

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 1</u> – June 4-10			<u>COURSE</u>	<u>NOTES</u> : Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 1:

TOTAL

Goal Mileage: Varsity = **30** Top JV = **25** Beginners = **13**

+ prev
total:

"Workouts are like brushing my teeth; I don't think about them, I just do them. The decision has already been made." – Patti Sue Plummer, U.S. Olympian

Summer
To date:

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 2</u> – June 11-17			<u>COURSE</u>	<u>NOTES</u> : Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 2:

+ prev
total:

Summer
To date:

TOTAL

Goal Mileage: Varsity = **35** Top JV = **25** Beginners = **15**

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

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 3</u> – June 18-24			<u>COURSE</u>	<u>NOTES</u> : Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 3:

+ prev
total:

Summer
To date:

TOTAL

Goal Mileage: Varsity = **30** Top JV = **20** Beginners = **13**

“Somewhere in the world someone is training when you are not. When you race him, he will win.” – Boston Marathon training poster

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 4</u> – June 25-July 1			<u>COURSE</u>	<u>NOTES</u> : Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 4:

TOTAL

Goal Mileage: Varsity = **35** Top JV = **25**, Beginners = **15**

+ prev
total:

"If you even dream of beating me, you'd better wake up and apologize."

- Muhammad Ali

Summer
To date:

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 5</u> – July 2-8			<u>COURSE</u>	<u>NOTES</u> : Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 5:

TOTAL

Goal Mileage: Varsity = **40** Top JV = **30** Beginners = **18**

+ prev
total:

“Do you know what will happen if I don’t go? Nothing.”

William Wallace

Summer
To date:

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

WEEK 6 – July 9-15			<u>COURSE</u>	<u>NOTES:</u> Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 6:

TOTAL

Goal Mileage: Varsity = **35** Top JV = **25** Beginners = **13**

+ prev
total:

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

**Summer
To date:**

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 7</u> – July 16-22			<u>COURSE</u>	<u>NOTES</u> : Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 7:

TOTAL

Goal Mileage: Varsity = **40** Top JV = **30** Beginners = **18**

+ prev
total:

"One must be one's own inspiration."

- Tegla Loroupe, Women's 1994 NYC Marathon Champion

Summer
To date:

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 8</u> – July 23-29			<u>COURSE</u>	<u>NOTES</u> : Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 8:

TOTAL

Goal Mileage: Varsity = **45** Top JV = **35** Beginners = **20**

+ prev
total:

“The fight is won or lost far away from witnesses – behind the lines, in the gym, and out there on the road, long before I dance under those lights.” – Muhammad Ali

Summer
To date:

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 9</u> – July 30-August 5			<u>COURSE</u>	<u>NOTES:</u> Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 9

TOTAL

Goal Mileage: Varsity = **40** Top JV = **35** Beginners = **18**

+ prev
total:

*“The secret is this: There is no secret.”
Quenton Cassidy*

Summer
To date:

TOTAL

Name _____

2007 BROOKWOOD XC – Mileage Log

Due by the Following Friday

<u>WEEK 10</u> – August 6-12			<u>COURSE</u>	<u>NOTES</u> : Heart Rate, Weather, Conditions
DAY	DISTANCE	TIME		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 10

TOTAL

Goal Mileage: Varsity = **50** Top JV = **40** Beginners = **23**

+ prev
total:

*"This is where you find out. This is the time and place. All the rest is window dressing"
- Bruce Denton*

Summer
To date:

TOTAL

Name _____