

# **Prior Lake Girls Cross Country**



**2015**

SEASON GOALS:

FIRST HALF (August 16 – September 26)

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SECOND HALF (September 27 – November 7)

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Week 1

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 2

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 3

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 4

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 5

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 6

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_



Week 7

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 8

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 9

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 10

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 11

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

Week 12

Weekly Goal: \_\_\_\_\_

S U N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
M O N D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T U E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
W E D N E S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
T H U R S D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
F R I D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep
S A T U R D A Y	Daily Goals	Warm Up  Work Out  Abs/TRX/Weights	Nutrition/Sleep

Weekly Milage: \_\_\_\_\_

## Season Review

(What went well? What would you change? What are some things you learned?)