:19	164	40	Hurley	4	32:36	185	30
Buescher	6	49:41	168	25	Johnson	4	38:33	144	11
Byrne	6	47:57	168	20	Jones	4	32:36	174	25
Dernlan	4	35:52	148	—	Miles	4	39:53	184	10
Galli	6	55:38	164	20	Nesser	XT	BIKE 1:30	100	
Garavaglia	6	54:30	160	20	Purshke	5	38:09	172	40
Gordon	6	55:38	160	20	Rammacher	4	31:26	172	27
Gray	6	45:11	160	27	Riggan	5	38:09	172	57
LaBarge, J	6	45:47	158	32	Rizzo	4	42:59	187	15
LaBarge, P	6	49:41	151	20	Safar	4	42:59	168	16
McIntyre	6	47:30	200	25	Spengeman	4	31:26	164	25
Mittendorf, Al	6	50:32	148	25	Swiecicki, Co	6	65:15	160	34
Mize	6	50:32	144	26	Swiecicki, Cu	4	40:48	164	33
Moore	6	65:15	176	20	Wu	5	45:16	164	20
Nolan	6	55:38	181	20	Zlotopolski	FRESHMAN SERVICE			
Pierson	8	53:59	177	16					
Sanfillippo	6	50:32	144	32					
Spence	2	16:03	172	15					
Stus	6	54:30	156	20	IR				
Thro	6	56:51	172	10	Garcia	INJURED			
Zenor	6.15	46:19	156	20	Kellogg	4	30:56	172	20
					Potter	XT			

BIKE
30 MIN
PAUSE
152

Date: 9-24-19		Conditions:									
Workout: Drills/Jog 1m to Steinberg/ Push-ups /Groups 123 - 2-mile Power Run, 4x400, 4x200/ Groups 456 - 4x800, 6x400, 4x200/ Hill Bounds/ Stretch/ Jog SLUH/ Weights for the weights group											
Group 1	Paces	2-Mile	400	400	400	400	200	200	200	200	Comments
Rackers	10:50/73/30	10:49	71	72	76	67	30	29	29	28	8 total
Scott	10:50/73/30	10:49	71	72	76	67	30	29	29	28	8 total
Brawley	11:05/75/31	10:59	72	75	78	68	30	31	31	31	7 total
Callahan	11:05/75/31	11:00	72	75	78	70	30	31	31	31	6 total
Kramer	11:05/75/31	10:59	72	75	78	70	30	31	31	31	
Mittendorf, Ad	11:05/75/31	10:59	72	75	78	70	30	31	31	31	8 total
Dillon	11:15/78/32	11:07	73	76	80	74	32	31	32	31	8 total
Zenor	11:15/78/32	11:07	73	76	80	74	31	31	32	31	
Glass	11:30/82/33	11:19	74	77	81	74	31	30	30	30	7 total
Pashea	11:30/82/33	11:19	74	77	81	74	31	30	30	30	
Group 2	Paces	2-Mile	400	400	400	400	200	200	200	200	Comments
Alford	12:00/85/35	11:54	77	86	85	76	34	34	32	33	
Apprill-Sokol	12:00/85/35	11:50	74	82	85	74	34	34	34	34	
Bievenue	12:00/85/35	11:56	76	86	85	76	34	33	32	33	
Booher	12:00/85/35	11:39	70	80	83	69	33	34	32	32	6 total
Bourneuf	12:00/85/35	11:55	77	86	84	71	34	33	32	33	
Byrne	12:00/85/35	11:49	73	82	84	70	34	33	32	31	
Greiner	12:00/85/35	11:48	77	85	85	79	35	32	33	34	
LaBarge, J	12:00/85/35	11:39	71	81	83	73	33	34	31	35	
LaBarge, P	12:00/85/35	12:06	80	87	86	80	35	33	34	35	
LeGrand	12:00/85/35	12:50	-	-	83	84	35	33	36	36	6 total
Lowe	12:00/85/35	12:12	80	86	85	71	37	35	34	35	
Meara	12:00/85/35	11:58	77	85	85	78	35	35	33	34	
Sanfillippo	12:00/85/35	12:02	79	87	87	77	36	33	34	37	7.5 total
Seal, W	12:00/85/35	11:42	73	79	84	74	34	34	30	34	
Song	12:00/85/35	11:39	77	89	87	85	34	34	32	31	7.5 total
Group 3	Paces	2-Mile	400	400	400	400	200	200	200	200	Comments
Barks	13:00/90/36	12:46	81	87	87	81	36	34	35	36	
Buescher	13:00/90/36	12:41	81	84	87	81	36	34	35	36	
Cantwell	13:00/90/36	12:21	81	86	84	87	37	34	34	34	
Cox	13:00/90/36	12:44	85	89	89	79	35	33	33	34	
Friedrichs	13:00/90/36	12:10	76	80	82	74	30	32	32	30	
Gray	13:00/90/36	12:40	80	84	86	76	35	34	34	35	
Hurley	13:00/90/36	13:04	86	89	90	83	36	30	34	33	
James	13:00/90/36	13:01	85	90	89	80	39	31	30	33	
Johnson	13:00/90/36	13:12	85	90	91	85	37	35	34	37	
Kellogg	13:00/90/36	12:46	79	89	-	-	-	-	-	-	
McIntyre	13:00/90/36	13:26	95	92	95	85	38	35	36	37	
Purshke	13:00/90/36	12:20	80	84	86	76	34	31	30	30	
Riggan	13:00/90/36	12:20	80	82	83	76	32	30	30	33	

Quintlivan 3 mks 27:28 152

Dernlan 3 miles 27:28 148

Thro Bike 1 hr 144 pulse

Group 4	800	800	800	800	400	400	400	400	400	400	200	200	Comments
Andrew	3:14	3:15	3:14	3:01	89	91	94	84	85	89	38	35	
Cooper	3:12	3:12	3:08	3:02	89	94	92	87	92	91	42	34	
Dernlan													Aerobic
Evans	3:16	3:17	3:14	3:08	92	96	158	220			40	37	
Galli	3:14	3:16	3:25	3:10	92	96	99	90	93	99	36	39	
Gordon	3:13	3:14	3:16	3:01	89	91	94	84	84	88	33	28	
Jones	3:12	3:14	3:15	3:11	92	91	91	90	94	99	44	44	
Lawhorn	2:58	2:53	3:00	2:53	77	85	89	80	79	80	35	29	
McGrail	2:53	2:50	2:58	2:48	83	89	92	82	89	94	32	30	
McGroarty	2:54	3:07	3:05	3:00	85	84	92	82	82	84	31	29	
Mittendorf, Al	2:53	2:52	2:51	2:45	73	82	82	70	77	80	33	31	
Mize	2:53	2:50	2:58	2:48	72	85	91	81	82	88	34	32	
O'Connell	3:08	3:10	3:34	3:06	85	92	97	84	88	94	37	32	
Pierson	2:58	2:53	3:00	2:53	83	88	90	80	81	87	37	33	
Quinlivan													Aerobic
Rammacher													
Spence													
Spengeman	3:13	3:13	3:01	3:05	87	94	94	88	87	91	40	34	
Stus	3:03	2:57	3:06	2:57	85	90	93	83	86	89	37	37	
Thro													XT
Group 5	800	800	800	800	400	400	400	400	400	400	200	200	Comments
Abbate	3:27	3:17	3:24	3:23	104	105	90	103	92	100	42	40	
Arens	3:34	3:14	3:35	3:20	92	95	98	76	90	94	42	37	
Carpenter													3 aerobic (57)
Coolbaugh	3:36	3:22	3:27	3:24	98	83	105	97	92	103	43	45	
Halley	3:23	3:10	3:13	3:11									Injury
Nolan	3:18	3:00	3:10	2:56	81	86	92	75	82	88	38	33	
Wojtkowski	3:20	3:05	3:13	2:58	85	89	94	79	85	90	46	40	
Wu													
Group 6	800	800	800	800	400	400	400	400	400	400	200	200	Comments
Abner	3:21	3:15	3:25	3:21	1:30	1:34	1:43	1:27	1:38	1:44	74	42	
Funke	3:30	3:23	3:39	3:28	1:36	1:47	1:57	1:33	1:45	1:57	54	47	
Garavaglia	3:15	3:03	3:15	3:04	1:28	1:30	1:30	1:14	1:14	1:27	40	41	
Kean	3:15	3:03	3:18	3:11	1:28	1:33	1:38	1:24	1:28	1:40	42	41	
Miles	3:58	3:57	4:26	4:05	1:55	1:55	2:06	1:46	2:00	2:01	56	44	
Moore	4:20	4:31	4:34	4:35	2:04	2:10	2:20	2:07	2:16	2:24	1:04	1:01	
Rizzo	3:40	3:40	4:05	3:46	1:36	1:40	2:04	1:37	1:44	1:54	52	42	
Safar	4:24	4:31	4:44	4:40	2:04	2:05	2:14	1:54	2:07	2:08			
Swiecicki, Co	3:46	2:47											
Swiecicki, Cu	3:45	3:43	3:43	3:39	1:38	1:50	1:55	1:34	1:44	1:55	55	45	
Zlotopolski	4:01	3:57	4:21	4:05	1:46	1:50	2:05	1:45	1:49	2:14	44	45	
IR													
Garcia													
Hogan													
Jackson													
Nesser													
Potter													

Conditions:

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

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	4	38:30	164	DD	Bievenue	5	41:16	157	DD
Dillon	8	60:00	144	DD	Cantwell	5	37:37	164	DD
Friedrichs	6	46:34	148	DD	Halley	4	34:55	180	DD
Hogan	XT	78 min.	140		James	4	31:35	140	DD
Mittendorf, Ad	8	60:00	144	DD	Kean	4	34:00	160	DD
Rackers	8	60:00	148	DD	Lawhorn	5	39:59	172	DD
Scott	8	60:00	160	DD	Lowe	4	29:44	152	DD
					McGrail	4	31:35	120	DD
Group A-					McGroarty	5	39:59	168	DD
Brawley	6	46:34	144	DD	Meara	4	29:49	176	DD
					O'Connell	4	34:00	167	DD
Group B					Quinlivan	4	34:55	144	DD
Apprill-Sokol	5	39:45	147	DD	Seal, W	4	29:50	152	DD
Jackson	XT				Wojtkowski	4	33:27	168	DD
Kramer	5	37:30	156	DD	Group E				
Song	6	49:23	164	DD	Abbate	3	25:07	168	DD
					Abner	3	25:14	167	DD
Group B-					Arens	4	35:35	181	DD
LeGrand	4	36:17	156	DD	Barks	4	31:35	160	DD
Pashea	5	37:38	144	DD	Carpenter	3	26:24	181	DD
Glass	5	37:38	148	DD	Coolbaugh	3	27:39	170	DD
					Cooper	4	31:49	160	DD
Group C					Cox	4	28:30	140	DD
Alford	5	39:45	164	DD	Evans	3	27:14	180	DD
Andrew	5	49:35	164	DD	Funke	3	28:40	148	DD
Booher	XT				Greiner	4	29:46	164	DD
Bourneuf	5	43:30	132	DD	Hurley	3	25:14	180	DD
Buescher	5	39:45	180	DD	Johnson	3	27:14	146	DD
Byrne	5	37:38	168	DD	Jones	4	31:35	176	DD
Dernlan	5	41:16	164	DD	Miles	ABSENT			
Galli	5	49:35	164	DD	Nesser	INJURED			
Garavaglia	5	43:30	160	DD	Purshke	4	29:49	172	DD
Gordon	RAN THIS MORNING				Rammacher	4	31:35	168	DD
Gray	5	38:26	156	DD	Riggan	4	29:43	168	DD
LaBarge, J	5	37:38	150	DD	Rizzo	3	32:45	181	DD
LaBarge, P	5	39:45	150	DD	Safar	3	32:50	184	DD
McIntyre	5	37:38	212	DD	Spengeman	4	31:35	172	DD
Mittendorf, Al	5	40:01	148	DD	Swiecicki, Co	3	30:33	164	DD + 20
Mize	5	40:06	156	DD	Swiecicki, Cu	3	31:45	164	DD
Moore	5	61:28	164	DD	Wu	4	35:35	152	DD
Nolan	5	43:30	142	DD	Zlotopolski	3	29:24	170	DD
Pierson	5	40:52	168	DD					
Sanfillippo	5	41:01	152	DD					
Spence	3	26:14	168	DD					
Stus	5	43:30	156	DD	IR				
Thro	XT	Bike 1:00:00	140 Pulse		Garcia	INJURED			
Zenor	5	37:37	145	DD	Kellogg	PT			
					Potter	XT			

CUT THE
COURSE
BY A
LITTLE BIT
WAS WIT
GREINER
SEAL,
LOWE
UNTIL
THEN

5 miles total
37.13
172 pulse

* OF THESE FOUR, ONLY NOLAN HAD A WATCH, AND HE ~~SAID~~ TWISTED HIS ANKLE ABOUT A QUARTER MILE FROM THE END, SO THEY "ESTIMATED" THEIR TIMES BASED ON HOW MUCH THEY RAN AFTER THEY LEFT HIM. PROBABLY THESE TIMES ARE FASTER THAN THEY ACTUALLY WERE BY A MINUTE.

