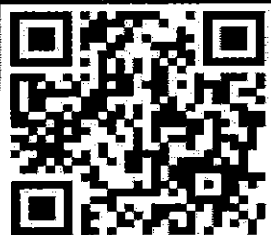


# SpartanXC

## ***Livin' the Dream in 2019***


Extra Effort is the Key to Success



Student/parent  
contact Information

<https://goo.gl/forms/yPR97nARIKeVIEDX2>





6 District Team & 5 District Individual Champions  
47 All District Performances  
3 Regional Runner Up Teams  
3 Region Team & 2 Region Individual Champions  
10 All Region Performances  
14 State Meets & 9 All State Performances  
1 Team State Runner Up  
1 Team State champions  
77 different State Qualifiers

Since 2005, our team have accomplished...

***Livin' the Dream in 2019***

***These accomplishments will increase in 2019!!!***

***Sign up for Remind:*** text @3d572 to the number 81010

## Livin' the Dream 2019

- ▶ May 20- (25 wks till) (Phase 1 Starts)
- ▶ May 27- Training Leaders (24 wks)
- ▶ June 3- Training Leaders (23 wks)
- ▶ June 10-20 OC (22 wks)
- ▶ June 17- 21 Wks
- ▶ June 24- 20 Wks
- ▶ July 1- 19 Wks (Phase 2 starts)
- ▶ July 8- 18 Wks
- ▶ July 15- 17 Wks
- ▶ July 22-16 Wks
- ▶ July 29 (Aug 1)-Official Start of SL Practice (15 Wks)
- ▶ Aug 5 - (14 wks) Training Week
- ▶ Aug 12- Heat Wave Relays Week (13 wks)
- ▶ Aug 19- Kingwood Classmate Week (12 wks)
- ▶ Aug 26- SL Showcase Week (11 wks) (Phase 3 starts)
- ▶ Sept 2- Region Preview Week (10 wks)
- ▶ Sept 9- Training Week (9 wks)
- ▶ Sept 16- College Park Week (8 wks)
- ▶ Sept 23- Brenham Hillacious Week (Homecoming) (7 wks)
- ▶ Sept 30 - Nike South Week (6 wks) (Phase IV starts)
- ▶ Oct 7- Training Week (5 wks)
- ▶ Oct 14-District Meet Week (4 wks)
- ▶ Oct 21-Pre Region Week (3 wks)
- ▶ Oct 28- Region III Champs (2 wks)
- ▶ Nov 4- State Meet Week (1 wk)

## Livin' the Dream in 2019!!

# The Demands of the Sport

## UIL STATE - 6A BOYS'

<u>O'All Place</u>	<u>Adj Place</u>	<u>Bib No</u>	<u>Name</u>	<u>Team</u>	<u>1 MILE</u>	<u>2 MILE</u>	<u>FINISH</u>	<u>Time</u>	<u>Pace</u>	<u>Year</u>
1	1	2753	Alexander Maier	Lewisville Flower Mound	4:41	9:27	14:34	14:34.92	4:40/M	12
2	(< 5)	2749	Ryan Schoppe	La Porte	4:41	9:27	14:43	14:43.88	4:43/M	11
3	2	2802	Spencer Cardinal	The Woodlands	4:41	9:29	14:50	14:50.25	4:45/M	11
4	(< 5)	2808	Haftu Knight	Tyler Lee	4:41	9:29	14:51	14:51.37	4:46/M	12
5	(< 5)	2757	Myles Richter	Lewisville Hebron	4:49	9:42	15:04	15:04.33	4:50/M	12
6	(< 5)	2772	Grant Wilcox	Plano East	4:49	9:41	15:05	15:05.10	4:50/M	11
7	3	2751	Jarrett Kirk	Lewisville Flower Mound	4:42	9:34	15:08	15:08.22	4:51/M	11
8	4	2721	Carter Storm	Humble Kingwood	4:42	9:35	15:11	15:11.45	4:52/M	12
9	5	2804	Ethan Hammer	The Woodlands	4:43	9:39	15:12	15:12.11	4:52/M	11
10	(< 5)	2700	Liam Walsh	El Paso Coronado	4:43	9:40	15:13	15:13.37	4:53/M	12
11	6	2790	Nate Lannen	Southlake Carroll	4:43	9:40	15:18	15:18.25	4:54/M	11
12	7	2763	Evan Williams	McAllen Memorial	4:48	9:49	15:18	15:18.73	4:54/M	12
13	(< 5)	2786	Nathan Perez	San Antonio Warren	4:52	9:50	15:20	15:20.57	4:55/M	12
14	(< 5)	2746	Braden Lange	Keller Timber Creek	4:46	9:47	15:20	15:20.63	4:55/M	12
15	(< 5)	2747	Christopher Daniels	Klein	4:52	9:53	15:21	15:21.36	4:55/M	10
16	(< 5)	2702	Whit Dennis	Fort Worth Paschal	4:47	9:44	15:22	15:22.49	4:56/M	11
17	(< 5)	2723	Alan Elbarina	Katy Cinco Ranch	4:50	9:54	15:23	15:23.21	4:56/M	12
18	8	2775	Pete Johnson	Plano West	4:50	9:43	15:24	15:24.95	4:56/M	12
19	(< 5)	2665	Anthony Monte	Austin Vandegrift	4:41	9:42	15:26	15:26.12	4:57/M	11
20	9	2739	Luke Canon	Keller	4:51	9:51	15:28	15:28.41	4:57/M	11

<u>1 MILE</u>	<u>2 MILE</u>	<u>FINISH</u>	<u>Time</u>	<u>Pace</u>	<u>Year</u>
4:41	9:27	14:34	14:34.92	4:40/M	12
4:41	9:27	14:43	14:43.88	4:43/M	11
4:41	9:29	14:50	14:50.25	4:45/M	11
4:41	9:29	14:51	14:51.37	4:46/M	12
4:49	9:42	15:04	15:04.33	4:50/M	12
4:49	9:41	15:05	15:05.10	4:50/M	11
4:42	9:34	15:08	15:08.22	4:51/M	11
4:42	9:35	15:11	15:11.45	4:52/M	12
4:43	9:39	15:12	15:12.11	4:52/M	11
4:43	9:40	15:13	15:13.37	4:53/M	12
4:43	9:40	15:18	15:18.25	4:54/M	11
4:48	9:49	15:18	15:18.73	4:54/M	12
4:52	9:50	15:20	15:20.57	4:55/M	12
4:46	9:47	15:20	15:20.63	4:55/M	12
4:52	9:53	15:21	15:21.36	4:55/M	10
4:47	9:44	15:22	15:22.49	4:56/M	11
4:50	9:54	15:23	15:23.21	4:56/M	12
4:50	9:43	15:24	15:24.95	4:56/M	12
4:41	9:42	15:26	15:26.12	4:57/M	11
4:51	9:51	15:28	15:28.41	4:57/M	11

