1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-9-10 FIRST PRACTICE Conditions:

Workout: Interview, jog to w.c./push test/dynamics/touchstones/OB aerobic: 6-5-4-3-2 2nd push

6 strides/jog home/full stretch

Name	pu	dist	time	pulse	pace	grp	com	Name	pu	dist	time	pulse	pace	grp	com
Matt Hart	50	3	27	106				Kyle Jacoby	41	6	50:00	174			
Chad Mulowey	46	3	27-8	174				Alan Ratermann	41	6	50.17	196			
Kyle Mardinly	208	3	27	208											
Max Waters	208	2.3	22	208											
Kevin Madden	172	3	27	172											
Dale Millitz	50	3	27-8	180											
Nathan Fox	162	3.5	32	162											
Josh Berberle	136	3.5	32	136											
Brenda Chura	160	3	29.50	160											
Sam Body	200	3	27	200											
Josh Berman	190	3	27	190											
Jack Milford	150	3	27-8	150											
Joe Vicini	148	3	26.50	148											
Danny Gaines	172	3	24.50	172											
Sam Chotl	196	2	7	196											
Matt Rancilio	172	3	~~25.53~~	30 172											
John Conway	30	3	~~25.23~~ 26	160											
Paul Fentress	~~30~~	4	30.58	176											
Parker Schumb	32	4	30.58	190											
Josh Link-Dodd	30	4	30.59	168											
Charlie Madle	31	3	26.15		(10K)										
Mark Kopfmer	30	3	26.15	184											
Sam Bufe	41	4	31.20	176											
Mike Pollihpa	84	4	31.30	172											
James Grifad	42	4	31.30	190											
Brian Sohre	31	4	31.30	170											
Nick Ratermann	52	4	31.53	190											
Luke Reichold	95	4	32.01	180											
Tom Laughlin	75	4	33	194											
Alex Dodd	60	4	32.03	190											
Paul Bassing	45	4	33	184											
Joe Esswein	35	4	35	190											
George Carroll	25	4	35.12	168											
Matt Copley	75	4	33.20	172											
Jack Kellett	29	4	35.12	160											
Justin Seaton	30	4	33.20	164											
Simon Clark	50	5	46	192											
Dillon Cogian	40	5	39.05	180											
Joe Archer	30	5	39.05	180											
Beda McHenry	37	4	37.14	152											
Dan Stinebat	31	4	37.14	204											
Alex Girard	40	5.5	43	172											
David Diedonato	50	5.5	43	168											
Nick Wattan	33	4	35.12	176											
Matt Nicholson	30	5	38.57	168											
Joe Meier	34	6	47.15	164											
Dan Ratermann	35	6	48.15	167											
Nathan Lobbell	40	6	47.15	168											
Jon Reckers	33	6	47.15	180											
Adam Bahn	~~50~~	6-	44	172											
Michael McLaughlin	64	6	48.15	168											
Eric Mauth	40	6	52.26	174											

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

Date: 8-10-10 Conditions:
Workout: Push-ups/Dynamics/Plyos/A=8, B=6, C=5, D=4, E=3 on loops/Step-ups/Strides (10-8-6)/ 2nd push-ups/ Full Stretch

Group A		Time	Pulse	Comments
Boehm	8	67:24	180	
Jacoby				Direction Day
McLaughlin	6	48:30	160	
Meier				DD
Mueth	6	48:30	172	
Rackers	8	60:23	16*172	
Raterman	8	67:24	167	Avg. 158
Ratermann	6	48:30	180	
Rubbelke	8	60:23	176	
Konzen	6	48:30	176	
Group B				
Archer	6	48:52	188	
Arredondo	6	48:52	172	
Curran	6	48:52	168	(Move to 'C')
Curran		—	—	
Fentress	6	48:00	176	
Groesch	6	48:52	188	
Nicholson	6	48:52	180	
Zink-Duda	5	42:06	192	
Group C				
Beckerle				Abs.
Bossung	4	36:30	172	
Bufe	5	40:26	172	
Carroll	4	35:34	172	
Clark	5	41:48	188	
Cooley	5	41:43	172	
Dodd	4	32:36	196	
Esswein, Joe				Sick
Fox	4	32:36	172	
Griffard	5	39:40	180	
Herrmann	5	39:40	152	
Kellett	3	24:48	184	
Laughlin	5	41:20	184	
McEnery	5	42:30	172	
Pollihan	5	39:40	168	
Reichold	4	32:36	176	
Seaton				Physical
Shumate	5	40:28	180	
Stinehart				Ab
Suhre	5	40:28	164	
Wottowa	5	42:17	176	
Raebel	5	40:28	180	

		Time	Pulse	Comments
Group D				
Bergman	4	45:00	196	
Body	3	26:27	200	
Chura	3	25:03	164	
Conley				Ab
Gaines	3	25:03	180	
Hruz	5	49:43	168	
Kuehner	4	43:32	184	
Madden, K	4	36:08	160	
Martino	4	45:00	172	
Milford	3	26:27	192	
Mimlitz, J	4	36:57	196	
Moloney	5	?	K69	
Moody	4	42:59	204	
Rancilio	4	35:44	172	
Vicini	3	25:03	180	
Waters	4	30:42	212	
Group E				
Abernathy				DD
Brumfield				DD
Charles				DD
Chott	3	31:52	180	
Esswein, John	3	24:48	160	
Fister	3	31:57	144	
Godar	2	?	156	
Hilmes	3	?	204	
Hobcraft	2	?	164	
Kasper, D	2	?	200	
Kasper, M	3	?	180	
McCarthy	2	?	140	
Miller	2	20:00	184	
Mimlitz, M	2	?	160	
Mungenast	2	15:05	204	
Murphy				Absent
Obermeyer	2	?	160	
Oster	3	26:27	196	
Patton	2	16:00	160	
Rackers				Absent
Rubio				Failed to check in
Schrock	2	?	210	
Sextro	3	24:40	200	
Swan	3	?	168	
Thomas	3	?	182	
Thorp	2	?	144	
Hellman	2	?	120	
McLaughlin	2	?	140	
Lawder	3	31:52	156	

Date: 8-11-10 Conditions:

Workout: Push-ups/Dynamics/Tempo Run: AB=4, C=3, DE=2 at Central Fields/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments
Boehm	4	27:00	184	
Jacoby	4	27:55	170	
McLaughlin, M	4	26:30	160	Much Pain
Meier	4	28:52	184	I am craving
Mueth	4	26:52	167	clouds out
Rackers				of the blue
Raterman				Oh I wish I
Ratermann	4	26:31	188	was an Oscar
Rubbelke	4	25:02	184	Meyer Weiner
Konzen	4	28:34	200	
Group B				
Archer	3	21:37	146	
Arredondo	4	27:00	140	
Fentress	4	27:53	176	
Groesch	4	29:11	140	
Nicholson	3	24:16	184	
Zink-Duda	4	28:00	172	
Group C				
Beckerle	3	21:41	170	
Bossung	3	24:37	154	
Bufe	3	28:30	140	
Carroll	3	26:21	170	
Clark	3	24:00	188	
Cooley	3	24:44	140	
Curran	3	24:10	164	
Dodd	3	27:00	184	
Esswein, Joe				
Fox	3	21:49	186	
Griffard	3	23:14	188	
Herrmann	3	22:16	180	
Kellett				
Laughlin	3	21:14	160	
McEnery	3	24:19	180	
Pollihan	3	21:13	180	
Raeber				
Reichold	3	21:14	146	184
Seaton	3	25:16	160	
Shumate	3	24:39	180	
Stinehart	3	24:39	200	
Suhre	3	24:31	176	
Wottowa	2	16:00	180	Sick

	Mileage	Time	Pulse	Comments
Group D				
Bergman	2	16:20	200	
Body	2	16:10	150	
Chura	2	16:46	160	
Conley	2	15:30	180	
Gaines	2	15:11	150	
Hruz	3	24:03	154	
Kuehner	3	17:5	196	
Madden, K	3	17:0	146	
Martino	3	30:00	140	
Milford	2	16:31	196	
Mimlitz, J	3	17:14	146	
Moloney	3	23:17	164	
Moody	2	17:20	164	
Rancilio	2	15:10	140	
Vicini				
Waters				
Marah	2	15:35	200	
Group E				
Abernathy	2	17:58	146	
Brumfield	2	16:10	150	
Charles	2	16:20	125	
Chott	2	17:36	196	
Esswein, John				
Fister	2	17:35	200	
Godar				
Hellman	2	18:12	160	
Hilmes				
Hobcraft				
Kasper, D				
Kasper, M				
Lawder	2	17:44	154	
McCarthy	2	19:38	170	
McLaughlin, S	2	15:10	160	
Miller	2	18:49	188	
Mimlitz, M	2	18:30	164	
Mungenast				
Murphy				
Obermeyer	2	17:38	164	
Oster	2	14:34	200	
Patton				
Rackers	3	22:10	200	
Rubio	2	14:58	188	
Schrock	2	14:24	200	
Sextro	2	14:54	144	
Swan	2	14:34	196	
Thomas	2	16:14	188	
Thorp	2	14:20	180	
Smith	2	15:30	166	

Date: 8-13-10 Conditions:

Workout: Push-ups/Dynamics/A=55min, B=45min, C=40 min, D=3xloop, E=2xloop/ Strides/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments
Boehm	✓			
Jacoby	✓			
McLaughlin, M	✓			
Meier	✓			
Mueth	✓			
Rackers	✓			
Raterman	✓			
Ratermann	✓			
Rubbelke	✓			
Konzen	✓			
Group B				
Archer	✓			
Arredondo	✓			
Fentress	✓			
Groesch	✓			
Nicholson	✓			
Zink-Duda	✓			
Group C				
Beckerle	✓			
Bossung	✓			
Bufe	✓			
Carroll	✓			
Clark	✓			
Cooley	✓			
Curran	✓			
Dodd	✓			
Esswein, Joe	✓			
Fox	✓			
Griffard	✓			
Herrmann	✓			
Kellett	✓			
Laughlin	✓			
McEnery	✓			
Pollihan	✓			
Raeber	✓			
Reichold	HURT			
Seaton	✓			
Shumate	✓			
Stinehart	VISIT			
Suhre	✓			
Wottowa	✓			

	Mileage	Time	Pulse	Comments
Group D				
Bergman	✓			
Body	✓			
Chura	SICK			
Conley	✓			
Gaines				
Hruz	✓			
Kuehner	✓			
Madden, K	✓			
Martino	✓			
Milford	✓			
Mimlitz, J	✓			
Moloney	✓			
Moran	✓			
Moody				
Rancilio	✓			
Vicini	✓			
Waters	✓			
Group E				
Abernathy	✓			
Brumfield	✓			
Charles	✓			
Chott	✓			
Esswein, John	✓			
Fister	✓			
Godar	✓			
Hellman	✓			
Hilmes	✓			
Holscraft	✓			
Kasper, D	✓			
Kasper, M	✓			
Lawder	✓			
McCarthy	✓			
McLaughlin, S	✓			
Miller	✓			
Mimlitz, M	✓			
Mungenast	✓			
Murphy	✓			
Obermeyer	✓			
Oster	✓			
Patton	✓			
Rackers	✓			
Rubio	DD			
Schrock	DD			
Sextro	DD			
Smith	DD			
Swan	DD			
Thomas	DD			
Thorp	DD			

Date: 8-16-10 Conditions:
Workout: Push-ups/Core/Dynamics/A=10, B=8, C=6/5, D=4, E=3/ Strides/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments
Boehm	DD			
Jacoby	8	59:22	170	
McLaughlin, M	10	72:30	152	
Meier	10	72:30	148	
Mueth	10	72:52	167	
Rackers	8	60:09	148	ADT
Raterman	10	67:49	165	
Ratermann	10	72:12	176	
Rubbelke	[illegible]	[illegible]	164	[illegible]
Konzen	3	24:10	176	
Group B				
Archer	8	58:04	180	
Arredondo	8	58:04	164	
Fentress	6	45:45	148	
Groesch	8	60:09	176	
Nicholson	8	58:49	172	
Zink-Duda	5	37:57	180	
Group C				
Beckerle	5	37:57	164	
Bossung	5	38:00	172	
Bufe	6	49:18	152	Recovery
Carroll	5	37:57	172	FUN!
Clark	6	46:00	192	
Cooley	6	48:29	176	
Curran	6	48:31	176	
Dodd	5	37:57	152	
Esswein, Joe	3	24:10	172	
Fox	5	37:57	168	
Griffard	6	46:10	164	
Herrmann	6	46:10	156	
Kellett	5	37:57	160	
Laughlin	5.5	—	172	
McEnery	6	49:59	168	
Pollihan	6	46:10	172	
Raeber	6	47:00	—	
Reichold	LOOP	21:00		
Seaton	6	47:38	168	
Shumate	6	44:15	176	
Stinehart	5	44:31	196	
Suhre	6	44:18	154	
Wottowa	6	47:50	196	
				(D)
	6	47:00	—	

Group D	Mileage	Time	Pulse	Comments
Bergman	4	33:26	132	
Body	5	37:57	200	
Chura	4	29:05	164	
Conley	4	36:00	168	
Gaines	4	33:30	160	[illegible]
Hruz	6	42:51	168	
Kuehner	4	35:56	180	
Madden, K	5	38:04	172	
Martino	4	39:00	190	
Milford	4	33:30	164	
Mimlitz, J	5	38:01	184	
Moloney	4	29:47	168	
Moran	5	41:25	188	
Moody	4	35:44	164	
Rancilio	6	46:42	168	
Vicini	4	32:32	152	
Waters	5	44:31	196	
Group E				
Abernathy				Hot Sister - RK
Brumfield	3	24:40	200	
Charles	4	35:44	132	
Chott	4	39:32	190	
Esswein, John	4	33:18	160	
Fister	4	35:44	160	
Godar	3	33:40	164	
Hellman	[illegible]			
Hilmes	4	39:00	200	
Hobcraft	3	33:30	164	
Kasper, D	—	—		
Kasper, M	—	—		
Lawder	4	36:32	164	
McCarthy	—			
McLaughlin, S	—			
Miller	—			
Mimlitz, M	—			
Mungenast	—			
Murphy	—			
Obermeyer	—			
Oster	—			
Patton	✓			
Rackers	—			
Rubio	5	38:15	192	
Schrock	3	33:09	184	
Sextro	4	33:09	160	
Smith	4	39:40	196	
Swan	4	35:44	164	
Thomas	4	38:15	172	
Thorp	4	36:12	164	
Gillam	4	[illegible]	160	
		35:44		
Dalaklis	4	39:35	167	
Glass	3.5	26:49	166	

Date: 8-17-10 Conditions:

Workout: Push-ups/Dynamics/Plyos/A=8, B=6, C=5, D=4, E=3/Strides Step-ups/2nd push-ups/ Full Stretch - **Freshmen 400s at West Camp**

Group A	Mileage	Time	Pulse	Comments
Boehm	8	57:20	164	
Jacoby	8	59:32	172	
McLaughlin, M	8	57:14	160	
Meier	8	57:05	160	
Mueth	8	58:04	168	
Rackers				
Raterman	8	55:58	166	
Ratermann	8	57:14	172	
Rubbelke	8	57:08	164	
Konzen				
Group B				
Archer	6	46:32	156	
Arredondo	6	46:32	156	
Fentress	6	46:32	140	
Groesch	6	46:32	168	
Nicholson	6	46:32	172	
Zink-Duda	5	38:30	188	
Group C				
Beckerle	5	38:01	168	
Bossung	5	39:44	180	
Bufe	5	39:20	164	
Carroll	5	40:40	164	
Clark	5	38:14	188	I like Ike
Cooley	5	41:08	172	
Curran	5	39:13	156	
Dodd	5	38:30	156	
Esswein, Joe				
Fox	5	38:15	168	
Griffard	6	46:32	152	
Herrmann	5	40:30	152	
Kellett	5	39:40	170	
Laughlin	5	39:16	172	
McEnery	5	41:19	176	
Pollihan	6	46:32	160	
Raeber	5	40:30	172	
Reichold	3	22:37	172	→ bad knee pain
Seaton	4	32:43	160	
Shumate	5	39:16	168	
Stinehart				
Suhre	5	41:38	156	
Wottowa				
David	5	39:13	164	

Group D	Mileage	Time	Pulse	Comments
Bergman	5	42:38	180	
Body				
Chura				
Conley	3	27:13	172	
Gaines	4	31:40	160	
Glass	3	27:02	184	
Hruz	5	39:42	144	
Kuehner	4	34:44	184	
Madden, K	5	40:38	172	
Martino	4	43:00	180	
Milford	5	40:45	172	
Mimlitz, J	5	42:35	180	
Moloney	5	40:30	168	
Moran	5	41:30	192	
Moody	5	47:48	176	
Rancilio	4	39:28	168	Don't Eat Pizza Before Run
Vicini	4	31:40	168	
Waters	4	37:13	188	
Umana	5	42:46	172	
Group E				
Chott	3	27:13	192	
Fister	5	47:48	160	
Hellman				
Lawder	4	35:28	176	
Patton				
Smith	4	43:00	188	

Date: 8-17-10 Conditions:
Workout: Push-ups/Dynamics/Plyos/A=8, B=6, C=5, D=4, E=3/Strides Step-ups/2nd push-ups/
Full Stretch - **Freshmen 400s at West Camp**

	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Abernathy	106	104	103	102	103	99	102	102	101	97	96	92	
Bollinger	104	103	102	101	103	98	100	100	100	101	103	104	
Brumfield	112	112	111	110	110	104	110	110	110	106	106	102	
P Charles	94	134	111	94	100	97	100	101	102	94	97	91	
Dalaklis	105	103	103	103	103	100	100	101	101	103	102	96	
P Esswein	85	84	85	83	85	83	85	83	80	75	79	79	
Godar	140	138	144	145	160					140	135	126	
Hilmes	107	108	109	110	110	103	104	107	108	105	105	99	
Hopcraft	110	107	111	116	115	117				116	115	107	
Kasper, D	107	107	106	105	107	105	107	106	108	106	108	98	
P Kasper, M	100	100	95	95	101	100	97	100	100	93	97	100	
McCarthy	115	110	111	115	115	115	115	115	119	121	120	115	
P McLaughlin	84	87	96	94	95	96	91	94	94	92	92	89	
Miller	117	118	114	114	114	114	110	110	113	109	109	100	
Mimlitz	116	112	108	108	108	108	106	106	105	106	103	92	
Mungenast	104	102	101	100	101	97	100	101	99	96	95	90	
Murphy													
Obermeyer													
P Oster	100	93	99	96	98	99	96	98	97	92	92	89	
P Rackers	84	87	96	94	96	96	91	96	95	90	91	89	
P Rubio	99	100	105	107	105	107	104	105	105	100	101	100	
Schrock	127	128	126	124	128	127	128	128	131	126	131	127	
P Sextro	97	95	110	105	107	107	104	106	106	95	95	90	
P Swan	86	91	98	95	96	97	92	96	96	92	92	91	
P Thomas	100	94	114	106	107	103	103	104	106	92	90	104	
Thorp	114	115	109	110	106	106	104	113	114	114	109	108	
Sit	109	108	104	104	107	96	105	105	108	105	107	102	
Greaves	118	120	117	108	117	106	109	112	112	112	112	102	
P Gillan	99	98	107	106	105	105	104	105	105	96	102	100	

Date: 8-18-10 Conditions:
Workout: Push-ups/Core/Dynamics/ABC=mile tempos with 400 jog, DE=Tempo/ 2nd push-ups/ Full Stretch

Group D	Tempo	Time	Pulse	Comments
Bergman				
Body	3	23:50	204	
Chura	2	8:15 / 8:05	168	
Conley	2	18:03	—	
Gaines	3	7:56-8:11-7:56	—	
Hruz	3	7:46-8:17-7:40	160	
Kuehner	x	x	x	
Madden, K	2	7:55 / 15:58	168	
Martino	2	9:01 / 17:21	188	
Milford				
Mimlitz, J	3	8:11-16:13-23:56	188	
Moloney				
Moran		7:21-7:36-8:38		
Moody	2	17:43	—	
Rancilio				
Vicini	3	7:28 / 15:20 / 23:22	164	
Waters				
Stinehart	3	8:16 / 16:50 / 26:12	200	
Group E				
Chott	2	8:33 / 17:06	204	
Fister	2	7:56 / 15:56	164	
Hellman	2	17:36	154	
Lawder	2	8:36 / 17:07	184	
Patton	2	—	—	
Smith	2	9:01 / 18:18	188	
Umana	3	7:57- 27:33	192	

Date: 8-18-10 Conditions:

Workout: Push-ups/Core/Dynamics/ABC=mile tempos with 400 jog, DE=Tempo/ 2nd push-ups/ Full Stretch

Group 1	**pace**	**mile**	**mile**	**mile**	**mile**	**mile**	**mile**	
Rackers	5:41	5:46	5:50	5:47	5:43			
Meier	5:50	5:51	5:55	6:11	5:53			
Rubbelke	5:58	5:56	5:57	6:07	5:53			
Raterman	5:58	5:56	5:57	6:07	5:53			
Ratermann	5:58	5:57	6:20	6:27	6:50			
McLaughlin	6:12	5:57	6:05	6:04	5:38			
Mueth	6:20	6:12	6:34	6:57	7:14			
Arredondo	6:20	6:13	6:50	6:52				
Nicholson	6:20	6:12	6:36	6:57	7:14			
Group 2	**pace**	**mile**	**mile**	**mile**	**mile**	**mile**	**mile**	
Boehm	6:28	6:20	7:20	9:20				
Fentress	6:37	6:44	7:55	8:08				
Archer	6:37	6:23	6:47	6:54	6:53			
Pollihan	6:45	6:45	6:40	6:44	6:43			
Shumate	6:45	6:50						
Jacoby	6:45	6:41	6:52	7:04				Hamstring hurts
Groesch	6:52	6:47	7:44	7:40				
Laughlin	6:52	6:25	6:50	6:53	6:44			
Griffard	6:54	6:47	6:50	7:20	7:18			
Herrmann	6:54	6:47	6:58	7:38	7:28			
Dodd	6:54	6:48	6:54	7:00				
Group 3	**pace**	**mile**	**mile**	**mile**	**mile**	**mile**	**mile**	
Zink-Duda	7:13	7:10	7:32	7:22				
Rancilio	7:16	7:11	9:07					
Clark	7:16	7:12	7:24	7:35				
Bufe	7:16	7:08	7:17	7:13				
Beckerle	7:16	7:11	7:20	7:15	6:57			
Kellett	7:21	7:38	7:54	7:13				
Fox	7:21	7:15	7:27	7:26				
Raeber	7:21	7:38	7:54	7:24				
Dowd	7:21	7:15	7:27	7:20				
Curran	7:21	7:15	7:27	7:20				
Bossung	7:29	7:28	7:40	7:35				
Moran	7:29	7:29	7:36	8:38				THREW UP ?
Group 4	**pace**	**mile**	**mile**	**mile**	**mile**	**mile**	**mile**	
McEnery	7:34	7:42	8:23	7:52				
Bergman	7:34							
Hruz	7:34	7:46	8:17	7:40				
Milford	7:43	7:56	8:11	7:56				
Gaines	7:43	7:56	8:11	7:56				
Seaton	7:49	7:41	8:16	8:00				
Suhre	7:49	7:41						Left Knee
Carroll	7:58	7:38	7:55	7:58				
Wottowa	7:58	7:54	7:59	7:51				
Cooley	7:58	7:40	8:29	9:56				

Date: 8-19-10 Conditions:

Workout: Push-ups/Dynamics/A=8, B=6, C=5, D=4, E=3/ Flying 200s/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments
Boehm	5	40:00	172	
Jacoby	5	39:19	162	Hamstring
McLaughlin, M	6	43:57	168	
Meier	6	43:56	160	
Mueth	6	43:56	171	
Rackers	6	43:58	172	
Raterman	8	57:08	166	
Ratermann	6	44:00	180	
Rubbelke	6	43:8	156	
Konzen	3	22:40	164	
Group B				
Archer	6	46:43	176	
Arredondo	6	47:30	164	
Fentress	0	0	0	
Groesch	6	47:38	184	
Nicholson	6	46:43	168	
Group C				
Beckerle				
Bossung	5	40:00	200	
Bufe	5	39:30	156	HAPPY BDAY
Carroll	5	39:29	172	
Clark	5	39:10	192	
Cooley	5	42:26	176	
Curran	5	39:28	168	
Dodd	5	37:46	176	
Esswein, Joe	3	22:40	1:176	
Esswein, John	5	34:36	164	
Fox	5	37:46	176	
Griffard	5	40:20	156	
Herrmann	5	39:39	188	
Kellett	5	38:41	164	
Laughlin	5	39:57	144	
McEnery	5	41:33	172	
Pollihan	5	40:20	156	
Rackers, P	6	46:27	200	
Raeber	5	38:49	160	
Reichold				
Seaton	5	38:41	164	
Shumate	5	38:41	180	
Stinehart	5	39:44	180	
Suhre				
Wottowa	5	39:16	176	
Zink-Duda	5	35:59	192	
DOWD	5	39:28	200	