Date: 9-26-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Palatine: Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Drills/ Flying 200s/ Stretch/ Jog SLUH/ Hurdle Mobility Fox: Pre-Race									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	5	37:52	156	25	Bievenue	4	32:33	165	75
Dillon	8	59:57	156	25	Cantwell	4	30:24	168	30
Friedrichs	5	39:42	144	20	Halley	3	26:43	180	20
Hogan	80 minutes	BIKE	132	-	James	3	23:57	120	25
Mittendorf, Ad	8	59:57	140	35	Kean	3	25:00	156	20
Rackers	2 miles	XT	BIKE 1:30	Pulse 140	Lawhorn	4	32:12	172	35
Scott	8	59:57	144	55	Lowe	3	23:00	156	50
					McGrail	EXCUSED			
Group A-					McGroarty	4	32:12	168	40
Brawley	8	59:57	152	30	Meara	3	24:29	178	35
					O'Connell	3	25:00	167	20
Group B					Quinlivan	3	26:43	184	38
Apprill-Sokol	5	40:00	142	30	Seal, W	4	30:59	148	52
Jackson	XT				Wojtkowski	3	24:12	156	20
Kramer	5	37:52	156	25	Group E				
Song	5	41:09	134	35	Abbate	3	26:10	168	25
					Abner	3	26:04	165	21
Group B-					Arens	3	26:27	161	20
LeGrand	4	33:05	148	16	Barks	3	24:30	152	12
Pashea	6	47:00	153	24	Carpenter	3	27:49	169	26
Glass	6	47:00	156	20	Coolbaugh	3	25:18	166	42
					Cooper	3	24:30	164	8
Group C					Cox	3	23:00	150	28
Alford	4	32:12	164	30	Evans	3	25:00	-	30 IN
Andrew	4	35:36	164	18	Funke	3	28:16	158	25
Booher	ABSENT				Greiner	4	30:59	156	50
Bourneuf	4	33:28	140	40	Hurley	3	26:11	178	20
Buescher	4	33:18	156	21	Johnson	3	28:16	152	15
Byrne	4	31:00	156	20	Jones	3	25:03	174	45
Dernlan	4	34:10	172	20	Miles	3	31:03	180	20
Galli	4	35:36	160	18	Nesser	XT			
Garavaglia	4	33:18	160	21	Purshke	3	24:30	153	40
Gordon	4	35:36	160	20	Rammacher	3	23:08	148	29
Gray	4	30:52	152	30	Riggan	3	23:08	148	50
LaBarge, J	5	37:52	152	32	Rizzo	3	32:28	171	15
LaBarge, P	4	32:00	149	30	Safar	3	32:28	156	20
McIntyre	4	33:20	160	15	Spengeman	3	23:08	168	30
Mittendorf, Al	4	32:12	140	30	Swiecicki, Co	4	53:01	120	35
Mize	4	31:25	144	30	Swiecicki, Cu	3	32:27	152	35
Moore	4	53:02	168	22	Wu	WENT TO TRAINER			
Nolan	4	33:18	178	14	Zlotopolski	3	31:02	164	30
Pierson	4	34:10	170	16					
Sanfilippo	4	32:12	152	30					
Spence	2	17:58	144	15					
Stus	4	33:18	160	15	IR				
Thro	4	33:20	188	10	Garcia	INTURED			
Zenor	5	37:52	152	20	Kellogg	3	23:57	171	20
					Potter	XT			

INTURED DURING RUN

Date: 9-27-19		Conditions:		
Workout: Pre-Race at Palatine				
Group A	Mileage	Time	Pulse	Comments
Callahan	6	46:33	104	
Dillon	8	59:54	152	
Hogan				Bike
Mittendorf, Ad	8	59:59	136	
Rackers	6	46:47	124	
Scott	8	59:59	148	
Group A-	Mileage	Time	Pulse	Comments
Brawley	7	53:12	128	
Group B	Mileage	Time	Pulse	Comments
Kramer	6	46:27	152	
Group B-	Mileage	Time	Pulse	Comments
Pashea	7	53:10	144	
Glass	7	53:12	132	
Group C	Mileage	Time	Pulse	Comments
LaBarge, J	7.00	53:09	144 132	
Zenor	7.00	53:12	148	
Group D	Mileage	Time	Pulse	
Seal, W	6	46:27	140	
Greiner	6	46:27	140	

Date: 9-28-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A= 6 B=5 C=4 D=4 E=3/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan				Palatine	Bievenue	XT			
Dillon				Palatine	Cantwell	4	29:25	164	25
Friedrichs	5	36:02	160	100	Halley	???			
Hogan				Palatine	James	4	31:33	140	30
Mittendorf, Ad				Palatine	Kean	4	31:44	164	20
Rackers				Palatine	Lawhorn	4	30:14	168	25
Scott				Palatine	Lowe	ABSENT	→ EXC		
					McGrail	4	31:33	140	50
Group A-					McGroarty	4	31:46	180	40
Brawley				Palatine	Meara	4	31:44	172	40
					O'Connell	ABSENT	→ EXC		
Group B					Quinlivan	4	34:19	180	25
Apprill-Sokol	EXC → XT				Seal, W				Palatine
Jackson	XT				Wojtkowski	4	32:56	162	22
Kramer				Palatine	Group E				
Song	5	34:40	188	60	Abbate	3	29:31	160	24
					Abner	3	26:19	161	21
Group B-					Arens	4	35:34	170	20
LeGrand	4	31:44	152	16	Barks	4	32:49	160	15
Pashea				Palatine	Carpenter	3	26:26	180	30
Glass				Palatine	Coolbaugh	3	26:19	170	45
					Cooper	4	32:49	168	10
Group C					Cox	4	29:57	148	30
Alford	4	32:16	172	30	Evans	3	26:19	175	22
Andrew	?????				Funke	3	27:48	169	20
Booher	XT				Greiner				Palatine
Bourneuf	?????				Hurley	3	26:19	167	25
Buescher	4	31:44	172	21	Johnson	3	26:19	156	16
Byrne	4	29:35	156	20	Jones	EXC → XT			
Dernlan	4	34:19	172	20	Miles	3	27:47	176	25
Galli	4	34:19	168	15	Miles →	4	33:16	162	40
Garavaglia	4	34:00	160	15	Purshke				
Gordon	4	34:19	176	10	Rammacher	EXC → XT			
Gray	4	30:14	148	30	Riggan	4	31:44	172	47
LaBarge, J				Palatine	Rizzo	4.3	31:20	166	15
LaBarge, P	4	29:35	154	30	Safar	3	31:20	164	17
McIntyre	4	29:35	172	20	Spengeman	4	33:16	156	30
Mittendorf, Al	4	33:45	145	55	Swiecicki, Co	4	43:10	164	41
Mize	4	30:50	152	32	Swiecicki, Cu	3	28:51	152	35
Moore	4	43:05	172	20	Wu	4	35:34	152	15
Nolan	4	34:00	176	21	Zlotopolski	3	29:29	167	30
Pierson	4	34:19	172	16					
Sanfillippo	4	33:46	140	VZ jersey turned in					
Spence	4	33:56	168	15					
Stus	4	34:00	160	15	IR				
Thro	XT				Garcia	INJURED			
Zenor				Palatine	Kellogg	3	25:46	164	20
					Potter	XT			

V: 10:50

TV: 11:50

#total
35:17
148

Date: 9-29-19 Conditions:

Workout: Sunday Workout

[illegible]

Week 6 - September 30-October6

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

ASLUS
30 min
168
Bike 76 miles

Date: 9-30-19 Conditions:

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

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	5.5	41:35	182	25	Bievenue	XT			
Dillon	10	74:32	152	25	Cantwell	6	47:24	168	30
Friedrichs	8	60:23	168	50	Halley	5	44:14	144	40
Hogan	Bike				James	5	41:59	140	25
Mittendorf, Ad	10	74:32	168	30	Kean	5	46:33	172	20
Rackers	EXCUSED				Lawhorn	6	41:36	164	26
Scott	10	74:32	168	55	Lowe	5	43:00	164	35
					McGrail	5	41:59	180	50
Group A-					McGroarty	6	54:23	180	40
Brawley	10	74:00	152	30	Meara	5	38:07	180	35
					O'Connell	5	42:12	155	20
Group B					Quinlivan	5	44:14	170	40
Apprill-Sokol	8	66:34	188	20	Seal, W	5	38:07	156	50
Jackson	XT				Wojtkowski	5	46:33	170	21
Kramer	6	47:24	168	20	Group E				
Song	8	59:56	180	30	Abbate	4	36:52	168	26
					Abner	4	36:39	177	21
Group B-					Arens	5	46:57	157	10
LeGrand	5.5	45:23	164	13	Barks	5	44:36	180	15
Pashea	8	61:49	164	17	Carpenter	4	36:39	187	30
Glass	8	61:49	172	15	Coolbaugh	EXCUSED			
					Cooper	5	44:36	176	7
Group C					Cox	ABSENT			
Alford	6	47:24	172	30	Evans	INJURED	DURING RUN		
Andrew	6	56:23	172	20	Funke	4	35:15	164	25
Booher	5	35:25	160	23	Greiner	5	38:16	172	47
Bourneuf	6	51:15	160	40	Hurley	4	36:39	182	20
Buescher	6	52:00	184	20	Johnson	4	38:50	164	17
Byrne	6	51:15	164	20	Jones	4.75	43:00	168	25
Dernlan	XT				Miles	4	46:03	180	15
Galli	6	56:23	172	16	Nesser	INJURED			
Garavaglia	6	58:09	160	15	Purshke	5	41:20	162	40
Gordon	6	56:23	168	20	Rammacher	4.25	32:00	176	29
Gray	6	47:26	164	30	Riggan	5	38:06	172	47
LaBarge, J	6	47:26	177	37	Rizzo	4	44:54	173	15
LaBarge, P	6	47:33	163	25	Safar	4	44:54	172	16
McIntyre	6	52:00	180	15	Spengeman	5	38:53	164	30
Mittendorf, Al	6	51:05	150	35	Swiecicki, Co	6	74:00	164	44
Mize	6	51:30	172	26	Swiecicki, Cu	4	34:53	152	25
Moore	6	74:00	172	20	Wu	5	46:47	172	20
Nolan	6	58:09	184	15	Zlotopolski	4	46:10	170	32
Pierson	6	54:21	178	16					
Sanfillippo	6	51:47	168	31					
Spence	6	37:51	136	15					
Stus	6	58:09	168	10	IR				
Thro	XT				Garcia	INJURED			
Zenor	6	45:49	164	20	Kellogg	5	37:54	179	20
					Potter	XT			

Bike
Pulse 156

Date: 10-1-19		Conditions:		
Workout: Drills/Jog 1m to Steinberg/ Push-ups /Groups 123- 4-5 mile tempo + 6xhills/ Groups 456 - 3xmile, 2x400/ Hill Bounds/ Stretch/ Jog SLUH/ Weights for the weights group				
Group 1	Tempo	Time	Pulse	Comments
Rackers	—	—	—	XT
Scott	5	29:47	200	15
Brawley	5	32:15	164	20
Callahan	5	31:24	200	25
Kramer	5	31:10	200	15
Mittendorf, Ad	4	24:40	172	30
Dillon	5	31:39	184	20
Zenor	4	25:54	180	
Glass	5	32:24	198	5
Pashea	5	32:32	176	20
Group 2	Tempo	Time	Pulse	Comments
Alford	4	26:10	204	20
Apprill-Sokol	4	26:27	192	25
Bievenue				
Booher	4	26:03	192	20
Bourneuf	4	26:15	184	40
Byrne	4	27:56	200	20
Greiner	3	19:25	176	43
LaBarge, J	4	25:52	182	20
LaBarge, P	3	20:57	188	25
LeGrand	4	32:03	168	14
Lowe	3	21:04	168	35
Meara	3	19:20	180	30
Sanfillippo	4	27:02	164	30
Seal, W	3	19:08	168	52
Song	4	25:52	192	30
Group 3	Tempo	Time	Pulse	Comments
Barks	3	20:35	183	15
Buescher	4	27:58	204	10
Cantwell	4	28:15	180	20
Cox	3	21:30	184 156	25
Friedrichs	4	26:29	192	40
Gray	4	28:06	180	30
Hurley	3	22:52	189	20
James	4	28:35	160	20
Johnson	3	21:31	172	20
Kellogg	3	20:11	181	20
McIntyre	4	30:38	204	15
Purshke	3	20:30	157	40
Rammacher	3	20:35	172	28
Riggan	3	20:16	180	50

Group 4	Mile	Mile	Mile	400	400	Comments
Andrew	6:51	6:35	6:47	1:24	—	
Cooper	7:05	7:20	7:33	1:30	1:27	
Dernlan	7:41	—	—	—	—	
Evans	—	—	—	—	—	
Galli	7:03	7:04	7:10	1:30	1:31	
Gordon	6:33	6:13	6:04	1:14	1:13	
Jones	7:23	7:39	7:56 for 400	1:46	1:31	
Lawhorn	6:38	6:39	6:44	1:14	1:10	
McGrail	6:50	7:40	8:00	—	—	
McGroarty	6:36	6:24	6:07	1:18	1:19	
Mittendorf, Al	6:34	6:44	6:47	1:16	1:16	
Mize	6:34	6:51	6:41	1:23	1:19	
O'Connell	7:01	7:18	7:30	1:20	1:32	
Pierson	6:51	6:51	—	—	—	
Quinlivan	7:07	7:24	7:42	1:23	1:34	
Spence	—	—	—	—	—	
Spengeman	6:51	6:52	6:51	1:24	1:21	
Stus	6:55	6:55	6:55	1:24	1:20	
Thro	—	—	—	—	—	
Group 5	Mile	Mile	Mile	400	400	Comments
Abbate	7:21	7:52	8:05	1:35	1:45	
Arens	7:32	7:49	7:50	1:30	1:35	
Carpenter	7:35	7:49	7:50	1:33	1:36	
Coolbaugh	7:38	8:19	8:20	1:44	1:56	
Halley	7:00	7:04	7:00	1:23	1:30	
Nolan	7:08	7:19	7:25	1:23	1:30	
Wojtkowski	6:58	7:01	6:55	1:22	1:34	
Wu	7:36	7:30	7:33	1:30	1:33	
Arner	7:33	7:49	7:54	1:35	1:44	
Group 6	Mile	Mile	Mile	400	400	Comments
Abner	—	—	—	—	—	
Funke	ARSENT	—	—	—	—	
Garavaglia	6:58	6:59	6:49	1:26	1:36	
Kean	7:08	7:55	8:15	1:38	1:53	
Miles	8:18	8:48	8:31	2:00	2:00	
Moore	9:58	10:10	10:21	2:11	2:34	
Rizzo	8:28	8:52	8:27	1:48	2:08	
Safar	8:25	8:53	8:22	1:40	1:55	
Swiecicki, Co	8:49	9:08	8:24	1:59	2:07	
Swiecicki, Cu	7:56	8:36	9:13	1:48	2:12	
Zlotopolski	8:34	9:36	9:52	1:49	1:58	
IR	—	—	—	—	—	
Garcia	Bike 90:00	147 Pulse	—	—	—	
Hogan	—	—	—	—	—	
Jackson	—	—	—	—	—	
Nesser	—	—	—	—	—	
Potter	—	—	—	—	—	