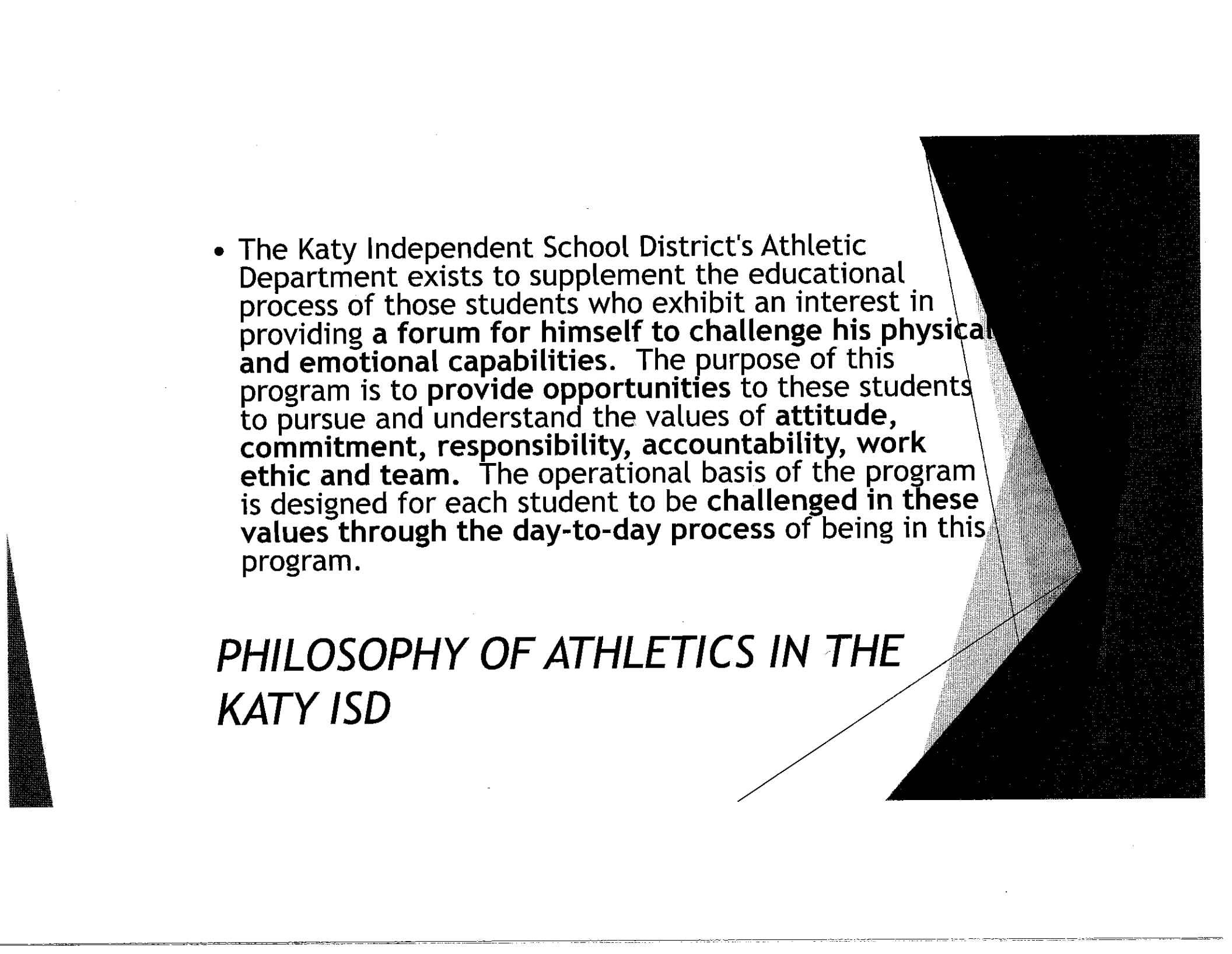
# The Demands of the Sport

# The Demands of the Sport- Training

5k Time	R 200	R 400	R 600	T 400	T 1000	H 1200	L 1600	PPM 1600	CT 1600
14:44	32	64	2:10	70	2:56	3:31	4:42	5:09	6:12
14:55	32	65	2:11	71	2:58	3:33	4:44	5:13	6:14
15:06	33	66	2:12	72	3:00	3:36	4:48	5:16	6:18
15:17	33	67	2:14	73	3:02	3:39	4:52	5:20	6:22
15:29	34	68	2:16	74	3:05	3:42	4:56	5:24	6:26
15:41	34	69	2:18	75	3:07	3:45	5:00	5:28	6:30
15:54	35	70	2:20	76	3:10	3:48	5:04	5:32	6:34
16:07	35	71	2:22	77	3:13	3:51	5:08	5:36	6:38
16:20	36	72	2:24	78	3:15	3:54	5:12	5:41	6:42
16:33	36	73	2:26	79	3:18	3:57	5:16	5:45	6:46
16:48	37	74	2:28	80	3:20	4:00	5:20	5:50	6:50

# A Spartan Athlete

- ▶ The goal: provide the best opportunities fo to excel in teamwork, sportsmanship, self discipline and moral character.
- ▶ The purpose: provide positive, memorable, experiences to help the athlete develop commitment, acceptance, responsibility and loyalty towards any chosen endeavor.

- 
- The Katy Independent School District's Athletic Department exists to supplement the educational process of those students who exhibit an interest in providing a forum for himself to challenge his physical and emotional capabilities. The purpose of this program is to provide opportunities to these students to pursue and understand the values of attitude, commitment, responsibility, accountability, work ethic and team. The operational basis of the program is designed for each student to be challenged in these values through the day-to-day process of being in this program.

## *PHILOSOPHY OF ATHLETICS IN THE KATY ISD*



- ▶ Involve as many students as possible in a positive athletic environment.
- ▶ Instill in all students an **exemplary work ethic and the qualities of: accountability, citizenship and a high degree of sportsmanship.**
- ▶ Play everyone on all sub-varsity levels.
- ▶ **Develop and maintain a complete and comprehensive off-season program.**
- ▶ To have all programs represented with **class, character and dignity.**
- ▶ Establish successful programs so that all participants enjoy a **positive learning experience.**
- ▶ Demonstrate that each of our athletic teams is **well coached, highly disciplined and very well organized.**

## KATY ISD ATHLETIC PROGRAM OBJECTIVES

# Athletic Staff

- ▶ Scott Kenney - Head Boys' Coach
- ▶ David Pollack - Head Girls' Coach
- ▶ Jessica Calvo - Assistant Coach
- ▶ Erica Slater - ABC & Team Liaison
- ▶ James Hamon- Athletic Coordinator 281-237-2840
- ▶ Angela Spurlock- Assistant Athletic Coordinator 281-237-2928
- ▶ Nancy Ney- Athletic Secretary 281-237-2940
- ▶ Sean May-Head Athletic Trainer 281-237-2879
- ▶ Amber King- Assistant Athletic Trainer

# Paper Pusher

- ▶ Birth Certificate-no passports
- ▶ Current Utility Bill(water, electric, gas)-name & address
- ▶ Participation Fee- \$50-KatyISD, can pay online- New System Aug 5th
- ▶ <https://katyisd.rankonesport.com/New/Home.aspx>
- ▶ PAPF-1 year, feeder rule
- ▶ SPPT- Permission for Student/Parent Provided Transportation

## Parents' Role

- ▶ Communication is KEY
- ▶ <https://www.sevenlakesabc.com/>
- ▶ Website Parent- for the SLHS ABC Cross Country Page
- ▶ Media Parent-Chron, Katy Times, TX Milesplit- Get results out
- ▶ Photos for Meets, Practices <https://sevenlakesboyscrosscountry.shutterfly.com/#>
- ▶ Set Up Involvement in Homecoming, Sept 28th
- ▶ Set Up XC Banquet
- ▶ Seven Lakes Showcase-Hospitality, monitors, set-up/break down course
- ▶ Fundraising: Seven Lakes Showcase
- ▶ Help at meets: Timing 200, 400, 800, 1600, 2400, 3200, 4000, 4800
- ▶ Important UIL Information:  
[http://www.uil.utexas.edu/athletics/manuals/pdf/parent\\_information.pdf](http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf)
- ▶ No Gifts, everyone pays equal share
- ▶ Parent's Guide to High School Track & Cross Country—Marc Bloom
- ▶ Forms: Athlete Packet with physical, consent, acknowledgement of rules, insurance info
- ▶ **Consistency starts at home: nutrition (diet), sleep, weekend workouts.** Think of it as the perimeter of the store
- ▶ Emotional Support- Cheer, Cheer, Cheer!!!

[illegible][illegible]

## ATHLETIC PHYSICALS

Participation Forms link to the right.

purpose.

2004-2005

0-87-15

*Journal of Management Education* 30(6)p.789-806  
© The Author(s) 2006

← → ↻ 🔒 https://katyisd.rankonesport.com/New/Home.aspx

Apps Google MyKaty Cloud Home Page Pandora Radio - Lis... Mail - Kenney, Julie... Log In to Canvas Eduphoria! Login



## Katy ISD Online Participation Forms

[Home/Instructions](#)

[PHYSICAL/MEDICAL HISTORY FORMS ▾](#)

[Electronic Participation Forms ▾](#)

[Student / Parent Handbook ▾](#)

### Welcome to the Athletics Parent Portal!

\*\*\* You MUST have your athlete's school ID number available as it is required on each form \*\*\*

\*Click on the form name and fill out the information requested.

\* To sign the document click inside the signature box and hold your mouse down, this will allow you to create an "Electronic Signature". If you make a mistake and need to start over click on the refresh icon next to the signature box.

\* All form submittals will be stored in the parent account for future reference. \* Note for physicals: Students are required to use the Pre-participation - Physical Examination Form provided. NO OTHER Physical Examination Form can be accepted. A new physical exam must be given prior to each school calendar year. Any physical administered prior to April 30, may not be valid after August 1. The form can be accessed from the Physical/Medical History tab. You are encouraged to fill out the history portion of the form prior to printing. Forms are also available on all Secondary Campuses.

If you have any questions, please contact the athletic trainer responsible for your school.

**KHS/KJH/WCJH**

**MCHS/MCJH/CJH**

← → ↻ ⓘ https://www.sevenlakesabc.com/page/show/1609471-home

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HOME

SPORTS

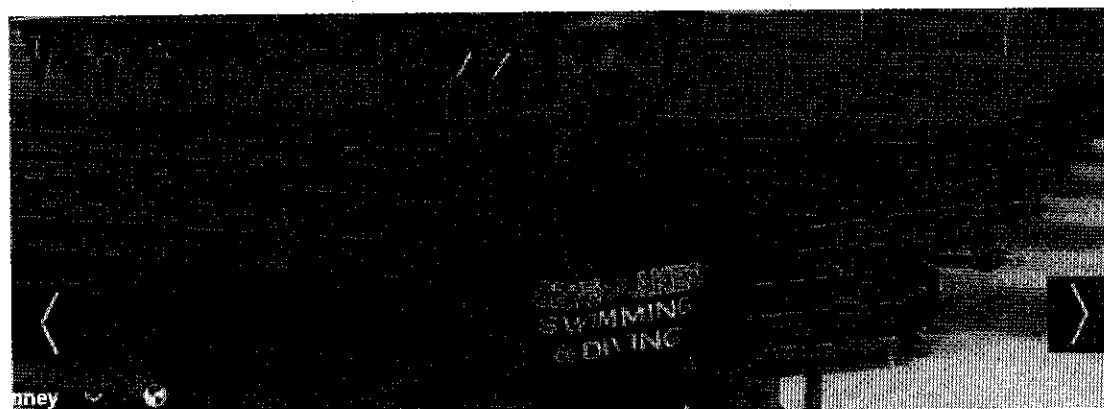
SPARTAN CLUB

SCHEDULES

ADMIN  
SALES  
ATTN



# THE OFFICIAL WEBSITE OF THE SEVEN LAKES HIGH SCHOOL ATHLETIC BOOSTER CLUB



[Katy ISD Athletic Forms and Information](#)

**ENTER SAVE50 AT CHECK  
OUT FOR DISCOUNT**



Need Help?



← → ↻ 🔒 https://www.uil-texas.org/cross-country/state

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 **University  
Interscholastic  
League**



ACADEMICS +

ATHLETICS +

MUSIC +

SPIRIT +

MEDIA +

POLICY +

UIL Home > Athletics > High School Sports > Cross Country > State Meet

## CROSS COUNTRY STATE CHAMPIONSHIPS

Overview & Schedule

Qualifiers & Results

Spectator Information

# Cross Country State Championships





https://tx.milesplit.com

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**MileSplit TX**

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START WITH COMFORT  
GEL-CUMULUS<sup>®</sup> 21

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Invitational!