Group D	Mileage	Time	Pulse	Comments
Bergman	3	24:47	196	
Body	4	32:32	192	
Chura	4	30:00	160	
Conley	3	29:18	176	
Gaines	4	33:10	168	
Hruz	6	V	V	V DNF
Kuehner				
Madden				
Martino	4	34:29	186	
Milford	4	33:18	180	
Mimlitz, J	4		192	32:39
Moloney	0	0	0	NOT HERE
Moran	4	30:31	204	
Moody	4	34:00	188	
Rancilio				
Vicini	4	29:02	160	
Waters	4	34:36	196	
McLaughlin, S	4	36:36	136	
Rubio	4	32:25	192	
Oster	4	32:25	196	
Swan	4	33:20	176	
Umana	4	34:56	176	
Group E				
Abernathy	4		156	hot sister
Brumfield	3	23:07	180	
Charles	4	36:56	128	
Chott	3	25:30	200	
Fister	3	21:30	180	
Godar	3	36:36	184	
Hellman	4	32:47	168	
Hilmes	3	40:00	220	
Hopcraft	3	36:48	184	
Kasper, D	3	28:48	204	
Kasper, M	3	25:01	180	
Lawder				
McCarthy	3	35:00	150	
Miller	3	26:15	180	
Mimlitz, M	3	27:00	180	
Mungenast	3	25:28	167	
Murphy	3	28:50	200	
Obermeyer	3	30:00	160	
Schrock				
Patton				
Sextro	4	32:33	160	
Smith	3	29:19	170	
Thomas	3	26:30	184	
Thorp	4		172	
Bollinger	3	25:17	152	
Dalaklis	3	27:00	144	
Gillam	3	29:24	144	
Greaves	3	32:00	140	
Sit	3	30	132	
		29:00		
Ell. of Glass	3	29:18	196	

Date: 8-20-10 Conditions:
Workout: Push-ups/Dynamics/AB=5, C=4, D=3, E=2/ Strides/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Boehm					Martino	3	26:16	180	
Jacoby	5	37:24	156		Milford	3	24:03	172	
McLaughlin, M	5	36:17	144		Mimlitz, J	3	25:44	188	
Meier	5	36:10	144		Moloney				
Mueth	5	36:15	148		Moran				
Rackers	5	36:34	144		Moody	3	25:33	184	
Raterman	4.5	34:54	148		Rancilio				
Ratermann	3	22:07	160		Vicini	3	23:52	188	
Rubbelke	5	36:10	148		Waters	3	23:29	184	
Konzen	4	30:30	164	BA .142	McLaughlin, S	3	25:52	172	
					Rubio	3	23:30	180	
Group B					Oster	3	23:18	180	
Archer	5	38:40	148		Swan	3	23:18	186	
Arredondo	5	38:40	164		Umana	3	23:55	164	
Fentress	4	—	144						
Groesch	5	32:40	167		**Group E**				
Nicholson				X Train	Abernathy	3	25:18	152	Host Sister
					Brumfield	3	23:29	180	
Group C					Charles				
Beckerle	4	30:20	168		Chott	3	28:05	168	
Bossung	4	30:40	196		Fister	3	25:42	200	
Bufe	4	32:00	160		Godar				
Carroll	4	32:00	160		Hellman	3	26:09	130	
Clark	4	31:05	188		Hilmes	3	25:20	206	
Cooley	4	31:58	172		Hopcraft	3	32:23	180	
Curran	4	31:09	164		Kasper, D	3	29:21	196	
Dodd	4	30:20	160		Kasper, M	3	25:40	166	
Esswein, Joe	4	30:30	170		Lawder				
Esswein, John	4	30:00	164		McCarthy	3	24:30	173	
Fox	4	30:20	176		Miller	3	28:09	164	
Griffard	4	—	148		Mimlitz, M	3	24:56	184	
Herrmann	4	35:03	144		Mungenast	3	25:04	168	
Kellett	4	25:53	180		Murphy	3	28:14	200	
Laughlin	4	28:53	188		Obermeyer	3	25:13	184	
McEnery	4	33:31	160		Schrock	3	34:21	216	
Pollihan	4	36:00	156		Patton				
Rackers, P	4	30:55	196		Sextro				
Raeber	4	32:00	164		Smith				
Reichold					Thomas	3		176	
Seaton	3	27:20	164		Thorp	3	28:05	172	
Shumate	4	28:51	176		Bollinger	3	26:28	170	
Stinehart	2	17:59	164		Dalaklis	3	27:56	152	
Suhre					Gillam	3	?	156	
Wottowa	4	31:09	176		Greaves	2	18:37	140	
Zink-Duda	4	29:28	188		Sit	3	[illegible]	120	
DOWD	4	31:09	180		McEnery	2	16:00	166	
Group D					Mulligan	2	15:00	140	
Bergman					Nestle	2	20:00	88	
Body	3	23:55	176		Phimphavong				
Chura	3	24:30	154		Ferrara				
Conley	2	20:00	168		Kernell	2	14:00	156	
Gaines	3	24:02	156		Bensalah	2	14:37	142	
Hruz					Carron	2	15:43	180	
Kuehner					Peraud	2	16:00	154	
Madden					Amsler	2	14:55	—	
					Burnham	2	15:30	144	
					Glass	2	16:37	160	

Date: 8-21-10 Conditions:
Workout: Push-ups/Core/Warm-up/1234=fartlek (3/2), 56=800 repeats/ 2nd push-ups/ Full Stretch

Group 1	Distance	Time	Pulse	Comments
Rackers	8K	29:48	176	
Meier	8K	29:48	176	
Rubbelke	8K	30:06	184	
Raterman	7K	28:00	190	
Ratermann	8K	30:36	180	
McLaughlin	8K	30:36	176	
Mueth	8K	32:18	184	
Arredondo	6K	23:20	176	
Nicholson	8K	31:31	180	
Essein, John	6K	24:30	186	
Group 2				
Boehm	6K	23:50	184	
Fentress	-	-	-	
Archer	6K	25:07	184	
Pollihan	6K	25:14	184	
Shumate	6K	25:14	176	
Jacoby	6K	24:53	172	
Groesch	6K	25:31	180	
Laughlin	6K	25:08	180	
Griffard	6K	25:30	180	
Herrmann	6K	26:13	176	
Dodd	6K	25:30	180	
Beckerle	6K	25:28	172	
Group 3				
Zink-Duda	3 Mi	21:23	180	
Rancilio	-	-	-	
Clark	-	-	-	
Bufe	3 Mi	21:29	180	
Kellett	3 Mi	21:40	180	
Fox	3 Mi	21:29	180	
Raeber	3 Mi	21:40	180	
Dowd	3 Mi	21:38	160	
Curran	3 Mi	21:39	172	
Bossung	3 Mi	22:25	188	
Moran	3 Mi	23:19	204	down to 4
Group 4				
McEnery	3 Mi	23:21	176	
Hruz	-	-	-	
Milford	3 Mi	21:41	176	up to 3
Gaines	-	-	-	
Seaton	3 Mi	23:07	172	
Suhre	3 Mi	23:41	150	
Carroll	3 Mi	22:00	184	up to 3
Wottowa	3 Mi	22:44	180	
Cooley	3 Mi	23:23	180	

Group D	800	800	800	800	800	800	AVE
Bergman	3:20	3:23	3:13	3:11			**3:17** +
Body	3:18	3:15	3:13	3:11	3:11	3:05	**3:12** +

Date: 8-21-10 Conditions:
Workout: Push-ups/Core/Warm-up/1234=fartlek (3/2), 56=800 repeats/ 2nd push-ups/ Full Stretch

Chura	-	-	-	-	-	-	**X**	
Conley	-	-	-	-	-	-	**X**	
Kuehner	-	-	-	-	-	-	**X**	
Madden, K	3:26	3:20	3:22	3:14	3:20	-	**3:20**	+
Martino	3:24	3:30	3:33	-	3:38	3:30	**3:31**	
McLaughlin, S	3:18	3:10	3:05	3:06	3:17	3:24	**3:13**	+
Mimlitz, J	3:18	3:20	3:13	3:13	3:13	3:13	**3:15**	+
Moloney	-	-	-	-	-	-	**X**	
Moody	3:20	3:23	3:33	3:38	3:30	3:42	**3:31**	
Oster	3:12	3:02	3:00	3:00	3:07	2:43	**3:01**	+
Rackers	3:11	3:00	2:59	2:56	3:04	2:48	**3:00**	+
Rubio	3:12	3:05	3:00	3:00	3:07	3:08	**3:05**	+
Swan	3:15	3:15	3:10	3:11	3:11	3:09	**3:02**	+
Umana	-	-	-	-	-	-	**X**	
Vicini	3:10	3:05	3:00	3:00	3:07	3:00	**3:04**	+
Waters	3:15	3:13	3:13	3:13	3:12	3:13	**3:13**	+
Group E								
Amsler	3:07	3:07	3:07	3:16			**3:09**	+
Mulligan	3:29	3:25	3:20	3:19			**3:23**	
Carron	3:22	3:24	3:25	3:21			**3:23**	
Kernell	4:02	3:40	3:45	3:46			**3:48**	
McEnery, C	3:35	3:38	3:38	3:35			**3:37**	
Peraud	3:20	3:17	3:25	3:13			**3:19**	
Ferrara	3:42	3:34	3:56	3:46			**3:45**	
Phimphavong	3:47	3:59	4:17	4:19			**4:06**	
Abernathy	3:23	3:31	3:33	3:28			**3:29**	
Bollinger	3:24	3:21	3:14	3:16			**3:19**	
Brumfield	3:30	3:32	3:30	3:24			**3:29**	
Charles	3:23	3:13	3:10	3:10			**3:14**	+
Chott	3:43	3:42	3:31	3:36	3:30		**3:36**	
Dalaklis	3:41	3:25	3:28	3:21			**3:29**	
Fister	3:18	3:14	3:14	3:12	3:20		**3:15**	+
Gillam	3:20	3:20	3:20	3:10			**3:18**	
Godar	3:42	3:43	3:44	3:44			**3:43**	
Greaves	3:35	3:27	3:24	3:17			**3:26**	
Hellman	3:21	3:34	-	-			**3:27**	
Hilmes	3:27	3:16	3:14	3:13			**3:18**	
Hopcraft	4:00	3:45	4:12	4:10			**4:02**	
Kasper, D	3:44	3:45	3:49	3:30			**3:32**	
Kasper, M	-	-	-	-			**X**	
Lawder	-	-	-	-			**X**	
McCarthy	4:02	3:55	3:58	3:44			**3:55**	
Miller	-	-	-	-			**X**	
Mimlitz, M	3:46	3:43	3:31	3:06			**3:32**	
Mungenast	3:19	3:10	3:08	3:02			**3:10**	+
Murphy	3:36	3:39	3:52	3:29			**3:39**	
Obermeyer	3:36	3:40	3:52	3:29			**3:39**	
Patton	-	-	-	-			**X**	
Schrock	4:14	4:13	4:23	4:30			**4:20**	
Sextro	3:05	3:05	3:02	3:00	2:48		**3:00**	+
Sit	3:45	3:50	3:36	3:34			**3:41**	
Smith	-	-	-	-			**X**	
Thomas	3:21	3:12	3:09	3:02			**3:11**	+
Thorp	3:39	3:32	3:42	3:45			**3:40**	

Date: 8-22-10 Conditions:

Workout: Push-ups/Dynamics/A=10, B=8, C=6/5, D=4, E=3/ Strides/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Boehm	10	71:35	166		Madden	4	35:26	160	
Jacoby	10	76:27	166		Martino	4	31:00	140	
McLaughlin, M	10	71:35	186		McLaughlin, S	4	36:00	160	
Meier	10	71:35	160		Milford	6	47:57	166	C
Mueth	10	71:34	173		Mimlitz, J	5	37:33	166	
Rackers	10	71:34	160		Moloney				
Raterman	10	71:35	166		Moody	4	35:26	164	
Ratermann	10	74:40	172		Moran	4	30:00	160	
Rubbelke	10	71:36	160		Oster	4	34:00	176	
Konzen	4	21:45	172		Rancilio	2	14:25	166	
					Rubio	4	34:50	160	
Group B					Sextro	4	30:13	166	
Archer	8	59:20	164		Swan	4	33:20	176	
Arredondo	8	1:03:00	156		Umana	5	36:32	166	C
Fentress	8	1:03:00	168		Vicini	4	30:13	144	
Groesch	6	1:01:00	160		Waters	5	44:43	176	C
Nicholson	8	59:20	166						
					Group E				
Group C					Abernathy	3	21:50	148	
Beckerle	6	44:00	164		Bensalah				
Bossung	6	48:00	164		Bollinger	3	25:45	164	
Bufe	5	37:28	164		Brumfield	3	22:00	160	
Carroll	6	47:57	172		Carron				
Clark	6	47:30	168		Charles	3	22:51	152	
Cooley	6	51:45	164		Chott	4	35:26	176	
Curran	6	50:52	162		Dalaklis	4	36:26	152	
Dodd	6	44:00	168		Ferrara	4	36:02	144	
Dowd	6	44:00	160		Fister	4	32:00	160	
Esswein, Joe	4	21:45	172		Gillam	4	33:26	166	
Esswein, John	5	37:20	160		Godar				
Fox	6	45:08	176		Greaves				
Griffard	6	47:57	168		Hellman	2	19:17	120	
Herrmann	3	22:50	152		Hilmes	3	26:06	204	
Kellett	5	37:20	164		Hopcraft	3	26:36	160	
Laughlin	6	46:50	168	No stops	Kasper, D	3	28:14	188	
McEnery	6	52:00	160		Kasper, M	4	33:20	168	
Pollihan	6	47:57	160		Kernell	3	27:53	163	
Rackers, P	5	37:10	160		Lawder	2	19:17	160	
Raeber	4	33:39	160		McCarthy	3	28:15	160	
Reichold					McEnery	4	37:27	168	
Seaton	6	50:52	186		Miller	3	26:53	157	
Shumate	6	45:08	168		Mimlitz, M	3	26:56	160	
Stinehart	3	44:33	192		Mulligan	3	24:17	136	
Suhre	3	25:25	144		Mungenast	3	24:30	146	
Wottowa	6	48:52	192		Murphy				
Zink-Duda	6	44:00	160		Obermeyer	3	27:20	176	
					Patton				
Group D					Peraud	3	25:45	160	
Amsler	4	30:07	-		Phimphavong				
Bergman	4	35:26	160		Schrock	3	32:01	204	
Body	5	37:45	192	C	Sit	3	27:14	142	
Chura	4	39:26	164		Smith				
Conley	3	24:25	176		Thomas	3		172	
Gaines	4	33:56	152		Thorp	4	37:09	168	
Glass	3	26:53	160		~~Glass~~	3	~~26:53~~		
Hruz	3	23:56	160						
Kuehner	2	16:14	176						

Date: 8-23-10 Conditions:

Workout: Push-ups/Dynamics/A=8, B=6, C=5, D=4, E=3/ Strides/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments
Boehm	6	56:43	164	
Jacoby	6	44:11	162	
McLaughlin, M	8	56:42	140	
Meier	8	56:42	152	
Mueth	8	56:52	165	
Rackers	6	43:54	146	
Raterman	8	58:39	157	
Ratermann				
Rubbelke	6	56:36	152	
Konzen				
Group B				
Archer	6	43:03	172	
Arredondo	6	46:40	160	
Fentress	5	[redacted]	140	40:49
Groesch	6	46:40	160	
Nicholson	6	43:03	173	
Group C				
Beckerle	5	36:00	166	
Bossung				
Bufe	4	32:00	156	Recorded
Carroll	5	40:13	166	
Clark	5	39:44	160	
Cooley	5	40:13	176	
Curran	5	39:42	166	
Dodd	5	36:10	164	
Dowd	5	36:00	172	
Esswein, Joe	4	29:00	160	
Esswein, John	4	29:00	176	
Fox	6	35:00	176	
Griffard				
Herrmann	5	40:06	160	
Kellett				
Laughlin	5	40:49	160	
McEnery	5	40:36	156	
Pollihan	5	40:15	164	
Rackers, P	4	29:00	170	
Raeber	5	40:49	172	
Reichold				
Seaton	5	40:05	166	
Shumate	3	24:46	148	
Stinehart	5	46:35	168	
Suhre	3	24:34	144	
Wottowa	5	40:06	160	
Zink-Duda	5	36:00	160	
Group D				
Amsler	4	30:10	176	
Bergman	4	36:14	172	
Body	4	32:20	200	
Chura	4	34:30	168	
Conley	3	26:14	176	
Gaines	4	33:21	164	
Glass	3	26:14	180	
Hruz	5	41:12	168	
~~Kuehner~~				

Group D	Mileage	Time	Pulse	Comments
Madden	4	36:16	160	
Martino	4	36:00	172	
McLaughlin, S	4	35:43	160	
Milford				
Mimlitz, J	5	42:52	150	
Moloney				
Moody	4	33:03	152	Hip is hurting
Moran	4	36:14	168	
Oster	5	38:00	168	
Rancilio	3	23:22	164	
Rubio	4	33:23	160	
Sextro	3	23:22	130	
Swan	4	30:30	176	
Umana	5	42:57	164	
Vicini	4	32:03	156	
Waters	5	46:37	166	
Group E				
Abernathy				
Bensalah				
Bollinger	3	24:31	164	
Brumfield	3	22:53	172	
Carron	3	23:22	166	
Charles				
Chott	3	28:08	168	
Dalaklis	3	26:27	146	
Ferrara				
Fister	5	42:48	166	
Gillam	3	22:52	176	
Godar				
Greaves				
Hellman	3	16:13	140	
Hilmes	3	25:32	200	
Hopcraft	3	30:30	162	
Kasper, D	3	28:27	164	
Kasper, M	3	28:00	160	
Kernell	3	26:56	164	
Lawder	3	26:14	184	
McCarthy	3	29:00	164	
McEnery	3	24:37	160	
Miller	3	26:56	160	
Mimlitz, M	3	24:46	150	
Mulligan	3	24:31	164	
Mungenast	3	24:36	172	
Murphy	3	23:18	160	
Obermeyer	3	24:42	172	
Patton				
Peraud	3	24:00	160	
Phimphavong				
Schrock	3	32:03	160	
Sit	3	24:00	190	
~~Smith~~				
Thomas	3		160	
Thorp	4	36:16	156	

Date: 8-25-10 Conditions:

Workout: Push-ups/Core/Warm-up/12=3 mile tempo with hills, 34=3 mile tempo, 56=2 mile tempo/ 2nd push-ups/ Full Stretch

Group 1	Tempo	Time	Pulse	Comments
Rackers	3	24:29	[illegible]	1345
Meier	160	17:27	3	
Rubbelke	184	17:27	3	
Raterman	183	17:00	3	
Ratermann	180	18:00	3	
McLaughlin				
Mueth	3	18:43	184	
Arredondo	192	1815		
Nicholson	3	18:17	1716	
Essein, John	174	18:15	3	
Joe Ess	3	18:43	184	
Group 2				
Boehm	192	1833	3	
Fentress	3	1940	3 164	
Archer	165	19:17	3	
Pollihan	189	18:43	3	
Shumate				
Jacoby	3	18:58	168	
Groesch	3	19:32	180	
Laughlin	3	1901	1686	
Griffard	3			
Herrmann	3	20:33	184	
Dodd	3	19:37	184	
Beckerle	3	1915	172	
Group 3				
Zink-Duda	3	1937	196	
Rancilio	3	26:00	156	
Clark	3	20:03	200	
Bufe	3	26:00	142	
Kellett	3	2059	172	
Fox	3	19:30	184	
Raeber	3	21:39	168	
Dowd	3	2203	172	
Curran	3	2116	168	
Bossung	3	2141	184	
~~Milford~~				
Carroll	3	1948	180	
Group 4				
McEnery	3	2212	176	
Hruz	3	2256	280	
Gaines	3	2103	174	
Seaton	3	2141	160	
Suhre	3	26:00	144	
Moran	3	2131	146	
Wottowa	3	2150	184	
Cooley	3	2157	184	
Body	2	1500	174	
Bergman	2	1731	196	
~~Madden, K~~				
McLaughlin, S	2	1313	168	
Mimlitz, J				sucked
Oster	2	1440	204	
Rackers	3	1928	179	
Rubio	2	1346	160	
Swan	3	2003	186	

	Tempo	Time	Pulse	Comments
Vicini				1500 m
~~Waters~~	Recovery			3 miles
Sextro	3	2143	164	
Mungenast	2	1502	192	
Group 5				
Chura				
Conley	2	1833	152	
~~Kuehner~~				
Martino	2	1545	188	
Moloney				
Moody	3	2600	—	
Umana	2	1500	168	
Amsler	2	1334	172	
Chott	2	1529	192	
Fister	3	2142	174	
Thomas	2	1549	176	
Denny	2	1534	180	
Group 6				
Mulligan	2	1454	200	
Carron	2	1502	188	
~~Kernell~~				
McEnery, C	2	1700	160	
Peraud	2	1545	160	
~~Ferrara~~	3	1620	196	
Phimphavong	2	1929	152	
Abernathy	2	1551	158	
Bollinger	2	1525	160	
Brumfield	2	1442	180	
Charles	2	1350	154	
Dalaklis	2	1509	178	
Gillam	2	1351	164	
Godar	2 1	845		
~~Greaves~~	2	1044	180	
Hellman				
Hilmes	2	1514	180	
Hopcraft	2	1442	192	
Kasper, D	2	1457	184	
Kasper, M	2	1446	180	
Lawder	3	2050	174	
McCarthy	2	1628	161	
Miller	2	1632	140	
Mimlitz, M	2	1458	164	
Murphy	2	1750	160	
Obermeyer	2	1556	164	
Patton				
Schrock	2	2020	200	
Sit	2	2000	164	
Smith				I sucked
Thorp	2	1550	164	
Linhares	12	1845	160	
Scott	3.1	1220	was over	
Palmer	25	4500	160	
for Coach				

[illegible] 615

Date: 8-26-10 Conditions:

Workout: Push-ups/Dynamics/A=6, B=5, C=4, D=3, E=2/ Flying 200s/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Boehm	6	43:50	152		Madden	3	24:08	160	
Jacoby	6	43:50	156		Martino	3	27:00	176	
McLaughlin, M	6	43:38	144		McLaughlin, S	2	15:24	160	
Meier	6	43:50	136		Milford				
Mueth	4	32:12	148		Mimlitz, J	3	22:06	164	
Rackers	6	42:50	160		Moloney				
Raterman	6	42:10	163		Moody	3	23:06	176	
Ratermann	6	43:50	152	Smells bad	Moran	3	24:45	176	
Rubbelke	6	43:38	136		Oster				
Konzen	6	42:10	168		Rancilio	3	22:42	164	
					Rubio	3	21:00	174	
Group B					Sextro	3	20:50	172	
Archer	5	39:02	168		Swan	3	23:08	176	
Arredondo	5	39:42	160		Umana	3	23:32	168	
Fentress	4	31:36	144		Vicini	3	23:00	148	
Groesch	5	39:42	160		Waters				
Nicholson	5	39:36	164						
					Group E				
Group C					Abernathy	2	16:04	148	
Beckerle	4	30:04	148		Bensalah				
Bossung	4	31:25	168		Bollinger	2	15:07	168	
Bufe	3	22:30	164	Rackers a butthead	Brumfield	2	14:55	192	
Carroll	4	31:38	160		Carron	2	16:13	196	
Clark	4	35:28	176		Charles	2	14:58	161	
Cooley	4	30:32	172		Chott	2	16:12	184	
Curran	4	33:36	148		Dalaklis	2	16:11	179	
Dodd	4	30:04	168		Ferrara				
Dowd	4	35:00	150		Fister	3	24:50	140	
Esswein, Joe	6	43:51	164		Gillam	2	16:06	180	
Esswein, John	4	29:30	160		Godar	2	17:09	170	
Fox	4	30:04	168		Greaves	2	19:19	169	
Griffard					Hellman	2	17:02	144	
Herrmann	4	31:36	148		Hilmes	2	16:00	188	
Kellett	4	34:39	156		Hopcraft	2	15:12	160	
Laughlin	4	34:39	144		Kasper, D	2	16:30	180	
McEnery	4	33:30	164		Kasper, M	2	15:06	144	
Pollihan	4	31:34	156		Kernell	2	16:40	164	
Rackers, P	4	33:33	150		Lawder	2	17:02	176	
Raeber	4	31:38	168		McCarthy	2	16:31	160	
Reichold					McEnery	2	15:25	180	
Seaton	4	34:39	160		Miller	2	16:40	164	
Shumate	4	31:08	164		Mimlitz, M	2	16:40	184	
Stinehart	4	34:30	188		Mulligan	2	15:31	170	
Suhre	3	24:27	144		Mungenast	2	16:02	178	
Wottowa	4	31:07	172		Murphy	3	22:11	152	
Zink-Duda	4	29:27	176		Obermeyer	2	16:25	160	
					Patton				
Group D					Peraud	2	15:44	164	
Amsler	3	21:20	164		Phimphavong	2	21:22	108	
Bergman	3	22:42	172		Schrock	2	21:12	212	
Body	3	23:46	108		Sit	2	16:05	140	
Chura					Smith				
Conley	2	16:12	168		Thomas	3	23:34	184	
Gaines	3	22:43	152		Thorp				
Glass									
Hruz	4	32:02	148						
Kuehner	3	25:38	166						