Hogan 1:22:00 128
 Pickers 1:22:00 144

Bike 1:30:00
 Bike 160

Date: 10-2-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A= 6 B=5 C=4 D=3 E=3/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	46:59	172	DD	Bievenue	4	33:00	185	DD
Dillon	8	46:59	168	DD	Cantwell	4	30:20	184	DD
Friedrichs	Ran in A.M. -> DENTIST				Halley	3	26:08	156	DD
Hogan	Bike				James	3	23:45	140	DD
Mittendorf, Ad	6	46:59	164	DD	Kean	3	26:10	164	DD
Rackers	Bike				Lawhorn	4	32:36	172	DD
Scott	6	46:59	156	DD	Lowe	3	22:43	156	DD
					McGrail	EXCUSED			
Group A-					McGroarty	34	33:05	184	DD
Brawley	5	38:44	136	DD	Meara	3	22:40	160	DD
					O'Connell	3	23:28	157	DD
Group B					Quinlivan	EXCUSED			
Apprill-Sokol	3	22:44	168	DD	Seal, W	3	22:45	152	DD
Jackson	XT				Wojtkowski	3	23:28	176	DD
Kramer	4	31:38	144	DD	Group E				
Song	5	43:23	168	DD	Abbate	3	29:27	168	DD
					Abner	3	29:02	174	DD
Group B-					Arens	3	28:08	163	DD
LeGrand	4	33:31	172	DD	Barks	3	27:00	168	DD
Pashea	4	31:11	152	DD	Carpenter	3	27:10	176	DD
Glass	5	38:44	162	DD	Coolbaugh	3	28:48	168	DD
					Cooper	3	24:00	174	DD
Group C					Cox	3	23:47	144	DD
Alford	4	31:11	164	DD	Evans	XT			
Andrew	4	33:29	176	DD	Funke	3	30:57	140	DD
Booher	4	30:09	156	DD	Greiner	3	22:44	164	DD
Bourneuf	4	31:30	140	DD	Hurley	3	27:30	178	DD
Buescher	4	31:35	184	DD	Johnson	3	26:09	156	DD
Byrne	4	33:03	184	DD	Jones	3	28:09	176	DD
Dernlan	MAYBE CROSS-TRAINING				Miles	3	32:20	196	DD
Galli	4	36:19	168	DD	Nesser	XT			
Garavaglia	4	36:09	160	DD	Purshke	SERVICE			
Gordon	4	36:19	168	DD	Rammacher	3	22:43	164	DD
Gray	4	31:11	152	DD	Riggan	3	22:38	168	DD
LaBarge, J	4	31:26	158	DD	Rizzo	3	31:08	182	DD
LaBarge, P	4	33:31	164	DD	Safar	3	36:49	192	DD
McIntyre	4	31:35	200	DD	Spengeman	3	22:44	164	DD
Mittendorf, Al	4	32:52	138	DD	Swiecicki, Co	4	48:49	160	DD
Mize	4	32:04	164	DD	Swiecicki, Cu	3	33:15	164	DD
Moore	4	49:25	164	DD	Wu	3	28:08	152	DD
Nolan	4	36:09	158	DD	Zlotopolski	3	32:52	169	DD
Pierson	4	33:31	181	DD					
Sanfillippo	4	32:52	152	DD					
Stus	4	36:09	152	DD					
Thro	4	36:09	180	DD	IR				
Zenor	4	31:38	136	DD	Garcia	XT 90:00 140			
					Kellogg	XT			
					Potter	XT			

total mileage

3 mile Run 24:14
Bike 45:00 144

Date: 10-3-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups /Aerobic Run run A= 8 B=6 C=5 D=4 E=3/ Drills/ Flying 200s/ Stretch/ Jog SLUH/ Stability Weights									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	4	29:35	152	25	Bievenue	5	39:41	170	75
Dillon	8	59:40	148	25	Cantwell	5	39:07	160	30
Friedrichs	XT	Biked	72:00	Pulse 140	Halley	4	29:56	184	20
Hogan	XT				James	4	31:03	140	25
Mittendorf, Ad	8	59:40	140	35	Kean	4	31:30	164	25
Rackers	XT				Lawhorn	5	37:10	156	30
Scott	8	59:16	140	55	Lowe	4	29:35	152	40
					McGrail	EXCUSED			
Group A-					McGroarty	5	37:57	164	35
Brawley	8	59:40	144	35	Meara	4	29:37	156	36
					O'Connell	4	30:35	145	20
Group B					Quinlivan	4	30:35	146	40
Apprill-Sokol	3	21:23	144	25	Seal, W	SERVICE			
Jackson	XT				Wojtkowski	4	31:30	154	17
Kramer	5	38:23	140	20	Group E				
Song	will send numbers later				Abbate	3	28:30	168	24
					Abner	EXCUSED			
Group B-					Arens	4	31:09	170	-
LeGrand	doctor			22	Barks	4	31:44	146	17
Pashea	6	45:35	149	32	Carpenter	3	25:03	173	38
Glass	6	45:49	132	10	Coolbaugh	3	26:04	157	40
					Cooper	4	31:44	160	8
Group C					Cox	4	29:04	144	20
Alford	5	36:35	144	20	Evans	EXCUSED			
Andrew	5	39:10	172	23	Funke	SERVICE			
Booher	5	37:10	140	24	Greiner	4	29:35	148	50
Bourneuf	5	38:24	136	40	Hurley	4	31:45	174	25
Buescher	5	38:24	172	10	Johnson	3	25:03	156	21
Byrne	5	38:24	156	20	Jones	4	31:45	174	30
Dernlan	4	29:56	164	23	Miles	3	29:27	160	20
Galli	5	40:44	160	20	Nesser	XT			
Garavaglia	5	38:24	160	17	Purshke	4	29:35	172	40
Gordon	5	40:44	168	100	Rammacher	4	29:35	160	29
Gray	5	36:30	152	30	Riggan	4	29:35	160	47
LaBarge, J	5	36:30	164	35	Rizzo	3	29:44	170	15
LaBarge, P	5	37:10	139	25	Safar	3	29:42	160	20
McIntyre	5	38:24	180	15	Spengeman	SERVICE			
Mittendorf, Al	5	39:54	130	35	Swiecicki, Co	5	50:10	164	48
Mize	5	37:30	136	28	Swiecicki, Cu	3	29:30	152	35
Moore	5	50:40	160	25	Wu	4	35:23	148	25
Nolan	5	36:10	175	20	Zlotopolski	3	30:30	167	32
Pierson	5	40:44	172	18					
Sanfillippo	5	40:06	140	31					
Stus	5	39:06	168	15					
Thro	4	36:45	140	10	IR				
Zenor	5	38:23	116	20	Garcia	XT			
					Kellogg	4	30:41	160	20
					Potter	XT 1 GUESS			

total mileage (biked) over

8 total
59:55 164

Workout: Sunday Workout

[illegible]

Week 5 - October 7-13 Bounce Week for Varsity/NXN

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

Date: 10-7-19		Conditions:						
Workout: Drills/Jog 1m to Steinberg/ Push-ups /Groups 12= Bounce Week 5-6 miles with 3x1min. pickups/ Groups 3456 - 2x800, 2x400/ Extended cooldown/ Stretch/ Jog SLUH/ Weights for the weights group								
Group 1	4	Mileage	Time	Pulse	Comments			
Rackers		6	44:24	140	32			
Scott		6	43:30	156	55			
Brawley		6	44:24	152	30			
Callahan		RAD EARLIER			5 total 36:24	148 Pulse		
Kramer		5:15	39:28	~	20			
Mittendorf, Ad		6	44:24	136	30			
Dillon		6	44:24	148	25			
Zenor		5:15	39:28	~	20			
Glass		8:5	36:52	140	20			
Pashea		5	36:52	155	27			
Group 2		Mileage	Time	Pulse	Comments			
Alford		5	38:43	144	20			
Apprill-Sokol		5	36:55	144	41			
Bievenue		4	29:07	185	50	push-ups		
Booher		5	38:17	152	23			
Bourneuf		ABSENT						
Byrne		5	38:00	160	20			
Greiner		4	29:11	152	50			
LaBarge, J		5	36:29	155	40			
LaBarge, P		5	38:25	140	25			
LeGrand		5	39:23	152	20			
Lowe		?	ABSENT					
Meara		4	29:10	164	35			
Sanfillippo		5	38:44	148	35			
Seal, W		4	29:10	152	60			
Song		5	38:40	156	30			
Group 3		800	800	400	400	400	400	Comments
Barks		SERVILE						
Buescher		2:18	2:57	80	81	80	82	
Cantwell		2:49	2:57	80	82	78	81	
Cox		ABSENT						
Friedrichs		ABSENT						
Gray		2:48	2:57	81	80	80	81	
Hurley		2:50	2:58	83	82	80	84	
James		2:50	2:58	82	80	80	82	
Johnson		2:50	2:58	81	81	80	85	
Kellogg		2:48	2:57	82	80	79	83	
McIntyre		2:48	2:57	79	79	78	78	
Purshke		2:50	2:57	80	80	78	78	
Rammacher		2:49	2:57	79	80	78	80	
Riggan		2:48	2:57	78	80	78	78	

Jackson 4 29:07 140 40
 FRIEDRICH 5 36:55 136 60

Group 4	800	800	400	400	400	400	Comments
Andrew	2:59	2:56	1:27	1:28	1:26	1:28	
Cooper	3:04	3:18	1:29	1:29	1:25	1:29	
Dernlan	2:49	2:50	1:21	1:22	1:17	1:17	
Evans	ABSENT						
Galli	2:55	2:59	1:24	1:25	1:25	1:27	
Gordon	2:41	2:39	1:20	1:19	1:15	1:14	
Jones	3:04	3:13	1:27	1:29	1:27	1:27	
Lawhorn	2:47	2:54	1:22	1:21	1:19	1:20	
McGrail	ABSENT						
McGroarty	2:45	2:53	1:24	1:23	1:23	1:25	
Mittendorf, Al	2:42	2:45	1:21	1:20	1:16	1:15	
Mize	2:42	2:45	1:21	1:20	1:16	1:15	
O'Connell	2:54	3:15	1:30	1:31	STOPPED		
Pierson	INJURED						
Quinlivan	3:05	3:15	1:30	1:31	1:28	1:30	
Spence	INJURED						
Spengeman	2:56	2:57	1:26	1:25	1:24	1:26	
Stus	2:48	2:53	1:23	1:23	1:20	1:19	
Thro	2:51	2:55	1:24	1:24	1:21	1:21	
Group 5	800	800	400	400	400	400	Comments
Abbate	3:21	3:31	1:38	1:42	1:45	1:45	
Arens	3:13	3:20	1:25	1:25	1:27	1:25	
Carpenter	3:14	3:13	1:29	1:29	1:32	1:31	
Coolbaugh	3:20	3:30	1:40	1:40	1:37	1:46	
Halley	ABSENT						
Nolan	2:55	3:05	1:28	1:28	1:27	1:25	
Wojtkowski	3:04	3:02	1:19	1:22	1:22	1:22	
Wu	3:06	3:06	1:26	1:25	1:27	1:25	
Group 6	800	800	400	400	400	400	Comments
Abner	3:14	3:19	1:33	1:29	1:37	1:31	
Funke	3:22	3:25	1:26	1:37	1:40	1:38	
Garavaglia	2:50	2:55	1:22	1:26	1:27	1:28	
Kean	3:03	3:11	1:25	1:29	1:29	1:29	
Miles	3:47	3:43	1:42	1:43	1:46	1:49	
Moore	4:04	4:29	2:05	2:08	2:07	2:08	
Rizzo	3:33	3:26	1:36	1:35	1:42	1:35	
Safar	3:36	3:31	1:40	1:43	1:51	1:33	
Swiecicki, Co	INJURED IN WARM-UP						
Swiecicki, Cu	3:37	3:35	1:38	1:39	1:45	1:36	
Zlotopolski	3:46	3:43	1:42	1:42	1:44	1:50	
IR							
Garcia							
Hogan							
Jackson							
Nesser							
Potter							