**MileSplit XC**  
INVITATIONAL

### MileSplit Rankings

✓ Boys		Girls
Sprints	Distance	Hurdles
Throws	Jumps	Relays
Discus	Jacob Mechler (TX)	191-5
Shot Put	Patrick Piperi (TX)	66-6
SEE FULL RANKINGS		

START WITH

# Knowledge: Get it, Learn it, Use it

- ▶ [www.uil.utexas.edu/athletics/manuals/pdf/parent\\_information.pdf](http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf) Important UIL Information
- ▶ [www.katyisd.org/curriculum/athletics.htm](http://www.katyisd.org/curriculum/athletics.htm) Valuable District information and forms
- ▶ <http://www.rankonesport.com>- posting of schedules, results, rosters, etc.
- ▶ [www.flotrack.com](http://www.flotrack.com)-great videos and coverage
- ▶ [www.txmilesplit.com](http://www.txmilesplit.com)- meet information and results across the state of texas
- ▶ [www.dyestat.com](http://www.dyestat.com)- nationwide track and field website

# Equipment NEEDS



- ▶ Watch
- ▶ 3 Ring Binder-information
- ▶ Trainers/Event
  - ▶ Shoes Matter
  - ▶ Where?
  - ▶ What type?
- ▶ School Issued
  - ▶ \$\$ for damaged or nonreturned
  - ▶ Holds on Exemption
  - ▶ Non-athletic period

29

# SEVEN LAKES HIGH SCHOOL SPARTAN CROSS COUNTRY GEAR



**\$22.95** **Men's Breathable  
Racerback Singlet**

Available in 11 other  
colors.



**\$22.95** **Men's Dry 3/4-1/2  
Crew Short**

Available in 11 other  
colors.



**\$19.95** **Men's Short-Sleeved  
Singlet**

Available in 11 other  
colors.



**\$22.95** **Men's Short-Sleeved  
Singlet**

Available in 11 other  
colors.



**\$19.95** **Men's Dry 3/4-1/2  
Crew Short**

Available in 11 other  
colors.



**\$22.95** **Men's Legend  
Short-Sleeved T-Shirt**

Available in 11 other  
colors.



**\$22.95** **Men's Legend  
Short-Sleeved T-Shirt**

Available in 11 other  
colors.



**\$45.00** **Men's Short-Sleeved  
Singlet**

Available in 11 other  
colors.



**\$61.25** **Men's Dry 3/4-1/2  
Crew Short**

Available in 11 other  
colors.



**\$43.00** **PORT  
AUTHORITY  
THERMO-PROOF JACKET**

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colors.

**PLUS 10% OFF**

(\*) DISCOUNT APPLIES FOR LARGER SIZES



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1-800-748-3813 | mybsmsports@bsmsports.com

Team Coordinator SCOTT KENNEY SCOTT.KENNEY@KATYISD.ORG

**SPARTANXC**

www.bsmsports.com



**SHOP NOW**

Expires 05/31/2018

No orders will be accepted after the deadline.

## Attendance: Absence does not make the heart grow fonder

- ▶ Only Excuse: Absence from school
- ▶ Check In/Check Out
- ▶ 6:00am
- ▶ 3<sup>rd</sup> time w/o note=dismissal
- ▶ Always a note (3 or more) Doctor vs. Parent (2 days or less)
  - ▶ See packet for note information
  - ▶ Communication important
  - ▶ No School does not mean no practice

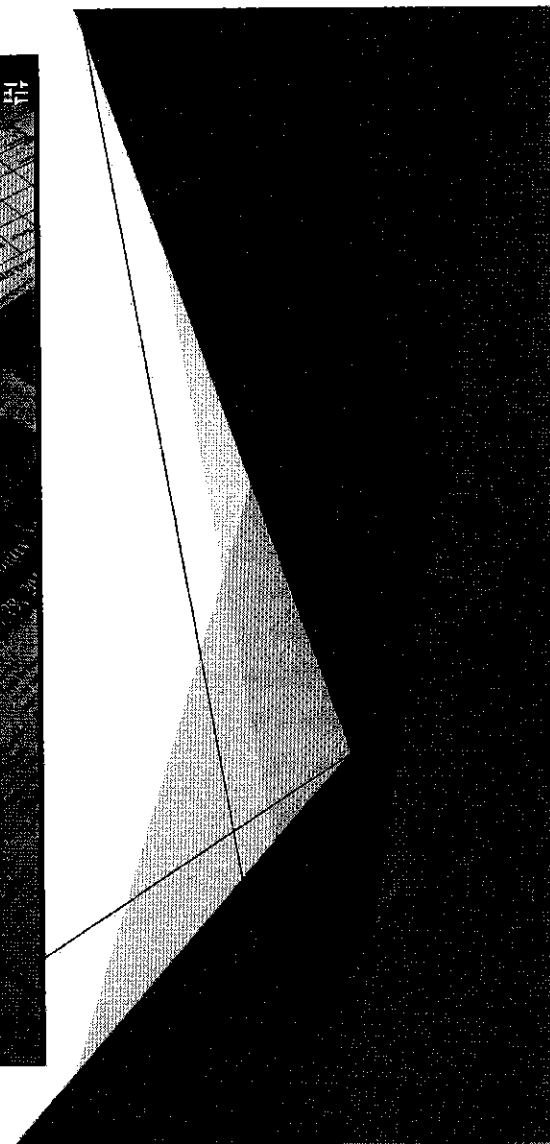
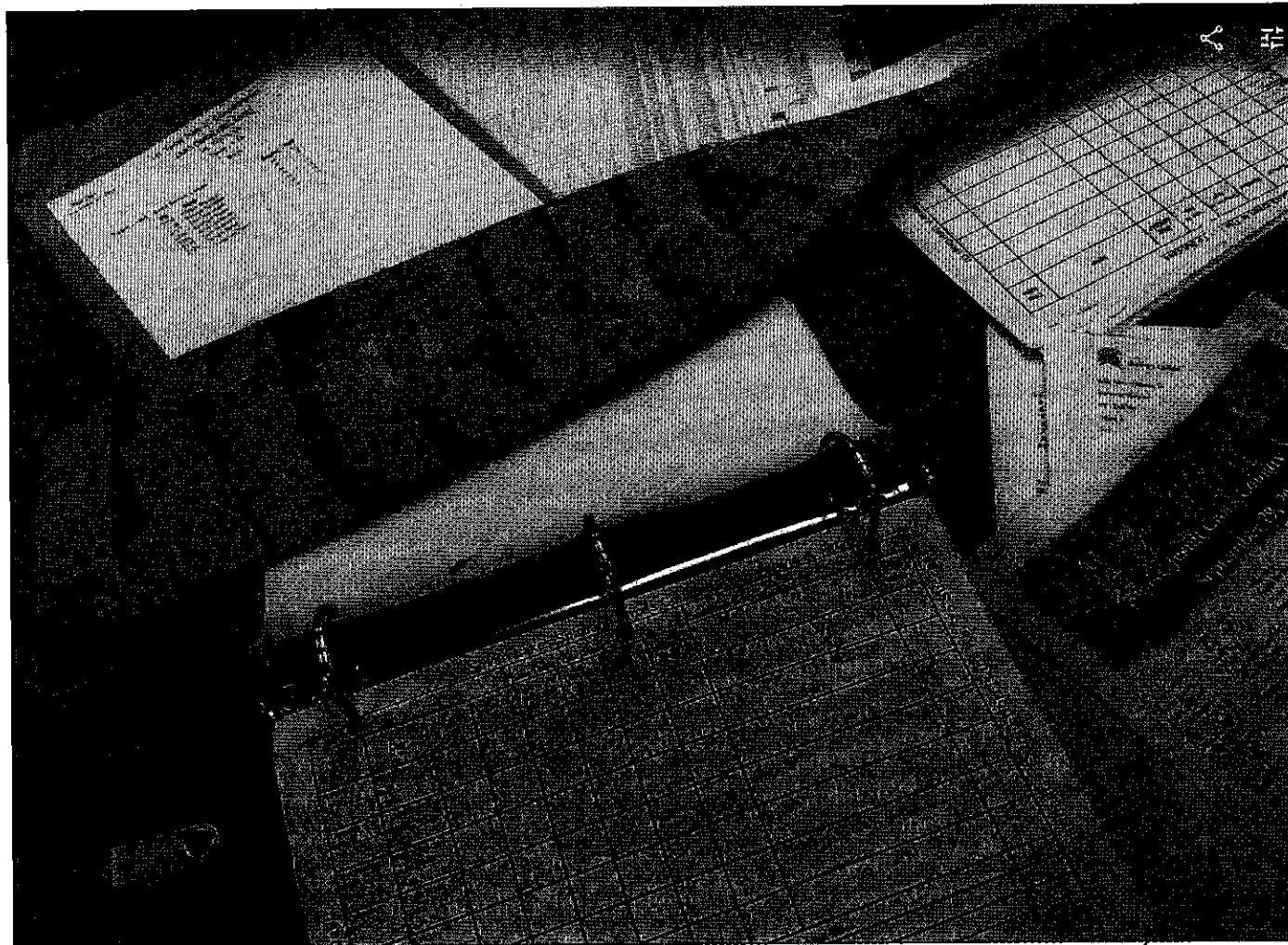
# Travel and Meets

- ▶ Travel always as team
- ▶ 48 hours Post Activity Student Release
- ▶ Time of Departure at Coach Kenney's cell phone time.
- ▶ Athlete responsibility-equipment.
- ▶ school issued clothing- trainers & spikes
- ▶ Always a SPARTAN-wear, say, do
- ▶ Leave it how you found it
- ▶ Bring Your Own Meals









# SEVEN LAKES CROSS COUNTRY

## A Parent's Guide to Seven Lakes Cross Country - 2019

Welcome to the proud tradition of Seven Lakes Cross Country. You have become a part of one of the most successful high school Boys and Girls team in the state of Texas. Parents have been instrumental in helping to build and maintain the success of the Seven Lakes Cross Country program. There are many things you can do to help contribute to the success of the teams this year. Some of those are simple, some are a little time consuming or just hard work, and there are even a few things you should *not* do. Hopefully this will help guide you to a great Cross Country experience.

### INTRODUCTION

Scott Kenney is the Head Boys' Cross Country coach. Coach Kenney has been coaching at Seven Lakes since 2005. Communication with parents is important. If you have any questions or comments or simply would like to know how your son is progressing, please contact Coach Kenney at one of the following.