Date: 8-27-10 Conditions:
Workout: Push-ups/Dynamics/A=8, B=6, C=5, D=4, E=3/ STrides/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Boehm	5	36:00	164	sinus	Madden	4	34:30	160	
Jacoby	5	35:00	148		Martino	4	34:30	180	
McLaughlin, M	8	59:29	141		McLaughlin, S				
Meier	8	55:43	156		Milford	5	40:37	144	
Mueth	6	43:54	156		Mimlitz, J	4	30:83	180	
Rackers	6	42:47	160	IHC	Moloney				
Raterman	5	37:53	149		Moody	4	32:44	182	
Ratermann	8	59:29	160		Moran	4	33:37	172	
Rubbelke	8	59:29	152		Oster				
Konzen					Rancilio	4	31:36	168	
					Rubio				
Group B					Sextro				
Archer	6	146:42	160		Swan				
Arredondo	4	31:37	156		Umana	4	33:23	160	
Fentress	3	23:00	124	bum	Vicini	5	37:19	168	
Groesch	6	95:44	160		Waters	5	44:19	184	
Nicholson									
					Group E				
Group C					Abernathy				
Beckerle	5	36:16	168		Bensalah				
Bossung	5	39:00	200	sick	Bollinger				
Bufe					Brumfield				
Carroll	5	40:38	152		Carron				
Clark	5	39:48	180		Charles				
Cooley	5	41:07	156		Chott	3	25:00	180	
Curran	5	39:15	168		Dalaklis				
Dodd	5	37:05	176		Ferrara				
Dowd	5	36:54	180		Fister	4	33:23	160	
Esswein, Joe	5	36:30	160		Gillam				
Esswein, John					Godar				
Fox	5	37:03	160		Greaves				
Griffard					Hellman	3	25:00	160	
Herrmann	4	42:39	160		Hilmes				
Kellett	5	37:58	164		Hopcraft				
Laughlin	5	37:58	152		Kasper, D				
McEnery	5	40:46	172		Kasper, M				
Pollihan	5	37:45	160		Kernell				
Rackers, P					Lawder	3	25:20	180	
Raeber	5	39:16	176		McCarthy				
Reichold					McEnery				
Seaton	5	39:13	164		Miller				
Shumate	5	38:04	164		Mimlitz, M				
Stinehart	5	41:51	160		Mulligan				
Suhre					Mungenast				
Wottowa	5	38:18	184		Murphy				
Zink-Duda	3 4	29:16	164		Obermeyer				
					Patton				
Group D					Peraud				
Amsler					Phimphavong				
Bergman	4	32:32	176		Schrock				
Body					Sit				
Chura	4	31:47	172		Smith				
Conley					Thomas				
Gaines	4	32:13	164		Thorp				
Glass									
Hruz	5	40:11	172						
Kuehner	4	32:52	184						

Date: 8-28-10 Conditions:

Workout: Push-ups/Core/Warm-up/12=McNair Park, 34=25 minute fartlek, 5=20 minute fartlek 6=15 minute fartlek/ 2nd push-ups/ Full Stretch

Group 1	Tempo	Time	Pulse	Comments		Tempo	Time	Pulse	Comments
Rackers					Vicini			152	
Meier					Waters	4	29:06	176	Aerobic
Rubbelke					Sextro				
Raterman					Mungenast				
Ratermann					**Group 5**				
McLaughlin					Chura		20 ↓	160	
Mueth					Conley				
Arredondo					Kuehner			168	
Nicholson					Martino			192	
Essein, John					Moloney			160	
					Moody			160	Rolled ankle last week
Group 2				Stinehart	~~Umana~~			180	
Boehm					Amsler			156	
Fentress					Chott			164	
Archer					Fister			156	
Pollihan					Thomas			180	
Shumate					Glass			180	
Jacoby					**Group 6**				
Groesch					Mulligan	~~4~~	15	168	
Laughlin					Carron	↓	↓	188	
Griffard					Kernell			160	
Herrmann					McEnery, C			152	
Dodd					Peraud			140	
Beckerle					Ferrara			172	
					Phimphavong				?
Group 3		25 ↓			Abernathy			154	
Zink-Duda			176		Bollinger			144	
Rancilio	4	30:55	168	Aerobic	Brumfield			160	
Clark	4	29:06	~~180~~	Aerobic	Charles			104	
Bufe			184	~~Anaerobic~~	Dalaklis	~~[illegible]~~	~~[illegible]~~	176	
Kellett			INJ		Gillam			124	
Fox			180		Godar			140	
Raeber			164		Greaves			160	
Dowd			168		Hellman			100	
Curran			180		Hilmes			184	
Bossung			188		Hopcraft			172	
Milford			164		Kasper, D			168	
Carroll			172		Kasper, M			160	
					Lawder			188	
Group 4		25 ↓			McCarthy			140	
McEnery			172		Miller			136	
Hruz			136		Mimlitz, M		~~[illegible]~~	160	
Gaines			160		Murphy			160	
Seaton			176		Obermeyer			164	
Suhre			X		Patton				
Moran			180		Schrock			200	
Wottowa			180		Sit			166	
Cooley			176		Smith				
Body			180		Thorp			170	
Bergman			172		UMANA				
Madden, K			188						
McLaughlin, S			160						
Mimlitz, J			180						
Oster			X						
Rackers			160						
Rubio			172						
Swan			172						

Date: 8-30-10 Conditions:

Workout: Push-ups/Core/Warm-up/12=Aerobic, 3=4xmile 3=3 x mile, 5 and 6=tempo with surge zones/ 2nd push-ups/ Full Stretch

Group 1	Mileage	Time	Pulse	Comments
Rackers	8	55:35	CTT	
Meier	8	55:06	153	
Rubbelke	8	55:10	156	
Raterman				
Ratermann	8	56:30	168	
McLaughlin	8	55:08	149	
Mueth	5	38:26	156	
Arredondo	4	30:20	152	
Nicholson	6	43:00	160	
Essein, John	4	30:20	156	
Group 2				
Boehm	6	43:00	144	
Fentress	6	43:00	160	
Archer	6.43	43:00	164	
Pollihan				
Shumate	5	41:57	172	
Jacoby	6	43:00	148	
Groesch	6	43:00	160	
Laughlin				
Griffard	4	29:00	152	
Herrmann	4	29:26	140	
Dodd				
Beckerle	5	41:57	164	
Swan/Wire				

Group 3	1	2	3	
Zink-Duda	6:56	7:23	7:11	6:54
Rancilio	6:56	7:14	7:00	6:53
Clark	6:57	7:15	7:10	6:45
Bufe	7:00	7:05	7:16	[redacted]
Kellett				
Fox	6:57	7:15	7:10	6:45
Raeber	7:15	7:13	7:18	
Dowd	6:54	7:05	7:10	6:57
Curran	6:54	7:14	7:19	6:53
Bossung	7:06	7:14	7:20	7:13
Milford	7:03	7:11	7:15	7:16
Carroll	7:02	7:55	7:40	

Group 4	1	2	3
McEnery	7:53	8:43	9:45
Hruz	7:06	7:49	7:58
Gaines	7:39	7:52	7:56
Seaton	7:09	7:23	7:27
Suhre	8	7:21	(aerobic)
Moran	7:21	7:26	7:13
Wottowa	7:06	7:20	7:31
Cooley	7:15	8:53	9:36
Body			
Bergman	7:13	7:19	7:18
Madden, K			
McLaughlin, S	7:05	7:10	7:00
Mimlitz, J	7:00	7:20	7:[illegible]5
Oster			
Rackers	6:58	7:10	7:00
Rubio	7:58	7:16	29:12
Swan	7:24	[illegible]	7:15

	1	2	3	Comments
Vicini	7:15	7:13	7:26	knee hurts
Waters				
Sextro				
Mungenast				

Group 5	Tempo	Time	Pulse
Chura			
Conley	2	15:34	140
Kuehner	2	26:56	160
Martino	3	31:51	156
Moloney			
Moody			
Umana	3	34:01	176
Amsler	3	31:40	156
Chott	3	35:20	208
Fister	3	31:21	188
Thomas	2	21:37	184
Gearhart	3	34:04	200

Group 6	Tempo	Time	Pulse
Mulligan			
Carron	2	15:10	146
Kernell	2	17:10	160
McEnery, C	2	17:13	140
Peraud	2	14:50	160
Ferrara			
Phimphavong	2	20:26	170
Abernathy	2	16:10	146
Bollinger	2	17:10	169
Brumfield	2	14:32	190
Charles	2	13:54	153
Dalaklis	2	18:36	153
Gillam	2	15:30	140
Godar	2	18:34	174
Greaves	2	16:31	180
Hellman			
Hilmes	2	16:30	180
Hopcraft			
Kasper, D	2	18:30	154
Kasper, M	2	14:51	180
Lawder		16:44	164
McCarthy	2	17:46	170
Miller	2	15:00	152
Mimlitz, M	2	15:01	164
Murphy	2	14:58	162
Obermeyer	2	16:16	164
Patton			
Schrock	2	20:42	200
Sit	2	16:52	162
Smith			
Thorp	2	16:18	196
Glass	2	16:44	164
Klingenstein	2	15:20	186

Comments
group 4

Date: 8-31-10 Conditions:

Workout: Push-ups/Core/Warm-up/12= 8 x 1k with 200 jog 3-6=aerobic run/ 2nd push-ups/ Full Stretch

	Group 1	Goal	Pace	200	1	2	3	4	5	6	7	8
✓	Rackers	16:00	3:26	41	341	320	26	28	28	28	33	29
✓	Meier	16:15	3:29	42 low	343	25	29	34	52	56	4:09	57
✓	Rubbelke	16:15	3:29	42 low	340	323	26	36	35	38	43	32
✓	Raterman	16:15	3:29	42 low	341	25	24	34	45	49	35	30
✓	Ratermann	16:25	3:31	42 high	342	31	30	34	45	54	4:01	1:00
✓	McLaughlin	16:25	3:31	42 high	341	25	28	29	29	29	33	31
	Mueth	16:45	3:36	43	49	44	4:01	4:30	4:11			
✓	Arredondo	16:45	3:36	43	45	~~36~~	42	~~36~~	38	54		
✓	Nicholson	16:45	3:36	43	45	36	43	42	48	51		
✓	Essein, John	16:45	3:36	43	45	36	44	45	37	4:12		
	Boehm	16:45	3:36	43	45	36	51	4:38				
✓	Laughlin	16:45	3:36	43			4:32	4:50				
	Group 2											
✓	Archer	17:00	3:39	44	46	37	43	~~45~~	~~45~~	~~44~~		
✓	Konzen	17:00	3:39	44	45	42	45	45	50	55		
✓	Esswein, Joe	17:00	3:39	44	~~3:46~~	44	41	~~38~~	38	31		
	Jacoby	17:00	3:39	44	51	52						
✓	Pollihan	17:00	3:39	44	47	41	~~45~~	45	47	53		
	Groesch	17:30	3:45	45	47	49	4:01	4:13	4:15	4:12		
	Shumate	17:30	3:45	45	47	~~4:52~~	55	4:05	4:01	402		
	Fentress	17:30	3:45	45	349		4:01	~50				
	Griffard	17:30	3:45	45								
	Dodd	17:30	3:45	45	50	50	4:00	4:11	4:10	4:07		
	Beckerle	18:00	3:52	46		412	4:10	4:06				
	Herrmann	18:00	3:52	46								

Date: 8-31-10 Conditions:

Workout: Push-ups/Core/Warm-up/12= 8 x 1k with 200 jog 3-6=aerobic run/ 2nd push-ups/ Full Stretch

Group 3	Mileage	Time	Pulse	Comments	Group 5	Mileage	Time	Pulse	Comments
Zink-Duda	5	35:20	164		Chura	4	35:20	168	
Rancilio	5	37:12	164		Conley	2	25:31	174	
Clark	6	40:37	188		Kuehner	4	44:09	154	
Bufe	5	39:12	160		Martino	4	37:02	188	
Kellett	—				Moloney	—			
Fox	5	37:24	168		Moody	E			
Raeber	5	39:21	168		Umana	4	32:10	164	
Dowd	5	37:22	168		Amsler	4	31:23	160	
Curran	5	37:58	176		Chott	3	27:13	176	
Bossung	5	38:28	176		Fister	3	25:10	180	
Milford	5	41:27	168		Thomas	3	25:33	190	
Carroll	5	39:25	180		Glass	—			
					Stishirt	5	45:20	164	
Group 4					**Group 6**				
McEnery	5	45:20	168		Mulligan	3	25:40	184	
Hruz	5	40:44	176		Carron	3	22:54	208	
Gaines	4	34:10	164		Kernell	3	26:52	140	
Seaton	4	35:56	160		McEnery, C	3	28:30	160	
Suhre	3	26:28	140		Peraud	3	25:52	140	
Moran	4	32:40	188		Ferrara	—			
Wottowa	5	38:24	184		Phimphavong	3	36:01	164	
Cooley	5	42:08	172		Abernathy	3	25:12	166	
Body	3	28:17	180		Bollinger	3	29:25	184	
Bergman	4	34:24	176		Brumfield	3	21:54	140	
Madden, K	3	25:31	160		Dalaklis	3	25:21	184	
McLaughlin, S	5	33:40	160		Gillam	3	24:23	160	
Mimlitz, J	4	34:14	180		Godar	3	33:47	176	
Oster	3½	28:00	160		Greaves	3	25:43	168	
Rackers	5	35:40	140		Hellman	—			
Rubio	4	32:23	184		Hilmes	3	25:17	200	
Swan	4	33:54	184		Hopcraft	3	35:34	180	
Vicini	4	34:10	172		Kasper, D	—			
Waters	—				Kasper, M	2	21:36	180	
Sextro	—				Lawder	3	28:39	176	
Mungenast	3	23:24	188		McCarthy	3	28:34	184	
Charles	3	21:59	164		Miller	3	25:44	140	
					Mimlitz, M	3	27:30	180	
					Murphy	3	21:45	160	
					Obermeyer	3	29:32	168	
					Patton	C			
					Schrock	3	35:56	180	
					Sit	3	25:53	156	
					Smith	C			
					Thorp	3	25:05	160	

Date: 9-1-10 Conditions:

Workout: Push-ups/Core/Warm-up/12= aerobic-step-ups-strides 3-6=800 meter repeats/ 2nd push-ups/ Full Stretch

Group 1	Mileage	Time	Pulse
Rackers	6	41:52	0
Meier	6	41:56	136
Rubbelke	6	41:36	140
Raterman	6	46:23	134
Ratermann	6	46:23	140
McLaughlin	6	41:48	132
Mueth	4	29:30	149
Arredondo	5	35:40	152
Nicholson			
Essein, John	5	37:50	160
KONZEN	5	37:50	156
Group 2			
Boehm	5	35:15	152
Fentress	4	29:30	132
Archer	5	35:50	160
Pollihan	5	35:40	156
Shumate	5	35 40	164
Jacoby	4	29:30	128
Groesch			
Laughlin	4	29:30	132
Griffard	4	29:30	140
Herrmann	4	29:30	148
Dodd	5	35:40	160
Beckerle	4	29:30	132
BSSWEIN, JOE	5	35:40	148

Group 3	1	2	3	4	5	6	7	8
Zink-Duda								
Rancilio								
Clark								
Bufe								
Kellett								
Fox								
Raeber								
Dowd					—	—	—	
Curran								
Bossung								
Milford								
Carroll								

Group 4	1	2	3	4	5	6	7	8
McEnery								
Hruz								
Gaines	6 miles	- 38:00	-	164				
Seaton								
Suhre								
Moran								
Wottowa								
Cooley								
Body								
Bergman								
Madden, K								
McLaughlin, S								
Mimlitz, J								
Oster								
Rackers								
Rubio								
Swan								

Charles

	1	2	3	4	5	6	7	8
Vicini	3 miles	-	33:00	-				
Waters								
Sextro								
Mungenast								
Group 5								
Chura								
Conley								
Kuehner								
Martino								
Moloney								
Moody								
Umana								
Amsler								
Chott								
Fister								
Thomas								
Stinehart								

Group 6	1	2	3	4	5	6	7	8
Mulligan								
Carron								
Kernell								
McEnery, C								
Peraud								
Ferrara								
Phimphavong								
Abernathy								
Bollinger								
Brumfield								
Charles								
Dalaklis								
Gillam								
Godar								
Greaves								
Hellman								
Hilmes								
Hopcraft								
Kasper, D								
Kasper, M								
Lawder								
McCarthy								
Miller								
Mimlitz, M								
Murphy								
Obermeyer								
Patton								
Schrock								
Sit								
Smith								
Thorp								
MJ Jungeman								

Date: 9-2-10 Conditions:

Workout: Push-ups/Dynamics/First Capital Racers=4-6 miles Time Trialers=6-5-4 miles/ Strides/ 2nd push-ups/ Full Stretch

Group A	Mileage	Time	Pulse	Comments
Boehm	5	39.52	152	
Jacoby	5	39.54	164	
McLaughlin, M	6	40.54	142	
Meier	6	41.11	144	
Mueth	4	33.12	140	
Rackers	4	37.47		
Raterman	5	49.52	143	
Ratermann	5	39.45	160	
Rubbelke	6	40.54	148	
Konzen	5	49.52	156	
Group B				
Archer	5	39.57	148	
Arredondo	4	[illegible]		
Fentress	4	[illegible]		
Groesch	5	40.30	160	
Nicholson	5	39.56	164	
Group C				
Beckerle	5	39.56	144	
Bossung	6	48.45	160	
Bufe	6	48.06	164	
Carroll	6	48.05	164	
Clark	6	51.17	160	
Cooley	6	49.17	170	
Curran	6	49.17	164	
Dodd	6	40.50	143	
Dowd	5	40.30	166	
Esswein, Joe	5	39.54	152	
Esswein, John	4	32.50	160	
Fox	6	48.23	168	
Griffard	4	32.22	156	
Herrmann	4	32.22	160	
~~Kellett~~				
Laughlin	4	33.06	136	
McEnery	6	54.24	156	
Pollihan				
Rackers, P	6	48.04	156	
Raeber	6	48.07	168	
~~Reichold~~				
Seaton	6	49.13	164	
Shumate	4	33.50	156	
Stinehart	6	43.54	150	
Suhre	2	17.42	144	
Wottowa	6	48.30	150	
Zink-Duda	6	47.23	160	
Group D				
Amsler	5	39.56	168	
Bergman	5	44.25	180	
~~Body~~				
Chura	3	29.49	156	
~~Conley~~				
Gaines	3	30.55	156	
Glass	3	29.41	164	
Hruz	6	52.37	176	
Kuehner	4	43.53	164	

Group D	Mileage	Time	Pulse	Comments
Madden	5	[illegible]	160	
Martino	5	44.38	170	
McLaughlin, S	6	48.06	160	
Milford	6	48.06	170	
Mimlitz, J	5	39.58	156	
Moloney	no			
Moody				
Moran				
Oster	4	36.30	160	
Rancilio	6	48.20	160	
Rubio	5	45.08	170	
~~Sextro~~				
Swan	5	43.24	164	
Umana	5	39.59	164	
Vicini	5	48.28	172	
Waters	3	25.00	200	
Group E				
Abernathy	4	37.33	148	
~~Bensalah~~				
Bollinger	4	36.40	176	
Brumfield	4	36.40	196	
Carron	4	36.48	204	
Charles	3	23.00	160	
Chott	4	36.30	150	
Dalaklis	4	36.21	162	
~~Ferrara~~				
Fister	5	39.58	164	
Gillam	4	39.37	164	
Godar	4	56.35	156	
Greaves	5	56.32	200	
Hellman	5	45.23	160	
Hilmes	4	37.33	204	
~~Hopcraft~~				
Kasper, D				
Kasper, M	4	36.30	212	
Kernell	4	[illegible]	160	
Lawder	2	16.05	164	
McCarthy	2	12.00	160	
McEnery	4	35.36	160	
Miller	4	36.42	148	
Mimlitz, M	4	38.22	160	
Mulligan	4	36.42	180	
Mungenast	4	32.37	200	
~~Murphy~~				
Obermeyer	5	56.32	180	
~~Patton~~				
Peraud	2	56.00	160	
Phimphavong	4	57.13	180	
Schrock	4	58.24	180	
Sit	4	37.31	180	
~~Smith~~				
Thomas	5	41.55	176	
Thorp	4	35.38	176	
Anonymous	6	47.11	144	

Date: 9-6-10 Conditions:

Workout: Push-ups/Dynamics/Hybrid/ aerobic run 4 and 3/ Strides/Step-ups/ 2nd push-ups/ Full Stretch

Group A (9)	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Boehm	4	27:37	164		Madden				
Jacoby	4	30:13	168		Martino	3	23:50	180	
McLaughlin, M	4	27:36	144		McLaughlin, S	3	25:45	152	
Meier	4	28:03	148		Milford				
Mueth	4	28:05	168		Mimlitz, J	3	21:01	180	
Rackers	4	28:03	144		Moloney				
Raterman	4	27:42	166		Moody	3	22:56	180	
Ratermann	4	26:05	144		Moran				
Rubbelke	4	28:06	132		Murphy	3	22:24	160	
					Oster	4	30:27	180	
Group B (7)					Rancilio	4	29:32	168	
Archer	4	29:23	168		Rubio	3	22:20	172	
Arredondo	4	29:23	160		Swan	3	23:06	164	
Esswein, Joe	4	28:05	156		Umana				
Fentress	4	29:23	156		Vicini	4	37:24	128	
Groesch	4	29:23	164		Waters	4	31:38	172	
Konzen	4	27:31	164						
Nicholson	4	29:23	148		**Group E (33)**				
					Abernathy	3	25:49	148	
Group C (25)					Bollinger	3	25:40	168	
Beckerle					Brumfield	3	27:41	180	
Bossung	4	30:20	176		Carron	3	23:39	180	
Bufe	4	32:20	160	bad hurt	Charles				
Carroll	4	32:23	140		Chott	3	23:54	172	
Clark	4	29:32	176		Dalaklis	3	22:06	184	
Cooley	4	31:20	176		Ferrara				
Curran	4	30:27	160		Fister	3	23:36	160	
Dodd	4	27:44	172		Godar	3	28:14	188	
Dowd	4	29:23	164		Greaves	3	28:21	180	
Esswein, John	4	27:38	176		Hellman				
Fox	4	29:32	168		Hilmes	3	27:28	180	
Griffard					Hopcraft				
Herrmann	4	30:13	164		Kasper, D	3	28:14	204	
Laughlin	4	29:23	160		Kasper, M	3	23:35	180	
McEnery	4	32:35	160		Kernell				
Pollihan	4	30:11	160		Lawder				
Rackers, P					McCarthy				
Raeber	4	32:23	180		McEnery	3	22:39	160	
Reichold					Miller	3	25:09	136	
Seaton	4	30:13	160		Mimlitz, M	3	26:27	164	
Shumate	4	29:23	160		Mulligan	3	24:08	160	
Stinehart	4	37:36	180		Mungenast	3	22:55	178	
Suhre					Obermeyer	3	26:18	168	
Wottowa	4	30:14	168		Patton				
Zink-Duda	4	28:10	160		Peraud	3	27:47	140	
					Phimphavong	3	3	168	
Group D (26)					Schrock	3	29:45	192	
Amsler	3	23:48	160		Sit	3	25:49	124	
Bergman	3	22:40	140		Smith				
Body					Thomas	3	22:57	180	
Chura					Thorp	3	25:40	160	
Conley									
Gaines									
Gillam	3	23:35	144						
Glass									
Hruz	4	29:59	180						
Kuehner	3	26:27	178						

brick

Date: 9-7-10 Conditions:

Workout: Push-ups/Dynamics/Jungle Adventure 3/6 flying 200s/ 2nd push-ups/ Full Stretch

Group A (9)	Mileage	Time	Pulse	Comments
Boehm		20:59	156	
Jacoby		21:20	162	
McLaughlin, M		20:39	152	
Meier		20:59	148	
Mueth		21:24	152	
Rackers		20:39	148	
Raterman		21:58	163	
Ratermann		20:39	166	
Rubbelke		20:59	148	
Group B (7)				
Archer		21:14	160	
Arredondo		21:14	152	
Esswein, Joe		20:59	148	
Fentress			148	
Groesch		21:14	164	
Konzen		0		
Nicholson		21:14	152	
Group C (25)				
Beckerle		22:00	160	
Bossung		22:30	160	
Bufe				
Carroll		2243	160	
Clark		2143	188	
Cooley		2340	172	
Curran		21:16	156	
Dodd		2200	148	
Dowd		22:00	160	
Esswein, John		20:01	168	
Fox		2233	148	
Griffard		2312	164	
Herrmann				
Laughlin		2300	152	
McEnery		2351	172	
Pollihan		2340	148	
Rackers, P		2341	160	
Raeber		2607	144	
Reichold				
Seaton		2238	156	
Shumate		21:11	164	
Stinehart		2615	184	
Suhre		2339	168	
Wottowa		2127	180	
Zink-Duda		20:00	320	172
Group D (26)				
Amsler		2129	164	
Bergman		2337	176	
Body				
Chura		2306	156	
Conley		2303	176	
Gaines		2340	152	
Gillam		2338	176	
Glass				
Hruz		2240	164	
Kuehner		2505	180	

Group D	Mileage	Time	Pulse	Comments
Madden		2407	164	
Martino		2505	176	
McLaughlin, S		2230	164	
Milford		2242	164	
Mimlitz, J		2100	172	
Moloney				
Moody		2256	188	
Moran				
Murphy		2100	160	
Oster		2111	180	
Rancilio		21:13	148	
Rubio		21:30	150	
Swan		2100	156	
Umana		2223	164	
Vicini		23:38	142	
Waters		2129	176	
Group E (33)				
Abernathy		2422	146	
Bollinger		2340	172	
Brumfield		2201	180	
Carron		2340	176	
Charles	218	164	164	
Chott		2349	184	
Dalaklis		2230	156	
~~Ferrara~~				
Fister		2300	156	
Godar		2746	164	
Greaves		2741	168	
Hellman		2600	160	
Hilmes		2554	180	
Hopcraft	1	6:31	180	
Kasper, D		2630	180	
Kasper, M		2120	180	
Kernell		2602	148	
Lawder		2449	176	
McCarthy		2741	200	200
McEnery		2512	140	
Miller		2602	140	
Mimlitz, M		2610	160	
Mulligan		2350	160	
Mungenast		2255	192	
Obermeyer		2241	184	
~~Patton~~	Peraud	2710	120	
~~Peraud~~	Patton	2616	162	
Phimphavong		3100	172	
Schrock		3105	160	
Sit		2452	160	
Smith				
Thomas		2338	172	
Thorp		2615	160	