Date: 10-8-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Core/ Push-ups /Aerobic Run run A= 8 B=6 C=5 D=4 E=3 Bounce Week group has reduced mileage/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	7	54:27	168	30 J Total	Bievenue	XT			
Dillon	8	62:01	140	25 J Total	Cantwell	5	40:14	164	20
Friedrichs	5	37:40	148	60	Halley	ABSENT			
Hogan	INJURED				James	4	32:33	140	25
Mittendorf, Ad	8	62:01	144	30 J Total	Kean	4	35:10	172	25
Rackers	8	62:01	140	30 J Total	Lawhorn	5	38:12	164	20
Scott	6	44:48	144		Lowe	4	29:59	152	35
					McGrail	ABSENT			
Group A-					McGroarty	5	39:19	172	45
Brawley	7	54:27	144	30 J Total	Meara	4	29:56	156	35
					O'Connell	4	33:10	133	21
Group B					Quinlivan	4	33:10	156	40
Aprill-Sokol	6	44:48	184	25	Seal, W	4	32:45	124	60
Jackson	4	28:40	152	50	Wojtkowski	4	33:24	164	16
Kramer	7	54:24	152	75 J Total	Group E				
Song	CHOIR - DIDN'T COME TO WEST CAMP				Abbate	3	27:52	172	24
					Abner	3	24:48	163	25
Group B-					Arens	4	33:21	163	21
LeGrand	6	45:20	164	16	Barks	4	32:10	164	19
Pashea	7	54:29	156	25 J Total	Carpenter	3	24:48	186	25
Glass	6	44:48	152	20	Coolbaugh	3	27:35	153	40
					Cooper	2	18:30	166	7
Group C					Cox	4	28:40	148	25
Alford	5	39:20	168	3	Evans	3	30:28	171	31
Andrew	5	40:14	172	23	Funke	3	26:21	140	30
Booher	4	29:37	160	17	Greiner	4	29:18	164	55
Bourneuf	5	40:14	140	40	Hurley	3	24:48	178	20
Buescher	5	40:14	168	11	Johnson	3	24:48	156	22
Byrne	5	39:20	152	20	Jones	4	32:10	172	30
Dernlan	4	33:10	148	20	Miles	3	24:48	192	15
Galli	5	40:17	164	16	Nesser	INJURED			
Garavaglia	5	41:10	160	15	Purshke	4	29:55	155	40
Gordon	5	40:14	140	100	Rammacher	4	29:55	156	30
Gray	5	37:41	148	30	Riggan	4	29:43	156	57
LaBarge, J	5	37:41	163	35	Rizzo	3	31:46	165	15
LaBarge, P	5	37:58	153	25	Safar	3	31:46	172	20
McIntyre	5	40:14	164	10	Spengeman	4	30:02	160	30
Mittendorf, Al	5	39:20	156	40	Swiecicki, Co	2	20:30	132	42
Mize	5	38:01	148	29	Swiecicki, Cu	3	29:00	160	35
Moore	5	59:40	152	30	Wu	4	34:45	148	25
Nolan	4	33:25	160	20	Zlotopolski	3	28:08	160	34
Pierson	- DID NOT COME TO WEST CAMP - PERHAPS								
Sanfillippo	5	39:20	148	35		XT			
Stus	5	41:10	164	15					
Thro	5	40:17	188	10	IR				
Zenor	7	54:24	152	25 J Total	Garcia	XT			
					Kellogg	4	29:50	171	20
					Potter	XT			

7 total
55:00
164

[illegible]

Date: 10-11-19		Conditions:					
Workout: Drills/Jog 1m to Steinberg/ Push-ups /MCC Varsity=Aerobic Run/ Strides/ Stretch Everyone Else - 6x800/ Extended cooldown/ Stretch/ Jog SLUH							
MCC Varsity	Mileage	Time	Pulse	Comments			
Rackers	6	47:37	120				
Scott	6	47:37	116				
Brawley	6	47:37	128				
Callahan	6	47:37	124				
Mittendorf, Ad	6	47:37	120				
Dillon	6	47:37	132				
Zenor	4	31:32	125				
Hoggan	3	24:00	156	20			
Group 1	800	800	800	800	800	800	Comments
Kramer	2:41	2:32	2:35	2:30	2:35	2:28	
Glass	2:44	2:36	2:49	2:47	2:46	2:42	
Pashea	2:44	2:32	2:34	2:33	2:35	2:31	
Jackson	2:44	2:32	2:35	2:36	2:37	2:32	
Group 2	800	800	800	800	800	800	Comments
Alford	2:47	2:41	2:43	2:46	2:47	2:44	
Apprill-Sokol	2:46	2:41	2:50	2:49	2:50	2:51	
Bievenue							
Booher	2:45	2:32	2:36	2:36	2:45	2:35	
Bourneuf	2:47	2:40	2:42	2:44	2:47	2:44	
Byrne	2:52	2:45	2:50	2:45	2:50	2:39	
Greiner	2:45	2:35	2:41	2:40	2:41	2:38	
LaBarge, J	2:47	2:41	2:42	2:45	2:46	2:42	
LaBarge, P	2:52	2:47	2:48	2:45	2:47	2:45	
LeGrand	2:48	2:51	2:50	2:55	2:55	2:43	
Lowe	2:54	2:42	2:52	2:48	2:58	2:50	
Meara	2:48	2:41	2:52	2:50	2:57	2:53	
Sanfillippo	2:54	2:44	2:49	2:46	2:49	2:47	
Seal, W	2:45	2:33	2:41	2:42	2:45	2:43	
Song	2:54	2:48	2:52	2:46	2:41	2:31	
Friedrichs	2:47	2:42	2:48	2:45	2:48	2:42	
Group 3	800	800	800	800	800	800	Comments
Barks	3:03	2:57	3:00	2:56	3:01	2:57	
Buescher	3:01	2:48	2:59	2:52	2:58	2:56	
Cantwell	3:01	2:49	2:59	2:51	2:58	2:50	
Cox	2:58	2:47	2:58	2:49	3:03	2:55	
Friedrichs							
Gray	3:00	2:50	2:57	2:50	2:54	2:50	
Hurley	3:03	2:54	3:01	2:57	3:02	2:57	
James	3:04	3:00	3:08	3:01	3:07	3:04	
Johnson	3:03	2:52	3:01	2:56	3:02	2:55	
Kellogg	3:03	2:54	3:00	2:56	3:01	2:56	
McIntyre	3:02	2:52	3:00	2:55	2:54	2:49	
Purshke	3:02	2:53	3:00	2:50	2:58	2:42	
Rammacher	AEROBIC	2 MILES	15:54				
Riggan	2:59	2:48	2:55	2:48	2:54	2:47	
GARCIA	3:02	2:52	3:00	2:51			

10-11-19

Group 4	800	800	800	800	800	800	Comments
Andrew	3:10	3:00	3:05	2:58	2:59	2:53	
Cooper	3:17	3:14	3:19	3:17	3:27	3:16	
Dernlan	2:58	2:57	3:04	2:59	2:59	2:53	
Evans	3:19	3:15	4:00	—	3:28	3:16	
Galli	3:14	3:11	3:16	3:08	3:13	3:15	
Gordon	3:13	2:50	2:58	2:47	2:47	2:41	
Jones	3:16	3:06	3:11	3:08	3:17	3:11	
Lawhorn	2:58	2:50	2:58	2:50	2:57	2:52	
McGroarty							
McGroarty	2:58	2:50	2:54	2:55	2:54	2:54	
Mittendorf, Al	2:56	2:52	2:58	2:51	2:52	2:49	
Mize	2:56	2:49	2:58	2:50	2:53	2:51	
O'Connell	3:13	3:03	3:12	2:59	3:01	2:57	
Pierson	2:59	2:56	2:58	2:59	3:10	3:13	
Quinlivan	3:20	3:16	3:20	3:16	3:26	3:20	
Spengeman							
Spengeman	3:15	3:05	3:08	3:02	3:03	2:56	
Stus	3:15	3:09	3:06	2:57	3:00	2:42	
Thro	3:13	3:01	3:03	2:56	2:59	2:54	
Nolan	3:16	3:03	3:07	3:00	3:00	2:55	
Group 5	800	800	800	800	800	800	Comments
Abbate	3:30	3:43	3:39	3:35	3:45	3:45	
Arens	3:23	3:22	3:21	3:14	3:25	3:23	
Carpenter	3:21	3:14	3:21	3:19	3:19	3:16	
Coolbaugh	3:37	3:42	3:44	3:19	3:20	3:26	
Halley	3:11	3:06	3:06	2:55	2:57	2:50	
Nesser							
Wojtkowski	3:13	3:05	3:05	2:54	2:57	2:52	
Wu	3:23	3:19	3:19	3:14	3:21	3:16	
Abner	3:22	3:22	3:21	3:21	3:26	3:26	
Group 6	800	800	800	800	800	800	Comments
Abner							
Funke	3:31	3:30	3:38	3:36	3:37	3:33	
Garavaglia	2:59	3:04	3:06	3:06	2:59	3:00	
Kean	3:15	3:13	3:27	3:24	3:25	3:22	
Miles	3:49	3:33	3:49	3:48	3:49	3:47	
Moore	4:05	4:06	4:05	4:12	4:14	4:20	
Rizzo	3:30	3:28	3:42	3:41	3:42	3:33	
Safar	3:54	3:57	3:52	4:08	4:10	4:10	
Swiecicki, Co	3:53	3:58	3:53	3:47	3:50	3:47	
Swiecicki, Cu	3:41	3:36	3:43	3:41	3:42	3:35	
Zlotopolski	3:42	3:56	3:45	3:50	3:49	4:03	
IR							
Garcia							
Hogan							
Nesser							
Potter							

Date: 10-12-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups/Core /Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility/ Stability Weights									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	43:30	164	D	Bievenue	ABSENT			D
Dillon	8	58:14	148		Cantwell	5	40:47	168	
Friedrichs	6	43:22	148		Halley	4	35:36	156	
Hogan	4	30:16	164		James	4	31:00	144	
Mittendorf, Ad	8	58:14	132		Kean	4	35:36	164	
Rackers	8	58:14	140		Lawhorn	5	38:03	168	
Scott	6	43:22	140		Lowe	4	30:17	152	
					McGrail	ABSENT			
Group A-					McGroarty	5	40:55	160	
Brawley	6	43:22	140		Meara	4	30:17	156	
					O'Connell	4	31:08	152	
Group B					Quinlivan	ABSENT			
Apprill-Sokol	6	43:22	172		Seal, W	4	30:17	136	
Jackson	4	29:23	140		Wojtkowski	4	31:37	160	
Kramer	5	37:54	140		Group E				
Song	6	43:22	180		Abbate	EXCUSED	3	26:34	172 (5 total)
					Abner	3	25:21	163	
Group B-					Arens	4	35:22	162	
LeGrand	5	38:44	156		Barks	4	32:52	160	
Pashea	6	43:22	137		Carpenter	3	25:21	174	
Glass	6	43:22	138		Coolbaugh	3	25:21	164	
					Cooper	4	32:50	152	
Group C					Cox	4	30:06	144	
Alford	5	38:31	172		Evans	3	25:21	148	
Andrew	5	40:55	160		Funke	3	25:21	143	
Booher	4	29:24	164		Greiner	4	30:17	160	
Bourneuf	4	38:32	136		Hurley	4	32:52	164	
Buescher	5	37:54	162		Johnson	3	25:21	152	
Byrne	EXCUSED				Jones	4	32:52	174	
Dernlan	5	38:03	160		Miles	3	30:12	164	
Galli	5	40:55	156		Nesser	ABSENT			
Garavaglia	4	33:32	160		Purshke	4	30:17	160	
Gordon	5	40:55	148		Rammacher	2	15:58	136	
Gray	5	38:31	160		Riggan	4	30:17	156	
LaBarge, J	5	38:31	152		Rizzo	3	34:01	187	
LaBarge, P	5	38:32	145		Safar	3	34:01	176	
McIntyre	5	37:54	160		Spengeman	4	30:22	164	
Mittendorf, Al	5	40:55	128		Swiecicki, Co	EXCUSED	5/54:01	120	
Mize	5	38:27	152		Swiecicki, Cu	EXCUSED			
Moore	5	54:02	172		Wu	4	35:22	168	
Nolan	4	23:32	164		Zlotopolski	3	31:29	144	
Pierson	5	40:47	158						
Sanfillippo	5	40:47	144						
Stus	4	33:32	156						
Thro	4	33:32	172		IR				
Zenor	5	37:54			Garcia	2	15:58	156	D
					Kellogg	4	30:20	163	
					Potter	ABSENT			

Date: 10-13-19 Conditions:

Workout: Sunday Workout

[illegible]

Week 4 - October 14-20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	MCCs	1st Set Drills	1st Set Drills	1st Set Drills	BORGIA INVITE	AB=3-5 Shakeout	A=63-65
Jog to West Camp	OR	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE=X-Train/ Rest	B=55-57
Push-ups/Core	1st Set Drills	Push-ups/Core	Push-ups	Push-ups	Warm-up		C=44
A=6	Aerobic Run	A=8	A=8	A=6	2nd Set Drills		D=42
B=5	at Jefferson Barracks	B=6	B=6	B=5	Race		E=37
C=4	A=10	C=5	C=5	C=4	Cooldown		
D=3	B=8	D=4	D=4	DE=3	12= 2x400, 2x200 +3 miles		
E=3	C=7	E=3	E=3	6 Strides	3456=3 miles		
Stretch	Strides	6 Strides	Drills	Stretch with Leader	Stretch		
Jog to SLUH	Stretch	Stretch with Leader	Flying 200s	Jog to SLUH	OR		
OR		Jog to SLUH	Stretch with Leader	OR	1st Set Drills		
3xmile cutdown			Jog to SLUH	1st Set Drills	Aerobic Run on State Course		
4x400 @ 1600				Warm-up	6-8 Miles		
Jog to SLUH				2nd Set Drills	Strides		
Stretch with Leader				Art Hill Figure 8s	Stretch		
Peaking for Weights Group				Cooldown 2 miles			
				Stability Weights			
				Stretch			

