

# Norwin Cross Country Summer Training Road Map

"Cross Country is a summer sport that is played  
out in the fall"--Coach Sage Canaday

# Summer 2019



<https://www.norwinxc.com/summer-info.html>

@NorwinXC (Twitter)

Remind.com = text 81010 message @norwinxc

# 2019 Weekly Summer Updates:

## WEEKLY XC TRAINING UPDATES:

<https://www.norwinxc.com/summer-info.html>

### (June 10-16)

- Begin training at low, medium or high mileage on training plan (at top of page). Focus on mileage and distance and stretching and core.
  - Set your long run on Saturday or Sunday at 20% of mileage.
  - "[CORE X](#)" workouts Jay Johnson
- Do not start too high or too low. Look at where you want to be at peak mileage and what your goals are for season.
- Mon. June 10.....Meet at Oak Hollow at 6:30 pm for Detailed Individualized Training Map for summer.
- Wed. June 12.....Trail Run @ Heritage Trail at 6:30 pm. Meet at Parkside Creamery. Kick off the season!!

### (June 17-23)

- Continue mileage and update running logs
- "[Circuit Routine](#)" by Jay Johnson
- Mon. June 17.....Trail run at Bushy Run at 6:30 pm.
- Wed. June 19.....Trail run at Yough Trail at 6:30 pm. Meet at Yough Twister.

### (June 24-June 28)

- Norwin XC Camp @ Oak Hollow every evening from 6-8 pm
- **1.5 Mile TIME TRIAL Monday June 24 @ 8:00 am at INDIAN LAKE**

### (July 1-7)

- "[Strength And Mobility \(SAM\) Workouts](#)" by Jay Johnson
- Mon. July 1.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
- Wed. July 3.....Summer Rec @ Oak Hollow 6:30-8:00 pm

### (July 8-14)

- Mon. July 8.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
- Wed. July 10.....Summer Rec @ Oak Hollow 6:30-8:00 pm

### (July 15-21)

- Mon. July 15.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
- Wed. July 17.....Summer Rec @ Oak Hollow 6:30-8:00 pm
- Wed. July 17-21.....Nike Running Camp @ Boulder, CO (varsity boys)

### (July 22-28)

- Mon. July 22.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
- Wed. July 24.....Summer Rec @ Oak Hollow 6:30-8:00 pm

### (July 29-Aug 4)

- **Monday July 29.....2-Mile Time Trial @ Indian Lake 8:00 am**
- Wed. July 31.....Summer Rec. @ Oak Hollow 6:30-8:00 pm

### (Aug 5-11)

- "Unofficial Week" of XC Practice (morning practices time and date TBD)
- Mon. Aug. 5.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
- Wed. Aug 7.....Summer Rec @ Oak Hollow 6:30-8:00 pm

### (Aug. 12-16)

- Official Practice. **MUST HAVE A PHYSICAL.....NO Physical = NO PRACTICE!!!!**
- **Mon. Aug. 12, 2019.....TIME TRIAL of 3-Miles @ Indian Lake at 8:00 am**
- **Nightly Practice Monday through Friday 6:30 to 8:15 pm**



# Norwin XC Pace & Mileage Chart



<http://www.norwinxc.com/summer-info.html>

These are recommended times and paces. During the summer, listen to your body but make a commitment to at your best when summer ends. There is no magic formula ONLY work.

Based upon 2 Principle [Lydiard Philosophies](#):

- (1) The development of one's "aerobic capacity" is almost limitless.
- (2) "Suffer as much as we can to see how good we can be, safety be damned" — Coach Wetmore, Univ. of Colo.