Date: 9-8-10 Conditions:
Workout: Push-ups/Dynamics/ Core/ aerobic run 6-5-4/Strides/ 2nd push-ups/ Full Stretch

Group A (9)	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
Boehm	6	47:00	168		Madden	4	31:53	164	
Jacoby	6	46:10	170		Martino	4	31:53	196	
McLaughlin, M	6	43:39	144		McLaughlin, S	4	31:25	156	
Meier	6	43:37	152		Milford	5	40:04	152	
Mueth	6	46:10	164		Mimlitz, J	4	30:35	172	
Rackers	6				Moloney				
Raterman	6	43:40	154		Moody	4	33:05	168	
Ratermann	6	43:40	164		Moran	4	34:15	—	
Rubbelke	6	43:30	148		Murphy	4	30:13	160	
					Oster	4	30:33	168	
Group B (7)					Rancilio	5	42:25	156	
Archer	6	47:06	168		Rubio	4	30:31	176	
Arredondo	6	45:54	160		Swan	4	30:33	168	
Esswein, Joe	6	47:00	168		Umana	4	30:33	168	
Fentress					Vicini	4	31:32	160	
Groesch	6	45:54	160		Waters				
Konzen									
Nicholson	6	47:06	160		**Group E (33)**				
					Abernathy	4	34:11	150	
Group C (25)					Bollinger	4	31:30	164	
Beckerle	5	34:46	156		Brumfield	4	31:27	160	
Bossung					Carron	4	34:21	180	
Bufe					Charles	4	30:28	174	
Carroll	5	40:04	172		Chott	4	34:40	176	
Clark	5	40:10	180		Dalaklis	4	34:03	160	
Cooley	5	43:26	—		Ferrara				
Curran	5	40:12	156		Fister	4	30:33	168	
Dodd	5	34:40	160		Godar	4	37:37	164	
Dowd	5	34:36	148		Greaves				
Esswein, John	5	38:45	172		Hellman	4	38:16	164	
Fox					Hilmes	4	34:17	196	
Griffard					Hopcraft				
Herrmann	5	34:40	160		Kasper, D				
Laughlin	5	38:45	165		Kasper, M	4	30:30	176	
McEnery	5	43:30	172		Kernell	4	31:11	166	
Pollihan					Lawder	4	34:53	168	
Rackers, P	5	43:55	160		McCarthy				
Raeber	5	40:30	164		McEnery	4	35:52	168	
Reichold					Miller	4	34:24	168	
Seaton	5	34:36	164		Mimlitz, M				
Shumate	5	38:45	164		Mulligan	4	31:27	150	
Stinehart	5	45:29	180		Mungenast	4	30:25	204	
Suhre	3.1	23:40	169		Obermeyer				
Wottowa	5	40:00	188		Patton				
Zink-Duda	5	39:45	168		Peraud	4	34:20	140	
					Phimphavong				
Group D (26)					Schrock				
Amsler	4	34:31	168		Sit	4	34:11	148	
Bergman	4	31:14	180		Smith				
Body					Thomas	4	31:14	178	
Chura	4	30:35	184		Thorp	4	32:00	164	
Conley	4	31:17	176						
Gaines	4	34:16	156						
Gillam	4	30:55	168						
Glass									
Hruz	5	40:45	184						
Kuehner	4	34:19	168						

Date: 9-9-10 Conditions:

Workout: Push-ups/Dynamics/ aerobic run 5-4-3/Flying 200s/ Step-ups/ 2nd push-ups/ Full Stretch

Group A (9)	Mileage	Time	Pulse	Comments
Boehm		24:40	156	
Jacoby	5	37:07	> ∞	
McLaughlin, M				
Meier	5	37	156	
Mueth	5	37:10	??	
Rackers	6.02 F23	limit		Ladies Choice
Raterman		X > 2?		
Ratermann	5	35:30	144	calculus
Rubbelke	5	37:30	190	Cowboys!
Group B (7)				
Archer	5	37:16	∞	
Arredondo				
Esswein, Joe				
Fentress				
Groesch	5	37:16	- ∞	
Konzen	5	limit	164	
Nicholson				
Group C (25)				
Beckerle	6 4	26:54	164	
Bossung	4	26:54	172	
Bufe				
Carroll	4	26:58	176	
Clark	4	28	∞	
Cooley				
Curran	4	26.54	152	
Dodd	4	26.54	148	
Dowd	4	27:00	176	
Esswein, John	4	27:00	156	
Fox	4	26.54	164	
Griffard				
Herrmann				
Laughlin	4	27:00	156	
McEnery	4	32:05	160	
Pollihan				
Rackers, P	4	31:39	172	
Raeber	4	30:06	160	
Reichold				
Seaton	4	26:54	168	
Shumate	4	26:54	164	
Stinehart	4	33:42	164	
Suhre	3	24:10	160	
Wottowa	4	26.54	184	
Zink-Duda	4	26.54	164	
Group D (26)				
Amsler	3	23:44	160	
Bergman	3	26:17	168	
Body	4	26.54	192	
Chura	3	23:50	160	
Conley	3	26:30	176	
Gaines	3	23:50	160	
Gillam	3	25:30	160	
Glass				
Hruz				
Kuehner				

Group D	Mileage	Time	Pulse	Comments
Madden	3	26:15	168	
Martino				
McLaughlin, S	3	23:40	168	
Milford				
Mimlitz, J	3	23:44	168	
Moloney				
Moody	3	25:31	136	
Moran	3	24:44	176	
Murphy	3	23:55	156	
Oster	3	23:00	180	
Rancilio	4	29:11	156	
Rubio	3	23:44	164	
Swan	3	23:44	172	
Umana				
Vicini				
Waters				
Group E (33)				
Abernathy	3	25:40	156	
Bollinger	3	24:20	172	
Brumfield	3	24:20	160	
Carron	3	23:40	188	
Charles	3	24:40	146	
Chott	3	26:30	160	
Dalaklis	3	23:58	156	
Ferrara				
Fister	3	23:43	164	
Godar	3	32:29	168	
Greaves				
Hellman				
Hilmes		30:19	160	
Hopcraft				
Kasper, D	3	26:16	194	
Kasper, M	3	25:30	180	
Kernell				
Lawder				
McCarthy				
McEnery	3	26:00	160	
Miller				
Mimlitz, M	3	26:00	160	
Mulligan	3	29:40	184	
Mungenast	3	23:56	172	
Obermeyer	3	29:25	160	
Patton				
Peraud	3	30:19	144	
Phimphavong				
Schrock	3	32:39	172	
Sit	3	25:40	140	
Smith				
Thomas	3	24:20		
Thorp				

Date: 9-13-10 Conditions:

Workout: Push-ups/Dynamics/Parkway Central Racers = Tempo/Aerobic run A=10 B=8 C=6 D=5 E=4

PCH Racers	Tempo	Time	Pulse	Comments
Archer				
Arredondo				
Esswein				
Griffard				
Laughlin				
Pollihan				
Shumate				

Group A (9)	Mileage	Time	Pulse	Comments
Boehm	10	69 11	168	
Jacoby	8	59 11	164	
McLaughlin, M	10	69 11	160	
Meier	10	69 11	162	
Mueth	6	48 28	168	
Rackers	8	55 57	172	
Raterman	10	69 11	156	
Ratermann	10	69 20	172	
Rubbelke	8	58 28	160	
Group B (7)				
Esswein, Joe	8	58 28	164	
Fentress	6	48 00	152	
Groesch	—			
Konzen	8	55 57	156	
Nicholson	6.5	—	—	hurt hip flexor
Group C (25)				
Beckerle	6	45 26	168	
Bossung	6	46 16	200	
Bufe	6	48 30	164	
Carroll	6	45 16	160	
Clark	6	48 35	188	great winner!
Cooley	6	53 22	164	
Curran	6	48 18	164	
Dodd	6	45 16	148	
Dowd	—			
Fox	6	45 26	172	
Herrmann	5 1/2	44 33	120	hurt calf
McEnery	6	55 54	156	
Rackers, P	6	48 32	156	
Raeber	5	40 17	152	
Reichold	X-Train			
Seaton	5	40 20	164	
Stinehart	6	57 05	180	
Suhre	4	35 05	160	
Wottowa	6	46 38	188	
Zink-Duda	6	45 16	172	
Group D (26)				
Amsler	5	39 36	164	
Bergman	6.5	41 29	192	
Body	Absent			
Chura	5	35 00	156	
Conley	4	35 05	164	
Gaines	5	40 17	160	
Gillam	4	35 23	172	
Glass	4	35 23	182	
Hruz	6	49 03	184	
Kuehner	—			
Madden	4	33 18	166	
Martino	5	42 49	182	

Group D	Mileage	Time	Pulse	Comments
McLaughlin, S	4	35 23	160	
Milford	6	45 05	160	
Mimlitz, J	5	38 19	164	
Moloney	—			
Moody	5	40 10	132	fever!
Moran	5	38 15	208	
Murphy	4	38 15	160	
Oster	5	40 20	164	
Rancilio	6	45 16	164	
Rubio	5	39 38	180	
Swan	5	39 36	160	
Umana	5	38 20	[illegible]	176
Vicini	5	40 17	164	
Waters	6	57 04	176	
Group E (33)				
Abernathy	4	35 23	154	
Bollinger	4	34 55	174	
Brumfield	4	34 54	160	
Carron	Absent			
Charles	Inj			
Chott	4	38 15	192	
Dalaklis	4	34 49	164	
~~Fenster~~				
Fister	5	38 20	184	
Godar	4	44 00	156	
Greaves	4	44 00	160	
Hellman	Absent			
Hilmes	4	37 28	[illegible]	208
Hopcraft	—			
Kasper, D	4	34 10	132	
Kasper, M	INJ			
Kernell	4	35 23	150	
Lawder	4	37 29	192	
McCarthy	4	44 00	150	
McEnery	4	35 43	160	
Miller	4	35 43	152	
Mimlitz, M	4	37 44	152	
Mulligan	4	33 10	160	
Mungenast	4	33 18	196	
Obermeyer	4	34 10	160	
Patton	3	—		
Peraud	4	37 29	140	
Phimphavong	4	44 00	160	
Schrock	4	44 00	160	
Sit	4	37 44	140	
Smith	INJ			
Thomas	5	40 10	168	
Thorp	5	42 33	160	

Faithfully submitted,
Coach Brian Gilmore

Date: 9-14-10 Conditions:
Workout: Push-ups/Dynamics/Parkway Central Racers = Aerobic/Tempo run 12=5 3=4 45=3

PCH Racers	Mileage	Time	Pulse	Comments
Archer	6	43.05	160	
Arredondo				
Esswein			178	
Griffard			144	
Laughlin	5	29:50	164	
Pollihan			160	
Shumate				

Group A (9)	Tempo	Time	Pulse	Comments
Boehm	4	27:16	178	
Jacoby	5	34:40	188	
McLaughlin, M	5	29:54	160	
Meier	5	29:14	176	
Mueth	4	25:34	178	
Rackers	5	29:01	204	
Raterman	4	24:45	NP	
Ratermann	5	30:12	180	
Rubbelke	5	30:27	192	
Group B (7)				
Esswein, Joe	5	30:56	170	
Fentress	5	33:10	160	
Groesch	5	36:43	186	
Konzen	5	32:01	168	
Nicholson	XT			
Group C (25)				
Beckerle	5	34:22	184	
Bossung				
Bufe	4	27:40	166	
Carroll	4	26:19	166	
Clark	4	28:06	184	
Cooley	4	27:30	180	
Curran	4	24:24	166	
Dodd	4	26:30	160	cool/rain
Dowd	5	31:00	178	
Fox				
Herrmann				
McEnery	4	32:19	176	
Rackers, P	4	22:13	180	
Raeber	4	29:10		
Reichold	3	20:07	160	
Seaton	4	29:01	166	
Stinehart	3	24:21	180	
Suhre	2	14:51	170	
Wottowa				
Zink-Duda	4	26:20	168	
Group D (26)				
Amsler	3	22:10	168	
Bergman	3	22:12	168	
Body				
Chura	3	25:31	166	
Conley	3	24:13	180	
Gaines	4	29:17	172	
Gillam	3	22:52	158	
Glass	3	25:47	170	
Hruz	4	31:16	176	
Kuehner	XT			
Madden	3	26:01	164	
Martino	3	23:40	202	

Group D	Tempo	Time	Pulse	Comments
McLaughlin, S				
Milford	4	26:30		
Mimlitz, J	4	29:15	188	
Moloney				
Moody	3	23:40	208	
Moran				
Murphy	3	23:45	160	
Oster	3	20:23	188	
Rancilio	4	36:17	174	
Rubio	3	30:32	154	
Swan	4	29:16	170	
Umana	3	22:36	184	
Vicini	4	26:19	164	
Waters	4	29:17	196	
Group E (33)				
Abernathy	3	24:20		
Bollinger	3	22:20	180	
Brumfield	3	22:36	180	
Carron	3	24:07	202	
Charles	XT			
Chott	3	26:35		
Dalaklis	3	23:40	184	
~~Ferrara~~				
Fister	4	29:58	200	
Godar				
Greaves	3	26:52	176	
Hellman				
Hilmes	3	24:16	176	
Hopcraft				
Kasper, D	3	29:10	180	
Kasper, M	25 -	15:56		
Kernell	3	24:47	160	
Lawder	3	24:37	168	
McCarthy	3	26:06	176	
McEnery	3	26:50	160	
Miller	3	24:36	176	
Mimlitz, M	3	25:56	180	
Mulligan	3	22:49	172	
Mungenast	3	23:50	180	
Obermeyer	3	26:16	180	
Patton				
Peraud	3	25:47	176	
Phimphavong	3	31:40	170	
Schrock	3	30:10	180	
Sit	3	24:28	160	
Smith				
Thomas	3	24:32	172	
Thorp	3	24:48	166	

Date: 9-~~14~~15-10 Conditions: Aerobic 8-6-5-4 3

Workout: Push-ups/Dynamics/Parkway Central Racers = Aerobic/~~Tempo run~~ 12=5 3=4 45=3

PCH Racers	Mileage	Time	Pulse	Comments
Archer	5	40:28	152	
Arredondo	"	"	152	
Esswein	"	"	140	
Griffard	"	"	152	
Laughlin	5	40:28	140	
Pollihan	"	"	140	
Shumate	-1	"		

Group A (9)	Tempo	Time	Pulse	Comments
Boehm	8	57:16	160	
Jacoby	8	57:16	160	
McLaughlin, M	8	58:42	116	
Meier	8	57:16	144	
Mueth	4	39:22	169	
Rackers	8	57:16	136	
Raterman	8	57:16	152	
Ratermann	8	57:16	164	
Rubbelke	6	43:12	148	
Group B (7)				
Esswein, Joe	6	42:58	156	
Fentress	4	33:08	140	
Groesch	6	45:47	160	
Konzen	6	42:58	152	
Nicholson	5	40:28	152	
Group C (25)				
Beckerle	5	40:30	144	
Bossung	5	37:58	186	
Bufe	5	40:40	160	
Carroll	5	40:13	128	
Clark				
Cooley	5	34:44	172	
Curran	5	37:24	158	
Dodd	5	36:01	168	
Dowd	6	45:47	144	
Fox	3	22:00	136	
Herrmann	4	33:08	120	
McEnery	5	45:52	164	
Rackers, P	5	36:16	160	
Raeber	3	26:22	144	Recovery
Reichold				
Seaton	4	34:55	160	
Stinehart	5	44:19	180	
Suhre	4	34:32	160	
Wottowa	5	38:17	160	
Zink-Duda	5	35:16	176	
Group D (26)				
Amsler	4	34:48	160	
Bergman	4	32:51	156	
Body				
Chura	4	37:08	160	
Conley	2	—	—	
Gaines	4	30:32	152	
Gillam	4	30:31	NP 132	
Glass	3	26:22	172	
Hruz	5	40:19	176	
Kuehner	2	16:13	NP	
Madden	4	33:15	160	
Martino	4	32:53	200	

Group D	Tempo	Time	Pulse	Comments
McLaughlin, S	4	33:08	160	
Milford	5	40:13	132	
Mimlitz, J	5	46:10	164	
Moloney				
Moody				
Moran	4	31:57	184	
Murphy	4	28:32	160	
Oster	4	28:17	152	
Rancilio	5	35:17	164	
Rubio	4	28:17	172	
Swan	4	28:17	180	
Umana				
Vicini	4	30:32	156	
Waters	5	44:09	168	
Group E (33)				
Abernathy	3	25:22	156	
Bollinger	3	23:03	156	
Brumfield	3	23:03	160	
Carron	3	24:12	176	
Charles				
Chott	3	25:30	180	
Dalaklis	3	21:48	172	
Ferrara				
Fister	5	40:30	164	
Godar	3	27:40	172	
Greaves	3	26:11	140	
Hellman				
Hilmes	3	26:48	164	
Hopcraft				
Kasper, D	3	25:30	144	
Kasper, M	3	21:45	172	
Kernell	3	25:40	160	
Lawder	1			
McCarthy	3	25:40	160	
McEnery	3	22:00	160	
Miller	3	23:43	—	
Mimlitz, M	3	25:40	128	
Mulligan	3	23:03	156	
Mungenast	3	23:03	172	
Obermeyer	3	26:09	152	
Patton				
Peraud	3	26:53	140	
Phimphavong				
Schrock	3	30:11	168	
Sit	3	—	— 160	Bathroom Break
Smith				
Thomas	4	31:03	168	
Thorp	4	35:59	180	

Date: 9-16-10 Conditions:
Workout: Push-ups/Dynamics/Hybrid/Aerobic run 10-8-6-5-4/Flying 200s/ Step-ups

PCH Racers	Mileage	Time	Pulse	Comments
Archer				
Arredondo				
Esswein				
Griffard				
Laughlin				
Pollihan				
Shumate				

Group A (9)	Mileage	Time	Pulse	Comments
Boehm	8	57:05	158	
Jacoby	8	58:10	164	
McLaughlin, M	10	70:11	156	
Meier	10	70:41	156	
Mueth	—			
Rackers	10	70:11	148	
Raterman	8	59:46	146	
Ratermann	8	57:30	164	
Rubbelke	8	57:34	152	
Group B (7)	—			
Esswein, Joe	8	57:30	152	
Fentress	4	31:03	120	
Groesch	8	59:37	164	
Konzen	—			
Nicholson	—			
Group C (25)	—			
Beckerle	—			
Bossung	6	45:23	140(24	
Bufe	lazy Bum			
Carroll	6	51:30	132	
Clark	6	46:07	148	
Cooley	6	47:00	168	
Curran	6	45:17	164	
Dodd	6	44:57	160	
Dowd	8	59:37	164	
Fox	6	45:18	168	
Herrmann	4	31:03	120	
McEnery	6	57:42	156	
Rackers, P	6	46:37	170	
Raeber	4	31:47	140	Recovery
Reichold	4	31:13	176	
Seaton	5	41:26	156	
Stinehart	6	51:20	180	
Suhre	5	38:47	148	
Wottowa	6	45:24	168	
Zink-Duda	6	44:57	156	
Group D (26)	—			
Amsler	5	38:49	160	
Bergman	5	39:13	172	
Body	—			
Chura	4	32:00	120	
Conley	—			
Gaines	5	42:20	156	
Gillam	5	38:41	136	
Glass	4	35:22	184	
Hruz	6	46:51	180	
Kuehner	3600m	24:29	168	
Madden	4	33:39	140	
Martino	5	40:15	176	

Group D	Mileage	Time	Pulse	Comments
McLaughlin, S	6	51:19	152	
Milford	6	51:42	132	
Mimlitz, J	6	44:43	176	
Moloney	—			
Moody	5	41:06	204	
Moran	5	38:41	188	
Murphy	5	39:10	160	
Oster	5	38:49	172	
Rancilio	6	45:06	156	
Rubio	5	38:41	168	
Swan	5	38:40	156	
Umana	5	38:40	160	
Vicini	5	42:40	164	
Waters	6	44:43	192	
Group E (33)	—			
Abernathy	4	31:10	152	
Bollinger	4	31:03	164	
Brumfield	4	31:03	160	
Carron	4	32:20	188	
Charles	—			
Chott	4	36:14	168	
Dalaklis	4	30:13	184	
Ferrara	—			
Fister	5	38:40	154	
Godar	—			
Greaves	4	36:15	156	
Hellman	4	35:40	144	
Hilmes	4	33:39	176	
Hopcraft	—			
Kasper, D	4	35:45	148	
Kasper, M	4	30:13	176	
Kernell	4	36:15	132	
Lawder	—			
McCarthy	8	58:40	164	
McEnery	4	33:00	164	
Miller	4	36:15	156	
Mimlitz, M	4	38:00	168	
Mulligan	4	31:03	180	
Mungenast	4	31:10	180	
Obermeyer	4	35:05	156	
Patton	—			
Peraud	4	38:00	132	
Phimphavong	—			
Schrock	4	41:54	140	
Sit	4	31:21	160	
Smith	—			
Thomas	5	39:14	168	
Thorp	5	42:07	172	

JACK 44:50

Date: 9-17-10 Conditions:

Workout: Push-ups/Dynamics/ Pre-Race run or Unity Run/Strides/ 2nd push-ups/ Full Stretch

Group A (9)	Mileage	Time	Pulse	Comments
Boehm	5	39:01	148	
Jacoby	5	38:10	144	
McLaughlin, M	6	42:04	136	
Meier	6	42:13	140	
Mueth	5	39:34	162	
Rackers	6	42:11	124	
Raterman	6	42:13	170	
Ratermann	6	42:11	130	
Rubbelke	6	42:09	140	
Group B (7)				
Archer	6	42:02	160	
Arredondo	6	42:11	140	
Esswein, Joe	6	42:11	128	
Fentress	6	42:11	160	
Groesch	5	38:23	160	
Konzen	5	38:21	156	
Nicholson	6	42:11	168	
Group C (25)				
Beckerle	5	37:48	164	
Bossung	5	38:20	180	
Bufe				
Carroll	5	37:48	160	
Clark	5	40:01	180	
Cooley	5	42:27	156	
Curran	5	38:47	159	
Dodd	5	37:51	156	
Dowd	5	38:23	164	
Esswein, John	6	42:07	148	frosh
Fox	5	37:48	172	
Griffard	6	42:11	156	
Herrmann	4	30:52	170	
Laughlin	6	42:11	136 144	
McEnery	5	43:00	168	
Pollihan	6	42:11	160	
Rackers, P	5	38:00	156	
Raeber	3	25:44	157	recovery
Reichold	3	22:40	168	
Seaton	4	31:18	156	
Shumate	3	19:20	160	
Stinehart	5	41:58	184	
Suhre	4	35:01	144	
Wottowa				
Zink-Duda	5	37:48	156	
Group D (26)				
Amsler	4	31:38	156	
Bergman	4	31:15	168	
Body				
Chura	4	33:56	156	
Conley				
Gaines	4	35:58	152	
Gillam	4	32:53	134	
Glass	3	25:40	164	
Hruz	5	37:50	172	
Kuehner	4	34:39	152	

Group D	Mileage	Time	Pulse	Comments
Madden	4	33:10	160	
Martino	4	32:53	172	
McLaughlin, S	4	35:00	160	
Milford	5	38:21	156	
Mimlitz, J	4	31:54	160	
Moloney				
Moody	4	33:15	120	
Moran	4	35:27	180	
Murphy	4	32:41	152	
Oster	4	31:18	168	
Rancilio	4	32:56	148	
Rubio	4	31:18	150	
Swan	4	32:39	152	
Umana	4	31:54	160	
Vicini	4	—	164	
Waters	5	37:05	180	
Group E (33)				
Abernathy	4	34:51	144	diarrhea
Bollinger	4	31:20	168	
Brumfield	4	31:24	160	
Carron	4			
Charles				
Chott	4	30:06	164	
Dalaklis	4	31:09	156	
Ferrara				
Fister	4	31:09	160	
Godar	4	36:01	188	
Greaves	4	36:01		
Hellman	3	25:49	130	
Hilmes	4	34:06	200	
Hopcraft				
Kasper, D	4	34:00	168	
Kasper, M				
Kernell	4	34:04	160	
Lawder	4	37:09	172	
McCarthy	4	34:36	160	
McEnery	4	32:34	152	
Miller	4	37:04	148	
Mimlitz, M	4	35:00	160	
Mulligan	4	31:27	164	
Mungenast	4	31:09	160	
Obermeyer	4	35:59	166	
Patton	3	25:40	160	
Peraud	4	36:01	148	
Phimphavong	4	35:16	160	
Schrock	4	43:52	184	
Sit	4	33:20	160	
Smith				
Thomas	4	31:53	172	
Thorp	4	34:26	168	

Date: 9-20-10 Conditions:

Workout: Push-ups/Dynamics/ Pre-Race run or Long Run/Strides/ 2nd push-ups/ Full Stretch