Date: 10-14-19		Conditions:									
Workout: Drills/Jog 1m to West Camp/ Push-ups/Core /Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility/ Stability Weights											
MCC Varsity+	Paces	Mile	Mile	Mile	Mile	Mile	400	400	400	400	Comments
Rackers	5:15/05/55			5:13	5:08	4:50	69	67	69	67	8 MILES
Scott	5:15/05/55			5:13	5:08	4:58	69	67	69	68	8 MILES
Dillon	5:20/10/00	8 MILES		5:21	5:14	5:09	71	70	72	70	8 MILES
Mittendorf, Ad	5:20/10/00			5:21	5:14	5:06	70	69	73	71	8 MILES
Brawley	5:20/10/00			5:21	5:14	5:09	71	70	73	69	8 MILES
Callahan	5:25/15/05	8 MILES		5:21	5:15	5:14	74	70	77	73	8 MILES
Hogan	5:25/15/05			5:21	5:15	5:25	74	67	-	-	7 MILES
Zenor	5:25/15/05	7 miles		5:21	5:15	5:11	72	70	73	72	7 MILES
Group A	Mileage	Time	Pulse	Comments		Group D	Mileage	Time	Pulse	Comments	
Friedrichs	5	38:33	160	30		Lawhorn	4	31:35	156	25	
						Lowe	3	23:09	156	45	
Group B											
Apprill-Sokol	4	31:57	164	15		McGroarty	4	33:28	164	45	
Jackson	3	23:09	165	40		Meara	3	24:06	160	45	
Kramer	4	33:40				O'Connell	3	24:28	152	20	
Song	5	38:33	160	30		Quinlivan	3	25:00	168	30	
						Seal, W	3	23:09	140	60	
Group B-						Wojtkowski	ABSENT				
LeGrand	4	33:11	156	12		Group E					
Pashea	4	31:35	149	22		Abbate	3	26:47	168	24	
Glass	4	31:35	160	20		Abner	3	25:28	168	21	
						Arens	3	26:15	171		
Group C						Barks	3	24:06	164	20	
Alford	4	31:45	152	25		Carpenter	3	25:29	183	30	
Andrew	4	31:49	160	19		Coolbaugh	3	25:24	172	45	
Booher	4	31:34	160	22		Cooper	3	24:22	168	8	
Bourneuf	4	33:40	144	40		Cox	3	22:59	140	27	
Buescher	4	33:45	128	10		Evans	INJURED DURING WARM-UP				
Byrne	4	31:57	156	20		Funke	3	25:29	150	25	
Dernlan	4	31:20	152	20		Greiner	3	23:09	140	30	
Galli	4 total	33:28				Hurley	3	25:20	176	20	
Garavaglia	4	33:45	164	17		Johnson	3	25:29	156	25	
Gordon	4 total	33:28				Jones	3	24:22	168	29	
Gray	4	31:35	152	25		Miles	3	31:03	140	20	
LaBarge, J	4	31:35	149	30		Purshke	3	24:22	153	50	
LaBarge, P	4	ABSENT		30		Rammacher	3	23:09	140	34	
McIntyre	4	33:40	172	10		Riggan	3	23:09	164	55	
Mittendorf, Al	4	34:49	152	30		Rizzo	3	32:38	168	15	
Mize	4	31:20	152	31		Safar	3	32:38	160	18	
Moore	4	45:15	176	10		Spengeman	3	23:10	164	30	
Nolan	4	33:40	183	10		Swiecicki, Cb	3	28:35	152	35	
Pierson	4	34:49	171	16		Swiecicki, Cu	3	28:57	160	27	
Sanfillippo	4	34:49	144	20		Wu	3	29:27	148	10	
Stus	4	33:40	156	15		Zlotopolski	3	30:09	169	36	
Thro	4	33:40	180	18		IR					
						Garcia	2	15:34	155	28	
Group D	Mileage	Time	Pulse	Comments		Kellogg	3	24:16	163	20	
Bievenue	3	25:05	148	50		Potter	XT				
Cantwell	5	38:33	154	20		Nesser	ABSENT				
Halley	3	26:29	160	20							
James	3	24:22	120	25							
Kean	3	26:29	172	25							

total
46:25
142

15

Date: 10-19		Conditions:		
Workout: Drills/ Push-ups/Aerobic Run run A=10 B=8 C=7/ Strides/ Stretch/				
MCC Varsity+	Mileage	Time	Pulse	Comments
Rackers	8 6 mi	44:21	140	30 PUSHUPS
Scott	8 6 mi	44:21	136	60 PUSHUPS
Dillon	10	74:57	152	
Mittendorf, Ad	10	74:57	144	
Brawley	6	44:33	140	
Callahan	6	44:33	164	
Hogan	3	22:45	164	PLUS 52 min. BIKE
Zenor	7	52:14	—	

REVENUE 10K 52:30 180

152

Date: 10-16-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups/Core /Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility/ Stability Weights									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	44:08	148	30	Bievenue	5	38:02	178	50
Dillon	8	59:29	156	25	Cantwell	5	38:04	154	25
Friedrichs	6	44:30	152	30	Halley	4	33:45	124	20
Hogan	4	31:19	160	20	James	4	ABSENT		-4 total 32:28 140
Mittendorf, Ad	8	7:10	120	30	Kean	4	33:45	156	20
Rackers	8	7:10	140	25	Lawhorn	5	37:15	172	25
Scott	6	44:08	132	55	Lowe	4	29:38	152	40
Group A-					McGroarty	5	41:04	142	40
Brawley	EXCUSED				Meara	3	24:58	164	43
					O'Connell	4	30:34	152	20
Group B					Quinlivan	4	33:14	150	35
Apprill-Sokol	6	44:30	160	20	Seal, W	3	24:19	132	60
Jackson	5	34:54	152	60	Wojtkowski	EXCUSED			
Kramer	5	38:10	160	20	Group E				
Song	6	44:30	172	50	Abbate	3	26:06	172	23
					Abner	3	25:45	164	23
Group B-					Arens	4	33:42	157	21
LeGrand	5	38:23	156	17	Barks	4	31:45	159	18
Pashea	5	37:10	141	30	Carpenter	3	25:45	171	30
Glass	5	38:04	144	15	Coolbaugh	4	32:19	161	40
					Cooper	4	31:45	156	11
Group C					Cox	4	28:01	128	25
Alford	5	37:10	164	30	Evans	INJURED			
Andrew	5	43:15	160	22	Funke	3	25:45	143	25
Booher	4	29:16	148	23	Greiner	4	29:38	160	60
Bourneuf	XT				Hurley	3	26:06	170	25
Buescher	5	43:25	152	10	Johnson	3	25:45	152	17
Byrne	EXCUSED				Jones	4	31:55	158	20
Dernlan	4	30:54	176	23	Miles	3	30:18	140	20
Galli	5	43:15	156	18	Nesser	INJURED			
Garavaglia	INJURED				Purshke	4	31:45	171	40
Gordon	5	39:43	152	15	Rammacher	4	29:52		31
Gray	5	37:10	152	25	Riggan	3	24:58	160	49
LaBarge, J	5	37:10	148	29	Rizzo	3	27:33	174	15
LaBarge, P	5	38:04	137	25	Safar	3	33:53	156	19
McIntyre	5	38:10	172	15	Spengeman	4	31:30	164	30
Mittendorf, Al	5	40:41	130	30	Swiecicki, Co	4	41:17	160	32
Mize	5	38:25	156	30	Swiecicki, Cu	3	28:44	164	28
Moore	5	55:37	148	30	Wu	3	27:30	148	15
Nolan	5	43:25	175	10	Zlotopolski	3	30:18	170	36
Pierson	5	43:15	144	16					
Sanfillippo	5	40:42	148	35					
Stus	5	43:25	160	15					
Thro	5	43:25	160	10	IR				
Zenor	5	38:10	140	20	Garcia	2	15:30	156	20
					Kellogg	4	30:54	165	20
					Potter	XT			

Date: 10-17-19

Conditions:

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

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	43:07	152	35	Bievenue	5	41:20	175	50
Dillon	8	58:43	152	25	Cantwell	5	45:42	154	20
Friedrichs	6	43:07	168	30	Halley	4	36:57	168	20
Hogan	4	30:12	176	30	James	4	31:48	140	25
Mittendorf, Ad	8	58:43	140	30	Kean	4	36:57	172	20
Rackers	6	43:07	148	40	Lawhorn	5	38:23	164	35
Scott	6	43:07	148	60	Lowe	4	31:01	148	40
					McGraw				
Group A-					McGroarty	5	40:04	168	40
Brawley	6	46:20	140	25	Meara	4	31:03	156	43
					O'Connell	4	34:05	133	20
Group B					Quinlivan	4	34:05	158	45
Apprill-Sokol	6	43:07	168	20	Seal, W	4	31:20	136	57
Jackson	5	36:05	157	40	Wojtkowski	EXCUSED			
Kramer	6	43:07	160	10	Group E				
Song	6	45:42	160	40	Abbate	3	25:29	176	23
					Abner	3	29:33	153	23
Group B-					Arens	6 total	51:07	163	Did on own
LeGrand	6	45:18	-	18	Barks	4	31:48	160	21
Pashea	6	46:20	154	28	Carpenter	3	24:58	180	29
Glass	6	43:07	160	10	Coolbaugh	4	33:14	155	45
					Cooper	4	31:48	158	11
Group C					Cox	4	30:56	140	25
Alford	5	38:23	172	30	Evans	INJURED			
Andrew	5	44:56	160	20	Funke	3	30:07	150	20
Booher	4	29:53	140	20	Greiner	4	31:00	160	53
Bourneuf	XT				Hurley	3	29:33	153	20
Buescher	5	45:00	152	25	Johnson	3	24:58	156	23
Byrne	5	38:23	164	20	Jones	4	31:48	167	20
Dernlan	5	40:04	156	23	Miles	3	28:28	172	20
Galli	5	44:56	164	18	Nesser	INJURED			
Garavaglia	INJURED				Purshke	4	31:00	156	50
Gordon	5	44:56	156	20	Rammacher	4	31:01	144	35
Gray	5	36:55	152	30	Riggan	4	31:00	148	55
LaBarge, J	5	36:53	153	40	Rizzo	3	25:26	179	15
LaBarge, P	5	39:57	155	30	Safar	XT			
McIntyre	6	43:07	200	15	Spengeman	4	31:02	172	30
Mittendorf, Al	5	40:07	141	30	Swiecicki, Co	5	57:54	160	31
Mize	5	37:39	168	30	Swiecicki, Cu	3	28:59	156	30
Moore	5	57:54	180	32	Wu	4	37:17	148	15
Nolan	5	45:00	177	10	Zlotopolski	3	28:34	166	36
Pierson	5	44:56	168	17					
Sanfillippo	5	40:04	152	30					
Stus	5	45:00	160	-					
Thro	5	45:00	168	10	IR				
Zenor	6	43:07	160	10	Garcia	2	16:20	162	25
					Kellogg	4	31:06	162	20
					Potter	OUT INJURED			

Date: 10-18-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups/ Art Hill Group - 8xFigure 8/Everyone Else: Aerobic Run run A=6 B=5 C=4 DE=3/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility									
Art Hill Group									
Brawley	AH	Did 8 Figure 8s - 78.6 Avg.							10 total
Callahan	AH	Did 6 Figure 8s - 82.6 Avg			1 mile tempo 5:35				10 total
Dillon	AH	Did 8 Figure 8s - 80.0 Avg							10 total
Hogan	AH	Did 6 Figure 8s - 79.9 Avg.							8.5 total
Kramer	AH	Did 8 Figure 8s - 79.3 Avg							10 total
Mittendorf, Ad	AH	Did 8 Figure 8s - 78.7 Avg							10 total
Rackers	AH	Did 8 Figure 8s - 78.4 Avg							10 total
Scott	AH	Did 8 Figure 8s - 78.4 Avg							10 total
Zenor	AH	Did 8 Figure 8s - 80.3 Avg							10 total
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Friedrichs	4	31:04	148	30	Kean	3	26:39	164	20
					Lawhorn	4	28:44	164	30
Group B					Lowe	3	23:48	152	40
Apprill-Sokol	RAN EARLY				McGroarty	4	33:09	168	30
Jackson	ABSENT				Meara	DOCTOR			
Song	5	41:30	156	30	O'Connell	3	26:12	137	15
					Quinlivan	3	26:39	168	25
Group B-					Seal, W	3	24:25	144	60
LeGrand	4	31:04	146	17	Wojtkowski	EXCUSED			
Pashea	4	28:44	149	25					
Glass	4	28:44	156	21	Group E				
					Abbate	3	27:30	168	26
Group C					Abner	3	26:30	153	21
Alford	4	31:04	168	30	Arens	3	24:25	161	-
Andrew	4	26:56	156	23	Barks	3	25:18	160	19
Booher	3	22:40	156	25	Carpenter	3	26:30	173	30
Bourneuf	INJURED (NOT PRESENT)				Coolbaugh	3	25:28	156	40
Buescher	4	31:04	164	10	Cooper	3	25:18	163	8
Byrne	4	31:04	168	20	Cox	3	22:50	144	25
Demian	4	33:08	148	29	Evans	INJURED			
Galli	ABSENT				Funke	3	26:30	148	25
Garavaglia	INJURED				Greiner	3	23:38	168	50
Gordon	4	36:56	152	20	Hurley	4	LAPS 29:13	161	20
Gray	4	28:44	148	30	Johnson	3	26:30	152	22
LaBarge, J	4	28:44	135	35	Jones	3	25:18	170	20
LaBarge, P	4	31:04	147	25	Miles	3	20:32	172	30
McIntyre	4	31:04	160	15	Nesser	INJURED			
Mittendorf, Al	4	34:20	143	35	Purshke	3	26:10	155	40
Mize	4	31:04	158	32	Rammacher	3	23:38	160	35
Moore	4	45:31	148	34	Riggan	3	24:25	160	55
Nolan	4	36:58	177	10	Rizzo	3	27:17	156	15
Pierson	4	33:08	158	14	Safar	EXCUSED			
Sanfillippo	4	34:21	148	35	Spengeman	3	24:27	152	30
Stus	4	36:58	156	10	Swiecicki, Co	4	37:01	160	30
Thro	4	36:28	144	10	Swiecicki, Cu	3	28:20	152	33
					Wu	ABSENT			
Group D	Mileage	Time	Pulse	Comments	Zlotopolski	3	29:51	165	36
Bievenue	4	33:04	172	50					
Cantwell	4	31:04	154	20					
Halley	GONE FISHIN'				IR				
James	3	26:12	140	25	Garcia	2	16:31	160	25
					Kellogg	3	24:06	150	20
					Potter	XT			

4 total
28:18
155

3 total 150 pulse 23:54

4 total
35:04
164 pulse

Biked 1:16:00 156 Pulse

46:30 148 pulse

Date: 10-19-19		Conditions:		
Workout: Drills/ Push-ups/Aerobic Run run A=10 B=8 C=7/ Strides/ Stretch/				
Columbia Group	Mileage	Time	Pulse	Comments
Brawley	8	53:58	136	
Callahan	7	50:27	136	
Dillon	16	72:35	140	
Hogan	7	49:45	180	quick
Kramer				
Mittendorf, Ad	10	72:35	140 140	
Rackers	8	53:58	140	
Scott	8	53:58 (for 7.5)	128	0.5 mile warmup
Zenor	7	50:43	—	

Date: 10-20-19

Conditions:

Workout: Sunday Workout

[illegible]