| 1600 M time | 3200 time | 5K (XC) time | Moderate Pace | Easy Pace | Cruise Pace |
|-------------|-----------|--------------|---------------|-----------|-------------|
| 4:30        | <9:45     | 16:40        | 6:40 – 6:55   | 7:15      | <6:00       |
| 4:55        | 10:40     | 17:45        | 7:15 – 7:40   | 7:55      | 6:30        |
| 5:30        | 11:30     | 18:45        | 7:35 – 8:00   | 8:15      | 6:45        |
| 5:45        | 12:15     | 21:15        | 7:55 – 8:20   | 8:35      | 7:00        |
| 6:00        | 12:45     | 22:00        | 8:20 – 8:40   | 8:55      | 7:15        |
| 6:30        | 13:30     | 22:45        | 8:40-9:00     | 9:30      | 7:45        |
| 7:00        | 14:00     | 24:00+       | 9:05-9:30     | 10:00     | 8:15        |

| Training Week | Calendar Date           | Boys' Mileage<br><i>(low, medium, high)</i> | Girls' Mileage<br><i>(low, medium, high)</i> |
|---------------|-------------------------|---|--|
| 1             | June 10                 | 15/20/31                                    | 10/15/20                                     |
| 2             | June 17                 | 18/23/34                                    | 13/18/23                                     |
| 3             | June 24 (XC CAMP)       | 21/26/37                                    | 16/21/26                                     |
| 4             | July 1                  | 15/20/31                                    | 10/15/20                                     |
| 5             | July 8                  | 24/29/40                                    | 20/24/29                                     |
| 6             | July 15                 | 27/32/43                                    | 23/27/32                                     |
| 7             | July 22                 | 30/35/45                                    | 25/30/35                                     |
| 8             | July 29                 | 25/30/38                                    | 20/25/30                                     |
| 9             | August 5                | 32/35/47                                    | 28/32/35                                     |
| 10            | August 12               | 35/38/50                                    | 31/35/38                                     |
| 11            | August 19               | 38/42/55                                    | 30/35/40                                     |
| 12            | August 26               | 30/35/45                                    | 20/25/32                                     |
| 13            | September 2(RWB week)   | 40/45/50+                                   | 30/35/40+                                    |
| 14            | September 9             | 42/45/50+                                   | 30/35/40                                     |
| 15            | September 16            | 42/45/50+                                   | 30/35/40                                     |
| 16            | September 23            | 25/30/40                                    | 22/27/33                                     |
| 17            | September 30            | 35/35/45                                    | <30/30/35                                    |
| 18            | October 7 (County week) | 30/35/40                                    | 25/28/32                                     |
| 19            | October 14              | 25/30/40                                    | 20/25/30                                     |
| 20            | October 21 (WPIAL)      | <20/<25/<40                                 | <15/<20/<25                                  |
| 21            | October 28 (PIAA)       | 20/35                                       | 15/20  |

Period C  
Period D  
Period E

\*\*\* **SUNDAY LONG RUN** = @ easy pace .....20% of weekly mileage (if 40 mile week = 8 mile run).

\*\* **WEDNESDAY MEDIUM RUN** @ moderate pace.....15% of mileage (if 40 mile week = 6 miles)

# NORWIN XC Cross Country Phases

## Training Plan for Season

**\*\*adapted largely from Coach Wetmore, University of Colorado, documented in book *Running with the Buffaloes* "I don't need to build you up. I don't want you to leave here smashing your head against the wall. Be businesslike, patient, and methodical. Do a little head smashing every day for 100 days." –Mark Wetmore**

**Norwin Off Season Workouts and Videos:** <https://www.norwinxc.com/off-season-work-outs.html>

### **Period A: Ascending to Full Volume**

(5-6 weeks) Period A is based upon steady medium-distance runs and a weekly LONG RUN that is 20% of weekly volume. No intervals, no tempo runs or hard fartlek workouts. Get your bodies ready for steady volume of season.

- ✓ Incorporate light weights and core work. (see Jay Johnston videos: <https://www.norwinxc.com/off-season-work-outs.html>)

### **Period B: Aerobic Short Specificity**

(4-5 weeks) Period B is characterized by work done at task pace (5K pace during cross country season) that is NOT anaerobic. Full recovery is emphasized during this portion of the summer. Key workouts include fartleks, moderate tempo runs, 1000 meter repeats, and continued long runs while building on mileage of Period A

