# 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 | 7State Track Meet | 8State Track Meet |
| **Detrain**9 miles | 9Rest | 102mi RR | 11Rest | 123mi RR | 132mi RR | 142mi RR | 15Rest |

# June-July 2019 (Preparation Phase I)

 Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** 18 miles | 16No Team Practice(Fathers Day)3mi RR | 173mi RR | 183mi RR | 19 **CAPTAINS**1 active warmup6 x 200m hills1 cool, ele, str. 3mi total | 20 3mi RR | 21**3mi LR, CORE** | 22Rest |
| **Week 2** 21 miles | 231 warm, DWU2mi TT @ VO21 cool, elevate, str4mi total | 24**STRENGTH**3mi RR | 253mi RR | 26 **Very Hard**1 active warmup6 x 200m hills1 cool, ele, str. 3mi total | 27 Rest | 28**4mi LR, CORE** | 294mi RR |
| **Week 3**Blackout 25 miles | 30 **CAPTAINS**2 active warmup2mi tempo run1 cool, elevate, str5mi total | July 1**STRENGTH**3mi RR | 24mi RR | 3 **CAPTAINS**2 active warmup7 x 200m hills2 cool, ele, str. 5mi total | 4 Rest | 5**5mi LR, CORE** | 63mi RR |
| Week 4 30 miles | 72 warm, DWU2 x 1mi @ VO21 cool, elevate, str6mi total | 8**STRENGTH**4mi RR | 95mi RR | 10 **Very Hard**2 active warmup7 x 200m hills2 cool, ele, str. 5mi total | 11 BWCA Trip4mi RR, **CORE** | 12 BWCA Trip**6mi LR**  | 13 BWCA TripRest |
| **Week 5**28 miles | 14 (handicap:fin same time)2 active warmup2mi tempo run1 cool, elevate, str6mi total | 15 BWCA Trip3mi RR, **CORE** | 164mi RR | 17 CAPTAINS2 active warmup7 x 200m hills2 cool, ele, str. 5mi total | 18 4mi RR, **CORE** | 19 **6mi LR** | 20Rest |
| **Week 6**30 miles | 212 warm, DWU2mi TT @ VO22 cool, elevate, str6mi total | 22**STRENGTH**3mi RR | 235mi RR | 24 (track)2 active warmup8x400 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

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| 9dMicro 1 (37 miles)Blackout  28 miles | 28 Max Effort2mi warm, DWU6 x 30 flys (full 4min recov)2mi cool 6mi total | 29**STRENGTH**4mi RR | 30 **5mi LR** | 31 Jack’s Cabin2 active warmupITI: 5x400(2min)85% 400PR, 1cool (grass) 4mi total | Aug 1 Jack’s Cabin3mi RR, **CORE** | 2 Jack’s Cabin2 warm, DWU2 x 1mi @ VO22 cool, elevate, str6mi total | 3 Jack’s Cabin(~12 weeks from 3AA Meet)Rest |
| 9dMicro 2Blackout (33 miles) 27 miles | 4 Jack’s Cabin2 active warmup3mi tempo run1 cool, elevate, str6mi total | 5**STRENGTH**3mi RR, | 6 **CAPTAINS**NEW RUNNER WELCOM RUN3mi RR, **CORE** | 7**5mi LR** | 8  **CAPTAINS**2 warm, DWU3 x 1mi @ VO21 cool, elevate, str6mi total | 9 **STRENGTH**4mi RR  | 10Rest |
| **(9dM 2-3)**Season 1 29 miles |  11 Parent Meeting 7:00pm STA WLH **CAPTAINS**3mi RR, **CORE** | 12 (3:30pm)2 active warmup6 x 200m hills1 cool, elevate, str4mi total | 13 SE1: Barefoot2 warm, DWU6 x 300m (8min)2 cool5mi total | 143mi RR, **CORE** | 15 2 active warmup2mi tempo run1 cool. elevate, str5mi 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, DWU6 x 30 flys 1 cool, elevate, str5mi total | 20 SE2: Barefoot2 warm, DWU6 x 400m (3min)2 cool, elevate, str6mi total | 213mi RR**, CORE** | 22 I**ntrasquad TT and Team Picnic****2W / 2mi / 2C**Post-race protocol6mi total | 23**STRENGTH**3mi RR | 242 active warmup2mi tempo run1 cool. elevate, str5mi total |
| **9dMicro 4**(33 miles)Season 3 28 miles | Aug 25(School Starts Tomorrow)Rest | 26 SE2: Track2mi warm, DWU5 x 350m (3min)1mi cool, elev, str4mi total | 27 2 active warmup6 x 200m hills2 cool, elevate, str5mi total | 28 SE1: Barefoot2 warm, DWU5 x 200m (7min)2 cool5mi total | 29 Home Football3mi RR, pre-race | 30**Irish Invite.****2W / 2mi / 2C**Post-race protocol6mi 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.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_