Week 3 - October 21-27

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

Date: 10-21-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups/Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	45:23	152	DD	Bievenue	5	37:04	185	DD
Dillon	8	58:19	156	DD	Cantwell	5	34:55	174	DD
Friedrichs	6	44:35	160	DD	Halley	4	34:07	184	DD
Hogan	5	36:56	164	DD	James	4	31:25	170	DD
Mittendorf, Ad	8	58:19	144	DD	Kean	4	34:26	172	DD
Rackers	8	58:19	156	DD	Lawhorn	5	37:07	164	DD
Scott	8	58:19	160	DD	Lowe	4	29:14	156	DD
					McGroarty	5	42:13	168	DD
Group A-					Meara	4	29:16	160	DD
Brawley	6	46:30	136	DD	O'Connell	4	35:20	127	DD
					Quinlivan	4	34:49	140	DD
Group B					Seal, W	4	29:14	148	DD
Apprill-Sokol	6	45:23	168	DD	Wojtkowski	4	35:20	160	DD
Jackson	4	29:16	152	DD					
Kramer	5	42:00	140	DD	Group E				
Song	6	45:25	164	DD	Abbate		EXCUSED		
					Abner	3	25:40	163	DD
Group B-					Arens	4	33:36	158	DD
LeGrand	6	45:23	160	DD	Barks	3	25:34	148	DD
Pashea	6	46:30	155	DD	Carpenter		EXCUSED		
Glass	6	46:30	160	DD	Coolbaugh	4	32:02	164	DD
					Cooper	4	31:25	150	DD
Group C					Cox	4	27:29	152	DD
Alford	5	37:07	168	DD	Evans		INJURED		
Andrew	5	41:52	156	DD	Funke	3	27:38	140	DD
Booher	5	36:56	144	DD	Greiner	4	29:14	156	DD
Bourneuf	XT				Hurley	3	26:43	161	DD
Buescher	5	36:15	176	DD	Johnson	3	25:40	152	DD
Byrne	5	36:56	152	DD	Jones	4	31:25	161	DD
Dernlan	5	42:13	144	DD	Miles	3	26:36	180	DD
Galli	5	41:52	156	DD	Nesser	1	TEST MILE		
Garavaglia	4	34:07	160	DD	Purshke	4	29:14	160	DD
Gordon	5	41:52	188	DD	Rammacher	3	26:43	128	DD
Gray	5	34:47	137	DD	Riggan	4	29:14	168	DD
LaBarge, J	5	34:47	144	DD	Rizzo	3	29:42	178	DD
LaBarge, P	5	37:17	152	DD	Safar		XT		
McIntyre	5	36:15	188	DD	Spengeman	4	31:18	—	DD
Mittendorf, Al	5	41:04	139	DD	Swiecicki, Co		INJURED DURING RUN		
Mize	5	37:33	144	DD	Swiecicki, Cu	3	29:52	148	DD
Moore	5	57:45	156	DD	Wu	4	34:50	152	DD
Nolan	5	42:00	185	DD	Zlotopolski	3	26:38	158	DD
Pierson	XT								
Sanfillippo	5	42:04	148	DD					
Stus	5	42:00	156	DD					
Thro		EXCUSED			IR				
Zenor	5	35:57	152	DD	Garcia	2	14:51	158	DD
					Kellogg	3	25:27	162	DD
					Potter				

Date: 10-22-19		Conditions:											
Workout: Drills/Jog 1m to Steinberg/ Push-ups / District Card= 2x400-1.5 mile tempo-2x400-1.5 mile tempo-2x400/ Clayton Racers=12x400 with surge zones/ Everyone Else=2x400-4x800-2x400													
District Card	Paces	400	400	Tempo	400	400	Tempo	400	400	Comments Tot			
Rackers	73/5:35	75	72	8:22	71	71	8:22	74	72	8			
Scott	73/5:35	75	72	8:22	71	71	8:22	74	72	8			
Brawley	75/5:40	77	75	8:23	72	72	8:23	75	73	8.5			
Mittendorf, Ad	75/5:40	77	75	8:23	71	72	8:23	75	73	8.5			
Dillon	75/5:40	78	75	8:24	72	72	8:23	75	73	8.5			
Hogan	75/5:40	78	74	8:25	72	73	8:24	75	74	8			
Callahan	75/5:45	77	75	8:24	72	71	8:23	74	72	8.5			
Zenor	75/5:45	78	76	8:23	72	71	8:23	75	73	8.5			
Kramer	75/5:45	78	76	8:26	72	71	8:23	75	73	6.5			
Pashea	75/5:45	77	75	8:26	72	72	8:27	75	73	7.5			
Clayton	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Bievenue	88	90	88	89	89	87	89	87	81	82	81	71	
Booher													
LaBarge, P	83	86	87	87	83	83	83	84	78	80	78	69	
Song	78	82	84	81	80	79	80	80	76	78	77	63	
Sanfilippo	81	85	88	88	84	85	82	86	78	81	79	77	
Garcia	81	87	88	88	84	82	83	84	78	80	78	75	
Friedrichs	80	85	87	87	83	85	83	84	78	78	77	69	
Andrew	89	89	90	89	87	87	87	88	81	84	84	75	
Galli	84	87	89	88	84	86	82	86	79	81	82	69	
Gordon	88	88	89	88	85	85	86	85	79	80	80	69	
Wu	89	93	95	93	93	90	96	93	87	90	91	85	
Moore	1:45	1:48	1:53	1:51	1:45	1:47	1:48	1:49	1:36	1:42	1:49	1:47	
Swieckicki, Co	XT												
Group 2	400	400	800	800	800	800	400	400	Comments				
Alford	78	78	2:44	2:43	2:44	2:44	75	74					
Apprill-Sokol	79	78	2:45	2:44	2:42	2:43	75	72					
Reunert													
Byrne	73	77	2:43	2:43	2:44	2:44	71	70					
Greiner	76	77	2:39	2:37	2:36	2:38	73	71					
LaBarge, J	78	77	2:42	2:41	2:42	2:35	73	73					
LeGrand	78	76	2:43	2:42	2:41	2:43	71	73					
Lowe	78	78	2:44	2:43	2:46	2:46	73	74					
Meara	75	78	2:43	2:43	2:44	2:45	76	78					
Seal, W	72	75	2:39	2:37	2:35	2:35	70	70					
Glass	72	75	2:39	2:36	2:34	2:32	69	71					
Jackson	72	75	2:39	2:36	2:33	2:30	67	67					

Total mi.

Date: 10-23-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups/Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch/ Jog SLUH/ Hurdle Mobility									
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	44:30	152	25	Bievenue	5	39:00	180	50
Dillon	8	59:12	156	25	Cantwell	5	36:30	163	25
Friedrichs	6	44:03	148	50	Halley	EXCUSED -76 total 47:32			
Hogan	6	44:03	176	30	James	4	31:15	128	20
Mittendorf, Ad	8	59:12	140	35	Kean	4	35:37	164	20
Rackers	6	44:03	148	35	Lawhorn	5	37:08	152	20
Scott	6	44:03	148	55	Lowe	4	29:10	152	40
					McGroarty	5	41:16	176	40
Group A-					Meara	4	28:52	160	35
Brawley	6	44:03	140	30	O'Connell	4	35:37	132	20
					Quinlivan	3	26:01	150	30
Group B					Seal, W	5	34:50	152	50
Apprill-Sokol	6	47:36	164	20	Wojtkowski	4	33:42	162	16
Jackson	5	34:50	158	40					
Kramer	6	44:03	160	10	Group E				
Song	6	46:44	168	30	Abbate	3	25:53	168	26
					Abner	3	24:32	168	22
Group B-					Arens	4	31:00	170	20
LeGrand	5	39:45	152	13	Barks	4	30:16	160	20
Pashea	5	36:24	138	24	Carpenter	3	24:32	188	30
Glass	5	36:24	152	15	Coolbaugh	EXCUSED			
					Cooper	4	31:11	159	8
Group C					Cox	5	35:07	152	21
Alford	5	37:08	172	15	Evans	INJURED			
Andrew	5	43:52	164	22	Funke	3	25:58	174	20
Booher	5	38:51	160	22	Greiner	4	28:51	156	50
Bourneuf	5	42:45	144	40	Hurley	3	24:27	181	25
Buescher	5	38:51	192	20	Johnson	3	24:25	152	23
Byrne	5	38:45	152	20	Jones	4	31:11	167	21
Dernlan	5	41:16	168	29	Miles	3	25:40	168	30
Galli	5	43:52	164	20	Nesser	1	7:40	176	18
Garavaglia	EXCUSED				Purshke	4	29:10	154	30
Gordon	5	43:52	160	30	Rammacher	4	28:52	150	35
Gray	5	36:24	148	23	Riggan	4	28:52	164	51
LaBarge, J	5	36:24	154	32	Rizzo	3	29:26	175	15
LaBarge, P	5	39:45	148	25	Safar	XT			
McIntyre	4	39:55	204	15	Spengeman	4	30:59	172	30
Mittendorf, Al	5	39:24	142	35	Swiecicki, Co	XT			
Mize	5	36:24	144	32	Swiecicki, Cu	3	29:59	148	33
Moore	5	55:47	168	38	Wu	4	36:37	148	15
Nolan	5	42:45	175	10	Zlotopolski	3	27:39	155	38
Pierson	XT								
Sanfillippo	5	39:27	160	32					
Stus	5	44:15	152	10					
Thro	5	42:45	164	10	IR				
Zenor	6	44:03	152	20	Garcia	2	15:21	157	30
					Kellogg	4	30:45	173	20
					Potter				

Group 3	400	400	800	800	800	800	400	400	Comments
Barks	81	86	3:00	2:59	3:01	3:01	78	79	
Buescher	83	83	2:58	2:58	2:56	2:53	76	75	
Cantwell	83	80	2:58	2:54	2:55	2:53	77	75	
Cox	83	79	2:51	2:47	2:55	2:49	79	73	
Gray	79	78	2:56	2:55	2:57	2:54	78	78	
Hurley	83	84	3:00	3:00	3:03	3:04	80	84	
James	84	86	3:03	2:59	3:03	3:03	79	81	
Johnson	81	83	3:01	2:59	3:03	3:02	77	77	
Kellogg	82	82	2:58	2:56	3:00	3:00	80	81	
McIntyre	83	83	2:57	2:58	3:03	3:02	76	75	
Purshke	78	80	2:56	2:53	2:56	2:53	75	72	
Rammacher	75	79	2:53	2:48	2:53	2:53	75	75	
Riggan	75	79	2:52	2:48	2:53	2:49	74	72	
Group 4	400	400	800	800	800	800	400	400	Comments
Cooper	126	125	3:02	3:05	3:07	3:05	87	83	
Dermian	122	124	2:54	2:59	3:00	3:00	76	72	
Evans									
Jones	128	127	3:03	3:06	3:09	3:08	90	88	
Lawhorn	119	123	2:51	2:56	2:52	2:53	79	74	
McGroarty	122	124	2:56	3:01	3:00	3:02	85	82	
Mittendorf, Al	119	123	2:51	2:56	2:52	2:53	77	71	
Mize	119	123	2:51	2:46	2:52	2:50	77	72	
O'Connell	127	127	3:01	3:03	3:04	3:05	77	84	
Pierson									
Quinlivan									
Spengeman	123	127	3:01	3:02	3:05	3:04	86	84	
Stus	129	128	3:00	3:08	3:00	2:52	82	74	
Thro	124	125	3:00	3:02	3:06	2:54	79	72	
Nolan	89	87	3:06	3:07	3:10	2:52	86	70	
Group 5	400	400	800	800	800	800	400	400	Comments
Abbate	94	90	3:26	3:33	3:32	3:35	100	98	
Arens	87	86	3:11	3:12	3:09	3:09	87	85	
Carpenter	93	91	3:23	3:28	3:25	3:25	80	91	
Coolbaugh	90	90	3:19	3:21	3:26	3:21	93	88	
Halley	80	80	2:57	3:02	3:01	2:57	78	78	
Halley									
Wojtkowski	81	81	2:58	3:03	3:03	2:58	81	81	
Group 6	400	400	800	800	800	800	400	400	Comments
Abner	90	87	3:13	3:18	3:14	3:14	90	87	
Funke	95	97	3:28	3:35	3:41	3:32	94	96	
Garavaglia	79	80	2:57	3:01	3:01	2:57	75	77	
Kean	81	82	3:03	3:10	3:07	3:11	85	85	
Miles	99	97	3:33	3:35	3:35	3:34	107	107	
Rizzo	93	89	3:45	3:53	3:37	3:32	93	93	
Safar									
Swiecicki, Cu	93	95	3:30	3:37	3:37	3:38	98	94	
Zlotopolski	99	97	3:36	3:42	—	3:43	—	—	
IR									
Nesser									
Potter									