- ✓ Explanation of AEROBIC vs ANAEROBIC running: <https://runnersconnect.net/aerobic-vs-anaerobic-training/>
- ✓ Sample week based upon 30 mile week:
  - **(Monday)** Recovery run at EASY PACE (4 miles)
  - **(Tuesday)** Distance run with hills at EASY PACE (6 miles)
  - **(Wednesday)** tempo run at MODERATE PACE (4.5 miles)
  - **(Thursday)** Recovery run at EASY PACE (4 miles)
  - **(Friday)** Fartlek Workout 1 minute at CRUISE PACE, then 4 minute EASY PACE (5.5 miles)
  - **(Saturday/Sunday)** Rest and Long Run = 20% of mileage at EASY PACE (6 miles)

### **Period C: Aerobic Long Specificity**

(6 weeks "Race Season") This phase emphasizes longer intervals than in Period B, while still avoiding anaerobic workouts. Phase is characterized by longer fartlek workouts, mile repeats, and long hard aerobic workouts in meets. The rest between the intervals will shorten toward end of Period C as runners fitness improves. Intervals still slower than athletes will be running in mid October but will gradually get faster. The weekend LONG RUN is still emphasized, along with steady tempo runs mid week. Athletes will hit PEAK MILEAGE during this phase.

### **Period D: Anaerobic Specificity**

(3 weeks) Now athletes are introduced to heavy dose of traditional interval running: short, fast repeats with precious little recovery. The anaerobic work enables runners to capitalize on increase in aerobic capacity (which is almost limitless) and gives them "vital edge" to race anaerobically. Mid-week tempo run and long run are continued as aerobic maintenance but each will decrease by 10-25% of distance (so 10 mile long run may drop to 7.5 miles), but pace of each run remains steady.

### **Period E: Anaerobic Speed**

(3 weeks) Season's last phase is marked by training sessions designed to induce deep anaerobic stimulus—runners puke and come back for more. Intervals and hard training sessions will include sprinting and intervals at paces substantially FASTER than race pace providing a feeling of sharpness—power and fluidity of stride cause a reversal of traditional mind-body communication. Up to now, the mind is employed to overrule the unresponsiveness of the legs that is the result of the cumulative fatigue from ungodly number of training sessions and aerobic build ups. Now it is the legs that start telling the mind: "hey, you have the tools to raise some hell when it counts." Mileage will decrease an additional 10-25% of Period D.

***This is just a road map of season. Constant modifications will occur throughout the season to maximize each runner's and the team's potential. Open communication, positive mental self-talk, and belief in self, teammates and coaches are keys to success.***

**LET THE SEASON BEGIN!!!!!!!!!!!!!!!**

By: **Andrew Meyers**

Provided by: [STACK](#)

## 5 Essential Cross Country Workouts Explained

If you've ever asked any cross country runners about their workouts, you've probably heard them say "tempo run," "progressive run" or some other vague or confusing term ("fartlek," anyone?). During the season, cross country runners perform many different types of workouts, each of which has its own specific benefits. Here are the five most common cross country workouts, which any runner can incorporate into his or her training regimen to improve his or her running strength and efficiency.

### Cross Country Workouts

#### Tempo Runs

During a tempo run, you run at a speed 15 to 30 seconds slower than your race pace and at roughly eight out of 10 on the exertion scale. Tempo runs are considered hard runs, but not so difficult that you feel completely exhausted afterward. Tempo runs increase metabolic fitness, and their higher intensities build lactic acid thresholds, meaning that when race day comes, you won't fatigue as quickly.

#### Intervals

Intervals are characterized by bursts of high-intensity running followed by short stretches of recovery. Perform them on a track, trail or hill. The goal is to increase your speed and quickness. Intervals also move your muscles through their full range of motion, improving their elasticity and coordination and increasing your stride efficiency. Example: run 400 meters, follow it immediately by jogging 400 meters, and repeat the sequence eight to 12 times.

#### Fartleks

The most fun of all run names, "fartleks"-the Swedish term for "speed play"-are similar to intervals in that they vary between intense and moderate effort, but they do so in an unstructured manner. Fartleks are usually run on roads or trails. Essentially, you run hard for a time or distance that seems appropriate (perhaps you pick a tree up ahead, and race your teammates to it), followed by a short recovery. Fartlek runs are great for simulating races, because they force you to increase your speed unexpectedly, as you do when passing an opponent. They train your body to recruit more muscle fibers even when you are fatigued. Example: run hard for four minutes, jog for four minutes without stopping, and repeat the sequence five times.

