

2013 HHS CROSS COUNTRY TIMES BY MEET

MT01-SAT-08/25-PROVIDENCE @ MCALPINE-73SUNNY-DRY-WIND 05-09 MPH
 MT02-SAT-09/14-COACHES CLASSIC @ SANDHILLS-72PC-DRY-WIND 08-10MPH
 MT03-WED-09/18-DUEL AT HONEYHORN-82PC-DRY-WIND 08-10MPH
 MT04-SAT-09/28-LOW COUNTRY INVITATIONAL @ MULLET HALL-70SUNNY-DRY-WIND 08-11MPH
 MT05-WED-10/02-MEET @ HH PREP-82PC-DRY-WIND 10-12MPH
 MT06-SAT-10/05-WENDYS INVITATIONAL@MCALPINE-68/72SUNNY-DRY-WIND 06-08 MPH
 MT07-WED-10/09-COUNTY CHAMPIONSHIP @ HONEYHORN-76SUNNY-DRY-WIND 10-12 MPH
 MT08-SAT-10/12-BODY SHOP INVITATIONAL @ LEXINGTON HS-68/76SUNNY-DRY-WIND 06-08 MPH
 MT09-WED-10/23-REGION VIII CHAMPIONSHIP @ OLD SANTEE CANAL PARK-68/71SUNNY-DRY-WIND 11-14 MPH
 MT10-SAT-10/22-3A LOWER STATE QUALIFIER @ SANDHILLS-65PC-HUMID-WIND 06-08MPH
 MT11-SAT-11/04-3A STATE CHAMPIONSHIPS @ SANDHILLS-57/59MC-DRY-WIND 03-05MPH

<u>GIRLS</u>	<u>MT01</u>	<u>MT02</u>	<u>MT03</u>	<u>MT04</u>	<u>MT05</u>	<u>MT06</u>	<u>MT07</u>	<u>MT08</u>	<u>MT09</u>	<u>MT10</u>	<u>MT11</u>	<u>13PR - PR</u>
E.ANDERSON	20.46	00.00	21.22	00.00	00.00	00.00	00.00	00.00	00.00	20.26	00.00	20.05
K.ANDERSON	22.49	22.57	23.04	22.40	00.00	23.46	23.13	23.51	22.26	00.00	00.00	22.26
R.FRIEND	21.24	00.00	22.12	21.17	00.00	22.10	22.06	00.00	21.19	22.04	00.00	21.17
A.GROSS	20.33	20.02	23.24	19.34	00.00	19.39	20.20	19.59	20.26	20.23	19.34	19.34
M.LIGGETT	20.39	20.47	23.12	19.24	00.00	19.53	20.07	20.01	20.12	20.07	19.18	19.18
C.MCGLINN	20.33	20.44	21.38	19.57	00.00	19.40	00.00	20.22	19.56	20.08	19.28	19.28
C.MCMAHON	20.50	21.37	21.23	20.13	00.00	20.53	21.20	20.45	20.27	20.18	19.48	19.48
N.MSBRUGGER	00.00	25.03	25.36	25.19	00.00	25.29	25.15	25.57	24.34	00.00	00.00	24.34
R.PARENT	21.15	20.55	21.46	21.09	00.00	20.52	21.29	21.04	20.27	20.28	19.50	19.50
N.PARKER	23.10	23.18	24.22	22.39	00.00	24.07	23.49	23.22	23.03	00.00	00.00	22.39
F.SCHONING	20.40	20.44	21.40	20.08	00.00	20.54	00.00	21.27	22.19	21.56	20.53	20.08
C.ROSENBLUM	00.00	00.00	25.56	25.16	00.00	00.00	25.16	24.26	00.00	00.00	00.00	24.26
M.WILSON	00.00	00.00	26.04	23.13	24.17	25.08	26.35	24.01	23.17	00.00	00.00	23.13
S.PAGATPATAN	00.00	00.00	27.16	00.00	00.00	00.00	00.00	00.00	00.00	00.00	00.00	27.16
<u>BOYS</u>	<u>MT01</u>	<u>MT02</u>	<u>MT03</u>	<u>MT04</u>	<u>MT05</u>	<u>MT06</u>	<u>MT07</u>	<u>MT08</u>	<u>MT09</u>	<u>MT10</u>	<u>MT11</u>	<u>13PR - PR</u>
J.BEATTIE	17.19	00.00	00.00	17.13	00.00	00.00	00.00	00.00	00.00	00.00	00.00	17.13
S.BEATTIE	17.20	16.48	17.30	16.32	00.00	16.47	17.42	17.33	16.56	17.12	16.22	16.22
J.BUSBY	19.02	17.19	18.11	00.00	00.00	19.01	18.35	19.01	16.59	00.00	00.00	16.59
N.CORONEL	17.45	17.38	18.02	17.03	00.00	17.06	18.22	17.36	17.20	17.33	17.15	17.03
S.COURTNEY	00.00	24.05	00.00	00.00	00.00	00.00	00.00	00.00	00.00	00.00	00.00	24.05
P.EVANS	17.32	17.47	18.13	17.10	00.00	17.11	18.36	17.22	17.17	17.22	16.44	16.44
C.FERRE	15.55	15.56	16.44	15.47	00.00	15.51	16.43	16.21	16.38	16.07	15.39	15.39
K.GEIGER	18.22	18.22	18.17	17.22	00.00	18.05	18.25	17.53	18.02	00.00	00.00	17.22
K.HASS	00.00	00.00	00.00	22.49	24.19	00.00	22.24	21.51	21.35	00.00	00.00	21.35
B.GILMAN	17.21	17.52	19.33	00.00	00.00	17.54	18.16	17.31	17.09	16.58	16.20	16.20
C.HENNESSEY	15.42	15.56	17.00	16.33	00.00	15.42	16.36	15.54	16.53	00.00	16.56	15.42
V.JIMENEZ	17.20	17.36	00.00	00.00	00.00	00.00	00.00	00.00	17.13	00.00	00.00	17.13
W.KERR	00.00	22.22	23.07	21.54	23.21	00.00	22.02	00.00	00.00	00.00	00.00	21.54
T.MACDONALD	18.52	18.05	19.09	18.11	19.35	18.34	19.01	18.36	18.33	00.00	00.00	18.11
G.MCGLINN	19.48	18.53	18.59	18.12	00.00	00.00	00.00	00.00	00.00	00.00	00.00	18.12
N.PAGATPATAN	17.40	17.35	18.14	17.24	00.00	17.01	18.37	17.28	18.05	17.38	00.00	17.01
M.PAGE	00.00	00.00	24.01	00.00	00.00	00.00	00.00	00.00	00.00	00.00	00.00	24.01
D.ROBINSON	18.28	18.05	18.45	17.29	00.00	18.10	18.17	17.44	18.44	00.00	00.00	17.29
C.SANDERS	19.20	18.49	19.07	19.20	19.53	19.14	19.22	18.55	18.42	00.00	00.00	18.42
W.SANDERS	19.55	19.33	19.49	19.06	20.48	19.41	19.43	19.31	18.43	00.00	00.00	18.43
E.WILKINSON	17.21	16.40	00.00	16.35	00.00	16.41	17.46	16.49	16.53	00.00	15.58	15.58

