

# Knowledge– get it, learn it, use it

**Training and Logbook Notes for this week:**

Training Emphasis and Projections for this week:

**Weekly Words to Run and Live By**

- Monday:
- Tuesday:
- Wednesday:
- Thursday:
- Friday:
- Saturday:
- Sunday:

**Weekly Summary**

- First Thing:
- Most Important:
- Most Significant for Training Levels:
- Learned:
- Where Used:

Your Name: \_\_\_\_\_

Week of: \_\_\_\_\_

Training Progression Level \_\_\_\_\_

**Your Time Capsules**

How many days remaining in your career?

How many days remaining in your preseason?  
(August 2, 2020 being the last day of the off season)

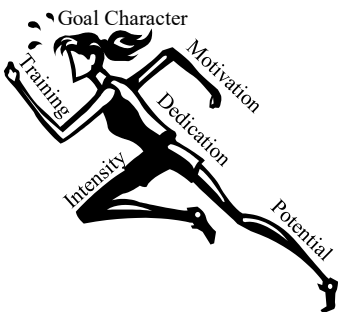
How many days remaining in your season?  
(From day one of this week to November 7, 2020)

	9th	10th	11th	12th
May	31	31	31	31
June	30	30	30	30
July	31	31	31	31
August	31	31	31	31
September	30	30	30	30
October	31	31	31	31
November	30	30	30	30
December	31	31	31	31
January	31	31	31	31
February	28/29	28/29	28/28	28/29
March	31	31	31	31
April	30	30	30	30

**Meet Schedule for Fall 20\_\_\_\_\_**

- August \_\_\_\_\_
- August \_\_\_\_\_
- August \_\_\_\_\_
- Sept \_\_\_\_\_
- Sept \_\_\_\_\_
- Sept \_\_\_\_\_
- Oct \_\_\_\_\_
- Oct \_\_\_\_\_ District 19-6A
- Oct \_\_\_\_\_ Regional III 6A
- Nov \_\_\_\_\_ State 6A

**The Spartan “X” Factor Runner Model: “Doing training and tracing 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
- Third,** Developing Training Patterns, Levels, and Profiles
- Fourth,** Determining Daily Training and Racing Potential
- Fifth,** Thriving on being Dedicated to Training

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

You are an Athlete.. A Spartan Athlete  
The goal of the SLXC 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 20\_\_\_\_-Your Logsheet-Doing what others don't, won't, Can't do!

June 1 \_\_\_\_\_ *Preseason Oxygen Delivery* \_\_\_\_\_ Aug 1 \_\_\_\_\_ Aug 13 \_\_\_\_\_ *In Season* \_\_\_\_\_ Nov 5 \_\_\_\_\_  
 (First Heartbeat) (First Practice) (First Meet) (State Meet)

Wk of _____	Wk of _____	Wk of _____	Wk of _____	Wk of _____	Wk of _____	Wk of _____	Wk of _____
MTWTFASU	MTWTFASU	MTWTFASU	MTWTFASU	MTWTFASU	MTWTFASU	MTWTFASU	MTWTFASU
CD=	CD=	CD=	CD=	CD=	CD=	CD=	CD=
TM=	TM=	TM=	TM=	TM=	TM=	TM=	TM=
MA=	MA=	MA=	MA=	MA=	MA=	MA=	MA=
ShPPM=	ShPPM=	ShPPM=	ShPPM=	ShPPM=	ShPPM=	ShPPM=	ShPPM=
TL=	TL=	TL=	TL=	TL=	TL=	TL=	TL=
LoPPM=	LoPPM=	LoPPM=	LoPPM=	LoPPM=	LoPPM=	LoPPM=	LoPPM=
TL=	TL=	TL=	TL=	TL=	TL=	TL=	TL=
Pro=1-	Pro=	Pro=	Pro=	Pro=	Pro=	Pro=	Pro=

Training Progressions Completed	Date _____	Monday/Day 1	Tuesday/Day 2	Wednesday/ Day 3	Thursday/ Day 4	Friday/Day 5	Saturday/Day 6	Sunday/Day 7	Weekly Summary
P-3 P3-1 PPM Glycogen base and Oxygen Del. Potential Determined	Training Daily Structure and Distance Application	<u>AM</u> <u>LR</u>	<u>AM</u> <u>Short PPM</u>	<u>AM</u> <u>CT</u>	<u>AM</u> <u>Long PPM</u>	<u>AM</u> <u>CT</u>	<u>AM</u> <u>LD/Basic Unit</u>	<u>AM</u> <u>CT</u>	TM=  MA= (TM/7)
	Projected Goal/Demand/Target:								CD= 1 2 3 4 5 6 7 (Circle)
P3-2 PPM HLT Glycogen base...and the new first conversion level base	Actual Results **WU **The Distance -Length and non-stop or not **WD **Any Finish Time								Completed Days= ___/7  Any HLTs and what:
	**Pace if Timed								Positive High-lights
P3-3 Final TL Increase for the next PPM Phase	Current CD								
	TM for this Day								
P3-4 PPM base or SIs	Any State Meet Landmarks								

