Name:

Training Analysis

Cross Country	Total Minutes	Running	Continuous Runs 20-40'	Continuous Runs 40-60"	Continuous Runs >60'	Long Interval	Short Interval	X-Training	Races	Race Rating (7 - 1)	General Strength	Strides Drills	Lower Leg exercises
Week		Minutes	# of Sessions	# of Sessions	# of Sessions	# of Sessions	# of Sessions	Minutes	# of Races		# of Sessions	# of Sessions	# of Sessions
May 31-June 6													
June 7-13													
June 14-20													
June 21-27													
June 28-July 4													
July 5-11													
July 12-18													
July 19-25													
July 26-Aug 1													
Aug 2-8													
Aug 9-15													
Aug 16-22													
Aug 23-29													
Oct 15-27													
Oct 28-Nov 3													
Nov 4-10													
Nov 11-17													
Nov 18-24													
Nov 25 -Dec 1													