#### Progression Runs

A progression run is a long run that builds endurance. It is characterized by running an out-and-back route on a trail or road. During the "out" portion, you go at an easy to moderate pace. After the turnaround, you increase your speed gradually throughout the "back" portion. Ideally, you run each successive mile slightly faster than the last. Progressive runs teach you to slowly pick off opponents during a race. Example: run 4 miles out at a steady pace, turn and come back, increasing your speed by 10 percent each mile.

#### Recovery ("Easy") Runs

During recovery runs, you maintain a steady, easy pace. You could carry on a conversation during the entire run. They may seem slow and not challenging, but recovery runs might be the most important of all cross country workouts, because they allow your muscles to repair and rebuild. Recovery runs prevent the buildup of lactic acid and keep your muscles from becoming tight and stiff. They also reduce delayed onset muscle soreness (DOMS), allowing you to come back strong for your next workout or race.

# SUMMER XC Training (2019) medium mileage

Summer TOTAL =

**250.5**

Season Total =

**250.5**

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

| June 10-16           | Mileage   | weather | workout  | location                                     | notes (felt, times, etc.) |
|----------------------|-----------|---------|--|--|---------------------------|
| <i>Monday</i>        | 3         |         | Run Course x 1-3                                 | @ Oak Hollow                                 |                           |
| <i>Tuesday</i>       |           |         |  |  |                           |
| <i>Wednesday</i>     | 4         |         | Trail run  | @ Heritage Trail (meet at Parkside Creamery) |                           |
| <i>Thursday</i>      |           |         |  |  |                           |
| <i>Friday</i>        | 3         |         | Run with hills                                   |  |                           |
| <i>Saturday</i>      | 5         |         | Light Run  |  |                           |
| <i>Sunday</i>        |           |         |  |  |                           |
| <b>Weekly Miles=</b> | <b>15</b> |         |  |  |                           |
| June 17-23           | Mileage   | weather | workout  | location                                     | notes (felt, times, etc.) |
| <i>Monday</i>        | 4         |         | Trail Run  | @ Bushy Run                                  |                           |
| <i>Tuesday</i>       |           |         |  |  |                           |
| <i>Wednesday</i>     | 4         |         | Trail Run  | @ Yough Trail                                |                           |
| <i>Thursday</i>      |           |         |  |  |                           |
| <i>Friday</i>        | 3         |         | Recovery Run                                     |  |                           |
| <i>Saturday</i>      | 6         |         | Long Run   |  |                           |
| <i>Sunday</i>        |           |         |  |  |                           |
| <b>Weekly Miles=</b> | <b>17</b> |         |  |  |                           |
| June 24-30           | Mileage   | weather | workout  | location                                     | notes (felt, times, etc.) |
| <i>Monday</i>        | 4         |         | <b>XC CAMP THIS WEEK (TRY TO DO MORNING RUN)</b> | @ Oak Hollow                                 |                           |
| <i>Tuesday</i>       | 5         |         |  | @ Oak Hollow                                 |                           |
| <i>Wednesday</i>     | 4         |         |  | @ Oak Hollow                                 |                           |
| <i>Thursday</i>      | 3         |         |  | @ Oak Hollow                                 |                           |
| <i>Friday</i>        | 4         |         |  | @ Oak Hollow                                 |                           |
| <i>Saturday</i>      |           |         |  |  |                           |
| <i>Sunday</i>        |           |         |  |  |                           |
| <b>Weekly Miles=</b> | <b>20</b> |         |  |  |                           |