X7

Date: 10-24-19 Conditions:					Workout: Drills/Jog 1m to West Camp/ Push-ups/Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Drills/ Flying 200s/ Stretch/ Jog SLUH/ Stability Weights OR Pre-Race for Clayton				
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	45:12	164	25	Bievenue	2	16:26	165	50
Dillon	8	59:39	156	25	Cantwell	5	39:50	148	20
Friedrichs	4	32:42	140	—	Halley	4	35:12	164	20
Hogan	5	37:28	164	30	James	4	31:25	140	20
Mittendorf, Ad	8	59:39	136	30	Kean	4	35:12	164	25
Rackers	10	45:12	136	35	Lawhorn	5	37:15	168	46
Scott	6	45:12	136	60	Lowe	4	30:39	144	40
					McGroarty	5	42:24	152	40
Group A-					Meara	4	30:39	156	43
Brawley	6	43:44	132	35	O'Connell	4	35:25	133	20
					Quinlivan	2	18:55	152	30
Group B					Seal, W	4	31:32	144	45
Apprill-Sokol	8	45:12	148	30	Wojtkowski	4	35:28	156	17
Jackson	4	30:39	148	40					
Kramer	5	37:28	140	10	Group E				
Song	5	39:58	140	20	Abbate	3	26:44	164	25
					Abner	3	25:12	161	30
Group B-		49			Arens				Hurt Arch walked
LeGrand	6	40:00	132	16	Barks	4	32:30	160	19
Pashea	6	45:44	135	24	Carpenter	3	25:12	179	30
Glass	6	45:12	156	30	Coolbaugh	4	33:41	154	40
					Cooper	4	32:50	155	8
Group C					Cox	4	30:17	144	25
Alford	5	40:00	160	20	Evans				*
Andrew	4	34:25	156	20	Funke	3	25:12	153	30
Booher	4	32:42	136	23	Greiner	4	30:32	160	50
Bourneuf	XT				Hurley	3	25:12	165	25
Buescher	5	37:28	176	3	Johnson	3	25:12	164	31
Byrne	5	37:28	168	20	Jones	4	32:22	157	17
Dernlan	5	42:24	160	39	Miles	3	30:34	168	15
Galli	4	34:25	156	20	Nesser	1	7:10	172	16
Garavaglia	4	36:56	160	—	Purshke	4	32:30	151	56
Gordon	4	34:25	156	30	Rammacher	4	30:39	144	34
Gray	5	39:05	148	30	Riggan	4	30:39	144	57
LaBarge, J	4	32:42	134	30	Rizzo	3	33:22	168	15
LaBarge, P	5	39:05	135	30	Safar	XT			*
McIntyre	5	37:14	180	10	Spengeman				*
Mittendorf, Al	5	48:05	136	30	Swiecicki, Co	2	19:40	160	33
Mize	5	38:51	132	33	Swiecicki, Cu	3	31:50	148	31
Moore	4	57:18	134	38	Wu	3	30:15	144	15
Nolan	4	36:56	170	10	Zlotopolski				Knee Hurt Walked
Pierson	XT								
Sanfillippo	4	35:20	160	40					
Stus	4	36:56	156	10					
Thro	4	36:56	168	10	IR				
Zenor	5	37:28	150	—	Garcia	2	16:14	152	25
					Kellogg	2	16:26	154	20
					Potter				*

Date: 10-25-19		Conditions:											
Workout: Drills/Jog 1m to Steinberg/ Push-ups / District Card= 2x400-1.5 mile tempo-2x400-1.5 mile tempo-2x400/ Clayton Racers=12x400 with surge zones/ Everyone Else=2x400-4x800-2x400													
Districts	Mileage			Time			Pulse			Comments			
Brawley	7			52:25			140						
Callahan	7			52:25			148						
Dillon	8			59:14			144						
Kramer	7			52:25			164						
Mittendorf, Ad	8			59:14			126						
Rackers	7			52:25			128						
Scott	7			52:25			132						
Clayton	Mileage			Time			Pulse			Comments			
Bievenue													
Booher													
LaBarge, P													
Song													
Sanfillippo													
Garcia													
Friedrichs													
Andrew													
Galli													
Gordon													
Wu													
Moore													
Swiecicki, Co													
Zenor													
Hogan													
Groups 1 & 2	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Alford	90	87	87	88	85	85	84	85	80	81	81	73	
Apprill-Sokol	87	84	86	85	82	82	81	82	78	79	79	73	
Bourneuf													
Byrne	88	85	86	87	81	84	83	84	79	80	80	70	
Glass	88	81	84	84	79	81	80	82	78	79	79	70	
Greiner	90	86	87	87	83	85	84	84	80	80	81	76	
Jackson	87	81	83	83	77	79	78	78	74	75	74	70	
LaBarge, J	88	85	85	86	82	84	84	84	80	80	80	72	
LeGrand	89	85	85	87	85	84	82	83	78	79	79	73	
Lowe	90	86	87	87	83	85	84	83	79	80	81	76	
Meara	90	87	88	90	88	85	84	85	80	81	82	78	
Pashea	87	81	84	84	78	81	80	82	77	79	78	70	
Seal, W	88	84	86	87	81	84	83	84	78	79	79	70	

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XT

Group 3	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Barks	92	87	91	90	84	86	88	87	83	84	84	82	
Buescher	89	85	92	88	85	86	88	84	85	85	85	85	
Cantwell	91	89	90	88	85	87	86	84	86	87	84	81	
Cox	84	89	84	89	81	83	85	83	81	82	83	81	
Gray	90	89	90	90	90	89	88	88	87	87	84	84	
Hurley	94	89	94	92	88	90	90	90	86	86	86	86	
James	92	87	94	92	88	90	90	89	86	85	86	86	
Johnson	92	89	93	91	87	90	88	89	85	86	86	85	
Kellogg													
McIntyre	93	85	93	91	86	89	87	87	84	85	86	84	
Purshke	93	93	89	90	84	89	89	88	85	85	85	82	
Rammacher	89	86	88	89	82	85	86	86	84	84	84	81	
Riggan	89	86	88	89	82	85	86	86	84	84	84	81	
Group 4	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Cooper	96	95	94	94	88	88	90	86	87	86	87	88	
Dernlan	96	90	91	92	86	85	87	84	80	84	83	83	
Evans	Scribe / Assistant / Manager												
Jones	98	94	94	95	89	89	90	89	87	88	87	86	
Lawhorn	92	88	88	88	86	85	87	89	80	82	83	83	
McGroarty	94	90	92	92	88	87	89	87	82	86	86	83	
Mittendorf, Al	92	89	88	88	86	85	86	84	80	82	83	82	
Mize	92	88	88	88	86	85	86	84	80	82	81	81	
O'Connell	97	93	93	92	88	88	89	88	83	87	80		CALF TIGHTENED
Pierson													
Quinlivan													
Spengeman	98	93	94	90	88	88	89	87	87	87	88	87	
Stus	92	93	95	93	90	89	87	84	84	84	81	85	
Thro	93	94	95	93	89	91	92	91	87	88	91	80	
NOLAN	94	95	94	95	89	88	91	88	83	83	80	83	
Group 5	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Abbate	99	101	102	99	97	98	98	100	96	102	103	103	
Arens	98	97	100	96	94	96	98	97	95	96	95	92	
Carpenter	98	98	102	99	95	96	99	97	96	96	96	93	
Coolbaugh	99	97	100	101	96	97	98	99	94	96	97	96	
Halley	95	95	97	95	91	92	96	94	90	91	90	89	
Nolan													
Whitcomb													
Group 6	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Abner	97	95	97	96	93	94	96	95	93	94	97	94	
Funke	106	107	110	111	105	107	109	107	103	104	106	106	
Garavaglia	95	95	97	95	94	96	97	97	93	93	95	90	
Kean	95	95	97	96	90	93	96	95	90	93	96	109	
Miles	105	106	107	107	106	107	110	111	115	114	115	115	
Rizzo	97	97	107	107	97	103	107	105	89	103	107	105	
Sinifer													
Swiecicki, Cu	108	110	111	111	108	105	111	111	105	110	110	110	
Zlotopolski													
IR													
Nesser													
Potter													

XT

Date: 10-27-19 Conditions:

Workout: Sunday Workout

[illegible]

Week 2 - October 28-November 3

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

Date: 10-28-19

Conditions:

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

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Callahan	6	44:05	128	25	Bievenue	5	36:55	154	30
Dillon	8	58:07	158	25	Cantwell	4	34:47	132	20
Friedrichs	5	36:25	148	50	Halley	4	30:38	140	25
Hogan	6	44:05	168	30	James	4	24:47	160	20
Mittendorf, Ad	8	58:07	140	35	Kean	5	35:27	156	32
Rackers	8	58:07	140	30	Lawhorn	4	28:15	156	40
Scott	8	58:07	148	60	McGroarty	5	41:36	160	40
					Meara	4	28:17	176	35
Group A-					O'Connell	4	32:22	133	20
Brawley	6	44:05	132	25	Quinlivan	3	29:19	148	30
					Seal, W	4	28:05	148	45
Group B					Wojtkowski	4	32:22	153	15
Apprill-Sokol	6	44:05	172	20					
Jackson	XT				Group E				
Kramer	6	43:05	168	10	Abbate	3	26:55	164	22
Song	6	46:34	156	40	Abner	3	25:33	181	30
					Arens	4	31:27	170	25
Group B-					Barks	4	31:11	148	20
LeGrand	5	37:50	160	18	Carpenter	3	25:33	176	30
Pashea	5	34:52	130	15	Coolbaugh	4	32:49	164	50
Glass	5	36:20	124	15	Cooper	4	30:53	162	13
					Cox	4	26:38	156	25
Group C					Evans	1	INJURED		
Alford	5	38:40	144	30	Funke	3	27:47	145	20
Andrew	5	44:16	160	23	Greiner	4	28:07	156	50
Booher	5	33:44	168	26	Hurley	3	25:33	165	26
Bourneuf	5	36:55	172	7	Johnson	3	25:33	156	23
Buescher	5	36:55	168	20	Jones	4	31:11	174	25
Byrne	5	36:55	168	19	Miles	3	25:33	180	30
Dernlan	5	41:36	168	20	Nesser	2	16:50	180	18
Galli	5	44:16	164	—	Purshke	4	29:55	152	50
Garavaglia	4	39:13	160	50	Rammacher	4	24:55	140	34
Gordon	5	41:13	160	30	Riggan	4	28:07	168	54
Gray	5	34:52	152	30	Rizzo	4	44:59	151	25
LaBarge, J	5	34:52	148	30	Safar	2	22:50	156	16
LaBarge, P	5	37:50	155	30	Spengeman	4	30:42	176	32
McIntyre	5	37:50	184	10	Swiecicki, Co	4	44:59	160	34
Mittendorf, Al	5	41:36	144	25	Swiecicki, Cu	3	28:17	168	30
Mize	5	36:55	136	40	Wu	XT	6:00	40:00	
Moore	5	1:00:20	148	15	Zlotopolski	3	28:41	163	40
Nolan	5	42:12	175	15					
Pierson	3	27:19	152	30					
Sanfillippo	5	41:37	148	15					
Stus	4	38:56	148	10	IR				
Thro	4	38:56	140		Garcia	3	23:58	158	25
Zenor	INJURED				Kellogg	3	23:58	162	20
					Potter				

Date: 10-29-19		Conditions:							
Workout: Drills/Jog 1m to West Camp/ Push-ups/Pre-Race OR Warm-up to Bowl Lake/ 7x800/ Extended Cooldown/ Stretch/ Peaking Weights									
Sectionals	Pace	800	800	800	800	800	800	800	Comments
Rackers	2:28	2:30	2:26	2:26	2:25	2:24	2:26	2:25	2:26.0 Avg
Scott	2:28	2:30	2:26	2:26	2:25	2:24	2:26	2:25	2:26.0 Avg
Callahan	2:31	2:32	2:30	2:33	2:34	2:31	2:34	2:34	2:32.6 Avg
Dillon	2:31	2:36	2:30	2:32	2:31	2:30	2:30	2:31	2:31.4 Avg
Mittendorf, Ad	2:31	2:31	2:27	2:26	2:25	2:24	2:27	2:28	2:26.9 Avg
Brawley	2:31	2:32	2:29	2:30	2:31	2:28	2:29	2:29	2:29.7 Avg
Kramer	2:31	2:36	2:30	2:33	2:31	2:30	2:31	2:31	2:31.7 Avg
Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Friedrichs	4	32:44	144	1	James	3	23:30	140	25
Hogan	5	37:00	162	30	Kean	2	26:10	164	20
					Lawhorn	4	29:13	144	30
Group B	Mileage	Time	Pulse	Comments	Lowe	3	23:45	140	50
Apprill-Sokol	5	37:00	142	20	McGroarty	4	32:47	—	60
Jackson	4	28:35	144	40	Meara	3	23:45	156	49
Song	5	39:00	—	1	O'Connell	3	24:11	152	45
					Quinlivan	3	25:25	160	50
Group B-	Mileage	Time	Pulse	Comments	Seal, W	3	23:45	120	50
LeGrand	4	29:12	160	69	Wojtkowski	3	25:25	160	16
Pashea	4	29:13	121	25					
Glass	4	29:42	120	100	Group E	Mileage	Time	Pulse	Comments
					Abbate	3	25:34	172	24
Group C	Mileage	Time	Pulse	Comments	Abner	2	24:37	161	25
Alford	4	32:16	132	60	Arens	3	23:09	179	20
Andrew	4	34:15	152	1	Barks	3	24:16	124	25
Booher	4	28:25	164	1	Carpenter	3	24:41	181	25
Bourneuf	17:00	46:00			Coolbaugh	3	24:27	155	50
Buescher	4	29:22	140	500	Cooper	3	24:16	124	15
Byrne	4	30:12	152	20	Cox	3	22:00	126	22
Dernlan	4	22:47	—	50	Funke	3	27:12	147	30
Galli	4	34:15	164	500	Greiner	3	23:45	136	50
Garavaglia	4	34:28	160	0	Hurley	3	24:37	175	30
Gordon	4	34:18	160	1	Johnson	3	24:41	156	31
Gray	4	29:13	136	30	Jones	3	24:16	170	22
LaBarge, J	4	29:13	137	30	Miles	3	24:37	130	50
LaBarge, P	4	29:05	153	1	Nesser	2	16:55	170	20
McIntyre	4	29:20	130	3	Purshke	3	23:45	150	60
Mittendorf, Al	4	32:16	132	35	Rammacher	3	23:40	124	38
Mize	4	30:45	152	40	Riggan	3	23:45	132	50
Moore	4	45:55	160	40	Rizzo	3	20:26	164	15
Nolan	4	34:38	176	10	Safar	3	32:13	168	21
Pierson	3	23:02	162	14	Spengeman	3	23:49	160	30
Sanfilippo	4	32:16	144	30	Swiecicki, Co	4	45:57	160	54
Stus	4	32:38	152	15	Swiecicki, Cu	3	30:06	164	31
Thro	4	34:28	160	1	Wu	2	30:59	145	10
Zenor	XT				Zlotopolski	3	28:25	148	40
Group D	Mileage	Time	Pulse	Comments	IR	Mileage	Time	Pulse	Comments
Bievenue	4	30:27	187	100	Garcia	3	22:39	160	1
Cantwell	4	29:10	164	20	Kellogg	3	24:11	160	20
Halley	3	26:10	160	20	Potter				
					Evans		INJURED		