WORKOUTS JUN 2013

<u>DAY</u>	<u>DATE</u>	<u>WK</u>	<u>WORKOUT</u>
SAT	JUN 01		OFF
SUN	JUN 02		POWERHOUSE
MON	JUN 03	02	6-8 MILES @ 70%
TUE	JUN 04		2(4X1000T/0.45R) 3.00-4.00R BETWEEN SETS
WED	JUN 05		POWERHOUSE
THU	JUN 06		POWERHOUSE (WEATHER)
FRI	JUN 07		OFF
SAT	JUN 08		BRIDGE RUN
SUN	JUN 09		POWERHOUSE
MON	JUN 10	03	6-8 MILES @ 70%
TUE	JUN 11		2(4X1000T/0.45R) 3.00-4.00R BETWEEN SETS
WED	JUN 12		POWERHOUSE
THU	JUN 13		6-9 MILES @ 65%
FRI	JUN 14		2 MILE TT
SAT	JUN 15		OFF
SUN	JUN 16		POWERHOUSE
MON	JUN 17	04	5 MILE TEMPO
TUE	JUN 18		6-9 MILES @ 65%
WED	JUN 19		POWERHOUSE
THU	JUN 20		7-9 MILES @ 65-75%
FRI	JUN 21		3218T/2.00R+3218T/5.00WJ+1000I/3.00R+400I-0.05
SAT	JUN 22		OFF
SUN	JUN 23		POWERHOUSE
MON	JUN 24	05	2/3/4X1609I/4.00R
TUE	JUN 25		7/9 MILES @ 65%
WED	JUN 26		POWERHOUSE
THU	JUN 27		6/7 MILES @70%
FRI	JUN 28		POWERHOUSE-WEATHER
SAT	JUN 29		OFF
SUN	JUN 30		POWERHOUSE

CC WEEK START DATES

WK01-05/27	WK02-06/03	WK03-06/10	WK04-06/17	WK05-06/24	WK06-07/01
WK07-07/08	WK08-07/15	WK09-07/22	WK10-07/29	WK11-08/05	WK12-08/12
WK13-08/19	WK14-08/26	WK15-09/02	WK16-09/09	WK17-09/16	WK18-09/23
WK19-09/30	WK20-10/07	WK21-10/14	WK22-10/21	WK23-10/28	WK24-11/04