Work Phone: 281-237-2895 @3d572

E-Mail at Work: [scottakenney@katyisd.org](mailto:scottakenney@katyisd.org)

David Pollack is the Head Girls' Cross Country coach. Coach Pollack has been coaching at Seven Lakes since 2010. Communication with parents is important. If you have any questions or comments or simply would like to know how your daughter is progressing, please contact Coach Kenney at one of the following.

Work Phone: 281-237-9177

E-Mail at Work: [davidpollack@katyisd.org](mailto:davidpollack@katyisd.org)

Jessica Calvo is the Assistant Cross Country coach. Coach Calvo has been coaching at Seven Lakes since 2008. Communication with parents is important. If you have any questions or comments or simply would like to know how your son or daughter is progressing, please contact Coach Calvo at one of the following.

Work Phone: 281-237-9597

E-Mail at Work: [jessicamcalvo@katyisd.org](mailto:jessicamcalvo@katyisd.org)

Additional Supportive Staff: Campus Athletic Coordinator James Hamon 281-237-2840  
Assistant Athletic Coordinator Angela Spurlock 281-237-2928  
Head Athletic Trainer Sean May 281-237-2879  
Athletic Office Administrative Assistant Rosie Pineda: 281-237-2940

### COMMUNICATION

Please do not hesitate to contact your respective Head Coach with any concerns you may have. Email usually works best for short responses, phone calls work best for long responses. We also have our own website. In order to get to our team website, you simply need to visit Seven Lakes High School's Athletic Booster Club High School main page, and click on Sports, then click Cross Country. Here you will find schedules, records, and announcements.

In addition, we would love for you to receive all the information that you may need each week to stay informed about team activities. Each week we send home a newsletter entitled *The Running Spartan* with your son. This newsletter includes the results of the meet from the previous weekend, directions to the upcoming meet, any changes in the schedule and other information we feel is pertinent. It is very important that you, as a parent, read this newsletter each week as it contains information that you need to know. These newsletters will be emailed to you as well.

## HISTORY AND TRADITION

The Seven Lakes Cross Country Boys Team has an outstanding tradition of success over the past 14 years. 6 District Team Champions, 5 District Individual Champions, 47 All District performances, 3 Regional Runner Up Teams, 3 Region Team Champions, 2 Region Individual Champions, 10 All Region performances, 14 State Meets, 9 All State performances, 1 Team State Runner Up, 1 Team State champions. The 2019 team is set to continue this tradition, as they are livin' the dream in 2019. This is the tradition of Seven Cross Country – a commitment to excellence forged by self-discipline, dedication, and consistent hard work.

The Seven Lakes Cross Country Girls' Team has an outstanding tradition of success over the past 14 years. 5 District Team Champions, 3 District Individual Champions, 48 All District performances, 5 Regional Runner Up Teams, 3 Region Team Champions, 2 Region Individual Champions, 11 All Region performances, 14 State Meets, 3 All State performances. The 2019 team is set to continue this tradition, as they are livin' the dream in 2019. This is the tradition of Seven Cross Country – a commitment to excellence forged by self-discipline, dedication, and consistent hard work.

## PHILOSOPHY AND GOALS

The philosophical foundation of the program correlates directly with the philosophy of the Katy Independent School District Athletic Department. This philosophy "is to maintain a broad based program that will afford all students with athletic interests and abilities an opportunity for safe and healthful participation in the sport of their choice. The philosophy is based on the concept that there is a need for rugged physical development and fitness for every youngster, as well as a variance of interest, abilities, and desires."

## OBJECTIVES OF THE K.I.S.D. ATHLETIC DEPARTMENT AND SLHS XC PROGRAM

The purpose of the Seven Lakes Cross Country program is to do more than provide competition between two individuals and/or two schools. It is to teach fair play, sportsmanship, the understanding and appreciation of teamwork, the teaching of discipline, and that to quit means failure and hard work means eventual success (properly defined). We will attempt to accomplish this general objective through the following goals.

1. Keep as many athletes as possible in a good environment.
2. Instill good habits, sound morals, exemplary citizenship, and a high standard of sportsmanship in each athlete involved in Seven Lakes Cross Country
3. Encourage students to grow physically, mentally, morally, and socially.
4. Instill in youngsters an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits, and cleanliness will be stressed at every opportunity.
5. Develop the program in such a manner that the end result will be one of unity, harmony, and success. Mass participation will be emphasized and encouraged among all ability levels.
6. Instill in all athletes the desire to represent Seven Lakes High School and the Seven Lakes community in a manner that will make school administrators, teachers, parents, and other citizens proud of them.

## ATHLETE EXPECTATIONS

As a member of the Seven Lakes Cross Country team each athlete is expected to:

1. Maintain good academic standing – pass all classes. Students who earn below 70 may not participate in meets. *They do still practice.* If failing grades become habitual the athlete will be dismissed from the team.
2. Keep a detailed Training Log on a daily basis. On a weekly log sheet, he will log workouts, record updates and announcements, and communicate with coaches. This will be graded and is a part of the 6 weeks average.

3. Be a positive example to teammates, parents, and the community wherever they may go. Be selective in their social activities.
4. Maintain good training procedures including proper nutrition, hydration, rest, and injury management. The use of alcohol, tobacco, or drugs is contrary to sound training and sound living and will result in swift disciplinary action as allowed through the KatyISD athletic handbook.
5. Attend and participate in all practices and meets including those scheduled on school holidays. Athletes are not excused for work, Driver's license, hair appointments, etc. **If an athlete does miss a workout for any reason, it is the athlete's responsibility to leave an e-mail or message for a coach at the office number explaining the reason for the absence. All missed workouts should be explained BEFORE they occur!**
6. Properly care for equipment loaned to them. Missing equipment items will be paid for.
7. Be familiar with the rules and tactics of Cross Country.
8. Keep parents informed of all team activities.
9. Report on time to all team functions. **Arrival at the practice start time is not on time.** We have a saying in Seven Lakes Cross Country, **"If you're early, you're on time. If you're on time, you're late. If you're late, you're rude."** Be ready to run at the start time.
10. Report all injuries to your coaches for referral to the trainers. Athletes/Parents please let the coach and trainers know you are injured **before** you go to a doctor.
11. Athletes are not to practice with private sport specific coaches. We believe that private coaches are ultimately detrimental to the athlete, and more importantly, the team.

Failure to meet the team expectations may result in disciplinary action including suspension from meets and/or removal from the team. Coach Kenney and Coach Pollack reserve the right to suspend any team member for any action considered inappropriate or detrimental to the team.

If an athlete is to miss a practice for any reason, they should contact Coach Kenney or Coach Pollack in one of the previously mentioned fashions **BEFORE** practice.

If a team member has a conflict with another **school activity**, the athlete, the sponsor, and coach will discuss the situation and try to create a compromise that works for everybody. If there is a conflict with an **outside school activity**, Cross Country will take priority. Coach Kenney and Coach Pollack will make the final decision as it affects Cross Country.

## TEAM UNITY

- I would like to create several opportunities throughout the season to help bring the teammates together. Look forward to updates pertaining to these events.
- Each Friday evening before Cross Country Meets, I will encourage the team to gather at a local eating establishment for a team dinner. The schedule and times will be discussed and announced during the week before the meet.
- Each athlete involved in the Seven Lakes Cross Country program is expected to refrain from drinking **ALL Carbonated Beverages** during the duration of the competitive season. This is a small sacrifice that **all** runners can make. In making this (and other) sacrifice/s the entire team, best to worst is unified.
- At the close of every meet, the entire program will round up to reflect on the meet. This process is a symbol of our team unity and the significance of every individual to the success of the program. This allows individual athletes and teams to recognize the accomplishments of teammates. This is a very important process of team building. Athletes are expected to be present.
- There is a Fajita Mile the week before the District Meet. Each athlete races one mile on the track. The parents' mile, siblings' mile and alumni mile are also run. Following the races, athletes and their families are invited to eat a fajita dinner.
- Many of our families make the trek to the Regional and State Championship meets at the end of the season. Even if your daughter is not participating, we encourage you to come to these highly competitive, outstanding races. It doesn't get any more exciting in this sport! Don't miss these!!!
- The Cross Country season culminates with an Awards Banquet. This year the banquet is tentatively scheduled on **November 28 at 6:00 pm in the SLHS 9<sup>th</sup> grade Commons.**

## NUTRITION

Water/Gatorade – The absolute **minimum** consumed should be 128 ounces per day (that's one gallon, or 16 eight ounce cups)! The drinking fountain rule applies for school – If you pass one, take a drink!

Proper nutrition is essential to athletic performance as well as good overall health.

- A balanced meal of complex carbohydrates, meats, vegetables, fruits, and fluids is best.
- Athletes should eat before and after every workout and race.
- All athletes should eat at least 8 servings of fruit and vegetables each day.
- What about vitamins? Done in moderation they can't hurt. (Although they may not help)
- **During the racing season athletes should not be drinking any carbonated drinks!**
- "Junk food" should be eaten in moderation and must never replace the essentials of a healthy, balanced diet.
- All athletes need to consume enough calories to maintain their weight. No one should be on a "diet" or diet pills of any kind. There are some athletes; especially those who are experiencing exercise and good nutritional habits for the first time that will experience weight loss. If you suspect your son is not eating properly please bring this to Coach Kenney's attention.

## EQUIPMENT

Required equipment:

- All athletes must have at least one pair of quality running shoes. Two pairs are better than one!
- All athletes must get and **wear** a runners watch to practice each day (one that has a stopwatch and is water-resistant).
- All athletes will be issued racing equipment at the start of each season. It is **imperative** that this equipment is turned in at the end of each season.
- All athletes will be held responsible for their equipment. If lost or stolen, the athlete will be required to make payment for lost equipment.

Suggestions for keeping up with equipment:

- Athletes should make sure they place their equipment in their locker with the locker locked!
- Athletes should NEVER loan equipment to someone else.
- Athletes should always have someone watching their equipment while they are competing.

