

# SUMMER XC Training (2020) Running Log

Summer TOTAL =

Season Total =

**BUILDING BASE I: Base Training of medium distance-runs and weekly long run (20% of weekly volume). No Intervals or hard repeats.**

June 1-7	Mileage	weather	workout	location	notes (felt, times, etc.)
<i>Monday</i>					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Miles=

June 8-14	Mileage	weather	workout	location	notes (felt, times, etc.)
<i>Monday</i>					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Miles=

June 15-21	Mileage	weather	workout	location	notes (felt, times, etc.)
<i>Monday</i>					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Miles=

**BASE II: Base Training of recovery runs, medium distance-runs and weekly long run (20% of weekly volume). Work in some tempo runs and fartleks**

June 22-28	Mileage	weather	workout	location	notes (felt, times, etc.)
<i>Monday</i>					
Tuesday					

Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>Weekly Miles=</b>	33				
<b>June 29-July 5</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i>Sunday</i>					
<b>Weekly Miles=</b>					
<b>BASE III: Base Training of recovery runs, medium distance-runs and increase weekly long run (20% of weekly volume). Work in some tempo runs, fartleks, long repeats</b>					
<b>July 6-12</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i>Sunday</i>					
<b>Weekly Miles=</b>					
<b>July 13-19</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i>Sunday</i>					
<b>Weekly Miles=</b>					
<b>July 20-26</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
<i>Monday</i>					

Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>Weekly Miles=</b>					

**Aerobic Short Specificity: work done at task pace (5K pace) NOT anaerobic. Full recovery. Reach PEAK MILEAGE.**

July 27-Aug 2	Mileage	weather	workout	location	notes (felt, times, etc.)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

<b>Weekly Miles=</b>					
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Aug 3-9	Mileage	weather	workout	location	notes (felt, times, etc.)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

<b>Weekly Miles=</b>					
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Aug 10-16	Mileage	weather	workout	location	notes (felt, times, etc.)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Miles=					
Aug 17-23	Mileage	weather	workout	location	notes (felt, times, etc.)
Monday			<b>1<sup>st</sup> OFFICIAL DAY PRACTICE</b>		
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Weekly Miles=					

**(Period C) Aerobic Long Specificity= longer intervals, still avoid anaerobic workouts (fartleks, mile repeats, meets). Rest shortens@ end microcycle. Maintain mileage**

Aug 24-30	Mileage	weather	workout	location	notes (felt, times, etc.)
Monday			<b>1<sup>st</sup> Day of School</b>		
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday			"Marty Uhrer" Invite	@ Cal U	
Sunday					
Weekly Miles=	0				

Aug 31-Sept 6	Mileage	weather	workout	location	notes (felt, times, etc.)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Miles=					
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Sep 7-13	Mileage	weather	workout	location	notes (felt, times, etc.)
Monday					
Tuesday			Section Meet		
Wednesday					
Thursday					

Friday					
Saturday			Red, White & Blue	@ Schenley	
Sunday					
<b>Weekly Miles=</b>					
<b>Sept 14-20</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
<i>Monday</i>					
Tuesday			Section Meet		
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>Weekly Miles=</b>	0				
<b>Sept. 21-27</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
<i>Monday</i>					
Tuesday			Section Meet		
Wednesday					
Thursday					
Friday					
Saturday			Blue Devil Invite	@ Buhl Park	
Sunday					
<b>Weekly Miles=</b>	0				
<b>Sept 28-Oct 4</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
<i>Monday</i>					
Tuesday			Section Meet		
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<b>Weekly Miles=</b>	0				
<b>(Phase D) Anaerobic Specificity = heavy doses of traditional interval running--short, fast repeats w/little rest. Decrease mileage by 10% or so</b>					
<b>Oct 5-11</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
<i>Monday</i>					
Tuesday					

Wednesday					
Thursday			Westmoreland County Championships	@ WCCC	
Friday					
Saturday					
Sunday					
<b>Weekly Miles=</b>	0				
<b>Oct. 12-18</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
Monday					
Tuesday					
Wednesday					
Thursday			TSTCA Championships	@ Cal U	
Friday					
Saturday					
Sunday					
<b>Weekly Miles=</b>	0				
<b>Anaerobic Speed = induce deep anaerobic stimulus. Faster than race pace intervals and training. Mileage decrease 20-25%</b>					
<b>Oct. 19-25</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
Monday					
Tuesday					
Wednesday					
Thursday			WPIAL CHAMPIONSHPS	@ Cal U	
Friday					
Saturday					
Sunday					
<b>Weekly Miles=</b>	0				
<b>Oct. 26-Nov 1</b>	<b>Mileage</b>	<b>weather</b>	<b>workout</b>	<b>location</b>	<b>notes (felt, times, etc.)</b>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday			PIAA CHAMPIONSHIPS	@ Hershey	
Sunday					
<b>Weekly Miles=</b>	0				