Group A (9)	Mileage	Time	Pulse	Comments
Boehm	4	29:00	160	
Jacoby	4	32:51	148	
McLaughlin, M	10	69:20	152	
Meier	10	71:53	156	
Mueth	4	32:59	156	
Rackers	10	106:39	168	
Raterman	10	106:39	168	
Ratermann	10	71:50	160	
Rubbelke	8	59:10	160	
Group B (7)				
Archer				
Arredondo	6	46:30	164	
Esswein, Joe	8	59:10	160	
Fentress	6	98:20	160	
Groesch				
Konzen				
Nicholson				
Group C (25)				
Beckerle	4	31:16	184	
Bossung	4	31:49	200	
Bufe	3	24:00	160	
Carroll	3	25:33	124	
Clark	4	32:19	200	
Cooley	4	31:27	176	
Curran	4	31:33	176	
Dodd	4	31:14	168	
Dowd	4	31:09	180	
Esswein, John	6	41:22	152	
Fox	4	31:14	180	
Griffard	4	31:16	164	
Herrmann	3	26:10	164	
Laughlin	6	48:20	144	
McEnery	4	35:38	164	
Pollihan	6	46:30	156	
Rackers, P	4	30:51	160	
Raeber	3	25:38	160	
Reichold	4	31:44	168	
Seaton	3	26:12	160	
~~Shumate~~				
Stinehart	3	25:33	160	
Suhre				
Wottowa	4	31:31	192	
Zink-Duda	4	31:14	164	
Group D (25)				
Amsler	4	33:30	152	
Bergman	3	26:51	176	
Chura	3	25:52	120	
Conley				
Gaines	3	25:52	148	
Gillam	3	24:24	180	
Glass	3	26:52	184	
Hruz	4	31:43	188	
Kuehner	3	27:13	172	

Group D	Mileage	Time	Pulse	Comments
Madden	3	26:51	176	
Martino	3	26:24	180	
McLaughlin, S	5	27:45	156	
Milford	4	32:11	144	
Mimlitz, J	3	23:24	180	
Moloney	—	—	—	
Moody	3	23:23	132	
Moran	3	26:40	160	
Murphy	3	24:00	160	
Oster	3	23:43	164	
Rancilio	4	31:09	156	
Rubio	3	23:43	164	
Swan	4	29:45	168	
Umana	3	24:27	164	
Vicini	3	24:33	156	
Waters	3	26:42	196	
Group E (32)				
Abernathy	3	27:08	148	
Bollinger	3	26:50	156	
Brumfield	3	23:43	160	
Carron	3	24:24	160	
Charles	3	24:27	164	
Chott	3	26:40	188	
Dalaklis	3	24:43	176	
~~Ferrara~~				
Fister	3	29:30	152	
Godar				
Greaves	3	27:40	156	
Hellman				
Hilmes	3	26:28	200	
Hopcraft				
Kasper, D				
Kasper, M				
Kernell	3	27:08	140	
Lawder	3	26:44	180	
McCarthy				
McEnery	3	22:44	160	
Miller	3	25:14	160	
Mimlitz, M	3	24:57	164	
Mulligan	3	27:00	160	
Mungenast	3	23:37	176	
Obermeyer	3	26:20	162	
Peraud	3	30:50	134	
Phimphavong	✓			
Schrock	4	31:40	170	
Sit	3	24:25	160	
Smith	✓			
Thomas	3	23:47	164	
Thorp	1 m			Foot hurt (sprain)

9-21-10 Palatine Racers Workout 6 x 800 at Goal Race Pace and going negative

	800	800	800	800	800	800	Average	Comments
Rackers	2:34	2:29	2:32	2:28	2:32	2:24	2:29	
Meier	2:35	2:34	2:33	2:31	2:38	2:49	2:36	
Rubbelke	2:35	2:34	2:43	2:36	2:36	x	2:36	Hamstring
McLaughlin	2:37	2:35	2:34	2:32	2:36	2:33	2:34	
Raterman	2:40	2:40	2:39	2:37	2:38	2:31	2:37	
Ratermann	2:45	2:43	2:40	2:35	2:36	2:31	2:38	
Esswein, John	2:45	2:42	2:40	2:39	2:43	2:40	2:41	
							0:00	
							0:00	
Laughlin	2:42	2:38	2:42	2:43	2:42	2:47	2:42	
Nicholson	2:41	2:42	2:46	2:51	2:53	2:58	2:48	
Archer	2:43	2:43	2:42	2:51	2:46	2:46	2:45	
Arredondo	2:38	2:40	2:41	2:43	x	x	2:40	Asthma
Esswein, Joe	2:43	2:43	2:41	2:41	2:38	2:32	2:39	
Fentress	2:47	2:48	2:46	2:49	2:45	2:55	2:48	
Pollihan	2:46	2:48	2:47	2:47	2:46	2:45	2:46	

9-22-10 Jog West Camp/ Push-ups/Dynamics/Palatine Racers=8/6/5 Fox Racers=4/3 / Strides/ 2nd push-ups

Palatine (8)	Mileage	Time	Pulse	Comments	Recovery (C)	Mileage	Time	Pulse	Comments
McLaughlin	8	58:42			Zink-Duda	4	29:17	152	
Meier			156		**Recovery (D)**				
Rackers			144		Abernathy	3	22:51	140	
Raterman		L2 20	160		Bollinger		25:15	132	
Ratermann		L2 20	154		Brumfield	3	21:55	160	
Palatine (6)					Carron	3	22:51	184	
Archer		45:20	164		Charles				
Esswein, Joe	6	45:20	144		Chura				
Fentress		45:20	152		Dalaklis	3	21:05	176	
Nicholson	5	36:40	172		Fister	3	22:45	148	
Pollihan	6	45:20	164		Gaines		26:11	152	
Rubbelke		58:42	154		Gillam		25:15	148	
Palatine (5)					Hilmes		23:38	152	
Arredondo	5	36:40	160		Kernell		26:11	160	
Esswein, John	5	36:40	168		Kuehner		26:29	164	
Laughlin	5	36:40	172		Martino		27:20	154	
Recovery (B)					Mimlitz, J	3	22:45	164	
Boehm	4	26:18	168		Moran	3	22:44	152	
Jacoby	4	31:00	144		Muliigan	3	22:03	176	
Konzen					Mungenast		22:51	172	
Mueth	4	31:00	136		Murphy	3	24:30	160	
Recovery (C)					Oster		25:15	160	
Amsler	4	29:44	156		Peraud		23:40	156	
Beckerle	4	31:00	160		Stinehart	4	34:01	188	
Bergman	3	26:18	164		Suhre	4	25:00	156	
Bossung	4	30:45	192		Thomas	3	25:15	156	
Bufe					Umana	3	22:45	156	
Carroll	4	30:11	140		**Recovery (E)**				
Clark	4	33:18	180		Chott	3	26:29	174	
Cooley		31:31	176		Conley				
Curran	4	30:49	148		Glass				
Dodd	4	29:17	152		Godar	3	28:31	164	
Dowd	4	28:48	156		Greaves	3	29:32	128	
Fox					Hellman	3	25:13	160	
Griffard	4	29:27	148		Kasper, D	3	27:20	148	
Groesch	4	28:48	160		Kasper, M				
Herrmann	3	24:14	160		Lawder	3	28:33	168	
Hruz	4	31:17	164		Madden	3	26:32	148	
McEnery	4	31:07	156		McCarthy				
McLaughlin	3	25:15	152		McEnery, C	3	23:03	144	
Milford	4	29:34	134		Miller	3	24:15	152	
Rackers	4	29:44	152		Mimlitz, M	3	21:40	164	
Raeber	3	26:11	156		Moody				
Rancilio	4	28:48	148		Obermeyer	3	29:32	136	
Reichold	4	31:00	176		Phimphavong	3	34:23	156	
Rubio	4	29:44	160		Schrock	3	31:34	176	
Seaton	3	25:13	156		Sit	3	24:07	148	
Shumate					Smith	3	27:20	154	
Swan	4	29:41	160		Thorp	3	Tom 00	152	
Vicini	3	26:11	168	RC	~~Sutton~~		25:13	160	
Waters	4	34:02	164						
Wottowa	4	29:31	176						

9-23-10 Jog West Camp/ Push-ups/Dynamics/Hybrid/8-6-5-4-3 / Flying 200s/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	8	60:01	148		Abernathy	4	34:17	156	
Meier	8	60:40	148		Bollinger	4	31:48	150	
Rackers	8	60:07	144		Brumfield	4	31:48	164	
Raterman	7	53:29	140		Carron	4	32:42	172	
Ratermann					Charles				
Group B					Chura				
Archer	6	44:42	172		Dalaklis	4	32:11	180	
Arredondo	6	45:11	164		Fister	5	39:16	180	
Boehm	5	37:15	144		Gaines	4	33:56	132	
Esswein, Joe	6	45:20	156		Gillam	4	31:30	150	
Fentress	5	39:57	140	KNEE	Hilmes	4	37:23	200	
Jacoby	6	46:12	160		Kernell	4	34:17	132	
Konzen	6	44:37	168		Kuehner	4	36:40	172	
Laughlin	4/5	33:50	132		Martino	4	32:14	172	
Mueth	6	47:00	168		Mimlitz, J	5	39:15	176	
Nicholson	6	41:40	172		Moran	5	36:50	212	← 37????
Pollihan	6	44:37	168		Mulligan	4	32:50	164	
Rubbelke	6	44:37	152		Mungenast	4	32:42	180	
Group C					Murphy	4	37:44	150	
Amsler	5	37:55	164		Oster	4	32:30	152	
Beckerle	5	37:30	156		Peraud	4	37:30	132	
Bergman					Suhre	4	31:31	164	
Bossung					Thomas				
Bufe	3	24:00	164		Umana	5	39:15	156	
Carroll	5	35:33	172		**Group E**				
Clark	5	39:11	188		Chott	3	26:59	168	
Cooley	5	40:20	168		Conley				
Curran	5	37:29	160		Glass				
Dodd	5	36:49	160		Godar	3	26:39	188	
Dowd	5	35:23	164		Greaves	3	27:51	188	
Fox					Hellman				
Griffard	4 5	39:57	156	Injured	Kasper, D	3	27:28	172	
Groesch	5	35:33	172		Kasper, M				
Herrmann	4	33:56	152		Lawder	3	27:51	184	
Hruz	5	39:44	172		Madden	3	26:39	160	
McEnery	5	40:19	152		McCarthy	3	27:51	164	
McLaughlin	3	26:39	168		McEnery, C	3	24:18	160	
Milford	5	37:30	140		Miller	3	25:19	152	
Esswein, John	5	37:44	150		Mimlitz, M	3	21:53	176	
Rackers	5	39:50	140		Moody	4	31:16	156	
Raeber	5	42:30	148		Obermeyer	3	27:20	180	
Rancilio	3	24:47	140		Phimphavong				
Reichold	5	37:23	172		Schrock	3	32:22	180	
Rubio	3	26:39	164		Sit	3	24:18	164	
Seaton	4	37:30	156		Smith	3	27:06	160	
Shumate					Thorp				
Stinehart	5	39:25	128						
Swan	5	36:36	168						
Vicini	5	??	152						
Waters	5	39:19	192						
Wottowa	5	37:29	168						
Zink-Duda	5	34:15	176						

9-24-10 Jog Central Fields/ Push-ups/Dynamic Warm-up/6x800 / 2nd push-ups/ Extended Cool-Down

Group A	800	800	800	800	800	800	Com
McLaughlin							
Meier							
Rackers							
Raterman							
Ratermann							
Group B							
Archer							
Arredondo							
Boehm	2:53	2:53	2:50	0:48	2:42	2:35	
Esswein, Joe							
Fentress							
Jacoby							
Konzen							
Laughlin							
Mueth							
Nicholson							
Pollihan							
Rubbelke							
Group C							
Amsler							
Beckerle							
Bergman							
Bossung							
Bufe							
Carroll							
Clark							
Cooley							
Curran							
Dodd							
Dowd							
Fox							
Griffard	2:52	2:53	2:51	2:48	2:42	2:39	
Groesch							
Herrmann							
Hruz							
McEnery							
McLaughlin							
Milford							
Esswein, John							
Rackers							
Raeber							
Rancilio							
Reichold	2:55	3:00	3:03	3:03			
Rubio							
Seaton							
Shumate							
Stinehart							
Swan							
Vicini							
Waters							
Wottowa							
Zink-Duda							

Group D	800	800	800	800	800	800	Com
Abernathy							
Bollinger							
Brumfield							
Carron							
Charles							
Chura							
Dalaklis							
Fister							
Gaines							
Gillam							
Hilmes							
Kernell							
Kuehner							
Martino							
Mimlitz, J							
Moran							
Muliigan							
Mungenast							
Murphy							
Oster							
Peraud							
Suhre							
Thomas							
Umana					X		
Group E							
Chott							
Conley							
Glass							
Godar							
Greaves							
Hellman							
Kasper, D							
Kasper, M							
Lawder							
Madden							
McCarthy							
McEnery, C							
Miller							
Mimlitz, M							
Moody							
Obermeyer							
Phimphavong							
Schrock							
Sit							
Smith							
Thorp							

39:07 / 136

173 173 170 168 162 155

AOV 2:45

2:53 3:00 3:08 3:08 3:09

3:55 3:0 3:00 5: 39:12 3:20 2:30 4:14 4:40

9-25-10 Jog West Camp/ Push-ups/Dynamics/ A-Day Core/8-6-5-4 / Strides/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	—				Abernathy	5	4306	160	
Meier	—				Bollinger	5	4144	156	
Rackers	—				Brumfield	5	4143	160	
Raterman	—				Carron	5	4306	172	
Ratermann	—				Charles				
Group B					Chura	—			
Archer	—				Dalaklis				
Arredondo	—				Fister	6	4542	186	
Boehm	4000				Gaines	5	4135	148	
Esswein, Joe	—				Gillam				
Fentress	—				Hilmes	5	4624	156	
Jacoby	8	5849	156		Kernell				
Konzen	8	5625	152		Kuehner	5	4803	164	
Laughlin	—				Martino	5	4306	190	
Mueth	8	5837	152		Mimlitz, J	6	4542	176	
Nicholson	—				Moran	5	4350	164	
Pollihan	—				Muliigan	5	4143	148	
Rubbelke	—				Mungenast	5	4306	180	
Group C					Murphy	5	3650	172	
Amsler	6	4945	156		Oster	5	3650	176	
Beckerle	—				Peraud	5	4624	128	
Bergman	6	4911	172		Suhre	5	3718	172	
Bossung	—				Thomas	5	3750	168	
Bufe	6	4540	168		Umana	6	4542	164	
Carroll	6	4840	164		**Group E**				
Clark	8	5537	196		Chott	5	4549	152	
Cooley	6	4535	176		Conley				
Curran	6	4549	156		Glass				
Dodd	6	4425	160		Godar	5	4911		
Dowd	6	4425	164		Greaves				
Fox	4	3000	148		Hellman				
Griffard	—				Kasper, D				
Groesch	6	4425	152		Kasper, M				
Herrmann	5	3115	152		Lawder	3	2704	160	
Hruz	6	4936	160		Madden	4	3539	160	
McEnery	6	4838	156		McCarthy	5	4415		
McLaughlin					McEnery, C	4	3619	148	
Milford	5.5	4000	128		Miller	5	4756	128	
Esswein, John	—				Mimlitz, M	5	4149	152	
Rackers	—				Moody	5	3740	176	
Raeber	6	4840	164		Obermeyer	5	4415		
Rancilio	—				Phimphavong	3	3512	164	
Reichold	8000				Schrock				
Rubio	5	3650	168		Sit	5	4306	152	
Seaton	3	2704	164		Smith	4	3619	180	
Shumate	XT				Thorp				
Stinehart	6	4916	172						
Swan	3	2704	156						
Vicini	6	4540	148						
Waters	6	4902	168						
Wottowa	6	4517	192						
Zink-Duda	6	4425	156						

9-27-10 Jog West Camp/ Push-ups/Dynamics/ A-Day Core/10-8-6-5-4 / Strides/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	10				Abernathy	5	42:36	156	
Meier	10	70:00	IDK	Lauren WEBER?! Dan-Yes	Bollinger	5	40:40	168	
Rackers	10	72:04	IDK		Brumfield	5	40:11	180	
Raterman	10	70:04	150	She a hoe	Carron	5	42:26	160	
Ratermann	10	70'04	160	thats what I heard	Charles				
Group B	down to	48 in	the class		Chura				
Archer	8	55:54	164		Dalaklis	5	39:15	184	
Arredondo	8	58:08	164	Sexy	Fister	6	45:38	180	
Boehm	8	56:29	152	Pulse down to 52 in Theology	Gaines	5	41:09	148	
Esswein, Joe	8	55:58	156		Gillam	5	41:00	160	
Fentress	6	45:45	148		Hilmes	5	42:57	152	
Jacoby	8	56:21	160		Kernell	5	41:45	160	
Konzen	8	55:58	152	Ben Ford	Kuehner	5	42:33	172	
Laughlin	5	38:00	162		Martino	5	42:34	164	
Mueth	8	58:08	164		Mimlitz, J	6	45:38	176	
Nicholson	8	56:21	188	Back of knee hug	Moran	5	37:17	192	
Pollihan	8	58:08	160	Even sexier	Muliigan	5	39:50	168	
Rubbelke	8	55:58	144		Mungenast	5	40:37	164	
Group C					Murphy	5	38:37	164	
Amsler	6	45:10	156		Oster	5	38:30	168	
Beckerle	6	43:00	152		Peraud	5	42:57	140	
Bergman	6	45:46	176		Suhre	5	39:05	172	
Bossung	6	43:50	176		Thomas	5	41:10	164	
Bufe	6	47:20	164		Umana	6	43	156	
Carroll	6	47:09	160		**Group E**		43:45		
Clark	6	42:07	188		Chott	4	35:41	160	
Cooley	6	47:20	164		Conley	4	33:30	176	
Curran	6	45:42	144		Glass	4	37:13	164	
Dodd	6	43:30	156		Godar	4	38:17	164	
Dowd	6	44:00	152		Greaves	4	36:30	160	
Fox	6	43:00	160		Hellman				
Griffard	6	45:45	148		Kasper, D	4	35:50	164	
Groesch					Kasper, M				
Herrmann	6	45:45	156		Lawder	4	37:13	164	
Hruz	6	45:49	176		Madden	4	33:39	140	
McEnery	6	51:11	144		McCarthy				
McLaughlin	6	45:50	148		McEnery, C	4	31:37	156	
Milford	6	45:45	132		Miller	4	33:39	160	
Esswein, John	6	42:32	148		Mimlitz, M	5	39:02	164	
Rackers	6	45:44	140		Moody	4	31:37	156	
Raeber	6	47:10	160		Obermeyer	4	37:00	156	
Rancilio					Phimphavong	4	42:09	148	
Reichold					Schrock	4	44:10	168	
Rubio	6	45:40	140		Sit	5	39:22	160	
Seaton	6	47:35	160		Smith	4	39:25	156	
Shumate	BACK			IT BAND	Thorp				
Stinehart	6	47:24	176						
Swan	3	24:15	144						
Vicini	5	41:09	152						
Waters	8	55:41	196						
Wottowa	6	43:35	180						
Zink-Duda	6	41:17	160						

9-28-10 Jog to Central Fields (12=Extended)/Push-ups/Dynamics/ Tempo ABC=4 DE=3/1-2 6 Muny Hill Repeats/ 2nd push-ups/ Jog SLUH/ Stretch

Group 1	Tempo	Time	Pulse	Comments
Esswein, John	4	24:45	186	
Laughlin	4	25:35	168	
McLaughlin	4	23:23	160	
Meier	4	22:46	176	
Rackers	4	22:30	184	
Raterman	4	22:46	180	
Ratermann	4	23:35	196	
Rubbelke	4	23:08	186	
Group 2				
Archer	4	24:40	196	
Arredondo				
Esswein, Joe	4	23:27	176	
Fentress				
Milford	3	18:52	172	
Nicholson				
Pollihan	4	25:15	184	
Group 3				
Amsler	3	2750	176	
Beckerle	4	25:40	172	
Boehm	4	25:11	176	
Bufe	4	2702	180	
Carroll	4	2702	184	
Clark	4	25:58	204	
Dodd	4	26:05	180	
Dowd	4	25:45	172	
Griffard	4	2550	168	
Groesch	4	25:21	184	
Jacoby	4	25:58	176	
Kozen	4	2455	164	
McLaughlin, S	4	2654	168	
Moran	3	19:37	212	
Mueth	4	25:27	176	
Oster	4	25:54	188	
Rackers, P	4	2629	172	
Raeber	3	2642	140	Recovery
Rancilio				
Rubio	4	2523	184	
Seaton	3	21:13	176	
Swan	4	3500	160	Recovery
Vicini				
Zink-Duda	4	2550	168	
Fox	4	2540	176	
Group 4		2845		
Bergman	4	25:45	215	180
Bollinger	3	21:26	164	
Bossung	4	27:35	180	
Brumfield	3	20:59	180	
Curran	4	27:37	172	
Gaines	3	26142	148	Recovery
Herrmann	4	27:27	180	
Hruz	4	3215	164	
McEnery, B	4	3033	180	

Group 4	Tempo	Time	Pulse	Comments
Mimlitz, Jack	4	27:58	188	
Murphy	3	21:35	160	
Waters	4	27:21	—	
Wottowa	4	27:41	176	
Group 5				
Abernathy	3	2309	164	
Carron	3	21:17	168	
Chott	3	23:50	190	
Chura		—		
Dalakli	3	21:32	152	
Fister	3	20:57	176	
Gillam	3	20:30	176	
Greaves	3	23:03	172	
Hilmes	3	23:03	188	
Kernel	3	25:45	164	
Kuehner	3	24:13	180	
Martino	3	21:56	202	
Mimlitz, M	3	21:22	172	
Mulligan	3	21:56	148	
Mungenast	3	2137	192	
Peraud	3	2303	164	
Sit	3	22,10	180	
Suhre	3	2339	160	
Thomas	3	22:20	180	
Umana	4	2759	172	
Group 6				
Cooley	4	3119	180	
Glass	3	2540	164	
Godar	3	2		
Hellman	3	2510	164	
Kasper, D		—		
Lawder	3	26:03	188	
Madden	3	23:03	176	
McCarthy	3	24:46	164	
McEnery, C	3	2300	172	
Miller	3	2303	176	
Moody	3	22:00		
Obermeyer	3	2526	164	
Schrock	3	2604	180	
Stinehart	4	3024	184	
Conley	3	3344	148	
Smith				
Recovery				
Shumate				
Reichold	3 mi.	—	164	aerobic
Charles				
Hopcraft				
Kasper, M				
Phimphavong	3 mi	29:04	158	

9-29-10 Jog West Camp/ Push-ups/Dynamics/ B-Day Core/Hybrid/ 8-6-5-4 / Strides/Step-ups/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	8	59:18	156		Abernathy	4	33:57	160	
Meier	8	59:18	156		Bollinger	4	29:02	176	
Rackers	6	41:19	144		Brumfield	4	29:02	160	
Raterman	8	59:18	168		Carron	4	29:21	184	
Ratermann					Charles				
Group B Town					Chura				
Archer	6	46:44	160		Dalaklis	4	29:02	176	
Arredondo	3	26:40	144		Fister	5	46:27	160	
Boehm	6	46:40	156		Gaines	3	26:40	148	A
Esswein, Joe	6	46:44	144		Gillam	4	31:46	160	
Fentress	4	35:57	144		Hilmes	4	33:57	184	
Jacoby	6	46:44	154		Kernell	4	37:30	160	
Konzen	6	46:44	152		Kuehner	4	36:07	168	
Laughlin	5	35:23	156		Martino	4	31:20	180	
Mueth	6	46:44	156		Mimlitz, J	5	37:11	186	
Nicholson					Moran	4	31:08	200	
Pollihan	5	35:05	152		Muliigan	4	31:09	164	
Rubbelke	8	59:18	152		Mungenast	4	31:23	172	
Group C					Murphy	3	29:18	168	
Amsler	5	37:07	156		Oster	4	28:18	164	
Beckerle	5	36:47	156		Peraud	4	29:14	140	
Bergman	5	38:14	180		Suhre				
Bossung	5	35:40	180		Thomas	4	33:57	156	
Bufe	5	35:57	164		Umana	5	37:16	160	
Carroll	5	35:05	168		**Group E**				
Clark	5	37:14	188		Chott	4	34:24	168	
Cooley	5	38:25	172		Conley				
Curran	5	35:57	156		Glass	3	26:40	156	
Dodd	3	26:44	124		Godar				
Dowd	3	26:40	132		Greaves	4	37:30	160	
Fox	5	35:57	167		Hellman	3	27:05	156	
Griffard	5	35:05	156		Kasper, D	4	35:24	164	
Groesch	5	33:24	164		Kasper, M				
Herrmann	4	31:46	160		Lawder	3	26:40	160	
Hruz	5	40:06	172		Madden	4	34:29	176	
McEnery	5	41:18	156		McCarthy	4	35:26	160	
McLaughlin	5	40:20	152		McEnery, C	4	34:29	140	
Milford	5	35:05	152		Miller	4	33:57	156	
Esswein, John	5	39:26	160		Mimlitz, M	4	31:52	160	
Rackers	5	41:03 41:27	154		Moody	4	40:05	152	
Raeber	3	27:10	144		Obermeyer	4	37:30	156	
Rancilio					Phimphavong				
Reichold	5	36:01	176		Schrock	4	44:40	176	
Rubio	5	34:47	168		Sit	4	33:27	164	
Seaton					Smith	4	34:22	152	
Shumate					Thorp	4	33:37	172	
Stinehart	5	38:06	176						
Swan	3	26:40	136						
Vicini	3	26:40	148						
Waters	6	46:44	180						
Wottowa	5	35:57	174						
Zink-Duda	5	33:23	168						