**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**

| July 1-7       | Mileage | weather | workout      | location     | notes (felt, times, etc.) |
|----------------|---------|---------|--------------|--------------|---------------------------|
| <i>Monday</i>  | 5       |         |              | @ Oak Hollow |                           |
| <i>Tuesday</i> | 3       |         | Recovery Run |              |                           |

|  |         |         |                               |              |                           |
|--|---------|---------|-------------------------------|--------------|---------------------------|
| Wednesday  |         |         |                               | @ Oak Hollow |                           |
| Thursday   | 5       |         | Moderate Pace Run (see chart) |              |                           |
| Friday   | 4       |         | Easy pace                     |              |                           |
| Saturday   |         |         |                               |              |                           |
| Sunday   | 6       |         | Long Run                      |              |                           |
| Weekly Miles=  | 23      |         |                               |              |                           |
| July 8-14  | Mileage | weather | workout                       | location     | notes (felt, times, etc.) |
| Monday   | 4       |         |                               | @ Oak Hollow |                           |
| Tuesday  | 5       |         |                               |              |                           |
| Wednesday  |         |         |                               | @ Oak Hollow |                           |
| Thursday   | 4       |         |                               |              |                           |
| Friday   | 5       |         |                               |              |                           |
| Saturday   |         |         |                               |              |                           |
| Sunday   | 6       |         | Long Run                      |              |                           |
| Weekly Miles=  | 24      |         |                               |              |                           |
| <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> |         |         |                               |              |                           |
| July 15-21   | Mileage | weather | workout                       | location     | notes (felt, times, etc.) |
| Monday   | 4       |         |                               | @ Oak Hollow |                           |
| Tuesday  | 5       |         |                               |              |                           |
| Wednesday  |         |         |                               | @ Oak Hollow |                           |
| Thursday   | 5       |         |                               |              |                           |
| Friday   | 5       |         |                               |              |                           |
| Saturday   |         |         |                               |              |                           |
| Sunday   | 6.5     |         |                               |              |                           |
| Weekly Miles=  | 25.5    |         |                               |              |                           |
| July 22-28   | Mileage | weather | workout                       | location     | notes (felt, times, etc.) |
| Monday   | 5       |         |                               | @ Oak Hollow |                           |
| Tuesday  | 5       |         |                               |              |                           |
| Wednesday  |         |         |                               | @ Oak Hollow |                           |
| Thursday   | 5       |         |                               |              |                           |
| Friday   | 5       |         |                               |              |                           |
| Saturday   |         |         |                               |              |                           |
| Sunday   | 7       |         |                               |              |                           |
| Weekly Miles=  | 27      |         |                               |              |                           |
| July 29-Aug 4  | Mileage | weather | workout                       | location     | notes (felt, times, etc.) |
| Monday   | 4       |         |                               | @ Oak Hollow |                           |

|               |    |  |  |              |  |
|---------------|----|--|--|--------------|--|
| Tuesday       | 5  |  |  |              |  |
| Wednesday     | 5  |  |  | @ Oak Hollow |  |
| Thursday      |    |  |  |              |  |
| Friday        | 5  |  |  |              |  |
| Saturday      | 4  |  |  |              |  |
| Sunday        | 7  |  |  |              |  |
| Weekly Miles= | 30 |  |  |              |  |

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

| Aug 5-11      | Mileage | weather | workout | location     | notes (felt, times, etc.) |
|---------------|---------|---------|---------|--------------|---------------------------|
| Monday        | 5       |         |         | @ Oak Hollow |                           |
| Tuesday       | 5       |         |         |              |                           |
| Wednesday     | 5       |         |         | @ Oak Hollow |                           |
| Thursday      |         |         |         |              |                           |
| Friday        | 5       |         |         |              |                           |
| Saturday      | 5       |         |         |              |                           |
| Sunday        | 7       |         |         |              |                           |
| Weekly Miles= | 32      |         |         |              |                           |

| Aug 12-18     | Mileage | weather | workout                              | location                        | notes (felt, times, etc.) |
|---------------|---------|---------|--------------------------------------|---------------------------------|---------------------------|
| Monday        | 5       |         | <b>1ST WEEK OF OFFICIAL PRACTICE</b> | @ Oak Hollow (6:30 pm--8:15 pm) |                           |
| Tuesday       | 7       |         | a.m. Run + practice                  | @ Oak Hollow (6:30 pm--8:15 pm) |                           |
| Wednesday     | 5       |         |                                      | @ Oak Hollow (6:30 pm--8:15 pm) |                           |
| Thursday      | 7       |         | a.m. Run + Practice                  | @ Oak Hollow (6:30 pm--8:15 pm) |                           |
| Friday        | 5       |         |                                      | @ Oak Hollow (6:30 pm--8:15 pm) |                           |
| Saturday      | 8       |         | Long Run                             |                                 |                           |
| Sunday        |         |         |                                      |                                 |                           |
| Weekly Miles= | 37      |         |                                      |                                 |                           |

