# 300 / 30 (summer / max weekly) STA CC Summer 2019

June 2019 (Transition Phase)

Volume Sunday Monday Tuesday Wednesday Thursday Friday Saturday

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Detrain**  **Or Track**  0 miles | 2 | 3 | 4 | 5 | 6 | 7  State Track Meet | 8  State Track Meet |
| **Detrain**  9 miles | 9  Rest | 10  2mi RR | 11  Rest | 12  3mi RR | 13  2mi RR | 14  2mi RR | 15  Rest |

# June-July 2019 (Preparation Phase I)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1**  18 miles | 16  No Team Practice  (Fathers Day)  3mi RR | 17  3mi RR | 18  3mi RR | 19 **CAPTAINS**  1 active warmup  6 x 200m hills  1 cool, ele, str. 3mi total | 20  3mi RR | 21  **3mi LR, CORE** | 22  Rest |
| **Week 2**  21 miles | 23  1 warm, DWU  2mi TT @ VO2  1 cool, elevate, str  4mi total | 24  **STRENGTH**  3mi RR | 25  3mi RR | 26 **Very Hard**  1 active warmup  6 x 200m hills  1 cool, ele, str.  3mi total | 27  Rest | 28  **4mi LR, CORE** | 29  4mi RR |
| **Week 3**  Blackout  25 miles | 30 **CAPTAINS**  2 active warmup  2mi tempo run  1 cool, elevate, str  5mi total | July 1  **STRENGTH**  3mi RR | 2  4mi RR | 3 **CAPTAINS**  2 active warmup  7 x 200m hills  2 cool, ele, str.  5mi total | 4  Rest | 5  **5mi LR, CORE** | 6  3mi RR |
| Week 4  30 miles | 7  2 warm, DWU  2 x 1mi @ VO2  1 cool, elevate, str  6mi total | 8  **STRENGTH**  4mi RR | 9  5mi RR | 10 **Very Hard**  2 active warmup  7 x 200m hills  2 cool, ele, str.  5mi total | 11 BWCA Trip  4mi RR, **CORE** | 12 BWCA Trip  **6mi LR** | 13 BWCA Trip  Rest |
| **Week 5**  28 miles | 14 (handicap:fin same time)  2 active warmup  2mi tempo run  1 cool, elevate, str  6mi total | 15 BWCA Trip  3mi RR, **CORE** | 16  4mi RR | 17 CAPTAINS  2 active warmup  7 x 200m hills  2 cool, ele, str.  5mi total | 18  4mi RR, **CORE** | 19    **6mi LR** | 20  Rest |
| **Week 6**  30 miles | 21  2 warm, DWU  2mi TT @ VO2  2 cool, elevate, str  6mi total | 22  **STRENGTH**  3mi RR | 23  5mi RR | 24 (track)  2 active warmup  8x400 TR Int’s  @5K (15sec)  1c, ele, str 5mi tot | 25  Rest | 26  **6mi LR** | 27  5mi total |

# August 2019 (Preparation Phase II)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 9dMicro 1 (37 miles)  Blackout   28 miles | 28 Max Effort  2mi warm, DWU  6 x 30 flys  (full 4min recov)  2mi cool 6mi total | 29  **STRENGTH**  4mi RR | 30  **5mi LR** | 31 Jack’s Cabin  2 active warmup  ITI: 5x400(2min)  85% 400PR, 1cool (grass) 4mi total | Aug 1  Jack’s Cabin  3mi RR, **CORE** | 2 Jack’s Cabin  2 warm, DWU  2 x 1mi @ VO2  2 cool, elevate, str  6mi total | 3 Jack’s Cabin  (~12 weeks from 3AA Meet)  Rest |
| 9dMicro 2 Blackout  (33 miles)  27 miles | 4 Jack’s Cabin  2 active warmup  3mi tempo run  1 cool, elevate, str  6mi total | 5  **STRENGTH**  3mi RR, | 6 **CAPTAINS**  NEW RUNNER WELCOM RUN  3mi RR, **CORE** | 7  **5mi LR** | 8  **CAPTAINS**  2 warm, DWU  3 x 1mi @ VO2  1 cool, elevate, str  6mi total | 9  **STRENGTH**  4mi RR | 10  Rest |
| **(9dM 2-3)**  Season 1  29 miles | 11 Parent Meeting 7:00pm STA WLH    **CAPTAINS**  3mi RR, **CORE** | 12 (3:30pm)  2 active warmup  6 x 200m hills  1 cool, elevate, str  4mi total | 13 SE1: Barefoot  2 warm, DWU  6 x 300m (8min)  2 cool  5mi total | 14  3mi RR, **CORE** | 15  2 active warmup  2mi tempo run  1 cool. elevate, str  5mi total | 16  **STRENGTH**  3mi RR, | 17  **6mi LR** |
| **9dMicro 3**  (37 miles)  Season 2  29 miles | 18 (Workshop)  Rest | 19 (full 4min rec!)  2 warm, DWU  6 x 30 flys  1 cool, elevate, str  5mi total | 20 SE2: Barefoot  2 warm, DWU  6 x 400m (3min)  2 cool, elevate, str  6mi total | 21  3mi RR**, CORE** | 22 I**ntrasquad TT and Team Picnic**  **2W / 2mi / 2C**  Post-race protocol  6mi total | 23  **STRENGTH**  3mi RR | 24  2 active warmup  2mi tempo run  1 cool. elevate, str  5mi total |
| **9dMicro 4**  (33 miles)  Season 3  28 miles | Aug 25  (School Starts Tomorrow)  Rest | 26 SE2: Track  2mi warm, DWU  5 x 350m (3min)  1mi cool, elev, str  4mi total | 27  2 active warmup  6 x 200m hills  2 cool, elevate, str  5mi total | 28 SE1: Barefoot  2 warm, DWU  5 x 200m (7min)  2 cool  5mi total | 29 Home Football  3mi RR, pre-race | 30  **Irish Invite.**  **2W / 2mi / 2C**  Post-race protocol  6mi total | 31  **STRENGTH**  5mi RR |

#### Runner Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Total Summer Miles through August 10:\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Runner Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### STA Cross Country

#### 2019 Individual SMARTER Season Goal Sheet

S: Specific

M: Measurable

A: Attainable (realistic)

R: Recorded

T: Time Constrained

E: Evaluated (to monitor progress)

R: Revisable

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Summer Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THE TWO REALISTIC PERSONAL GOALS I HAVE FOR MYSELF THIS SEASON:**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THE PERSONAL BEST TIME I HOPE TO RUN IN THE FOLLOWING RACES:**

2Mile \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5K \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ACTIONS TO TAKE, LIFESTYLE CHANGES TO MAKE IN ORDER TO REACH THESE GOALS:**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ACTIONS I WILL TAKE TO MAKE MYSELF BETTER, HELP SOMEONE, OR IMPROVE THE TEAM:**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_