### Picking A Shoe:

Quality running shoes generally cost between \$50 and \$125. The most important factor in choosing a running shoe is comfort. If the shoe fits and is comfortable you are probably OK. If injuries are a problem or there is some biomechanical flaw in a person's running form, the best option is to have your runners stride and running form evaluated. Luke's Locker (2 locations – West Gray near downtown, and The Woodlands) and Fleet Feet (2 locations – Rice Village, and 1960 near Spring) are stores that works well with us.

## PRACTICE SCHEDULE

**Morning Practice:** Practices **start** at 6:00am sharp Monday through Friday mornings. Saturday morning practices will fluctuate between 6:00am and 7:00am.

**Afternoon Practice:** Will occur for athletes 40 miles or high, as well as auxiliary training

\*Occasionally, practice times will vary. Your son should keep you informed.

**Meets:** See attached schedule and directions. Also, each newsletter will contain a meet schedule and directions for that week's meet.

# Seven Lakes Girls and Boys Cross Country Schedule 2019

<u>Date</u>	<u>Meet</u>	<u>Location</u>
8/10/19	Inter-Squad Meet	Seven Lakes High School
8/17/19	Heat Wave Relays	Spring Creek Park – Tomball
8/24/19	Kingwood Classmate Challenge	Kingwood High School
8/31/19	Seven Lakes Showcase	Seven Lakes High School
9/07/19	Region Preview Meet	Kate Ross Park
9/14/19	Watermelon Run	Epiphany Catholic Church
9/21/19	College Park Invitational	College Park High School
9/28/19	Brenham Hillacious Invitational	Brenham High School
10/05/19	Nike South Preview Meet	Bear Branch Soccer Complex
10/18/19	District 19-6A Championship	Bear Creek Park – Houston
10/28/19	Region III – 6A Championship	Kate Barr-Ross Park – Huntsville
11/9/19	UIL 6A State Championship	Old Settlers Park – Round Rock

## **BECOMING A CROSS COUNTRY EXPERT**

Seven Lakes Cross Country parents have an excellent reputation in the Cross Country community. Coaches from around Texas are amazed at the quality of the meets you help us put on and the knowledge and enthusiasm you bring to each race. This section is especially dedicated to those of you who are new and don't want to go home after a meet and wonder if we won or not.

### **What to Bring?**

Meet Schedule, lawn chairs, binoculars, water, video or still camera, stopwatch.

### **Meet Etiquette**

#### ***Do not:***

go into the Cross Country athlete camp ... follow your son around as they get ready to race... panic when they throw up on your shoes... gather at the starting line with the athletes at the beginning of a race... place extra unnecessary pressure on athletes on meet day, or any day... think that every runner is going to have a great race every week... get in the way of the runners on the course... immediately talk to your child after a race... coach them...

#### ***Do:***

support the entire team as well as all runners at a meet enthusiastically (not just our runners)... be a good sounding board for your son once their meet responsibilities are done... encourage your son to be a part of what the team is doing... understand that not everyone has a great race every week... allow them to fail; failing at something does not make a person a failure... be willing to help when needed and be willing to simply watch and cheer when not needed... feel comfortable enough to ask Coach Kenney about anything... have a great time watching an exceptional group of hard-working kids compete in the great sport of Cross Country running... bring extra water and food to meets... **make sure your child is on time for the bus**

### **PLEASE KEEP IN MIND...**

After a race, a runner will possibly be more physically spent than you would anticipate. Symptoms may include rubbery knees, general weakness, the appearance of fainting, glassy eyes, nausea, and salivating (what a fun sport, huh?). These symptoms usually pass quickly. There are trainers at each meet to treat any more serious problems. Many of these can be avoided with *proper hydration*.

### Scoring or “We came! We ran!? How did we do?”

Cross Country is a true team sport. *Every* person on the team has an effect on the team’s outcome. You can compare team scoring in cross country to the game of golf: low score wins. Times do not affect team scores (usually). Typically, each varsity and junior varsity team can run between seven and ten runners (sometimes more).

Each individual finishing a race is issued a card in the finish chute with that individual’s finish place written on it (These cards must be turned in to the Coach or manager) For example, the first finisher gets #1, the second #2, etc... The places of the first five runners from a team are added together to compute the team score. The sixth and seventh runners on the varsity and all the additional runners on the JV serve to “bump” an opposing team’s score higher by finishing ahead of the opposing runners.

	<u>Team A</u>	<u>Team B</u>
1.	2	1
2.	3	4
3.	5	6
4.	7	8
5.	<u>12</u>	<u>9</u>
<b>Score</b>	<b>29</b>	<b>28</b>
6.	13	10 “Bumps” Team A’s 5 <sup>th</sup> runner
7.	14	11

If there is a tie in the team score, the tie is broken by comparing the finish of the sixth runner on each team. There have been state championships decided this way. **EVERY RUNNER ON THE TEAM IS IMPORTANT! Whether you finish first or 800<sup>th</sup>, your performance is important, if not to the score of the meet, at the very least, to the overall attitude and work ethic of the program.**

### Race Tactics

Cross Country racing on the surface appears to be simple, right? The fastest runner wins, how tough can it be? The important thing to remember is that **Cross Country is a team sport**. In fact no other sport emphasizes the meaning of team more. In order to have a good team all of the runners must be able to perform well. Therefore, the most important aspect of cross country tactics is pack running. The most important result of pack running other than the score is the “spread” or “gap” time. This is the time from when a team’s first runner finishes until their fifth runner finishes. Great teams have spread times of less than 20 seconds. Most good teams have gap times less than 60 seconds.

As for the rest being simple try explaining these: negative splits, positive splits, even splits, crest the hill, gut check, kick, tempo, pace awareness, competitor awareness, controlled hill climb, hard surge, break up the course, long surge, race plan, stay connected, Fartlek, Intervals, recovery run, to name just a few.

## **SPECIAL NATIONAL MEETS**

There are several opportunities for national caliber competition in Cross Country. The Footlocker South Region an event that is accessible and encouraged for some of our athletes. If you have a son or daughter who is interested in going to the Footlocker Race see Coach Kenney for more information or visit the website at [footlockercc.com](http://footlockercc.com). Another chance for national competition will be the Nike National Championship Meet held on the infield of the Portland Meadows Race Track in Portland, Oregon in December. This year, 22 teams will qualify for NXN by placing 1<sup>st</sup> or 2<sup>nd</sup> in eight Regional qualifying meets. The NXN selection committee will pick two teams each from New York and California as well as 4 national at large bids. The Nike South Qualifier Meet will be held in The Woodlands on November 16, following the Texas State Meet on November 9. We will compete in this meet if we place in the top 3 at the Texas State Meet. It is definitely an event worth working toward.

## **THE CHAMPIONSHIP SEASON**

The championship season is comprised of the District, Regional and State meets. This year the District Meet will be hosted by Katy ISD and will be held at Bear Creek Park on Friday, October 18. We must finish in the top three teams at District to advance to the Regional meet. When we accomplish this, we take Varsity athletes to the Regional meet in Huntsville, TX. Everyone travels together to the Regional meet. This scenario is repeated the following week for the Texas State Meet in Round Rock. All other athletes and parents are strongly encouraged to attend all the post-season meets.

### **The Varsity and The Traveling Team**

There are two groups of runners during the championship season. The Varsity refers to the seven runners that are competing at the Regional and State level. These seven athletes earn their spots based on performances throughout the Cross Country season. Coach Kenney and Coach Pollack reserves the right to make roster changes to any spots, especially where health is an issue or as it benefits the team.

The Traveling team includes the seven Varsity athletes and, sometimes, the next 3-7 finishers at the District meet. These athletes are official alternates for the Regional and State Meets. The traveling team has all their expenses to the State meet paid for by the school district.

## **IN CONCLUSION**

When your son and daughter decided to join this team, you joined, too. We want to encourage you to be an active part of this exciting and rewarding experience. The Seven Lakes Cross Country program has been one of the best in the state for the past 14 years. You have a great opportunity, whether you are an athlete or a parent, to continue this tradition. See you on the Cross Country course!



## RESOURCES

Check these out for more information on Cross Country around the state and nation.

For Katy ISD athletic information: <http://www.katyisd.org/dept/athletics/Pages/default.aspx>

The team website: Seven Lakes ABC main site, click on Sports, and then click on Cross Country  
<https://www.sevenlakesabc.com/page/show/1742786-cross-country-page-2015->

The Flotrackr website: [www.flotrack.org](http://www.flotrack.org)

For the State of Texas:  
<http://tx.milesplit.com/>

For the National Scene:  
[DyeStat.com](http://DyeStat.com)

For the Footlocker Meet information:  
[Footlockercc.com](http://Footlockercc.com)

For the Nike Cross Nationals Meet information:  
<http://www.runnerspace.com/nxn>  
Publications:

***The Harrier's High School Cross Country Report***  
Subscriptions - \$32  
PO Box 41  
Marlboro, NJ 07746

***Texas Track & Field News***  
Subscriptions - \$25  
333 Throckmorton St. #806  
Fort Worth, TX 76102

***Track & Field News (National)***  
Subscription - \$43.95  
2570 El Camino Real, Suite 606  
Mountain View, CA 94040

## **CROSS COUNTRY TERMS TO KNOW**

<b>Cross Country</b>	Team sport involving running over varied terrain.
<b>Dual Meet</b>	A meet between two teams. In Texas we rarely have these.
<b>False Start</b>	Runner leaving the starting line early. Starter will return all runners to the line for a restart.
<b>Finish Chute</b>	The roped-off area at the finish, through which runners are directed in order to establish place in a race. (You should stay away from this area unless you are helping with the meet)
<b>Footlocker Inv.</b>	The National Championship individual race at the end of season.
<b>NXN</b>	The National Championship team race at the end of season.
<b>Invitational</b>	A meet between a multiple number of teams. All of our races except District, Regionals and State are Invitationals.
<b>Pace</b>	Rate of speed maintained over a prolonged distance. Normally we are trying to run at the same pace over the entire race.
<b>Personal Record (PR)</b>	Best performance time on a specific course or overall for an athletes career. The best they have ever done.
<b>Racing Flat or Spikes</b>	A lightweight shoe designed primarily for racing.
<b>Starting box, gate, lane</b>	Designated area to which a team is assigned for the start of a race.
<b>Surge</b>	A gradual or sudden increase in speed as a tactical move in a race.
<b>Warm Down/Cool Down</b>	Exercises and running through which the body is physically returned to a pre-running state.
<b>Warm Up</b>	Exercises and running through which the body is physically prepared prior to racing or working out.

