Name:

Training Analysis

Cross Country Summer/Fall	Total Minutes	Running	Continuous Runs HR=130-150	Continuous Runs HR=150-170	Tempo Runs	Long Interval	X-Training	Short Interval	Races	Race Rating (7 - 1)	General Strength	Lower Leg exercises	Strides Drills
Week		Minutes	# of Sessions	# of Sessions	# of Sessions	# of Sessions	Minutes	# of Sessions	# of Races		# of Sessions	# of Sessions	# of Sessions
July 7-13													
July 14-20													
Jul 21-27													
July 28-Aug 3													
Aug 4-10													
Aug 11-17													
Aug 18-24													
Aug 25-31													
Sep 1-7													
Sept 8-14													
Sept 15-21													
Sept 22-28													
Sept 29-Oct 5													
Oct 6-12													
Oct 13-19													
Oct 20-26													
Oct 27-Nov 2													
Nov 3-9													
Nov 10-16													
Nov 17-23													
Nov 24-30													