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

| Aug 19-25     | Mileage | weather | workout                  | location                    | notes (felt, times, etc.) |
|---------------|---------|---------|--------------------------|-----------------------------|---------------------------|
| Monday        |         |         | <b>1st day of School</b> | @ Oak Hollow (2:30-5:00 pm) |                           |
| Tuesday       |         |         |                          | @ Oak Hollow (2:30-5:00 pm) |                           |
| Wednesday     |         |         |                          | @ Oak Hollow (2:30-5:00 pm) |                           |
| Thursday      |         |         |                          | @ Oak Hollow (2:30-5:00 pm) |                           |
| Friday        |         |         |                          | @ Oak Hollow (2:30-5:00 pm) |                           |
| Saturday      |         |         |                          |                             |                           |
| Sunday        |         |         |                          |                             |                           |
| Weekly Miles= | 0       |         |                          |                             |                           |

| Aug 26-Sep 1  | Mileage | weather | workout                   | location        | notes (felt, times, etc.) |
|---------------|---------|---------|---------------------------|-----------------|---------------------------|
| <i>Monday</i> |         |         |                           |                 |                           |
| Tuesday       |         |         |                           |                 |                           |
| Wednesday     |         |         |                           |                 |                           |
| Thursday      |         |         |                           |                 |                           |
| Friday        |         |         |                           |                 |                           |
| Saturday      |         |         | Gateway Invite            |                 |                           |
| Sunday        |         |         |                           |                 |                           |
| Weekly Miles= | 0       |         |                           |                 |                           |
| Sep 2-Sep 8   | Mileage | weather | workout                   | location        | notes (felt, times, etc.) |
| <i>Monday</i> |         |         |                           |                 |                           |
| Tuesday       |         |         | Section Meet              |                 |                           |
| Wednesday     |         |         |                           |                 |                           |
| Thursday      |         |         |                           |                 |                           |
| Friday        |         |         |                           |                 |                           |
| Saturday      |         |         | Red, White, & Blue Invite | @ Schenley Park |                           |
| Sunday        |         |         |                           |                 |                           |
| Weekly Miles= | 0       |         |                           |                 |                           |
| Sep 9-15      | Mileage | weather | workout                   | location        | notes (felt, times, etc.) |
| <i>Monday</i> |         |         |                           |                 |                           |
| Tuesday       |         |         | Section Meet              |                 |                           |
| Wednesday     |         |         |                           |                 |                           |
| Thursday      |         |         |                           |                 |                           |
| Friday        |         |         |                           |                 |                           |
| Saturday      |         |         |                           |                 |                           |
| Sunday        |         |         |                           |                 |                           |
| Weekly Miles= | 0       |         |                           |                 |                           |
| Sep 16-22     | Mileage | weather | workout                   | location        | notes (felt, times, etc.) |
| <i>Monday</i> |         |         |                           |                 |                           |
| Tuesday       |         |         | Section Meet              |                 |                           |
| Wednesday     |         |         |                           |                 |                           |
| Thursday      |         |         |                           |                 |                           |
| Friday        |         |         |                           |                 |                           |
| Saturday      |         |         | Blue Devil Invite         | @ Buhl Park     |                           |
| Sunday        |         |         |                           |                 |                           |
| Weekly Miles= | 0       |         |                           |                 |                           |

**Anaerobic Specificity = heavy doses of traditional interval running--short, fast repeats w/little rest. Decrease mileage by 20% or so**

| Sep 23-Oct 6 | Mileage | weather | workout      | location | notes (felt, times, etc.) |
|--------------|---------|---------|--------------|----------|---------------------------|
| Monday       |         |         |              |          |                           |
| Tuesday      |         |         | Section Meet |          |                           |
| Wednesday    |         |         |              |          |                           |
| Thursday     |         |         |              |          |                           |
| Friday       |         |         |              |          |                           |
| Saturday     |         |         |              |          |                           |
| Sunday       |         |         |              |          |                           |