## **Seven Lakes Cross Country**

### ***Answers to the Basics***

**1. When are practices during the season?**

See page 5 in the handbook.

**2. When are meets?**

Meets are primarily on Saturday mornings (although we do have a few Friday meets). The first meet is the Heat Wave Relays on August 18. A time schedule of races is sent home each week in the newsletter. Always ask for it – they should have a copy for themselves and one for you.

**3. Where are the meets?**

Meets are held in parks all over the Houston area. The final two meets of the season are in Hunstville and Round Rock (25 miles north of Austin). All athletes are expected to attend every meet! Again see the attached schedule for locations and directions.

**4. How do runners get to races?**

The team always goes on a bus provided by the school. Generally, we leave school between 6:00 and 6:30am. Athletes are expected to return to school on the bus at the end of the meet. There are some exceptions to this; arrangements must be made with a coach BEFORE the meet.

**5. Should the runners eat before practice and meets?**

Definitely!!! This might take some experimenting to find a food they can eat that will not upset their stomach. Bagels, toast, fruit, oatmeal, or juice are good to start with.

**6. Who participates in the meets?**

*Everyone!* Cross Country is unique because there is no such thing as 2<sup>nd</sup> string. All athletes get to and are expected to participate in each meet. The top 7 runners on the team compete in the Varsity division. The next 7-20 runners compete in the Junior Varsity division. The top 7-10 freshmen will compete in the Freshmen division (The other meets will vary in entry limitations.) Everyone else will compete in the Open race.

**7. What forms does my runner need in order to participate?**

Every athlete that wishes to participate must have a physical, emergency red card, Acknowledgement of Rules and handbook form on file. All freshmen must also fill out a Previous Athletic Participation Form. Any person who does not have a physical on file in the training room will not be allowed to practice with the team.

# SPARTAN CROSS COUNTRY

## *Livin' the Dream in 2019!!*

### Spartan Philosophy

A Desire to EXCEL  
POSITIVE Attitude  
HONESTY

Great Kids, Great Teams, Great  
Accomplishments

Since 2005, our team have  
accomplished...

6 District Team Champions

5 District Individual  
Champions

44 All District Athletes

3 Regional Runner Up Teams

3 Region Team Champions

2 Region Individual  
Champions

10 All Region Athletes

13 State Meets

9 All State Runners

1 Team State Runner Up

1 Team State champions

77 different State Qualifiers

BE PART OF SOMETHING  
GREAT!!

Head Coach: Scott Kenney

@SpartanTrack\_XC

[www.sevenlakesabc.com/page/  
show/1742349-boys-cross-country-  
and-track-page](http://www.sevenlakesabc.com/page/show/1742349-boys-cross-country-and-track-page)

Coach Kenney's Contact Information  
School: 281-237-2895  
Cell Phone: 281-658-3835  
E-mail: [scottkenney@katyisd.org](mailto:scottkenney@katyisd.org)  
[scottkenney76@gmail.com](mailto:scottkenney76@gmail.com)

### What Is Cross Country?

A No-Cut Fall Sport where athletes compete by racing as a team against other teams along a two mile or longer course. It is tons of fun and you can earn medals as an individual runner and as a team runner.

### Is Experience needed ?

NO experience is needed, but it would be great!

### How much do we train?

Beginners start out by running 1 or 2 miles a day. Our training is individualized to each athletes age, experience and level of motivation. Your training is based on your ability and current level of fitness. From that point the harder you work...the more work you earn and the more successful you will become.

### When does the season begin?

The competitive season begins as soon as the summer begins. Great cross country teams are developed during the summer!!! Get in touch with the Coach Kenney as soon as possible. The first official practice will be August 1th, 2018, but we start running in June because we are SPARTANS and we do what others' don't, won't Please scan below to provide us your and can't do!

### What Equipment do I need?

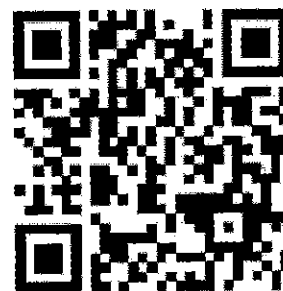
A three ring binder

A Timex Ironman watch that allows you to re-call splits

A pair of updated running shoes for training

A pair of updated distance of XC spikes

A KISD Athletic Packet, copy of Birth Certificate, copy of utility bill



<https://goo.gl/forms/rS3Wx5bPO5xNKz512>

### When do we run?

We will run mostly in the mornings. If you are in cross country, you need to be in the 1st period athletic class. Meets are usually on the Saturdays and the races for freshmen are 2 miles and there could be more than one hundred athletes completing at a time. It is so awesome!

### Summer Running

Please email at [orangecrushrunning.com](mailto:orangecrushrunning.com) or call **281-658-3835**  
[www.orangecrushrunning.com](http://www.orangecrushrunning.com)

# SPARTAN *CROSS COUNTRY*

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POSITIVE Attitude  
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Since 2005, our team have  
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6 District Team Champions  
5 District Individual Champions  
44 All District Athletes  
3 Regional Runner Up Teams  
3 Region Team Champions  
2 Region Individual Champions  
10 All Region Athletes  
13 State Meets  
9 All State Runners  
1 Team State Runner Up  
1 Team State champions  
77 different State Qualifiers  
BE PART OF SOMETHING  
GREAT!!

SEVEN LAKES HIGH  
SCHOOL

Head Coach: Scott Kenney

@SpartanTrack XC

[www.sevenlakesabc.com/page/](http://www.sevenlakesabc.com/page/)

Coach Kenney's Contact Information  
School: 281-237-2895  
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[scottkenney76@gmail.com](mailto:scottkenney76@gmail.com)

## Tentative Schedule

May 20th- Informational Meeting for Boys' Cross Country 9th Grade Commons 6:00pm

June 10h- Summer Training begins

Thur Aug. 1	Official Start to Cross Country Season
Sat., Aug. 10	Team Time Trial
Sat., Aug. 17	Heat Wave Relays @ Spring Creek Park Tomball, TX.
Sat., Aug. 24	Kingwood Classmate Challenge @ Kingwood HS
Sat., Aug 31	Seven Lakes Showcase @ SLHS
Sat., Sept. 7	Strake Jesuit Invitational at Bear Creek Park
Sat., Sept. 14	Watermelon Run
Sat., Sept. 21	College Park Invitational @ College Park HS
Sat., Sept. 28	Brenham Hillacious Invitational @ Brenham
Sat., Oct. 5	Nike South Preview Meet @ the Woodlands HS
Fri., Oct., 12	Fajita Run
Fri., Oct. 18	District XC Championships @ Bear Creek Park
Mon. Oct. 28	Region III-6A Championships @ Sam Houston State University
Sat., Nov. 9	State Championships at Old Settlers Park, Round Rock, TX
Sat., Nov. 16	Nike South Region Championships

### Summer Running

Please email at [orangecrushrunning.com](http://orangecrushrunning.com) or call 281-658-3835  
[www.orangecrushrunning.com](http://www.orangecrushrunning.com)



ORDER BY  
MAY  
29

# SEVEN LAKES HIGH SCHOOL SPARTAN CROSS COUNTRY GEAR



**\$25.75** Nike Breathe Raceday Singlet  
Available in 1 other color.



**\$20.00** Nike Dry 2-in-1 Core Short



**\$11.50** Badger Men's B-Core Track Short  
Available in 3 other colors.



**\$13.75** Badger Men's B-Core Track Singlet  
Available in 2 other colors.



**\$13.50** B-Dry Core Sleeveless Tee  
Available in 3 other colors.



**\$22.50** Nike Legend Short Sleeve T-Shirt  
Available in 3 other colors.



**\$12.75** BSN Sports Phenom Short Sleeve T-Shirt  
Available in 1 other color.



**\$45.00** Nike Element Dry Half-Zip Top  
Available in 3 other colors.



**\$51.25** Nike Dry Element Pant  
Available in 1 other color.



**\$43.00** PORT AUTHORITY TORRENT WTRPROOF JCKT  
Available in 1 other color.

PAGE 1 OF 2

UPCHARGES APPLY FOR LARGER SIZES



MTS Customer Support - ref # 4899177  
1-800-749-3813 | myteamshop@bsnsports.com  
Team Coordinator SCOTT KENNEY SCOTTAKENNEY@KATYISD.ORG

Access Code

**SPARTANXC**

www.bsnteamsports.com



Click Here To

**SHOP NOW**

Order 5/20 to 5/29

No orders will be accepted after the deadline.

ORDER BY  
MAY  
29

# SEVEN LAKES HIGH SCHOOL SPARTAN CROSS COUNTRY GEAR



**\$17.00** Nike Brasilia  
Gymsack



**\$16.25** Nike Featherlight  
Cap  
Available in 1 other  
color.

PAGE 2 OF 2

UPCHARGES APPLY FOR LARGER SIZES



MTS Customer Support - ref # 4899177  
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Access Code

**SPARTANXC**

[www.bsnteamssports.com](http://www.bsnteamssports.com)



Click Here To

**SHOP NOW**

Order 5/20 to 5/29

No orders will be accepted after the deadline.

# MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
		2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
Week 27 Phase I	CT + 6-8x20 sec strides + 3 Circuits of training drills					
5	6	7	8	9	10	11
		2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
Week 27 Phase I	CT + 6-8x20 sec strides + 3 Circuits of training drills					
12	13	14	15	16	17	18
		2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
Week 26 Phase I	CT + 6-8x20 sec strides + 3 Circuits of training drills					
19	20	21	22	23	24	25
		2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
week 25 Phase I	CT + 6-8x20 sec strides + 3 Circuits of training drills					
26	27	28	29	30	31	
		2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
Week 24 Phase I	CT + 6-8x20 sec strides + 3 Circuits of training drills					

## NOTES

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## JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Week 24 Phase I CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
2	3	4	5	6	7	8
Week 23 Phase I CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
9	10	11	12	13	14	15
Week 22 Phase I LR 25 % of week's mileage	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
16	17	18	19	20	21	22
Week 21 Phase I CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
23	24	25	26	16	28	29
Week 20 Phase I LR 25 % of week's mileage	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
30						
Week 19 Phase II LR 25 % of week's mileage	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 Mile CT WU + 6x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU + 4x200m R w 200m j + 8x400m R w 400m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills

## NOTES

# JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Week 19 Phase II LR 25 % of week's mileage	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 Mile CT WU + 5x400m R w 400m j + 8x200m R w 200m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU + 4x200m R w 200m j + 8x400m R w 400m j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills
7	8	9	10	11	12	13
Week 18 Phase II LR 25 % of week's mileage	2 Mile CT WU + 5 to 6 x (2x200m R w 200m j + 1x400m R w 400m j) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 Mile CT WU + 5 to 6 x (1 mile PPM w 1 min R) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU + sets of (600m l + 2 min l + 1 min j + 300m l + 1 min j + 200m l w + 30 sec j) 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills
14	15	16	17	18	19	20
Week 17 Phase II LR 25 % of week's mileage	2 mile CT WU 10 to 12 x (400m R w 400m j) + 2 mile WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU + 40min LPPM 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills
21	22	23	24	25	26	27
Week 16 Phase II LR 25 % of week's mileage	2 mile CT WU 4x (200m R w 200m j) + 2x(400m R w 400m j) + 1x800m R w 800m j) + 2x400m R w 200m j) + 4x(200m R w 200m j) 2 mile CT	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU + 3x (2 mile or 10-12 min min PPM w 2 min rest) 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU + 5 t o 6 x 800m, 1000m, or 1200m l w 3 min j + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills
28	29	30	31			
Week 15 Phase II LR 25 % of week's mileage	2 mile CT WU 4x (200m R w 200m j + 200m R w 400m j + 800m R w 400m j) + 2 mile WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU + 40min LPPM 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills	CT + 6-8x20 sec strides + 3 Circuits of training drills

## NOTES

"Workouts are like brushing my teeth; I don't think about them, I just do them. The decision has already been made."

- Patti Sue Plumer, US Olympian

## MAY CROSS COUNTRY TRAINING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	3 MILES	2 MILES	Warm up 1 mile 3 MILES in lane 8	2 MILES	3 MILES	4 MILES
5	6	7	8	9	10	11
	4 MILES	3 MILES in lane 8	4 MILES	3 MILES	4 MILES	TEXAS STATE TRACK MEET 5 MILES
12	13	14	15	16	17	18
	5 MILES	4 MILES	Warm up 1 mile 3 MILES in lane 7  4 MILES TOTAL	5 MILES	4 MILES	6 MILES
19	20	21	22	23	24	25
	1. W'up, R'Drills 2. 5 miles Steady 3. Finish Fast 4. Restretch	1. W'up, R'Drills 2. 5 miles Steady 3. Finish Fast 4. Restretch	1. W'up - 1 mile 2. R'Drills 3. 3 miles in lane 6 4. C'Down - 1 mile 5. Restretch  5 MILES TOTAL	1. W'up, Weights 2. 5.5 miles Steady 3. Restretch	1. W'up, R'Drills 2. 5 miles Steady 3. Finish Fast 4. Restretch	1. W'up, R'Drills 2. 7 miles Steady 3. Finish Fast 4. Restretch  LR 2
26	27	28	29	30	31	1
<b>1</b>	1. W'up - 1 mile 2. R'Drills 3. 3 miles in lane 5 4. C'Down - 1 mile 5. Restretch  5 MILES TOTAL	1. W'up, R'Drills 2. 5 miles steady 3. Finish Fast 4. Restretch	<b>DONUT RUN</b>	1. W'up, Weights 2. 6 miles Steady 3. Restretch	1. W'up, R'Drills 2. 5 miles Steady 3. Finish Fast 4. Restretch	1. W'up, R'Drills 2. 8 miles Steady 3. Finish Fast 4. Restretch  LR 2
Weekly Mileage: 33.5 MILES						

This is the month to get your summer off to a great start. If you can establish a good routine in May and June, that can build some important momentum. Also, it is important to do what is on the workout calendar. Get in the habit of doing things right in every detail.

"If the furnace is hot enough, it will burn anything." - John Parker , *Once a Runner*

## JUNE CROSS COUNTRY TRAINING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>  Weekly Mileage: 35 MILES	1. W'up, R'Drills 2. 5 miles steady 3. Finish Fast 4. Restretch  <b>We will meet at 7 a.m. for the rest of the summer</b>	1. W'up, Weights 2. 6 miles Steady 3. Restretch  LR1	1. W'up - 1 mile 2. R'Drills 3. 3 miles in lane 4 4. C'Down - 1 mile 5. Restretch  5 MILES TOTAL	1. W'up, Weights 2. 5 miles Steady 3. Restretch	1. W'up, R'Drills 2. 5 miles Steady 3. Finish Fast 4. Restretch	1. W'up, R'Drills 2. 9 miles Steady 3. Finish Fast 4. Restretch  LR 2
This is the first week of summer mileage. Make sure that you are logging your miles on flotrackr.						
<b>3</b>  Weekly Mileage: 39 MILES	1. W'up, R'Drills 2. 5 miles Steady 3. Finish Fast 4. Restretch	1. W'up, Weights 2. 7 miles Steady 3. Restretch  LR1	1. W'up - 1.5 mile 2. R'Drills 3. 3 miles in lane 3 4. C'Down - 1.5 mi. 5. Restretch  6 MILES TOTAL	1. W'up, Weights 2. 6 miles Steady 3. Restretch	1. W'up, R'Drills 2. 5 miles Steady 3. Finish Fast 4. Restretch	1. W'up, R'Drills 2. 10 miles Steady 3. Finish Fast 4. Restretch LR 2 I recommend you time this run. Simply get an idea how long it takes you to run this distance
A good way to gain an extra "edge" is to add a second workout of cross training.						
<b>4</b>  Weekly Mileage: 31 MILES	1. W'up, R'Drills 2. 5 miles Steady 3. Finish Fast 4. 5 x 100s FAST 5. Restretch	1. W'up, Weights 2. 6 miles Steady 3. 5 x 100s FAST 4. Restretch  LR1	1. W'up - 1 mile 2. R'Drills 3. 3 miles in lane 2 4. C'Down - 800 5. Restretch  4.5 MILES TOTAL	1. W'up, Weights 2. 4 miles Steady 3. 5 x 100s FAST 4. Restretch	1. W'up, R'Drills 2. 4 miles Steady 3. Finish Fast 4. 5 x 100s FAST 5. Restretch	1. W'up, R'Drills 2. 7.5 miles Steady 3. Finish Fast 4. Restretch  LR 2
<b>5</b>  Weekly Mileage: 43 MILES	1. W'up, R'Drills 2. 6.5 miles Steady 3. Finish Fast 4. 6 x 100s FAST 5. Restretch	1. W'up, Weights 2. 7 miles Steady 3. 6 x 100s FAST 4. Restretch  LR1	1. W'up - 2 miles 2. R'Drills 3. 3 miles in lane 1 4. C'Down-2 miles 5. Restretch  7 MILES TOTAL	1. W'up, Weights 2. 6.5 miles Steady 3. 6 x 100s FAST 4. Restretch	1. W'up, R'Drills 2. 6 miles Steady 3. Finish Fast 4. 6 x 100s FAST 5. Restretch	1. W'up, R'Drills 2. 10 miles Steady 3. Finish Fast 4. Restretch  LR 2 Again, time the distance. See if you are a little quicker this week.
<b>6</b>  Weekly Mileage: 47 MILES	1. W'up, R'Drills 2. 7 miles Steady 3. Finish Fast 4. 7 x 100s FAST 5. Restretch	1. W'up, Weights 2. 8.5 miles Steady 3. 7 x 100s FAST 4. Restretch  LR1	1. W'up, R'Drills 2. 7.5 miles Steady 3. 2 x 1.5 Tempo (5 min easy jogging in between) 3. Restretch	1. W'up, Weights 2. 7 miles Steady 3. 7 x 100s FAST 4. Restretch	1. W'up, R'Drills 2. 7 miles Steady 3. Finish Fast 4. 7 x 100s FAST 5. Restretch	1. W'up, R'Drills 2. 10 miles Steady 3. 7 x 100s FAST 4. Restretch  LR 2

CONSISTENCY is the key (as always). Run with a purpose each day and you will notice a dramatic difference by August. What you do NOW, IN JUNE, affects significantly how good or successful you'll be in August, September, October, November. Create your own success... STARTING TODAY!