9-30-10 Jog West Camp/ Push-ups/Dynamics/ 5-4-3 or 8 mile family run / Strides/Step-ups/ Flying 200s/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	8	56	~~116~~		Abernathy	3	20:08	148	
Meier	8	56	132		Bollinger	3	23:00	164	
Rackers	8	56	116		Brumfield	3	22:38	160	
Raterman	4	32:00	126		Carron	3	22:38	188	
Ratermann	8	56	128		Charles				
Group B					Chura				
Archer	5	37:32	164		Dalaklis	3	24:01	172	
Arredondo	3	25:00	140		Fister	3	24:15	152	
Boehm	4	32:45	120		Gaines	3	26:~~47~~	144	
Esswein, Joe					Gillam	3	21:58	156	
Fentress	3	24:40	~~140~~		Hilmes	3	28:08	176	
Jacoby	5	40:22	136		Kernell	3	26:49	160	
Konzen					Kuehner	3	28:14	164	
Laughlin	4	29:31	160		Martino	~~4~~	25:06	172	
Mueth	~~4~~ 4	32:15	152		Mimlitz, J	~~4~~ 4	~~[illegible]~~	~~[illegible]~~	32:00/180
Nicholson	5	37:32	172	No.	Moran	3	23:11	188	
Pollihan	4	29:51	—		Muliigan	3	23:11	164	
Rubbelke					Mungenast	3	22:38	160	
Group C					Murphy	3	21:48	160	
Amsler	4	34:00	152		Oster	3	26:06	140	
Beckerle	4	29:45	1464		Peraud	3	26:50	140	
Bergman	4	33:34	164		Suhre				
Bossung	4	29:45	180		Thomas	3	28:08	148	
Bufe	4	~~29~~ 58	156		Umana	4	32:09	144	
Carroll					**Group E**				
Clark	4	32:01	188		Chott	3	26:21	172	
Cooley	4	29:54	172		Conley	3	24:40	168	
Curran	4	31:54	148		Glass	3	26:47	164	
Dodd	4	32:10	156		Godar	3	28:48	160	Good day running
Dowd	D.D	not	run	☺	Greaves	3	28:14	156	
Fox	4	29:35	164		Hellman	3	28:08	152	
Griffard	4	25:30	156		Kasper, D	3	26:50	164	
Groesch	4	30:52	152		Kasper, M				
Herrmann	3	24:40	146		Lawder	3	26:47	164	
Hruz	4	33:55	164		Madden				
McEnery	4	32:12	160		McCarthy	3	25:36	160	
McLaughlin	4	34:40	160		McEnery, C	3	24:15	128	
Milford	4	29:45	152		Miller	3	25:18	141	
Esswein, John	4	29:51	128		Mimlitz, M	3	23:30	164	
Rackers	4	31:55	128	I'm really bored	Moody	3	25:00	132	
Raeber	3	28:08	144		Obermeyer	3	25:18	164	
Rancilio	3	22:14	156		Phimphavong	3	30:14	156	
Reichold	4	30:18	172		Schrock	3	28:20	168	
Rubio	4	34:40	140		Sit	3	23:30	144	
Seaton	3	26:06	152		Smith	3	28:20	176	
Shumate					Thorp	3	26:54	160	no, be quiet
Stinehart	4	32:38	168						
Swan					Gilmore	~~6~~ 6	27:30	160	2 many burpees?
Vicini	3	25:32	148		Scott	6	26:45	169	Bute: inspiration
Waters	5	41:50	164		Flannagan	6	21:30	132	kick ass workout
Wottowa	4	30:52	168		D. Payonk	4	28:50	160	ran with Porter
Zink-Duda	4	29:45	160		Heppler	3.45	28hrs	375	hurt like hell
					Porter	4	2853	1080	out of shape

10-2-10 Jog West Camp/ Push-ups/Core/Dynamics/ 6-5-4-3 or 6x800 / Strides/Step-ups/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	Workout				Abernathy	3	2630	156	
Meier	Workout				Bollinger	3	2425	152	
Rackers	Workout				Brumfield	3	2435	152	
Raterman	6	4159	153		Carron	3	2844	180	
Ratermann	Workout				Charles				
Group B					Chura				
Archer	5	3630	152		Dalaklis	3	2130	176	
Arredondo					Fister	4	3125	160	
Boehm	5	3630	144		Gaines	3	2637	148	
Esswein, Joe	6	4159	157		Gillam	3	2300	132	
Fentress					Hilmes	3	2637	168	
Jacoby	5	3952	160		Kernell	3	2637	160	
Konzen	5	3630	148		Kuehner	3	2851	160	
Laughlin	4	2936	148		Martino	3	2851	150	
Mueth	5	3952	156		Mimlitz, J	3	2424	156	
Nicholson	5	3630	172		Moran	3	2551	168	
Pollihan	5	3630	152		Muliigan				
Rubbelke	Workout				Mungenast	3	2630	160	
Group C					Murphy	3	2130	160	
Amsler	4	3108	156		Oster	3	2130	172	
Beckerle	4	3232	152		Peraud	3	2637	152	
Bergman					Suhre				
Bossung	4	2443	164		Thomas	3	2634	168	
Bufe					Umana	4	3230	140	
Carroll	5	3630	164		**Group E**				
Clark					Chott	3	2643	168	
Cooley	4	3108	164		Conley	3	2437	168	
Curran	4	2946	156		Glass	3	2637	168	
Dodd	4	2920	160		Godar	3	2630	164	
Dowd	4	3232	156		Greaves				
Fox	4	3230	152		Hellman	3	2637	152	
Griffard	5	3630	148		Kasper, D	3	2907	156	
Groesch	4	2920	173		Kasper, M				
Herrmann	4	3135	160		Lawder	3	2637	164	
Hruz	4	3348	168		Madden	3	2551	160	
McEnery	4	3338	152		McCarthy	3	2907	140	
McLaughlin	4	3550	140		McEnery, C	3	2400	132	
Milford	4	2920	160		Miller	3	2637	156	
Esswein, John	4	2936	156		Mimlitz, M	4	3125	152	
Rackers	4	3550	160		Moody	3	2634	160	
Raeber					Obermeyer	3	2907	156	
Rancilio	4	2823	164		Phimphavong	3	3309	148	
Reichold	4	3230	160		Schrock	3	3031	168	
Rubio	4	3550	168		Sit	3	2630	140	
Seaton					Smith	3	2851	164	
Shumate					Thorp	3	2608	172	
Stinehart	4	3445	176						
Swan									
Vicini	3	2637	144						
Waters	3	3804	156						
Wottowa	4	2946	172						
Zink-Duda	4	2930	156						

10-2-10 6x800 for non-Jorgenson racers at goal race pace with 2:30 rest

	Goal	800	800	800	800	800	800	Comments
Rackers	2:32-27	2:30	2:29	2:29	2:27	2:28	2:25	
Meier	2:37-32	2:36	2:34	2:31	2:30	2:29	2:25	
Rubbelke	2:37-33	2:36	2:35	2:31	2:31	2:32	2:35	
McLaughlin	2:37-34	2:36	2:35	2:32	2:32	2:32	2:33	
Ratermann	2:37-35	2:36	2:33	2:31	2:30	2:30	2:29	

10-4-10 Jog West Camp/ Push-ups/Core/Dynamics/ 6-5-4/ Strides/Step-ups/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments
McLaughlin	6	42:05	156	
Meier	6	44:37	132	
Rackers	6	44:37	144	
Raterman	6	44:37	132	
Ratermann	6	44:17	148	
Group B				
Archer	6	44:47	156	
Arredondo	—			
Boehm	6	44:17	156	
Esswein, Joe	6	44:15	148	
Fentress	—			
Jacoby	6	44:17	160	
Konzen	6	42:05	164	
Laughlin	6	44:47	164	
Mueth	—			
Nicholson	6	44:47	168	
Pollihan	—			
Rubbelke	6	44:47	148	
Group C				
Amsler	5	38:52	152	
Beckerle	5	38:38	136	
Bergman	5	41:09	172	
Bossung	5	38:38	162	
Bufe	5	41:09	152	
Carroll	5	37:40	160	
Clark	6	44:53	192	
Cooley	5	38:11	172	
Curran	5	37:41	148	
Dodd	5	38:38	140	
Dowd	6	44:47	164	
Fox				
Griffard	6	44:17	156	
Groesch				
Herrmann	3	26:30	120	
Hruz	5	39:51	168	
McEnery	5	41:09	160	
McLaughlin	5	44:41	152	
Milford	6	44:17	164	
Esswein, John	6	43:38	156	
Rackers	5	38:30	160	
Raeber	3	26:30	124	
Rancilio	6	42:05	168	
Reichold	—			
Rubio	3	26:30	150	
Seaton	4	32:38	166	
Shumate				
Stinehart	5	39:31	172	
Swan	5	35:56	168	
Vicini	5	41:09	152	
Waters	6	43:53	176	
Wottowa	5	37:41	164	
Zink-Duda	5	35:55	164	

Group D	Mileage	Time	Pulse	Comments
Abernathy	4	36:05	148	
Bollinger	4	29:45	164	
Brumfield	4	31:21	152	
Carron	4	29:52	188	
Charles	—			
Chura	4	35:23	132	
Dalaklis	4	29:48	176	
Fister	5	39:30	156	
Gaines	4	34:30	148	
Gillam	4	29:35	160	
Hilmes	4	34:30	172	
Kernell	4	35:23	120	
Kuehner	4	38:00	144	
Martino	4	36:00	124	
Mimlitz, J	5	37:39	172	
Moran	4	32:44	176	
Muliigan	4	31:21	168	
Mungenast	4	31:40	156	
Murphy	4	29:05	160	
Oster	4	32:38	152	
Peraud	4	34:30	140	
Suhre	—			
Thomas	4	31:40	168	
Umana	5	37:39	160	
Group E				
Chott	4	36:53	152	
Conley	—			
Glass	4	36:04	168	
Godar	5	44:41	168	
Greaves	5	44:41	172	
Hellman	4	36:05	140	
Kasper, D	4	31:40	156	
Kasper, M	—			
Lawder	4	33:20	152	
Madden	4	31:47	152	
McCarthy	4	31:40	164	
McEnery, C				
Miller	4	31:21	160	
Mimlitz, M	3	24:00	160	
Moody	4	31:38	156	
Obermeyer	4	31:40	168	
Phimphavong	4	38:17	168	
Schrock	4	38:05	164	
Sit	4	29:52	140	
Smith	4	37:01	160	
Thorp				

10-5-10 Jog to Central Fields/Push-ups/Dynamics/ Down Week=5/3-4 x mile at race pace+/ 2nd push-ups/ Jog SLUH/ Stretch

Down Week	Mileage	Time	Pulse	Comments
Esswein, John	5	36:26	148	
Laughlin	5	37:15	148	
McLaughlin	5	37:06	136	
Meier	✓			
Rackers	✓			
Raterman	5	37:06	148	
Ratermann	✓			
Rubbelke	5	37:06	144	
Archer	5	36:20	148	
Arredondo	✓			
Esswein, Joe	5	37:06	140	
Fentress	✓			
Milford	✓			
Nicholson	✓			
Pollihan	✓			
Boehm	5	37:06	148	
Dowd	✓			
Griffard	✓			
Groesch	5	3706	144	
Jacoby	✓			
Kozen	✓			
Mueth	'			

Group 3	mile	mile	mile	mile	Comments
Amsler	6:03	5:59	6:15	6:33	
Beckerle	6:00	5:43	5:45	6:00	
Bufe	6:08	5:58	5:59	6:03	
Carroll	5:58	5:47	5:45	5:51	
Clark	6:06	5:55	5:48	5:43	
Curran	6:10	6:02	6:01	6:06	
Dodd	5:58	5:48	5:48	6:01	
Fox	5:59	5:50	5:59	X	
McLaughlin, S	6:00	5:54	5:54	6:00	
Moran	—				
Oster	6:00	5:55	5:52		
Rackers, P	5:58	5:46	5:52		5:43
Raeber	[illegible]	e	e	e	
Rancilio	5:58	5:45	5:44	5:29	
Rubio	—			—	4mi, 31:26
Seaton	6:14	6:09	6:21		
Swan	6:00	5:55	X	X	
Vicini	6:21	6:06	6:01		
Zink-Duda	5:59	5:50	5:47	5:40	

Group 4	mile	mile	mile	mile	Comments
Bergman	6:28	6:19	6:15	6:18	
Bollinger	6:18	6:13	6:05		
Bossung	6:14	6:13	6:11	6:15	
Brumfield	6:30	6:27	6:14		
Gaines	6:21	6:13	6:05		
Herrmann	—			—	
Hruz	6:27	6:17	6:25	6:25	
McEnery, B	6:26	6:26	6:35	6:44	
Mimlitz, Jack	6:26	6:19	6:12		
(F)				6:18	

Group 4	mile	mile	mile	mile	Comments
Murphy	6:30	6:06	6:27		
Waters	6:05	5:56	5:55	6:02	
Wottowa	6:14	6:10	6:15	6:18	
Group 5					
Abernathy	6:29	6:23	6:28		
Carron	6:29	6:28	6:15		
Chott	7:24	7:17	7:22		
Chura	6:56	6:57	7:27		
Dalaklis	6:28	6:20	6:18		
Fister (A)	6:30	6:10	6:01	→	5:57 move-up
Gillam	6:23	6:15	6:00		
Greaves	6:50	7:01	6:43		
Hilmes	7:06	7:01	6:41		
Kernel	6:28	6:27	6:27		
Kuehner	7:17	7:07	7:06		
Martino	6:51	6:42	6:37		
Mimlitz, M	6:45	7:50	7:41		
Mulligan	6:50	6:25	6:28		
Mungenast	6:50	6:22	6:13		
Peraud	7:06	7:02	6:37		
Sit	6:35	6:27	6:19		
Suhre	—	—	—		
Thomas	6:28	6:18	6:12		
Umana (A)	6:21	6:11	6:05	→	6:09
Group 6					
Conley	7:03	7:08	✓		
Cooley	6:57	6:53	7:04	7:06	
Glass	7:45	7:39	8:03		
Godar	7:37	7:29	7:10		
Hellman	7:51	7:30	7:40		
Kasper, D	7:15	7:05	6:58		
Lawder	7:44	7:26	7:19		
Madden	6:49	6:42	6:37		
McCarthy	7:15	6:53	6:47		
McEnery, C	7:14	6:57	6:29		
Miller	6:58	6:48	6:37		
Moody	6:58	6:35	6:32		
Obermeyer	7:14	7:08	6:59		
Phimphavong	9:09	9:04	8:29		
Schrock	7:53	7:40	7:38		
Smith	7:27	7:18	7:15		
Stinehart	6:46	6:31	6:31	6:19	
Recovery					
Charles					
Kasper, M					
Reichold					
Shumate					

Thorpe 7:09 7:12 7:45

10-6-10 Jog West Camp/ Push-ups/Core/Dynamics/Down Week=6, 8-6-5/ Strides/Step-ups/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin *	6	43:46	148		Abernathy	5	46:09	144	
Meier *	6	46:12	132		Bollinger	5	38:20	168	
Rackers *	6	45:59	140		Brumfield	5	37:20	160	
Raterman	6	46:07	140		Carron	5	40:25	168	
Ratermann *	6	46:07	156		Charles				
Group B					Chura	4	35:10	160	
Archer	6	44:56	160		Dalaklis	5	38:10	164	
Arredondo	3	22:17	156		Fister	6	45:09	164	
Boehm *	6	43:45	164		Gaines	5	39:30	152	
Esswein, Joe *	6	45:45	152		Gillam	5	39:30	172	
Fentress					Hilmes	5	48:02	172	
Jacoby *	6	44:09	148		Kernell	5	46:09	160	
Konzen	6	46:12	148		Kuehner				
Laughlin	4	29:10	152		Martino	5	40:25	172	
Mueth *	6	45:07	164		Mimlitz, J	8	65:48	184	
Nicholson					Moran	8	58:47	216	
Pollihan	6	43:48	164		Muliigan	5	37:17	160	
Rubbelke *	6	43:52	148		Mungenast	5	39:37	164	
Group C					Murphy *	5	35:18	160	
Amsler	6	53:00	152		Oster	5	37:00	164	
Beckerle	6	45:09	152		Peraud	5	43:02	140	
Bergman	6	49:58	176		Suhre				
Bossung	6	45:09	212		Thomas	5	40:25	164	
Bufe	6	49:07	172		Umana	8	59:25	164	
Carroll	6	44:40	164		**Group E**				
Clark	8	63:00	180		Chott	5	48:38	176	
Cooley	8	67:00	164		Conley				
Curran	6	48:02	160		Glass				
Dodd	6	43:50	168		Godar	5	43:02	160	
Dowd	6	44:56	164		Greaves	5	43:02	160	
Fox	6	45:09	164	45:09	Hellman				
Griffard					Kasper, D	5	48:08	136	
Groesch	6	44:56	164		Kasper, M				
Herrmann	4	30:10	160		Lawder	5	42:55	168	
Hruz					Madden	5	40:55	160	
McEnery	8	66:08	152		McCarthy				
McLaughlin	6	53:00	152		McEnery, C	5	38:30	160	
Milford					Miller	5	42:55	160	
Esswein, John *	6	43:48	166		Mimlitz, M	6	53:00	160	
Rackers *	6	53:00	130		Moody				
Raeber	3	22:17	164		Obermeyer *	5	48:08	164	
Rancilio *	8	58:42	160		Phimphavong				
Reichold					Schrock	5	51:51	160	
Rubio	3	22:17	160		Sit	5	37:05	160	
Seaton					Smith	5	40:53	176	
Shumate					Thorp	6	52:50	172	
Stinehart	8	65:48	180						
* Swan *	3	22:17	168						
Vicini	5	39:29	152						
Waters	8	59:20	176						
Wottowa	8	59:20	180						
Zink-Duda	8	59:20	160						

10-7-10 Jog Central Fields/ Push-ups/Dynamics/ Neuro/5-4-3/ Flying 200s/ 2nd push-ups

Group A	Mileage	Time	Pulse	Comments
McLaughlin	5	36:21	132	
Meier	5	36:22		
Rackers	5	36:25	TFBJ	
Raterman				
Ratermann	5	36:25	160	
Group B				
Archer	5	36:16	168	
Arredondo				
Boehm	4	28:10	156	
Esswein, Joe	5	37:00	144	
Fentress	3	25:38	144	
Jacoby	5	38:02	160	
Konzen				
McLaughlin	4	32:04	152	
Mueth	5	38:02	156	
Nicholson	5	36:17	164	
Pollihan	5	36:17	160	
Rubbelke	5	36:20	148	
Group C				
Amsler	4	30:04	156	
Beckerle	4	30:40	152	
Bergman	4	33:15	172	
Bossung	3	23:37	172	
Bufe				
Carroll	3	23:30	132	
Clark				
Cooley	4	33:15	168	
Curran				
Dodd	4	30:40	156	
Dowd	5	36:17	168	
Fox	4	30:40	160	
Griffard				
Groesch	5	36:16	160	
Herrmann	3	25:20	152	
Hruz	3	24:47	176	
McEnery	4	34:43	160	
Laughlin	3	21:13	160	
Milford				
Esswein, John	4	37:40	150	
Rackers	4	31:13	140	
Raeber				
Rancilio	4	28:56	156	
Reichold				
Rubio				
Seaton				
Shumate				
Stinehart	4	33:28	172	
Swan	2	14:27	172	
Vicini	3	25:20	152	
Waters	2	16:46	132	
Wottowa	4	30:04	176	
Zink-Duda	4	29:44	160	

Group D	Mileage	Time	Pulse	Comments
Abernathy	3	26:00	152	
Bollinger	3	23:30	152	
Brumfield	3	22:57	160	
Carron	3	23:59	172	
Charles				
Chura	3	25:00	160	
Dalaklis	3	22:40	168	
Fister				
Gaines	3	25:38	148	
Gillam	3	26:00	144	
Hilmes	3	25:54	180	
Kernell	3	26:00	140	
Kuehner				
Martino	3	25:48	144	
Mimlitz, J	4	33:28	176	
Moran	3	23:30	128	
Muliigan	3	25:20	144	
Mungenast	3	23:59	168	
Murphy	3	25:22	136	
Oster	3	21:38	172	
Peraud	3	26:13	152	
Suhre				
Thomas	3	24:02	148	
Umana				
Group E				
Chott	3	26:32	168	
Conley				
Glass	3	26:41	204	Sick
Godar	3	27:56	?	
Greaves	3	26:10	168	
Hellman	3	26:32	160	
Kasper, D	3	27:25	148	
Kasper, M				
Lawder	3	26:41	168	
Madden	3	25:48	152	
McCarthy	3	25:50	164	
McEnery, C	3	25:32	160	
Miller	3	26:10	160	
Mimlitz, M	3	24:30	156	
Moody	3	26:26	164	
Obermeyer	3	27:25	152	
Phimphavong	3	29:46	158	
Schrock	3	30:19	170	
Sit	3	23:27	160	
Smith	3	26:32	180	
Thorp	3	26:10	164	

10-8-10 Jog Central Fields/ Push-ups/Dynamics/ 4-3

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	4	26:02	144		Abernathy	3	27:21	140	
Meier	4	30:30	156		Bollinger	3	24:39	152	
Rackers	4	30:28	140		Brumfield	3	22:38	160	
Raterman	4	30:30	140		Carron	3	25:22	184	
Ratermann	4	30:30	148		~~Charles~~				
Group B					Chura	3	27:00	160	
Archer	4	30:30	19		Dalaklis	3	28:39	180	
Arredondo	3	22:30	164		Fister	3	23:15	156	
Boehm	4	30:30	156		Gaines	3	27:00	144	
Esswein, Joe	4	30:30	156		Gillam	3	28:15	160	
Fentress					Hilmes	3	25:21	176	
Jacoby	4	30:39	148		Kernell	3	27:21	164	
Konzen	3	24:17	152		Kuehner	3	26:38	180	
Laughlin	4	30:42	160		Martino	3	25:29	197	
Mueth	4	30:42	156		Mimlitz, J	3	24:01	172	
~~Nicholson~~ Paul	4	30:30	148		Moran	3	26:15	Sprained hip	
Pollihan	4	30:42	168		Muliigan	2	24:17	160	
Rubbelke	1	30:33	148		Mungenast	3	23:33	197	
Group C					Murphy	3	24:45	136	
Amsler	4	30:40	160		Oster	3	25:33	180	
Beckerle	1	32:00	136		Peraud	3	26:10	190	
Bergman	3	28:00	164		Suhre				
Bossung	4	32:00	172		Thomas	3	28:10	152	
Bufe	3	25:28	152		Umana	4	35:43	132	
Carroll	1	30:20	140		**Group E**				
Clark	3	25:15	160		Chott	3	27:05	184	
Cooley	4	31:24	172		Conley	3	28:10	188	
Curran	4	30:40	160		Glass				
Dodd	4	32:00	148		Godar	3	28:13	164	
Dowd	4	30:40	160		Greaves	3	28:13	257	
Fox	4	30:30	156		Hellman				
Griffard	4	30:42	156		Kasper, D	3	27:32	172	
Groesch	4	30:30	19		~~Kasper, M~~				
Herrmann	3	24:17	160		Lawder	3	26:31	172	
Hruz	4	32:29	184		Madden	3	26:01	160	
McEnery	4	35:43	156		McCarthy	3	28:16	164	
McLaughlin	4	35:23	156		McEnery, C	3	27:32	128	
Milford	4	30:27	172.5		Miller	3	26:38	160	
Esswein, John	4	28:00	164		Mimlitz, M	3	23:33	172	
Rackers	4	30:23	160		Moody	3	25:58	164	
Raeber	3	21:00	160		Obermeyer	3	26:20	134	
Rancilio	4	28:00	160		Phimphavong	3	28:46	162	
Reichold					Schrock	3	31:10	180	
Rubio 3	14:30	160			Sit	3	27:34	160	
Seaton					Smith	3	28:24	184	
Shumate					Thorp	3	26:34	160	
Stinehart	4	32:58	160						
Swan 3	14:27	156							
Vicini									
Waters 2	16:55	—							
Wottowa	4	30:30	180						
Zink-Duda	3	28:57	136						

10-11-10 Jog West Camp/ Push-ups/Core/ Dynamics/Neuro/ 8-6-5-4/ Strides

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	8	58:23	140	Paul Fentress	Abernathy	4	37:30	152	low voice and slow
Meier	8	58:20	140	No Comment	Bollinger	4	37:00	160	
Rackers	8	58:20	140	Pedophile	Brumfield	4	33:50	152	
Raterman	8	58:27	144	AARAW	Carron	4	32:53	180	
Ratermann	6	44:50	156		~~Charles~~				
Group B					Chura	4	32:06	160	
Archer	V	V	V		Dalaklis	4	30:45	174	
Arredondo	4	31:30	152		Fister	5	38:35	172	
Boehm	5	37:44	156		Gaines	4	34:24	148	
Esswein, Joe	6	44:50	148		Gillam	4	32:00	132	
Fentress	I have a hernia ½ marathon				Hilmes	4	34:00	176	
Jacoby	5	38:45	164		Kernell	4	37:20	148	Joke
Konzen	6	44:50	152	Back Sass	~~Kestner~~				
Laughlin	5	37:44	140?		Martino	4	31:49	184	
Mueth	5	39:08	148		Mimlitz, J	5	38:35	156	wrong emphasis
Nicholson	6	44:51	172		Moran	5	35:28	192	
Pollihan	6	44:2	156		Muliigan (5)	4	33:10	172	
Rubbelke	8	58:38	156		Mungenast	3	[illegible]	160	Time: 26:20
Group C					Murphy	4	33:40	326	
Amsler	5	37:07	156		Oster	4	29:30	162	
Beckerle	5	38:00	148		Peraud	4	41:37	120	
Bergman					~~Subre~~				
Bossung	5	38:06	172		Thomas	4	33:43	160	
Bufe	5	40:26	152		Umana	5	34:55	172	sweaty
Carroll	4	30:45	144		**Group E**				
Clark					Chott	4	35:06	180	
Cooley	5	40:55	164		Conley	XT			XT
Curran	5	38:15	156		Glass	4	34:28	188	
Dodd	5	38:00	152		Godar	4	38:30	160	
Dowd	5	40:00	168		Greaves	4	36:30	140	
Fox	5	38:00	164		Hellman	4	34:00	+20	
Griffard	6	44:32	"10	Gingev	Kasper, D	4	38:?	160	
Groesch					Kasper, M				
Herrmann	[illegible]	22:47	dead	could not find	Lawder	4	32:00	156	
Hruz	5	38:58	164		Madden	4	31:44	168	
McEnery	5	37:32	164		McCarthy	4	37:07	164	
McLaughlin	5	38:00	160		McEnery, C	4	31:33	160	
Milford	5	38:14	156		Miller	4	31:26	144	
Esswein, John	5	37:44	160	Ivonic	Mimlitz, M	4	35:00	140	
Rackers	5	39:10	160		Moody				
Raeber	4	34:00	144		Obermeyer	4	38:4	160	Mouse
Rancilio	5	37:14	152	Hairy	Phimphavong	4	36:58	164	
Reichold	5	37:15	168		Schrock	4	42:04	170	
Rubio	4	29:30	140		Sit	4	30:55	120	
Seaton	4	31:30	152		Smith	4	35:29	148	
Shumate					Thorp	5	50:05	176	Aussie
Stinehart	5	40:58	164						
Swan	XT			XT					
Vicini	4	34:28	132						
Waters	5	39:00	172						
Wottowa	5	37:37	176						
Zink-Duda	5	34:59	168		Porter	[illegible]	26:48	140	