Total Mileage
8
8
7.5
8.5
8.5
7.5
7.5

Date: 10-30-19		Conditions:		
Workout: Drills/Push-ups/Aerobic Run during Findley 9-8-7				
Sectionals	Mileage	Time	Pulse	Comments
Rackers	8	60:40	144	
Scott	8	60:40		
Callahan	8	60:27	168	
Dillon	8	59:28	152	Achilles, D hurt
Mittendorf, Ad	9	62:11		
Brawley	8	57:30	148	
Kramer	7		168	time lost watch

Crashed
for some
reason

Date: 10-31-19 Conditions:				
Workout: Drills/Jog 1m to West Camp/ Push-ups/Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Drills/ Flying 200s/ Stretch/ Jog SLUH				
Group A	Mileage	Time	Pulse	Comments
Callahan	6	44:43	164	25
Dillon	8	1:00:12	156	25
Friedrichs	ABSENT			
Hogan	6	45:30	160	30
Mittendorf, Ad	8	1:00:12	128	30
Rackers	6	45:30	136	30
Scott	6	45:30	140	60
Group A-	Mileage	Time	Pulse	Comments
Brawley	6	45:27	148	30
Group B	Mileage	Time	Pulse	Comments
Apprill-Sokol	ABSENT			
Jackson	5	37:18	132	45
Kramer	6	46:10	160	10
Group B-	Mileage	Time	Pulse	Comments
LeGrand	6	46:10	160	13
Pashea	6	45:27	137	31
Glass	6	45:27	156	5
Group C	Mileage	Time	Pulse	Comments
Booher	4	30:14	160	26
Byrne	5	37:18	160	20
LaBarge, J	5	36:37	143	35
LaBarge, P	ABSENT			
Mittendorf, Al	5	37:18	144	35
Zenor	X4	Bike 80:00	156	
Gray	5	36:37	144	35
Group D	Mileage	Time	Pulse	Comments
Seal, W	5	37:18	140	45
Garcia	ABSENT	5 total	41:07	168
Spencerman	5	36:52	184	30

Date: 11-1-19		Conditions:		
Workout: Drills/Pre-Race				
Group A	Mileage	Time	Pulse	Comments
Callahan	7 total			
Dillon	8 total			
Friedrichs	4	28:17	148	50
Hogan	7 total			
Mittendorf, Ad	8 total			
Rackers	7 total			
Scott	7 total			
Group A-	Mileage	Time	Pulse	Comments
Brawley	7 total			
Group B	Mileage	Time	Pulse	Comments
Apprill-Sokol (Absent)				
Jackson	4	28:17	140	35
Kramer	7 total			
Group B-	Mileage	Time	Pulse	Comments
LeGrand	2.16	17:32	136	13
Pashea	4	27:33	121	27
Glass	4	29:36	172	5 F
Group C	Mileage	Time	Pulse	Comments
Booher	4	30:06	116	13
Byrne	4	28:17	152	20
Gray	4	27:33	136	30
LaBarge, J	4	27:33	140	33
Mittendorf, Al	4	29:36	144	30
Zenor XXXXXXXX	X-T			
Kellogg	4	29:36	168	20
Group D	Mileage	Time	Pulse	Comments
Seal, W	4	28:17	140	50
Garcia	4	29:34	160	25
Spengemann	4	29:09	180	32
Greiner	4	28:18	164	50
Rammacher	4	28:17	144	35
Meara	4	28:17	160	35

Boher - 50:00, 144. Leonard - 50:00, 152

Kellogg - 25:00, pulse - 189

Mittendorf, A1 - 25:00, 3 minutes later pulse is 96

Garcia - 25:00, pulse - 164

Bryne - 27:00, pulse - 172

Gray - 27:00, pulse - 156

Aprill-Sotak - 27:00, pulse 172

Glass - 30:00,

Jackson - 30:00, high pulse (np)



Lebargé - 30:00, 171

Pashea - 30:00, 163

Friedrichs - 30:00, 168

Seal - 30:00, 160

Hogan - 30:00, no pulse

Date: 11-3-19		Conditions:		
Workout: Sunday Workout				
Group A	Mileage	Time	Pulse	Comments
Callahan	3	25:00		
Dillon	3	24:53		
Friedrichs				
Hogan	3	26:00	140	
Mittendorf, Ad	3			
Rackers	4			
Scott	3	29:13	108	
Group A-	Mileage	Time	Pulse	Comments
Brawley	3	24:02		
Group B	Mileage	Time	Pulse	Comments
Apprill-Sokol				
Jackson				
Kramer	4	34:40	140	
Group B-	Mileage	Time	Pulse	Comments
LeGrand				
Pashea				
Glass				
Group C	Mileage	Time	Pulse	Comments
Booher				
Byrne				
Gray				
LaBarge, J				
Mittendorf, Al				
Zenor				
Group D	Mileage	Time	Pulse	Comments
Seal, W				
Garcia				
Spengemann				

Week 1 - October November 4-10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage Totals
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	STATE	Off	A=48
Jog to West Camp	Jog to Steinberg	Jog to West Camp	Jog to West Camp	Run the state course x 2	1st Set Drills		B=45
Push-ups/Core	Push-ups	Push-ups	Push-ups	6 Strides	Warm-up		C=40
A=8	2nd Set Drills	A=6	AB=5	Stretch with Leader	2nd Set Drills		D=37
B=6	1600-1200-800-400	B=5	CD=4	Jog to SLUH	Race		E=35
C=5	optional 3x150m	C=4	E=3		3 Mile Cooldown		
D=4	Cooldown	DE=3	Drills		Stretch		
E=3	AB=3 miles	Stretch with Leader	Flying 200s				
6 Strides	CDE= Jog to SLUH	Jog to SLUH	Stretch with Leader				
Stretch with Leader	Stretch		Jog to SLUH				
Jog to SLUH							

Date: 11-4-19		Conditions:		
Workout: Drills/Jog 1m to West Camp/ Push-ups/Aerobic Run run A=8 B=6 C=5 D=4 E=3/ Strides/ Stretch/ Hurdle Mobility/ Jog SLUH				
Group A	Mileage	Time	Pulse	Comments
Callahan	6	44:46	148	=
Dillon	8	59:14	156	25
Friedrichs	6	45:03	148	50
Hogan	6	45:00	164	30
Mittendorf, Ad	8	59:14	136	30
Rackers	6	45:00	140	35
Scott	6	45:00	140	45
Group A-	Mileage	Time	Pulse	Comments
Brawley	6	45:00	132	30
Group B	Mileage	Time	Pulse	Comments
Apprill-Sokol	ABSENT			
Jackson	5	33:47	152	35
Kramer	6	44:46	148	10
Group B-	Mileage	Time	Pulse	Comments
LeGrand	4	30:15	144	14
Pashea	6	45:06	135	32
Glass	6	45:06	148	10
Group C	Mileage	Time	Pulse	Comments
Booher	5	33:42	164	23
Byrne	5	35:55	152	20
LaBarge, J	5	35:55	144	28
LaBarge, P				
Mittendorf, Al	5	36:03	158	30
Zenor	INTURED			
Group D	Mileage	Time	Pulse	Comments
Seal, W	5	33:47	144	45
Garcia	5	35:56	152	20
RANCHER	4	28:09	148	35
KELLOGG	5	35:55	176	20
GRAY	5	36:17	148	30

Date: 11-5-19		Conditions:				
Workout: Drills/Warm-up to Bowl Lake/ Push-ups/2nd Set Drills/ 1600-1200-800-400 with 2:30 Recovery/ Stretch/ Extended Cool-down to SLUH						
Group A	Paces	1600	1200	800	400	Comments
Brawley	5:05/3:43/2:29/66	5:01	3:46	2:26	66	
Callahan	5:05/3:43/2:29/66	5:07	3:49	2:34	69	
Dillon	5:05/3:43/2:29/66	5:05	3:47	2:29	67	
Hogan	5:05/3:43/2:29/66	5:07	3:52	2:30	68	
Kramer	5:05/3:43/2:29/66	5:06	3:47	2:26	66	
Mittendorf, Ad	5:05/3:43/2:29/66	5:00	3:46	2:26	65	
Rackers	5:05/3:43/2:29/66	4:59	3:46	2:26	64	
Scott	5:05/3:43/2:29/66	5:00	3:46	2:26	64	
Group A	Paces	1600	1200	800	400	Comments
Booher		5:18	4:05	2:40	66	
Byrne		5:36	4:15	2:43	67	
Friedrichs		5:35	4:13	2:40	69	
Garcia		5:45	4:14	2:44	71	
Glass		5:26	4:06	2:40	71	
Gray	INJURED					
Jackson		5:15	3:55	2:35	68	
Kellogg		5:15	4:25	2:54	71	
LaBarge, J		5:29	4:06 4:06	2:41	70	
LeGrand		5:26	4:06	2:40	74	
Mittendorf, Al		5:51	4:21	2:51	74	
Pashea		5:15	3:55	2:34	65	
Rammacher						
Seal, W		5:21	4:05	2:36	68	
SPENGLER		5:53	4:36	3:02	82	
MERLIN		5:43	4:37	2:56	77	
GREINER		5:36	4:12	2:43	76	
LOWE		5:44	4:21	2:45	69	
Group 2 Paces: Start at first mile race pace and then go down 1 second per 400. Last rep should be no faster than 70.						
IR						
Zenor						

Date: 11-6-19		Conditions:		
Workout: Drills/Jog 1m to West Camp/ Push-ups/Aerobic Run run A=6 B=5 C=4 DE=3/ Strides/ Stretch/ Hurdle Mobility/ Jog SLUH				
Group A	Mileage	Time	Pulse	Comments
Callahan	5	37:20	168	20
Dillon	6	45:43	152	25
Friedrichs	5	37:08	168	50
Hogan	5	37:20	168	30
Mittendorf, Ad	6	45:43	132	25
Rackers	5	37:20	120	31
Scott	5	37:20	140	—
Group A-	Mileage	Time	Pulse	Comments
Brawley	5	37:20	132	25
Group B	Mileage	Time	Pulse	Comments
Jackson	4	29:20	140	35
Kramer	5	37:20	152	10
Group B-	Mileage	Time	Pulse	Comments
LeGrand	4	29:46	152	20
Pashea	4	29:01	121	34
Glass	4	29:32	140	5
Group C	Mileage	Time	Pulse	Comments
Booher	5	37:08	168	23
Byrne	4	29:20	164	20
LaBarge, J	4	29:01	123	28
Mittendorf, Al	4	29:33	140	35
Zenor	INJURED			
Group D	Mileage	Time	Pulse	Comments
Seal, W	4	29:33	120	50
Garcia	4	29:32	156	25
Kellogg	X			
GREINER	4	29:20	164	50
MEARA	4	29:22	156	37
GRAY	4	29:01	144	30
LAWHORN	4	29:30	172	25
APPRILL-SOKOL	4	29:32	164	20
BARKS	4	32:11	168	18
SPENFEMANN	4	32:11	168	32

Date: 11-7-19		Conditions:		
Workout: Drills/Jog 1m to West Camp/ Push-ups/Aerobic Run run A=6 B=5 C=4 DE=3/ Flying 200s/ Stretch/ Hurdle Mobility/ Jog SLUH				
Group A	Mileage	Time	Pulse	Comments
Callahan	5	37:55	148	25
Dillon	5	37:25	140	25
Friedrichs	5	37:25	148	21
Hogan	5	37:25	152	30
Mittendorf, Ad	5	37:25	128	30
Rackers	5	37:25	124	25
Scott	5	37:25	136	20
Group A-	Mileage	Time	Pulse	Comments
Brawley	5	37:29	140	20
Group B	Mileage	Time	Pulse	Comments
Jackson	4	28:04	140	40
Kramer	5	37:25	156	10
Group B-	Mileage	Time	Pulse	Comments
LeGrand	5	37:29	152	16
Pashea	5	37:29	125	30
Glass	5	37:29	144	5
Group C	Mileage	Time	Pulse	Comments
Booher	5	37:51	156	1
Byrne	4	29:52	164	20
LaBarge, J	4	29:22	151	33
Mittendorf, Al	4	29:00	132	30
Zenor	3	23:00	160	—
Group D	Mileage	Time	Pulse	Comments
Seal, W	5	36:35	128	—
Garcia	5	35:20	148	25
Kellogg	4	30:03	166	20
GREMER	4	28:48	148	50
MARRA	4	29:50	148	43
RIGGAN	4	29:50	152	47
Rammiller	4	29:48	140	36
Lowe	4	29:50	140	40
PERSCHE	4	29:50	154	40
GRAY	4	29:22	136	30
Lawton	5	37:29	164	25

Date: 11-8-19		Conditions:		
Workout: Pre-Race				
Group A	Mileage	Time	Pulse	Comments
Callahan	6	47:40	140	
Dillon	6	47:40	140	
Friedrichs	6	25	140	
Hogan	6	47:40	148	
Mittendorf, Ad	6	48:08	124	
Rackers	6	48:08	140	
Scott	6	47:40	132	
Group A-	Mileage	Time	Pulse	Comments
Brawley	6	47:40	136	
Group B	Mileage	Time	Pulse	Comments
Jackson	6	43:25	NP	
Kramer	6	47:40	156	
Group B-	Mileage	Time	Pulse	Comments
LeGrand	7	30	152	
Pashea	6	43:25	NP	
Glass	7	30	148	
Group C	Mileage	Time	Pulse	Comments
Booher	6	43:25	196	
Byrne	7	30	152	
LaBarge, J	6	47:40	144	
Mittendorf, Al	-	25	144	
Zenor	3	No time	NP	
Group D	Mileage	Time	Pulse	Comments
Seal, W	6	43:30	NP	
Garcia	6	25min	172	
Kellogg	XT			
Tael Gray	6	25	156	
Tim Gr.	7	30	172	
Lucas R.	5	20:30	-	rolled ankle
Nick P.	6	25	148	
Will R.	6	25	172	

Nolan M. 6 25 180

Tyler B. 6 25 175

Brendon Jones 6 25 174