Weekly Miles=

0

| Oct 7-13  | Mileage | weather | workout                           | location | notes (felt, times, etc.) |
|-----------|---------|---------|-----------------------------------|----------|---------------------------|
| Monday    |         |         |                                   |          |                           |
| Tuesday   |         |         |                                   |          |                           |
| Wednesday |         |         | Westmoreland County Championships | @ WCCC   |                           |
| Thursday  |         |         |                                   |          |                           |
| Friday    |         |         |                                   |          |                           |
| Saturday  |         |         |                                   |          |                           |
| Sunday    |         |         |                                   |          |                           |

Weekly Miles=

**Anaerobic Speed = induce deep anerobic stimulus. Faster than race pace intervals and training. Mileage decrease additional 20%.**

| Oct. 14-20 | Mileage | weather | workout             | location         | notes (felt, times, etc.) |
|------------|---------|---------|---------------------|------------------|---------------------------|
| Monday     |         |         |                     |                  |                           |
| Tuesday    |         |         |                     |                  |                           |
| Wednesday  |         |         |                     |                  |                           |
| Thursday   |         |         | TSTCA Championships | @ Cal University |                           |
| Friday     |         |         |                     |                  |                           |
| Saturday   |         |         |                     |                  |                           |
| Sunday     |         |         |                     |                  |                           |

Weekly Miles=

0

| Oct 21-27 | Mileage | weather | workout             | location                | notes (felt, times, etc.) |
|-----------|---------|---------|---------------------|-------------------------|---------------------------|
| Monday    |         |         |                     |                         |                           |
| Tuesday   |         |         |                     |                         |                           |
| Wednesday |         |         |                     |                         |                           |
| Thursday  |         |         | WPIAL CHAMPIONSHIPS | @ California University |                           |
| Friday    |         |         |                     |                         |                           |
| Saturday  |         |         |                     |                         |                           |

|                |         |         |         |          |                           |
|----------------|---------|---------|---------|----------|---------------------------|
| Sunday         |         |         |         |          |                           |
| Weekly Miles=  | 0       |         |         |          |                           |
| Oct. 28-States | Mileage | weather | workout | location | notes (felt, times, etc.) |
| Monday         |         |         |         |          |                           |
| Tuesday        |         |         |         |          |                           |
| Wednesday      |         |         |         |          |                           |
| Thursday       |         |         |         |          |                           |
| Friday         |         |         |         |          |                           |
| Saturday       |         |         |         |          |                           |
| Sunday         |         |         |         |          |                           |
| Weekly Miles=  | 0       |         |         |          |                           |

## Running Quotes to Live By

Cross Country: No half times, no time outs, no substitutions. It must be the only true sport.--**Author Unknown**

No one ever drowned in sweat.--**Author Unknown**

Cross Country — Finally a practical use for golf courses.--**Author Unknown**

The will to win is worthless, without the will to prepare.--**Author Unknown**

In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say 'I have finished.' There is a lot of satisfaction in that.--**Author Unknown**

The true test of a man's character is what he does when he knows he won't get caught.--**Author Unknown**

doubt  
kills  
more  
dreams  
than  
failure  
ever  
will

YOU'RE PART  
OF A TEAM.  
SOMETHING BIGGER.  
WHEN SOMEONE  
IS SUCCESSFUL,  
IT'S GOOD FOR THE  
TEAM AS A WHOLE.  
EVERYONE IS  
IN IT TOGETHER.