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10-12-10 Jog to Central Fields/Push-ups/Dynamics/ Tempo or 800s/ 2nd push-ups/ Jog SLUH/ Stretch

Tempo	Mileage	Time	Pulse	Comments
Esswein, Joe	5A	29:20	192	really feeling like a [illegible]
Esswein, John	4 B	24:40	188	"my back kills"
Laughlin	4	24:08	188-190	"Hi Coach"
McLaughlin	5	28:49	172	"Um. None. Thank You
Meier	5	29:09	192	"Hot sweaty the final two sucked
Milford	4	24:[illegible]48	180	"how im good, thanks"
Rackers	5	27:56	IWTT	Um IBH
Raterman	5	29:15	204	"It blew"
Ratermann	5	—	—	I am lonely
Rubbelke	5	28:59	188	Ahhh - dead

Group 2	800	800	800	800	800	800	800	800	Com
Arredondo	42	37	37	41	—	—			
Archer	41	41	40	40	38	37	33		
Nicholson	41	42	41	41	39	37	33		
Pollihan	42	38	37	38	36	37	35		
Boehm	40	39	37	38	34	34	33		
Jacoby	42	42	41	39	34	34	31		
Konzen	2:40	38	37	38	34	34	27		
Mueth	46	45	49	52	54	59	57		
Dowd	42	48	49	52	41	58	29		
Griffard	42	42	40	40	36	38	50		
Groesch	4	39	40	41	45	50	53		

Group 3	800	800	800	800	800	800	800	800	Com
Amsler	48	47	54	51	52	55	3:01		
Beckerle	43	42	41	40	43	55	44		
Bufe	46	53	54	55	55	56	59		
Carroll	41	39	40	46	-	—			
Clark	55	50	47	46	46	40	39		
Curran	58	58	3:02	3:00	3:00	3:04	55		
Dodd	43	43	42	45	51	58	[illegible]58		
Fox	43	43	42	41	41	41	39		
McLaughlin, S	43	46	45	49	46	49	42		
Rackers, P	43	47	46	—	46	-	42		
Rancilio	40	39	37	37	37	34	35		
Rubio	42	46	46	49	45	48	40		
Seaton	51	51	58	59	3:03	007	3:02		
Reichold	51	56	56	56	—	—			

Vicini									
Zink-Duda	44	46	44	40	40	41	39		
Moran	49	50	53	54	53				
Mungenast	3:16	3:16	3:12	3:11	3:07	2:58			
Oster	43	40	40	50	50	48			
Swan	4 miles		31:35		168				Knees

Group 4	800	800	800	800	800	800	800	800	Com
Bergman	3:31	326	316	310	—	—	—		
Bossung	300	304	301	302	301	302	254		
Herrmann	257	257	255	253	245	—	—		Tipper O'Brien
Hruz	307	313	310	312	305	257	300		
McEnery, B	301	305	304	301	300	301	251		
Waters	2:45	254	253	253	254	253	244		
Wottowa	258	300	258	251	258	251	256		
Bollinger	305	311	310	309	305	302			
Brumfield	315	318	316	310	306	259			
Fister	300	306	302	303	300	259			
Gaines	302	309	306	301	257	248			
Mimlitz, J	308	306	304	300	257	253			2:50
Murphy	257	255	257	305	320	310			
Umana	304	305	304	304	302	303			2:55

Group 5	800	800	800	800	800	800	800	800	Com
Abernathy	311	310	313	311	311	302			
Carron	311	310	310	308	306	303			
Chott	330	331	325	325	326	342			
Chura	330	325	320	314	309	257			
Dalaklis	302	300	302	305	311	305			
Gillam	315	325	318	310	303	254			
Greaves	312	322	319	319	322	317			
Hilmes	324	323	321	321	317	316			
Kernell	310	304	307	307	304	302			
Martino	320	319	317	313	313	317			
Mimlitz, M	305	315	315	317	330	331			
Mulligan	310	313	311	310	310	304			
Peraud	327	325	324	326	325	317			
Sit	306	300	251	306	303	304			
Thomas	301	307	303	304	256	250			

10-12-10 Jog to Central Fields/Push-ups/Dynamics/ Tempo or 800s/ 2nd push-ups/ Jog SLUH/ Stretch

Group 6	800	800	800	800	800	800	800	800	Com
Stinehart	3:00	2:59	3:04	2:55	3:00	2:56	2:57		
Cooley	3:15	3:14	3:15	3:08	3:09	3:19	3:14		
Glass	3:57	3:42	3:38	3:34	3:30	3:15			
Godar	3:48	3:41	3:36	3:30	3:26	3:15			
Hellman	3:50	3:41	3:28	3:30	3:22	3:22			
Kasper, D	3:27	3:24	3:19	3:09	3:06	2:59			
Lawder	3:50	3:42	3:35	3:29	3:24	3:12			
Madden									
McCarthy	3:27	3:24	3:18	3:10	3:07	2:59			
McEnery, C	3:27	3:24	3:19	3:09	3:06	3:02			= 2:56
Miller	3:11	3:05	3:15	3:07	3:07	3:07			
Moody	3:11	3:06	3:15	3:15	3:16	—			
Obermeyer	3:27	3:21	3:19	3:13	3:15	3:17			
Phimphavong	4:25	4:21	4:16	4:14	4:09	3:57			
Schrock	4:04	4:03	3:58	3:54	3:53	3:50			
Smith	3:41	3:40	3:32	3:20	3:24	3:15			
Recovery									
Charles									
Kasper, M									
Reichold									
Shumate									
Suhre									
Fentress									
Conley									
Thorp	3:12	3:12	3:11	3:15	2:27	3:20			

10-13-10 Jog West Camp/ Push-ups/Core/ Dynamics/ 8-6-5-4/ Step-ups/ Strides

Group A	Mileage	Time	Pulse	Comments
McLaughlin	8	56:38	140	
Meier	8	58:44	148	
Rackers	8	58:44	152	
Raterman	10	60:00	140	Feels like
Ratermann				
Group B				
Archer	6	43:45	164	
Arredondo	4	30:58	152	
Boehm	6	[redacted]	160	43:45
Esswein, Joe	8	58:35	152	
Fentress				hernia
Jacoby	6	43:39	144	
Konzen	6	43:39	148	
Laughlin	5	38:30	128	
Mueth	6	44:18	156	
Nicholson	6	43:39	168	
Pollihan	6	44:10	160	
Rubbelke	8	58:38	160	
Group C				
Amsler	5	37:49	156	
Beckerle	5	38:45	155	
Bergman	3	25:53	172	recovery
Bossung	5	37:21	176	
Bufe	4	30:58	164	
Carroll	6	44:10	160	
Clark				
Cooley	5	38:40	168	
Curran	5	37:42	152	
Dodd	5	36:45	152	
Dowd	5	37:11	148	
Fox	5	36:45	164	
Griffard	6	44:10	[redacted]144	
Groesch	5	37:11	160	
Herrmann	4	30:58	148	
Hruz	5	38:51	176	
McEnery	5	42:37	152	
McLaughlin	5	37:49	160	
Milford	5	38:08	156	
Esswein, John	5	37:49	164	
Rackers	5	41:13	160	
Raeber	4	30:58	168	
Rancilio	5	37:09	156	
Reichold	4	30:41	176	
Rubio	5	37:39	152	
Seaton	4	35:04	152	
Shumate				
Stinehart	5	40:47	172	
Swan	3	22:35	140	recovery
Vicini	4	30:58	156	
Waters	5	40:47		
Wottowa	5	37:19	188	
Zink-Duda	5	36:45	160	

Group D	Mileage	Time	Pulse	Comments
Abernathy	4	36:13	144	
Bollinger	4	32:20	156	
Brumfield	4	30:50	160	
Carron	4	33:29	176	
Charles				
Chura	4	30:59	160	
Dalaklis	4	30:40	168	
Fister	5	38:46	168	
Gaines	4	30:55	152	
Gillam	4	33:29	164	
Hilmes	4	41:00	148	
Kernell	4	36:13	148	
Kuehner				
Martino	4	33:05	188	
Mimlitz, J	5	38:45	172	
Moran	4	33:30	176	
Muliigan	4	35:04	164	
Mungenast	4	35:12	160	
Murphy	5	40:00	160	
Oster	4	29:57	164	
Peraud	4	35:15	148	
Suhre				
Thomas	4	36:13	152	
Umana	5	37:49	160	
Group E				
Chott	4	39:01	172	
Conley				
Glass	4	30:55	188	
Godar	4	36:00	164	
Greaves	4	36:20	160	
Hellman				
Kasper, [redacted] M				
Kasper, [redacted] D	4	36:00	156	
Lawder	4	36:20	160	
Madden				2 miles
McCarthy				
McEnery, C	4	32:30	190	
Miller	4	35:04	156	
Mimlitz, M	4	31:03	164	
Moody	4	33:05	172	
Obermeyer	4	36:00	160	
Phimphavong				
Schrock	4	43:10	168	
Sit	6	36:45	180	
Smith	4	38:08	150	
Thorp	5	43:09	160	

Tempo	Mileage	Time	Pulse	Comments
Ratermann		30:00	184	Elliptical
		Tempo		

Total Time 60:00

10-14-10 Jog West Camp/ Push-ups/Neuro/ Dynamics/ 8-6-5-4/ Flying 200s

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	8	58:32	140	none	Abernathy	4	3607	156	
Meier	8	56:32	145		Bollinger	4	3415	144	
Rackers	8	58:49	132		Brumfield	4	3219	164	
Raterman	8	58:40	136		Carron	4	3219	184	
Ratermann	XT				Charles				
Group B					Chura	4	3546	160	
Archer	6	4342	160		Dalaklis	4	2926	186	
Arredondo	XT				Fister	5	3839	180	
Boehm	6	4400	152		Gaines	4	3240	148	
Esswein, Joe	6	44:00	152		Gillam	4	3500	132	
Fentress					Hilmes	4	3445	186	
Jacoby	6	4412	152		Kernell				
Konzen	SICK				Kuehner				
Laughlin	4	2945	160		Martino	4	3243	184	
Mueth	5	3737	152		Mimlitz, J	5	3839	172	
Nicholson					Moran	4	3133	180	
Pollihan	6	4500	156		Muliigan	4	3219	164	
Rubbelke	8	58:32	144		Mungenast	4	3244	164	
Group C					Murphy	4	3420	152	
Amsler	5	3840	156		Oster	4	2945	164	
Beckerle	5	3750	156		Peraud	2	2030	112	
Bergman	3	2444	168		Suhre				
Bossung	5	3820	176		Thomas	4	3100	168	
Bufe	5	41:38	152		Umana	4	3126	156	
Carroll	6	4342	176		**Group E**				
Clark	5	40:08	180		Chott	4	37:47	160	
Cooley	5	3630	172		Conley	SICK			
Curran	5	3823	152		Glass	4	3446	164	
Dodd	5	3750	148		Godar	4	3602	188	
Dowd	5	3714	160		Greaves	4	3416	160	
Fox	5	3750	160		Hellman	SICK			
Griffard	6	4500	152		Kasper, D				
Groesch	5	3714	160		Kasper, M				
Herrmann	4	3140	152		Lawder	4	3416	176	
Hruz	5	4117	164		Madden	2	2030	120	
McEnery	5	3955	160		McCarthy	4	37:07	146	
McLaughlin	5	3840	156		McEnery, C	4	3220	156	
Milford	SICK				Miller	4	3417	156	
Esswein, John					Mimlitz, M	4	3414	164	
Rackers	5	3840	160		Moody	4	3240	164	
Raeber					Obermeyer	4	3707	156	
Rancilio	5	3748	156		Phimphavong	4	3937	152	
Reichold	XT				Schrock	4	4113	180	
Rubio	5	3840	156		Sit	4	2945	192	
Seaton	4	37:22	156		Smith	4	3449	164	
Shumate					Thorp	4	3245	160	
Stinehart	5	3852	172		Gilmore	3	2317		
Swan	5	2182	168		Navarro	3	2317		
Vicini	4	3140	148						
Waters	6	4615	180						
Wottowa	5	3718	168						
Zink-Duda	5	3728	156						

10-15-10 Jog West Camp/ Push-ups/ Dynamics/ 5-4/ Strides

Give out [redacted] Navy's

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	Workout				Abernathy	4	33:33	146	
Meier	Workout				Bollinger	4	32:40	148	
Rackers	Workout				Brumfield	4	35:30	140	
Raterman	Workout				Carron	4	35:30	164	
Ratermann	XTC				Charles				
Group B					Chura				
Archer	5	36:37	156		Dalaklis	4	30:16	180	
Arredondo	4	[illegible]	166		Fister	4	31:30	152	
Boehm	4	30:50	152		Gaines	4 2	32:13	148	Good Really
Esswein, Joe	Workout				Gillam	4	29:26	152	
Fentress					Hilmes				
Jacoby	5	38:14	144		Kernell	4	32:45	144	
Konzen					Kuehner				
Laughlin	Aerobic				Martino	4	31:41	140	
Mueth	5	38:14	144		Mimlitz, J	4	31:45	160	
Nicholson	5	31:00	164		Moran	4	31:12	192	
Pollihan	4	29:50	146		Muliigan	4	35:27	144	
Rubbelke	Workout				Mungenast				
Group C					Murphy	4	31:30	157	
Amsler	5	31:21	166		Oster	4	32:45	140	
Beckerle	4	31:30	152		Peraud	4	32:45	152	
Bergman	3	27:10	160		Suhre				
Bossung	4	31:45	150		Thomas	4	33:30	136	
Bufe					Umana	4	32:43	136	
Carroll	4	30:04	136		**Group E**				
Clark					Chott	4	35:56	160	
Cooley	4	30:09	164		Conley				
Curran	4	31:31	148		Glass	4	34:20	160	
Dodd					Godar				
Dowd	4	32:43	136		Greaves				
Fox	4	31:39	148		Hellman				
Griffard	4	31:30	140		Kasper, D	4	35:46	140	
Groesch	4	30:04	152		Kasper, M				
Herrmann	3	26:53	160		Lawder	4	38:20	160	
Hruz	4	34:31	152		Madden	2	18:05	140	
McEnery	4	32:43	152		McCarthy				
McLaughlin	4	33:30	136		McEnery, C	4	35:21	132	
Milford	Aerobic				Miller	4	31:30	156	
Esswein, John	[redacted]	XT			Mimlitz, M	4	35:26	140	
Rackers	4	33:33	156		Moody				
Raeber	3	26:53	160	recovery	Obermeyer	4	35:46	152	
Rancilio	5	31:21	144		Phimphavong	4	37:05	156	
Reichold	XT				Schrock	4	34:37	170	
Rubio	4	30:04	148		Sit	4	30:16	140	
Seaton	4	33:55	152		Smith	4	35:56	132	
Shumate					Thorp	4	36:09	160	
Stinehart	4	32:43	172						
Swan	3	23:17	152	Nope					
Vicini	3	26:53	144	injured					
Waters	4	32:43	160	Not Racing					
Wottowa	4	31:25	156						
Zink-Duda	4	31:28	140						

10-16-10 Meet at Visitors Center/ Push-ups/ Core/ Aerobic Run/ Strides

	Mileage	Time	Pulse	Comments
Rackers	11	1:26:15	132	
✓ Meier	11	1:26:15	140	
McLaughlin	11	1:26:15	132	
✓ Rubbelke	11	1:26:15	148	
Ratermann	5	40:12	156	No pain
✓ Raterman	11	1:26:15	140	
Esswein, Joe	9	1:10:10	132	
~~Milford~~				
Esswein, John	2			Back
Laughlin	7	55:03	144	

10-18-10 Jog West Camp/ Push-ups/Core/ Dynamics/ 10-8-6-5/ Strides

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	8	57:48	152		Abernathy	5	43:04	156	
Meier	8	53:40	160		Bollinger	5	38:20	168	
Rackers	8	53:42	140		Brumfield	4.5	40:34	172	
Raterman					Carron	5	41:08	188	
Ratermann					Charles				
Group B					Chura	5	40:15	188	
Archer	6	43:30	160		Dalaklis	5	37:25	168	
Arredondo	5	39:15	156		Fister	5	38:20	180	
Boehm	5	39:00	160		Gaines	6.5	41:52	148	
Esswein, Joe	6	43:10	160		Gillam	5	41:03	172	
Fentress					Hilmes	5	44:00	188	
Jacoby	6	46:40	148		Kernell	5	41:08	144	
Konzen					Kuehner				
Laughlin	5	35:58	168		Martino	5	39:52	184	
Mueth	6	47:00	164		Mimlitz, J				
Nicholson	6	43:30	168		Moran	5	37:47	168	
Pollihan	6	43:32	156		Muliigan	5	40:42	164	
Rubbelke	8	57:48	148		Mungenast	5	41:08	180	
Group C					Murphy	5	38:20	172	
Amsler	6	47:00	168		Oster	5	39:00	168	
Beckerle	5	39:00	156		Peraud	2	20:50	148	
Bergman					Suhre				
Bossung	5	37:15	180		Thomas	5	38:20	172	
Bufe	3	25:00	152		Umana	5	38:20	164	
Carroll	6	42:15	160		**Group E**				
Clark	8	63:52	188		Chott	4	38:47	180	
Cooley	5	40:12	160		Conley				
Curran	5	38:12	168		Glass				
Dodd	5	39:00	156		Godar				
Dowd	6	43:30	172		Greaves	5	40:20	180	
Fox	5	39:00	168		Hellman	3	25:00	140	
Griffard	6	43:32	156		Kasper, D				
Groesch	6	43:30	164		Kasper, M	5	46:20	168	
Herrmann	5	41:52	148		Lawder				
Hruz	6	44:53	164		Madden	4	33:00	160	
McEnery	5	38:40	158		McCarthy				
McLaughlin	5	41:08	160		McEnery, C	5	43:02	140	
Milford	Aerobic				Miller	5	40:20	168	
Esswein, John	Aerobic				Mimlitz, M	5	39:08	160	
Rackers	5	40:00	172		Moody	5	41:01	164	
Raeber	3	25:00	152		Obermeyer	5	38:40	160	
Rancilio	2	16:35	144		Phimphavong	5	48:58	164	
Reichold					Schrock	5	53:32	180	
Rubio	5	40:00	144		Sit	5	39:00	160	
Seaton					Smith	5	43:44	152	
Shumate					Thorp	5	41:00	160	
Stinehart	5	39:52	176						
Swan	4	29:00	168						
Vicini	3	26:00	148						
Waters	6	45:48	188						
Wottowa	5	38:05	172						
Zink-Duda	5	32:12	164						

10-19-10 Jog Central Fields/ Push-ups/ Dynamic Warm-up/ District Card=5xmile/ Clayton Racers=12x400/ Group 1=2 mile tempo+4x800/ Group 2=mile tempo+4x800/ Jog SLUH

5xmile	mile	mile	mile	mile	mile	Comments
Rackers	5:03	4:54	4:56	4:53		
Meier	5:11	5:06	5:05	5:08		
McLaughlin	5:11	5:06	5:05	5:05		
Rubbelke	5:11	5:06	5:05	5:04		
Ratermann	5:14	5:17	5:27	5:24		
Raterman	5:12	5:12	5:09	5:02		
Esswein, Joe	5:21	5:20	5:17	6:04		
Laughlin	5:23	5:29	5:30	5:30		
Archer	5:27	5:32	5:35	5:33		
Nicholson	5:27	5:30	5:34	5:32		
Griffard	5:33	5:33	5:37	7:15		
Pollihan	5:32	5:32	5:35	5:32		

Clayton 400s	400	400	400	400	400	400	400	400	400	400	400	400	Com
Boehm	82	78	78	78	78	80	76	80	72	70	71	75	
Jacoby	82	79	77	80	81	79	78	80	80	81	79	75	Don't eat lunch before practice.
Mueth	86	83	86	85	77	86	81	82	78	81	78	86	
Konzen	82	78	78	78	78	80	76	80	72	70	71	69	Thanks, Adam.
Herrmann	88	90	87	89	82	86	83	85	80	79	77	83	D.G. SUCKS
Clark	87	89	85	85	81	89	82	85	88	83	79	91	
Conley													
Stinehart	82	80	79	83	83	82	84	87	86	87	85	84	
Umana	87	93	89	92	81	96	89	92	81	89	86	89	
Waters	84	88	84	86	81	87	82	82	80	83	81	85	
McEnery	84	87	84	87	80	87	84	90	83	88	88	91	
Gaines	86	89	86	87	82	88	83	84	79	80	75	83	Fastest HMR
Fister	85	85	84	87	80	88	83	86	79	83	85	86	
Hruz	86	88	84	87	80	88	84	90	85	11	90	97	
Mimlitz, Jack	85	90	85	88	81	89	83	87	79	87	82	88	
Chura	89	95	97	97	84	92	87	91	86	91	87	94	
Cooley	82	97	88	94	84	93	93	104	97	101	105	111	
Glass													
Madden	82	91	87	91	84	91	90	94	89	93	91	97	

Group 1	2 Tempo	800	800	800	800	Comments
Arredondo	11:54	2:38	2:41	—	—	Shin
Swan	5 miles					
Dowd	12:04	2:48	2:51	2:49	2:39	
Vicini	2 miles	16:47		15Z		Hip
Fox	12:17	2:40	2:49	2:49	2:49	
Rubio	12:14	2:46	2:50	2:50	2:32	
Carroll	12:29	2:42	2:53	2:50	2:56	
McLaughlin, S	12:26	2:46	[illegible]	2:53 2:58	2:50	
Groesch	12:04	2:39	2:44	2:47	2:36	
Dodd	11:57	7:35	2:56	2:50	2:55	
Zink-Duda	12:15	2:40	2:44	2:42	2:41	
Bufe	12:30	2:51	2:51	2:51	2:52	
Rackers, P	12:24	2:45	2:53	2:45	2:50	
Beckerle	12:13	2:42	2:40	2:49	2:55	
Oster	12:26	2:45	2:55	2:56	2:52	
Bossung	12:35	2:56	3:03	2:55	2:59	
Raeber						
Amsler						
Rancilio	12:04	2:51	3:05	—	—	Shin

MURPHY

12:14 2:56 3:06 2:57 3:00

10-19-10 Jog Central Fields/ Push-ups/ Dynamic Warm-up/ District Card=5xmile/ Clayton Racers=12x400/ Group 1=2 mile tempo+4x800/ Group 2=mile tempo+4x800/ Jog SLUH

Murphy						
Group 2	**Tempo**	**800**	**800**	**800**	**800**	**Comments**
Curran	6:33	2:57	3:03	2:58	2:52	
Thomas	6:11	2:46	2:54	2:50	2:53	
Bergman	~~~	—	—	—	—	—
Moran	5:47	2:52	2:56	2:58	3:00	
Kernell	7:18 2:56	~~2:46~~	2:58	3:05	3:09	
Wottowa	6:33	256	3:03	2:59	3:01	
Seaton	6:38	259	3:04	2:59	3:01	
Dalaklis	6:19	255	3:03	2:57	3:04	
Martino	6:24	2:00	3:10	3:06	3:10	
Sit	6:21	2:56	3:05	2:59	→	"Leg wouldn't move"
Bollinger	6:22	3:01	3:07	2:59	2:57	
Gillam	7:27	3:04	3:13	3:11	3:04	
Carron	6:33	3:03	3:10	3:20	3:12	
Mimlitz, M	6:18	3:03	3:09	3:00	2:47	
Kasper, D	7:11	3:13	3:18	3:06	3:01	
Hellman X	—	—	—	—	—	—
Brumfield	6:38	3:03	3:09	3:07	3:05	
Obermeyer	7:45	3:12	3:25	3:12	3:21	
Greaves	6:56	3:01	3:16	3:15	3:15	
McEnery, C	7:24	3:12	3:18	3:06	3:09	
McCarthy	7:38	3:11	3:18	3:07	3:07	
Abernathy	6:55	3:03	3:12	3:07	3:23	
Peraud X	—	~~3:04~~	—	—	—	—
Mulligan	6:53 3:04	~~3:32~~	3:14	3:06	3:07	
Chott	7:48	3:32	3:44	3:39	X	
Mungenast	6:53	3:07	3:11	3:04	3:03	
Hilmes	7:22	3:06	3:18	3:13	3:14	
Miller	6:38	3:05	3:14	3:04	3:01	
Godar	7:45	3:28	3:31	3:21	3:21	
Thorp	7:28	3:24	3:40	3:24	3:30	
Smith	7:23	3:26	3:31	3:24	3:32	
Lawder	8:04	3:31	3:46	X	X	
Moody	6:55	3:10	3:30	3:26	3:19	
Schrock	7:55	3:36	3:39	3:30	3:34	
Phimphavong	8:44	3:51	4:07	3:54	3:59	

