

Spring 2008											
		AB's		Run	Test			AB's		Run	Test
AM	PM	Min	Min	Other		AM	PM	Min	Min	Other	
4/12/2010	4500	20			5/17/2010	7500	20	25			
4/13/2010	4600	20			5/18/2010	5500	20	30			
4/14/2010	4700		35		5/19/2010	6000					
4/15/2010	5300				5/20/2010	6000	20	25			
4/16/2010	4900	20	20		5/21/2010	6000	20				
4/17/2010	5000				5/22/2010	5500				Meet	
4/18/2010					5/23/2010						
Week 1		60	55	29000	Week 6		80	80	36500		
4/19/2010	5500	20			5/24/2010	8000		25			
4/20/2010	5000		30		5/25/2010	7000	20				
4/21/2010	5500	20			5/26/2010	7000					
4/22/2010	5000				5/27/2010	7000	20	20			
4/23/2008	5000				5/28/2010	7000	20				
4/24/2008	5000				5/29/2010		30	60			
4/25/2008					5/30/2010		30	60			
Week 2		40	30	31000	Week 7		120	165	36000		
4/26/2010	6500				5/31/2010		30	30			
4/27/2010	5500	20	35		6/1/2010	8000	20	30			
4/28/2010	6000				6/2/2010	7500	20				
4/29/2010	5000	20			6/3/2010	6000		30			
4/30/2010	5500		35		6/4/2010	5500	20		Meet		
5/1/2010	5500	20			6/5/2010	3000			Meet		
5/2/2010					6/6/2010	3000	20	30	Meet		
Week 3		60	70	34000	Week 8		110	120	33000		
5/3/2010	7000	20									
5/4/2010	6500	20	35								
5/5/2010	6000	20									
5/6/2010	6000	20	35								
5/7/2010	5500										
5/8/2010	3000			Meet							
5/9/2010	3000			Meet							
Week 4		80	70	37000							
5/10/2010	7000	20	20								
5/11/2010	5500	20									
5/12/2010	6000		25								
5/13/2010	5500	20									
5/14/2010	5000	20									
5/15/2010	5000										
5/16/2010	7000		25								
Week 5		80	70	41000							

Goal Yds	Week
29000	1
31000	2
34000	3
37000	4
41000	5
45000	6
45000	7
35000	8 U of M

Summer 2008											
		AB's		Run	Test			AB's		Run	Test
	AM	PM	Min	Min	Other		AM	PM	Min	Min	Other
6/7/2010		8000			30	7/12/2010					
6/8/2010		6500	20			7/13/2010					
6/9/2010		6000	20	25		7/14/2010					
6/10/2010		6000				7/15/2010					
6/11/2010		6000	20			7/16/2010					
6/12/2010		7500				7/17/2010					
6/13/2010					35	7/18/2010					
Week 9			60	90	40000	Week 14			0	0	0
6/14/2010	6000	5500				7/19/2010					
6/15/2010	6000	5000	10			7/20/2010					
6/16/2010	5500	5500				7/21/2010					
6/17/2010	6000	5000				7/22/2010					
6/18/2010	6000		10			7/23/2010					
6/19/2010	3000		10	15	Meet	7/24/2010					
6/20/2010					Meet	7/25/2010					
Week 10			30	15	53500	Week 15			0	0	0
6/21/2010	6500	6000				7/26/2010					
6/22/2010	6000	5500	15			7/27/2010					
6/23/2010	5500	5500				7/28/2010					
6/24/2010	6000	5000				7/29/2010				Meet	
6/25/2010	6000		15			7/30/2010				Meet	
6/26/2010	3000		15	20		7/30/2010				Meet	
6/27/2010					Meet	8/1/2010				Meet	
Week 11			45	20	55000	Week 16			0	0	0
6/28/2010						8/2/2010					
6/29/2010						8/3/2010					
6/30/2010						8/4/2010					
7/1/2010						8/5/2010				Meet	
7/2/2010						8/6/2010				Meet	
7/3/2010						8/7/2010				Meet	
7/4/2010						8/8/2010				Meet	
Week 12			0	0	0	Week 17			0	0	0
7/5/2010						Goal Yds	Week				
7/6/2010						52000	9				
7/7/2010						35000	10	roch			
7/8/2010						55000	11				
7/9/2010					Meet	55000	12				
7/10/2010						45000	13				
7/11/2010						35000	14				
Week 13			0	0	0	25000	15				
						20000	16	State			
						20000	17	Zones			

29000	1
31000	2
34000	3
37000	4
41000	5
45000	6
45000	7
40000	8 U of M
52000	9
40000	10 roch
55000	11
55000	12
45000	13
35000	14
25000	15
20000	16 State
20000	17 Zones