ESPN W

Some people don't have the guts for distance racing. The polite term for them is sprinters.--**Author Unknown**

It's rude to count people as you pass them. Out loud.--**Adidas ad**

Those who say that I will lose and am finished will have to run over my body to beat me.--**Said Aouita**

Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.--**T. Alan Armstrong**

Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks.--**Sir Roger Bannister**

Running is a lot like life. Only 10 percent of it is exciting. 90 percent of it is slog and drudge.--**Dave Bedford**

My feeling is that any day I am too busy to run is a day that I am too busy.--**John Bryant**

A lot of people don't realize that about 98 percent of the running I put in is anything but glamorous: 2 percent joyful participation, 98 percent dedication! It's a tough formula. Getting out in the forest in the biting cold and the flattening heat, and putting in kilometer after kilometer.--**Rob de Castella**

The great thing about athletics is that it's like poker, sometimes you know what's in your hand and it may be a load of rubbish, but you've got to keep up the front.--**Sebastian Coe**

Tomorrow is another day, and there will be another battle!--**Sebastian Coe**

Our greatest glory is not in never falling, but in rising every time we fall.—**Confucius**

To win without risk is to triumph without glory.--**Pierre Cornielle**

The five S's of sports training are: Stamina, Speed, Strength, Skill and Spirit; but the greatest of these is Spirit.--**Ken Doherty**

The only tactics I admire are do-or-die.--**Herb Elliott**

I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart.--**Mike Fanelli**  
Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself.--**William Faulkner**  
Somewhere in the world someone is training when you are not. When you race him, he will win.--**Tom Fleming's Boston Marathon training sign on his wall**



*"To give anything less than your best is to sacrifice the gift"*

*Steve Prefontaine*

The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed.--**Jacqueline Gareau**

You have a choice. You can throw in the towel, or you can use it to wipe the sweat off of your face.--**Gatorade ad**

The will to win means nothing without the will to prepare.--**Juma Ikangaa**  
It is true that speed kills. In distance running, it kills anyone who does not have it.--**Brooks Johnson**

The thing about Pre is that he ran as hard as he could every race, and if you were going to beat him, you were going to have to run harder than he did.--**Bob Kennedy**

When you are a up-and-coming runner in the U.S., and making some breakthroughs in distances, Pre is still the man that you are compared to. It's always based on Pre.--**Bob Kennedy**

If you want to make God laugh, just try and make plans for the future.--**Ron Litzler**

Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'--**Peter Maher**

I haven't seen too many American distance men on the international scene willing to take risks. I saw some U.S. women in Barcelona willing to risk, more than men. The Kenyans risk. Steve Prefontaine risked. I risked - I went through the first half of the Tokyo race just a second off my best 5000 time.--**Billy Mills**

Only think of two things — the report of the pistol and the tape. When you hear one, run like hell, until you break the other.--**Sam Mussabini**

Mind is everything; muscle - pieces of rubber. All that I am, I am because of my mind.--**Paavo Nurmi**

Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired. You've always got to make the mind take over and keep going.--**George S. Patton**

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**

A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding.--**Steve Prefontaine**

A lot of people run a race to see who's the fastest. I run to see who has the most guts. --**Steve Prefontaine**

My whole feeling in terms of racing is that you have to be very bold. You sometimes have to be aggressive and gamble.--**Bill Rodgers**

Even if you're on the right track, you'll get run over if you just sit there.--**Will Rogers**

I had as many doubts as anyone else. Standing on the starting line, we're all cowards.--**Alberto Salazar**

The marathon is like a bullfight. There are two ways to kill a bull, for instance. There is the easy way, for one. But all the great matadors end up either dead or mauled because for them killing the bull is not nearly as important as how they kill the bull. They always approach the bull at the greatest risk to themselves, and I admire that. In the marathon, likewise, there are two ways to win. There's the easy way if all you care about is winning. You hang back and risk nothing. Then kick and try to nip the leaders at the end. Or you can push, challenge the others, make it an exciting race, risking everything. Maybe you lose, but as for me, I'd rather run a gutsy race, pushing all the way and lose, then run a conservative, easy race only for a win.--**Alberto Salazar**

Listen to your body. Do not be a blind and deaf tenant.--**Dr. George Sheehan**

The long run is what puts the tiger in the cat.--**Bill Squires**

Stadiums are for spectators. We runners have nature and that is much better.--**Juha Vaatainen**

Once you're beat mentally, you might as well not even go to the starting line.

--**Todd Williams**

*"NOW this is the Law of the Jungle — as old and as true as the sky; And the Wolf that shall keep it may prosper, but the Wolf that shall break it must die. As the creeper that girdles the tree-trunk the Law runneth forward and back — For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack".*