IR
Milford
Esswein, John
Fentress
Charles
Reichold
Shumate
Suhre
Kasper, M

Scribe: Brian Gilmore

10-20-10 Jog West Camp/ Push-ups/Core/ Dynamics/ / Neuro/ 8-6-5-4/ Strides

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	6 2:14	8	148		Abernathy	5	40:20	148	
Meier	6 2:14	8	152		Bollinger	4	38:45	156	
Rackers	6 2:14	8	132		Brumfield	4	32:47	136	
Raterman	6 2:14	8	152		Carron	4	35:43	150	
Ratermann	6 2:14	8	160		Charles				
Group B					Chura	4	30:26	176	
Archer	6	48:33	152		Dalaklis	4	34:32	152	
Arredondo	5	37:45	160		Fister	4	31:40	144	
Boehm	4	31:45	136		Gaines	4	33:57	140	
Esswein, Joe	6	48:45	144		Gillam	5	40:20	148	
Fentress	—				Hilmes	4	33:34	164	
Jacoby					Kernell	5	40:20	140	
Konzen	6	48:45	148		Kuehner				
Laughlin	5	38:45	144		Martino	4	32:57	162	
Mueth	4	31:36	140		Mimlitz, J	5	40:26	164	
Nicholson	6	48:36	156		Moran	4	31:48	188	
Pollihan	5	37:45	148		Muliigan	4	32:47	164	
Rubbelke	8	62:14	140		Mungenast	4	33:58	160	
Group C					Murphy	4	34:32	144	
Amsler	5	43:00	156		Oster	4	34:00	144	
Beckerle	5	37:45	156		Peraud	3	28:20	148	
Bergman	4	37:06	172		Suhre				
Bossung	5	36:25	172		Thomas	4	34:00	152	
Bufe	5	38:36	172		Umana	5	41:40	132	
Carroll	5	38:30	140		**Group E**				
Clark	5	40:26	180		Chott	4	39:23	160	
Cooley	5	39:19	168		Conley				
Curran	4	31:47	148		Glass	4	38:37	160	
Dodd	5	38:24	140		Godar				
Dowd	5	37:10	160		Greaves	4	33:58	156	
Fox	5	32:24	144		Hellman				
Griffard	5	6:00	156		Kasper, D	4	36:20	156	
Groesch	5	37:10	152		Kasper, M		—		
Herrmann	4	31:36	132		Lawder	3	26:06	168	
Hruz	5	43:27	160		Madden	4	33:48	164	
McEnery	5	42:49	152		McCarthy	4	37:05	160	
McLaughlin	5	40:20	152		McEnery, C	4	36:80	136	
Milford	Aerobic	→			Miller	4	35:43	136	
Esswein, John	Aerobic	←			Mimlitz, M	4	30:10	164	
Rackers	5	39:23	152		Moody	4	37:11	132	
Raeber	4	38:58	160		Obermeyer	4	36:20	136	
Rancilio	3	27:14	152		Phimphavong	4	40:53	140	
Reichold	3	22:32	156		Schrock	4	42:27	160	
Rubio	5	39:20	132		Sit	4	34:00	132	
Seaton	4	37:04	156		Smith	4	32:57	168	
Shumate		—			Thorp	4	36:35	160	
Stinehart	5	41:46	164						
Swan	3	22:27	168						
Vicini	3	26:06	152						
Waters									
Wottowa	5	38:16	164						
Zink-Duda	5	38:24	136						

10-21-10 Jog West Camp/ Push-ups/ Dynamics/ 8-6-5-4/ Flying 200s OR Pre-race day for Clayton Racers

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	8	56:31	148		Abernathy	4	3624	144	
Meier	8	56:31	148		Bollinger	4	2945	164	
Rackers					Brumfield	4	3011	160	
Raterman	4	3011	132		Carron	5	4311	154	
Ratermann	4	2912	160		Charles				
Group B					Chura	4	3304	144	
Archer	6	4444	152		Dalaklis	4	2938	164	
Arredondo	5	3640	164		Fister	4	3250	160	
Boehm	4	2912	152		Gaines	4	3500	140	
Esswein, Joe	6	4444	140		Gillam	4	3412	132	
Fentress					Hilmes	4	3451	164	
Jacoby	4	3121	148		Kernell	4	3624	140	
Konzen	4	3011	148		Kuehner				
Laughlin	5	3730	152		Martino	4	3409	160	
Mueth	4	3121	144		Mimlitz, J	4	3342	164	
Nicholson				XTrain	Moran	4	3039	172	
Pollihan					Muliigan	4	3004	176	
Rubbelke	8	56:28	DC	Faster TEMPO	Mungenast	4	3624	124	
Group C					Murphy	4	2936	160	
Amsler	5	3640	160		Oster	4	2810	176	
Beckerle					Peraud	2	1463	156	
Bergman	4	3459	168		Suhre				
Bossung	5	3640	180		Thomas	4	3624	136	
Bufe	5	3640	164		Umana	4	3328	152	
Carroll	6	4440	172		**Group E**				
Clark	4	3330	164		Chott	4	3931	172	
Cooley	4	3221	160		Conley				
Curran	3	2336	148		Glass	4	3500	160	
Dodd	4	3147	144		Godar				
Dowd	5	3640	160		Greaves	4	3342	164	
Fox	5	3640	156		Hellman				
Griffard					Kasper, D	4	3610	156	
Groesch	5	3640	168		Kasper, M				
Herrmann					Lawder	4	3315	156	
Hruz	4	3238	164		Madden	4	3459	160	
McEnery	4	3223	160		McCarthy	4	3742	150	
McLaughlin	5	4311	156		McEnery, C	4	2936	160	
Milford	Aerobic				Miller	4	3342	168	
Esswein, John	Aerobic				Mimlitz, M	4	3430	156	
Rackers	5	4006	156		Moody	4	3447	164	
Raeber	4	3500	140		Obermeyer	4	3642	160	
Rancilio				CHEW!	Phimphavong	4	4212	144	
Reichold					Schrock	4	3963	172	
Rubio	5	4006	160		Sit	4	2935	160	
Seaton					Smith	4	3422	156	
Shumate					Thorp				
Stinehart	4	3342	172						
Swan	4	2813	172						
Vicini					Porter	4	2919	156	SORE
Waters									
Wottowa	5	3640	172						
Zink-Duda	5	3613	160						

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Clayton													
Boehm	Cooley		Herrmann		Madden		Raterman		Waters				
Chura	Fister		Hruz		McEnery		Ratermann						
Clark	Gaines		Jacoby		Mimlitz, J		Stinehart						
Conley	Glass		Konzen		Mueth		Umana						

Rackers	1600	1200	800	400	Comments
Rackers	4:58	3:49	2:26	67	Cold/Tired/I got 12 hrs

District	Mileage	Time	Pulse	Comments
McLaughlin	5	38:48	116	Friendship Zone
Meier	5	38:48	120	"0 sin"
Archer	5	38:48	140	
Esswein, Joe	5	38:48	128	
Laughlin	5	38:48	129	
Nicholson	5	38:48	152	
Pollihan	5	38:48	152	good time
Rubbelke	5	38:48	128	Jack Kiny
Griffard	5	38:48	160	admired the trees

Group 1	400	400	400	400	400	400	400	400	400	400	400	400	Comments
~~Arredondo~~													
Swan	89	83	88	86	81	80	81	76	77	71			
Dowd	89	83	87	82	79	79	79	75	75	73			
~~Vicini~~													
Fox	89	84	86	83	80	80	79	75	75	71			
Rubio	89	84	88	82	81	81	81	78	77	74			
Carroll	88	82	87	82	79	79	79	74	75	72			
McLaughlin, S	89	86	89	85	82	81	83	79	80	74			
Groesch	88	82	87	82	79	79	79	74	73	68			
Dodd	83	89	86	83	79	80	79	74	73	72			
Zink-Duda	90	84	88	83	79	79	80	75	75	70			
Bufe	89	87	88	87	86	85	84	73	79	78			
Rackers, P	89	87	84	86	81	80	82	79	77	72			
Beckerle	89	84	86	80	79	79	79	75	75	72			
Oster	89	87	88	86	82	83	83	78	77	72			
Bossung	91	90	89	91	86	87	86	81	82	69			
Raeber	91	89	91	90	85	87	87	82	81	71			
Amsler	90	83	90	85	82	83	85	80	80	77			
~~Rancilio~~													
Murphy	90	87	90	91	86	86	87	83	85	82			

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Group 2														
Curran	96	95	94	93	89	86	88	84	86	82				
Thomas	93	91	97	94	88	84	89	83	81	83				
Bergman	95	95	96	95	91	90	90	85	84	84				
Moran	93	91	94	93	83	90	88	80	81	81				
Kernell	95	96	97	96	90	90	92	86	84	83				
Wottowa														
Seaton	95	96	96	96	92	92	92	88	88	87				
Dalaklis	92	92	96	94	87	87	85	78	80	79				
Martino														
Sit	92	92	96	94	87	85	85	79	83	82				
Bollinger	93	94	95	94	90	91	90	84	83	84				
Gillam	99	98	97	96	92	89	86	80	80	79				
Carron	95	96	97	95	89	90	84	81	83	82				
Mimlitz, M	93	90	93	93	83	84	85	82	85	83				
Kasper, D														
Hellman														
Brumfield	96	98	95	97	93	94	93	88	88	86				
Obermeyer	96	97	96	96	88	96	95	90	90	89				
Greaves	96	99	99	98	93	95	94	89	88	86				
McEnery, C	96	100	100	105	94	94	93	90	88	89				
McCarthy	136	140	146	140	94	94	93	90	88	85				
Abernathy	128	138	139	136	92	95	91	87	86	82				
Peraud	91	134	136	135	101	105	99							
Mulligan	96	141	148	136	95	96	93	89	87	80				
Chott	144	150	151	152	103	106	106	101	105	103				
Mungenast	128	135	136	134	89	90	89	85	83	86				[redacted]
Hilmes	90	100	99	95	93	94	91	90	90	87				
Miller	91	101	102	102	96	95	96	90	92	88				
Godar	145	151	149	148	102	104	98	93	99	96				
Thorp	96	104	106	104	100	104	102	95	95	94				
Smith	146	151	150	147	102	106	96	95	96	90				
Lawder	145	147	146	144	94	96	94	88	89	87				
Moody	96	97	108	96	91	93	87	85	83	80				
Schrock	105	111	111	113	105	108	107	105	101	103				
Phimphavong														

IR
Milford
Esswein, John
Fentress
Charles
Reichold
Shumate
Suhre
Kasper, M

2A

2B

10-23-10 Jog West Camp/ Push-ups/Run District Course x 2/ Strides

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin					Abernathy	6	55:00	160	
Meier					Bollinger	6	53:01	132	
Rackers					Brumfield	6	53:01	152	
Raterman					Carron	6	53:01	140	
Ratermann					Charles				
Group B					Chura				
Archer					Dalaklis	6	53:53	164	
Arredondo					Fister	6	53:08	164	
Boehm	6	48:00	134		Gaines	6	54:17	—	
Esswein, Joe					Gillam	6	53:a	152	
Fentress					Hilmes	6	54:12	160	
Jacoby	6	52:57	148		Kernell	6	53:10	140	
Konzen	6	48:00			Kuehner				
Laughlin					Martino				
Mueth					Mimlitz, J	6	52:59	152	
Nicholson					Moran	6	53:?1	178	
Pollihan					Muliigan				
Rubbelke					Mungenast	6	52:20	—	152
Group C					Murphy	6	53:02	152	
Amsler	6	53:01	156		Oster	6	48:09	—	
Beckerle	6	53:01	[illegible]		Peraud	6	54:12	132	
Bergman	6	53.10	148		Suhre				
Bossung					Thomas	6	53:01	156	
Bufe	6	54:17	160		Umana	6	53:01	128	
Carroll	6	48:00	500		**Group E**				
Clark					Chott	6	60:00		
Cooley	6	53:53	160		Conley				
Curran	6	53:A	140		Glass				
Dodd	6	48:09	—		Godar	6	54:12	?	
Dowd	5 ish	—			Greaves	6	54:12	—	
Fox					Hellman				
Griffard					Kasper, D				
Groesch					Kasper, M				
Herrmann					~~Lawder~~	6	52:20	160	
Hruz	6	52:56	160		Madden				
McEnery	6	53:00	152		McCarthy				
McLaughlin	6	52:58	152		McEnery, C	6	53:10	—	
Milford	Aerobic				Miller	6	56:00	160	
Esswein, John	Aerobic				Mimlitz, M	6	53:01	146	
Rackers	6	53:13	156		Moody	6	53:10	—	
Raeber	6	54:17	—		Obermeyer	6	53:10	?	
Rancilio					Phimphavong	6	55:22	156	
Reichold					Schrock	5.8	60:00	160	
Rubio					Sit	6	53:01	156	
Seaton	6	62:56	156	not true	Smith	6	55:22	—	
Shumate					Thorp	6	56:00	176	
Stinchart	6	53:01	160						
Swan	6	53:01	172						
Vicini									
Waters	6	53:01	176						
Wottowa									
Zink-Duda	6	48:09	140						

the best ↗

10-25-10 Jog West Camp/ Push-ups/ Dynamics/ 10-8-6-5/ Strides

Group A	Mileage	Time	Pulse	Comments	Group D	Mileage	Time	Pulse	Comments
McLaughlin	8	59:20	144		Abernathy	4	37:50	140	
Meier	8	59:20	144		Bollinger	4	32:05	160	
Rackers	8	56:29	132		Brumfield	4	32:05	172	
Raterman	8	59:20	136		Carron	4	38:33	156	
Ratermann	8	59:20	168		Charles				
Group B					Chura	4	33:17	126	
Archer	6	41:55	160		Dalaklis	4	32:02	172	
Arredondo	5	37:30	164		Fister	4	32:02	152	
Boehm	5	37:00	160		Gaines	4	32:02	140	
Esswein, Joe	3	24	124	good pulse	Gillam	4	33:08	164	
Fentress					Hilmes	4	36:29	180	
Jacoby	5	39:24	140		Kernell	4	38:14	140	
Konzen					Kuehner				
Laughlin	5	?	148		Martino	4	34:30	156	
Mueth	5	39:24	152		Mimlitz, J	5	40:20	176	
Nicholson	6	41:55	172		Moran	4	32:33	184	
Pollihan	5	37:30	152		Muliigan				
Rubbelke	8	59:26	148		Mungenast	4	38:14	140	
Group C					Murphy	4	28:10	168	
Amsler	5	37:50	164		Oster	5	37:50	168	
Beckerle	5	33:50	168		Peraud	2	21:45	156	
Bergman	4	33:15	168		Suhre				
Bossung	5	37:58	180		Thomas	4	38:24	132	
Bufe	5	37:46	160		Umana	5	39:56	152	
Carroll	5	37:30	160		**Group E**				
Clark					Chott	4	38:45	[illegible]	168 Hello
Cooley	5	40:08	156		Conley				
Curran	5	38:06	156		Glass	4	32:02	168	
Dodd	5	33:50	172		Godar				
Dowd	5	38:01	160		Greaves	4	36:29	180	
Fox	6	33:50	168		Hellman				
Griffard	5	?	140	Left to go to [illegible]	Kasper, D	4	30:45	180	
Groesch					Kasper, M				
Herrmann	4	32:16	136		Lawder	4	38:45	156	
Hruz	5	[illegible]:30	168		Madden	4	33:50	160	
McEnery	5	40:22	164		McCarthy	4	35:29	160	
McLaughlin	5	40:15	144		McEnery, C	4	35:11	144	
Milford	Aerobic 3	21:43	172		Miller	4	31:57	140	
Esswein, John	Aerobic				Mimlitz, M	4	32:55	148	
Rackers	5	43:13	140		Moody				
Raeber	4	33:21	156		Obermeyer	4	36:32	164	Rat-Boy
Rancilio	5	38:02	160		Phimphavong	4	43:20	182	
Reichold					Schrock	4	42:20	160	
Rubio	5	37:50	156		Sit				
Seaton	4	33:11	156		Smith	4	34:44	160	
Shumate	3 laps	18:55	156		Thorp	4	36:29	172	
Stinehart	5	40:09	176						
Swan	4	27:36	164						
Vicini									
Waters	5	40:09	184						
Wottowa	5	38:04	168						
Zink-Duda	5	34:30	168						

10-26-10 Jog Central Fields/ Push-ups/ Dynamics/ 5-4 Pre-race and strides for Findley Racers/ 3 mile tempo and 4 x 800 for Sectional Racers/ Jog SLUH/ Stretch

Sectionals	Goal	Tempo	800	800	800	800			
Rackers	5:40	17:11	26	28	2:25	2:26			
Meier	5:50	17:23	2:27	2:30	2:27	2:30			
Rubbelke	5:50	17:23	2:27	2:30	2:27	2:30			
McLaughlin	5:50	17:23	2:27	2:40	2:30	2:30			
Raterman	5:50	17:23	2:27	2:30	2:27	2:29			
Ratermann	5:50	17:53	2:37	2:47	2:43	2:50			
Laughlin	6:00	18:04	2:40	2:46	2:43	2:51			
Group B	**Mileage**	**Time**	**Pulse**	**Comments**	**Group D**	**Mileage**	**Time**	**Pulse**	**Comments**
Archer	3	23:29	160		Abernathy	3	24:08	156	
Arredondo	3	23:30	152		Bollinger	3	24:30	160	
Boehm	3	27:20	124		Brumfield	3	2358	156	
Esswein, Joe					Carron	3	2525	140	
Jacoby					Charles				
Konzen		X			Chura				
Mueth	3	27:20	120		Dalaklis	3	2345	152	
Nicholson	3	23:29	164		Fister	3	2440	160	
Pollihan	3	23:30	152		Gaines	3	23:21	132	
Group C					Gillam	3	24:29	164	
Amsler	3	23:50	156		Hilmes	3	23:58	148	
Beckerle	3	23:29	148	[redacted]	Kernell	3	25:14		
Bergman	3	25:14	152		Martino	3	23:58	146	
Bossung	3	24:31	160		Mimlitz, J				
Bufe					Moran	3	24:21		
Carroll	3	3hrs	140		Muliigan	3	23:57	152	
Clark					Mungenast	3	2355	164	
Cooley	3	23:59	168		Murphy				
Curran	3	24:24	164		Oster	3	24:20	158	
Dodd	3	23:29	140		Peraud	1	9:30	—	
Dowd	3	24:29	140		Suhre				
Fox	3	23:29	164		Thomas	3	23:58	156	
Griffard					Umana	3	23:57	140	
Groesch	3	23:39	152		**Group E**				
Herrmann dnf					Chott				
Hruz	3	23:58	164		Conley				
McEnery	3	24:32	156		Glass				
McLaughlin	3	24:25	156		Godar				
Milford	3	22:40	164		Greaves	3	23:58		
Esswein, John	3	22:40	172		Hellman				
Rackers	3	32:13	140		Kasper, D	3	29:19	148	
Raeber	3	24:17	144		Lawder	3	28:14	156	1st Place
Rancilio	3	27:18	140		Madden	3	23:58	160	
Reichold					McCarthy				
Rubio	3	24:20	140		McEnery, C	3	2358	156	
Seaton	3	25:19	156		Miller	3	23:58	—	
Shumate	3	23:57	146		Mimlitz, M	3	25:57	140	
Stinehart	3	24:29	160		Moody	3	2353	—	
Swan	3	25:23	164		Obermeyer	3	2550	148	
Vicini					Phimphavong				
Waters					Schrock	3	29:14	168	
Wottowa	3	23:50	168		Sit	2345	3	152	
Zink-Duda	3	23:40	156		Smith	3	29:19	148	
					Thorp	3	29:19	160	

10-28-10 Jog to West Camp/ Push-ups/ Dynamics/ 6-8 Miles/ 4 x Flying 200s/ Jog SLUH/ Stretch

Sectional Racers	Mileage	Time	Pulse	Comments
Rackers	8	58:56	unknown	Foster or Heart?
Meier	8	58:56	unknown	I ♡ French Girls
Rubbelke	6	45:34	148	My hips don't lie!
McLaughlin	8	58:56	144	shut up Jimmy
Raterman	8	58:56	unknown	what a frosh
Ratermann	6	45:34	156	Dang it!
Laughlin				Retreat
Archer				Retreat
Nicholson				Retreat
Milford	6	45.57	152	Jimmy took a poop
Griffard	6	45.57	152	Best poop ever!
Pollihan	6	45:57	152	Yay Jimmy!
Esswein, Joe	4	28:30	144	Felt Really good Payonyue is a good guy
Esswein, John				

10-29-10 Jog to West Camp/ Push-ups/ Dynamics/ 5 Miles/ Strides/ Jog SLUH/ Stretch

Sectional Racers	Mileage	Time	Pulse	Comments
Rackers	5	36 33	132	
Meier	5	36 33	132	
Rubbelke	5	36 33	140	
McLaughlin	5	36 33	132	
Raterman	5	36 33	132	
Ratermann	5	36 33	152	
Laughlin	5	36 33	148	
Archer	5	36 33	150	
Nicholson	5	36 33	176	
Milford	4	29 20	172	
Griffard	5	36 33	148	
Pollihan	5	36 33	152	
Esswein, Joe	4	29 20	140	
Esswein, John	4	29 06	172	
Arredondo	4	29 20	160	
P90X	5	36 40	148	
Flanagan	N.D.!	28 02	N.P.	
Gilmore	0	0:00	92	

11-1-10 Jog to West Camp/ Push-ups/ Dynamics/ Core/ Neuro/ 6-8 Miles/ Strides/ Jog SLUH/ Stretch

Sectional Racers	Mileage	Time	Pulse	Comments
Rackers				College Visit
Meier	8	54:55	160	
Rubbelke	6	43:34	156	
McLaughlin	6	43:34	136	
Raterman	8	54:55	156	
Ratermann	6	43:34	164	
Laughlin	6	44:05	160	
Archer	6	43:34	148	
Nicholson	6	43:34	160	
Milford	6	43:34	168	
Griffard	6	43:34	152	
Pollihan	6	43:34	160	
Esswein, Joe	4	29:56	132	
Esswein, John	4	29:55	[redacted] 152	[redacted] Freshman
Arredondo	4	29:57	148	

11-2-10 Jog to West Camp/ Push-ups/ Dynamic Warm-up/ 12 x 400/ Extended Cool-down/ Stretch

State Racers	400	400	400	400	400	400	400	400	400	400	400	400	Comments
Rackers	77	75	73	72	73	70	69	72	69	67	67	67	
Meier	81	78	78	78	77	73	73	75	72	71	71	70	
Rubbelke	81	78	76	73	75	72	72	75	71	70	69	68	
McLaughlin	81	78	76	73	75	72	71	75	71	69	69	69	
Raterman	81	78	77	78	76	73	73	75	72	72	71	67	
Ratermann	81	78	77	78	73	73	71	75	72	71	71	70	
Laughlin	81	78	78	77	75	75	77	79	75	77	80	80	
Archer	83	80	81	80	76	75	75	76	72	76	80	—	
Nicholson	83	80	80	80	76	76	75	76	71	72	73	72	
Milford	82	81	80	80	76	75	75	76	74	72	73	71	
Griffard	83	82	81	81	77	75	75	76	72	72	71	73	
Pollihan	83	82	81	81	76	76	75	76	72	73	74	72	
Esswein, Joe	80	80	80	80	76	75	75	76	71	70	69	68	
Esswein, John	55	50	53	52	55	50	51	49	53	51	50	48	3 mi | 22:18 | 160
Arredondo	83	80	81	80	76	75	75	76	71	71	75	—	

11-3-10 Jog to West Camp/ Push-ups/ Dynamics/ 6 Miles/ Strides/ Jog SLUH/ Stretch

State Racers	Mileage	Time	Pulse	Comments
Rackers	6	44 23	128	
Meier	6	44.35	144	
Rubbelke	6	43:23	148	
McLaughlin	6	44 23	144	
Raterman	6	44 . 23	132	
Ratermann	6	44. 23	160	
Laughlin	6	44: 23	152	
Archer	6	44: 23	152	
Nicholson	6	44: 23	148	
Milford	6	44: 23	160	
Griffard	6	44: 23	152	
Pollihan	6	44 23	148	
Esswein, Joe	6	44: 23	136	
Esswein, John	29:22	4	160	
Arredondo	4	29: 22	156	

11-4-10 Jog to West Camp/ Push-ups/ Dynamics/ 5 Miles/ 4xFlying 200s/ Jog SLUH/ Stretch

State Racers	Mileage	Time	Pulse	Comments
Rackers	5	38:23	124	
Meier	5	38:23	144	
Rubbelke	5	38:23	144	
McLaughlin	5	38:23	136	
Raterman	5	38:23	136	
Ratermann	5	38:23	144	
Laughlin	5	38:23	144	
Archer	5	39:07	152	
Nicholson	XT			
Milford	5	38:23	152	
Griffard	5	39:07	136	
Pollihan	5	39:07	132	
Esswein, Joe	5	39:07	112	
Esswein, John				
Arredondo	5	39:07	140	