

SEVEN LAKES CROSS COUNTRY- YOUR LOGSHEET

"Hard work, given time beats talent, or makes talent rise to higher levels."

Girls Training								M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
TM	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
7	1	1	1	1	1	2	1																					
14	3	1	2	2	2	3	2																					
21	5	2	3	3	2	4	3																					
28	7	3	4	4	3	5	3																					
35	8	4	5	5	4	6	4																					
42	10	4	6	6	5	7	5																					
49	12	4	7	7	6	8	6																					
56	14	4	8	8	7	9	7																					
63	15	4	9	9	8	10	8																					
TM	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14																					
7	1	1	1	1	1	2	off																					
14	3	1	2	2	2	4	off																					
21	5	2	3	3	2	6	off																					
28	7	3	4	5	3	6	off																					
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42	10	4	6	7	6	9	off																					
49	12	4	7	8	6	10	off																					
56	14	5	8	10	7	12	off																					
63	15	5	10	11	9	13	off																					

Name: _____

Age: _____

Season: _____

Year: _____

"There is no thred in life so thin as thath which separates winning from losing."

"The fun begins when the work starts!"

The "X" Factor Runner -Doing training & racing levels others don't, won't, or can't regardless of circumstances

Training: Physically completed effort in terms of distances completed and times of distances completed recorded on a logsheet

First, Developing Goal Character
Second, Understanding Your Motivation
Thlrd, Developing Training Patterns, Levels, and Profiles
Fourth, Determining Daily Training and Racing Potential
Fifth, Thriving on being Dedicated to Training
Sixth, Developing Exact Training Intensity

Training Model-Continual, Consistent, and Higher Level of Training

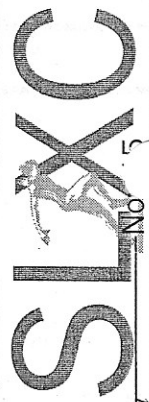
You are an Athlete.. A Spartan Athlete

The goal of the SLHS Cross Country program is to provide the best opportunities for student-athletes to excel in teamwork, sportsmanship, self discipline and moral character. The purpose is to provide each participant with experiences that will be positive, memorable, and help the athlete develop the capacity for commitment to a cause, acceptance of responsibility and loyalty towards any chosen endeavor.

Seven Lakes XC- Your Mileage Record and Statistics- Doing what other's don't, won't and can't do!

Day	Date	Weather	Primary Workout Type	Distance of Primary Run	Total Time	Pace per Mile	Warm Up/Cool Down	Morning Distance (AM)	Afternoon Distance (PM)	Total Miles for Day	Total Miles for Week	Total Miles for Month	Total Miles for Season	Total Miles for Year	Total Miles for Career	Continuous Days	The Think Tank
Mon	/																
Tue	/																
Wed	/																
Thu	/																
Fri	/																
Sat	/																
Sun	/																
Mon	/																
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Wed	/																
Thu	/																
Fri	/																
Sat	/																
Sun	/																

Notes:



June 8 (First Heartbe...)

Preseason Oxygen Delivery Aug 1 (First Practice)

Aug 22 (First Meet)

In Season

(Stat Sheet)

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Name:

Age:

Season:

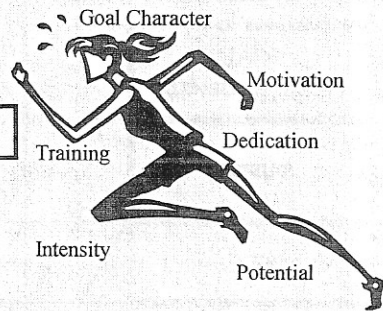
Year:



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