"Somewhere in the world someone is training when you are not. When you race him, he will win." - Tom Fleming

## JULY CROSS COUNTRY TRAINING


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6</b>  Weekly Mileage: 52 MILES	<sup>1</sup> 1. W'up, R'drills 2. <b>2 x 200</b> <b>1 x 400</b> Do 5 sets at Hill 3. W'down 4. Restretch You can do this as a Fartlek if you wish. <i>7.5 miles Total</i>	<sup>2</sup> 1. W'up, Weights 2. 9-10 miles Steady 3. 8x100s FAST 4. Restretch  LR 1	<sup>3</sup> 1. W'up, R'Drills 2. 8 miles Steady <b>20 min. Tempo</b> 4. Restretch	<sup>4</sup> 1. W'up, Weights 2. 8 miles Steady 3. 8x100s FAST 4. Restretch	<sup>5</sup> 1. W'up, R'Drills 2. 7.5 miles Farlek I want you to do <b>4 miles of 800s</b> or <b>8 x 3 minute runs</b> with a <b>1 min. rest</b> 3. W'down 4. Restretch	<sup>6</sup> 1. W'up, R'Drills 2. 10-11 miles Steady 3. Finish Fast 4. 5 x Diagonals 5. Restretch  LR 2
<b>7</b>  Weekly Mileage: 40 MILES	<sup>7</sup> 1. W'up, R'drills 2. <b>2 x 200</b> , <b>1 x 800</b> Do 4 sets at Hill 3. W'down 4. Restretch You can do this as a Fartlek if you wish. <i>6 miles Total</i>	<sup>8</sup> 1. W'up, Weights 2. 7 miles Steady 3. 8x100s FAST 4. Restretch  LR 1	<sup>9</sup> 1. W'up, R'drills 2. 6 miles Steady <b>25 min. Tempo</b> 3. Restretch	<sup>10</sup> 1. W'up, Weights 2. 5 miles Steady 3. 8x100s FAST 4. Restretch	<sup>11</sup> 1. W'up, R'Drills 2. 7 miles Steady <b>2 x 1.5 Tempo</b> (5 min. easy jogging in between) 3. W'down 4. Restretch	<sup>12</sup> 1. W'up, R'Drills 2. 9 miles Steady 3. Finish Fast 4. 5 x Diagonals 5. Restretch  LR 2
<b>8</b>  Weekly Mileage: 55 MILES	<sup>14</sup> 1. W'up, R' Drills 2. <b>2 x 200</b> <b>1 x 400</b> Do 6 Sets at Hill 3. W'down 4. Restretch You can do this as a Fartlek if you wish. <i>8 miles Total</i>	<sup>15</sup> 1. W'up, Weights 2. 9-10 miles Steady 3. 8 x 100s FAST 4. Restretch  LR 1	<sup>16</sup> 1. W'up, R' Drills 2. 8 miles Steady <b>30 min. Tempo</b> 3. Restretch	<sup>17</sup> 1. W'up, Weights 2. 9 miles Steady 3. 8 x 100s FAST 4. Restretch	<sup>18</sup> 1. W'up, R'Drills 2. 8 miles Farlek I want you to do <b>4 miles of 800s</b> or <b>8 x 3 minute runs</b> with a <b>1 min. rest</b> 3. W'down 4. Restretch	<sup>19</sup> 1. W' up, R' Drills 2. 10 -12 miles Steady finish fast 3. 5 x Diagonals 4. Restretch  LR 2
<b>9</b>  Weekly Mileage: 55 MILES	<sup>21</sup> 1. W'up, R'drills 2. <b>2 x 200</b> , <b>1 x 800</b> Do 4 sets at Hill 3. W'down 4. Restretch You can do this as a Fartlek if you wish. <i>8 miles Total</i>	<sup>22</sup> 1. W'up, Weights 2. 9-10 miles Steady 3. 8x100s FAST 4. Restretch  LR 1	<sup>23</sup> 1. W'up, R'Drills 2. 8 miles Steady <b>20 min. Tempo</b> 4. Restretch	<sup>24</sup> 1. W'up, Weights 2. 9 miles Steady 3. 8x100s FAST 4. Restretch	<sup>25</sup> 1. W'up, R' Drills 2. 8 miles Steady <b>2 x 2 Tempo</b> (5 min. easy jogging in between) 3. Restretch	<sup>26</sup> 1. W' up, R' Drills 2. 10 -12 miles Steady finish fast 3. 5 x Diagonals 4. Restretch  LR 2
<b>10</b>  Weekly Mileage: 43 MILES	<sup>28</sup> 1. W'up, R'drills 2. <b>20 x 45 SEC</b> <b>45 SEC REST</b> FASTER THAN 3200 PACE <b>VO2 MAX</b> 3. W'down 4. Restretch <i>6 miles Total</i>	<sup>29</sup> 1. W'up 2. 9-10 miles Steady 3. 8x100s FAST 4. Restretch  LR 1	<sup>30</sup> 1. W'up, R'drills 2. 6 miles Steady <b>25 min. Tempo</b> 3. Restretch	<sup>31</sup> 1. W'up 2. 5 miles Steady 3. 8x100s FAST 4. Restretch	<sup>1</sup> 1. W'up, R'Drills 2. 7 miles Farlek I want you to do <b>4 miles of 800s</b> or <b>8 x 3 minute runs</b> with a <b>1 min. rest</b> 3. W'down 4. Restretch	<sup>2</sup> 1. W'up, R'Drills 2. 9 miles Steady 3. Finish Fast 4. 5 x Diagonals 5. Restretch  LR 2

On the hill workout days, consider using your hand weights. I think the hill and weights were of great benefit to us last spring and they can be again this summer and fall. Also, don't neglect to try a few road races (see packet). They are great ways to run hard, have fun, and relieve boredom.

# The Spartan Log Sheet-Extra Effort is the Key to Success

Name: Usain Bolt

Week Dates(Mon though Sun): 6/11/14-6/17/14

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles	
Goal	Monday a.m. <input checked="" type="checkbox"/> X p.m. _____	Long Run	grass	77, hot hum	3	21:45	7:15	7:30, 7:15, 7:00	3	
Goal:	Tuesday a.m. <input checked="" type="checkbox"/> X p.m. _____	Short & Fast	sidewalk	76, cloudy	2	12:30	6:15	6:00, 6:30	2	
Goal	Wednesday a.m. <input checked="" type="checkbox"/> X p.m. _____	CD	grass trail	78, sunny	3	22:00	7:20	7:20, 7:20, 7:20	3	
Goal	Thursday a.m. <input checked="" type="checkbox"/> X p.m. _____	LF	sidewalk	79, windy	3	21:00	7:00	6:50, 7:00, 7:10	3	
Goal	Friday a.m. <input checked="" type="checkbox"/> X p.m. _____	Cd	sidewalk	75, sunny	2	15:27	7:43	8:01, 7:26	2	
Goal	Saturday a.m. <input checked="" type="checkbox"/> X p.m. _____	LD/BU	track	75, sunny	5	BU: 5:40	NA	WU: 8:00, BU-5:40, 3 miles at: 24:00	5	
Goal	Sunday a.m. <input checked="" type="checkbox"/> X p.m. _____	CD	trail	75, sunny	2	15:55	7:58	8:01, 7:57	2	
Total Completed Days for Week			7	Your Best Run of the Week:			Total Miles this Week			21
Total Completed Days to Date			14	Personal best on my Short and Fast			Total Miles to Date			42
Consecutive Days of Training			14				Goal for Race this Week			5:41 - BU
Quote: To become a better athlete, you must become a better person 				Why: comparing my time last year to this year, I am ahead of my training, and kept pushing through mile 2.			Other Thoughts: need to work on recovery-drink more water, and get more sleep, babysat on Wednesday night- felt it on Thursday. First week at this level- time a little slow because of glycogen shock, should slow down less next week.			
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6		

Every Day is a Great Day!!!


Don't Waste a Heartbeat!!!

**Goal-Oriented People Find a Way!!!**

# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 5/20/19- 5/26/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week					Your Best Run of the Week:		Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route:			Why:		Other Thoughts:				
									
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6		Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6		

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# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 5/27/19 6/02/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week					Your Best Run of the Week:		Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route:						Why:		Other Thoughts:	
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

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Goal-Oriented People Find a Way!!!



# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 6/03/19- 6/09/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week			Your Best Run of the Week:				Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route:			Why:				Other Thoughts:		
									
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6		Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-6		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6		

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Goal-Oriented People Find a Way!!!

# The Spartan Log Sheet-Extra Effort is the Key to Success

Week Dates(Mon though Sun): 6/10/19- 6/16/19

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

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week					Your Best Run of the Week:		Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route:					Why:		Other Thoughts:		
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6		Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6		

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# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 6/17/19- 6/23/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week				Your Best Run of the Week:			Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route: 				Why:			Other Thoughts:		
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6		Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-6		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6		

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# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 6/24/19- 6/30/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week				Your Best Run of the Week:			Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route:			Why:			Other Thoughts:			
									
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Every Day is a Great Day!!


Don't Waste a Heartbeat!!

Goal-Oriented People Find a Way!!!

# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 7/01/19- 7/07/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week				Your Best Run of the Week:			Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route: 				Why:			Other Thoughts:		
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6		Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-6		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6		

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Goal-Oriented People Find a Way!!!

# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 7/08/19- 7/14/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week					Your Best Run of the Week:		Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route:						Why:		Other Thoughts:	
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

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# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 7/15/19- 7/21/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week				Your Best Run of the Week:			Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route:						Why:		Other Thoughts:	
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

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# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 7/22/19- 7/28/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
Goal	Monday a.m. _____ p.m. _____								
Goal	Tuesday a.m. _____ p.m. _____								
Goal	Wednesday a.m. _____ p.m. _____								
Goal	Thursday a.m. _____ p.m. _____								
Goal	Friday a.m. _____ p.m. _____								
Goal	Saturday a.m. _____ p.m. _____								
Goal	Sunday a.m. _____ p.m. _____								
Total Completed Days for Week				Your Best Run of the Week:			Total Miles this Week		
Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Route:			Why:			Other Thoughts:			
									
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

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# The Spartan Log Sheet-Extra Effort is the Key to Success

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

Week Dates(Mon though Sun): 7/29/19- 8/04/19

Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles	
Goal	Monday a.m. _____ p.m. _____									
Goal	Tuesday a.m. _____ p.m. _____									
Goal	Wednesday a.m. _____ p.m. _____									
Goal	Thursday a.m. _____ p.m. _____									
Goal	Friday a.m. _____ p.m. _____									
Goal	Saturday a.m. _____ p.m. _____									
Goal	Sunday a.m. _____ p.m. _____									
Total Completed Days for Week				Your Best Run of the Week:			Total Miles this Week			
Total Completed Days to Date							Total Miles to Date			
Consecutive Days of Training							Goal for Race this Week			
Route:			Why:			Other Thoughts:				
										
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3, 3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6		

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