<u>PACE</u>	<u>MAINT/OLTY</u>	<u>SUB-LT-TS</u>	<u>THRESHOLD-T</u>	<u>INTERVAL-I</u>	<u>REPETITION-R/F</u>
EFFORT	65%-80%	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST	N/A	N/A	V5-0.25/0.30	= TIME	= 3 X R TIME

A	=	AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)
BU/BD	=	BUILDUP/BUILD DOWN
F	=	800M RACE PACE
I	=	INTERVAL PACE-5K RACE PACE
L	=	LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)
MP	=	MARATHON PACE
S	=	SPEED/REPETITION PACE-MILE RACE PACE
ST	=	6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED
T/TS	=	LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP)
R/J	=	REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG
TT	=	TIME TRIAL/ALL OUT

WORKOUTS JUL 2013

<u>DAY</u>	<u>DATE</u>	<u>WK</u>	<u>WORKOUT</u>
MON	JUL 01	06	3X1609I/5.00R
TUE	JUL 02		8 MILES @ 70%
WED	JUL 03		POWERHOUSE
THU	JUL 04		OFF-FIRECRACKER 5K
FRI	JUL 05		1000 MIX
SAT	JUL 06		OFF
SUN	JUL 07		POWERHOUSE
MON	JUL 08	07	5 MILE TEMPO
TUE	JUL 09		7/9 MILES @ 65%
WED	JUL 10		POWERHOUSE
THU	JUL 11		6/7 @70%
FRI	JUL 12		2(4X1000T-0.05/0.45R) 3.00 REST BETWEEN SETS
SAT	JUL 13		OFF
SUN	JUL 14		POWERHOUSE
MON	JUL 15	08	4 MILE TEMPO
TUE	JUL 16		9 MILES @65%
WED	JUL 17		POWERHOUSE
THU	JUL 18		7/9 MILES @ 65%**SPEEDPLAY**
FRI	JUL 19		5 MILE TEMPO
SAT	JUL 20		OFF
SUN	JUL 21		POWERHOUSE
MON	JUL 22	09	4X1609T/1.00R**C/D 4 MILES
TUE	JUL 23		7/9 MILES @ 65%
WED	JUL 24		POWERHOUSE
THU	JUL 25		6M PYRAMID (1-2-3-2-1-2-3-2-1) FAST/SLOW + 4X400T-0.05/400JOG
FRI	JUL 26		3218T/2.00R+3218T/5.00WJ+1000I/3.00R+400I-0.05
SAT	JUL 27		OFF
SUN	JUL 28		POWERHOUSE
MON	JUL 29	10	2MILE TT +10.00R+2/3X1000TT/1.30R
TUE	JUL 30		7M @ 65%
WED	JUL 31		POWERHOUSE

CC WEEK START DATES

WK01-05/27	WK02-06/03	WK03-06/10	WK04-06/17	WK05-06/24	WK06-07/01
WK07-07/08	WK08-07/15	WK09-07/22	WK10-07/29	WK11-08/05	WK12-08/12
WK13-08/19	WK14-08/26	WK15-09/02	WK16-09/09	WK17-09/16	WK18-09/23
WK19-09/30	WK20-10/07	WK21-10/14	WK22-10/21	WK23-10/28	WK24-11/04

<u>PACE</u>	<u>MAINT/OLTY</u>	<u>SUB-LT-TS</u>	<u>THRESHOLD-T</u>	<u>INTERVAL-I</u>	<u>REPETITION-R/F</u>
EFFORT	65%-80%	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST	N/A	N/A	V5-0.25/0.30	= TIME	= 3 X R TIME

A	=	AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)
BU/BD	=	BUILDUP/BUILD DOWN
F	=	800M RACE PACE
I	=	INTERVAL PACE-5K RACE PACE
L	=	LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)
MP	=	MARATHON PACE
S	=	SPEED/REPETITION PACE-MILE RACE PACE
ST	=	6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED
T/TS	=	LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP)
R/J	=	REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG
TT	=	TIME TRIAL/ALL OUT

WORKOUTS AUG 2013

<u>DAY</u>	<u>DATE</u>	<u>WK</u>	<u>WORKOUT</u>
THU	AUG 01	10	7/9 MILES PROGRESSIVE
FRI	AUG 02		3/4 x 1609i/2.00r/3.00r/4.00r
SAT	AUG 03		RECOVERY @ PICKNEY
SUN	AUG 04		CAMP-SHAKEOUT RUN
MON	AUG 05	11	CAMP
TUE	AUG 06		CAMP
WED	AUG 07		CAMP
THU	AUG 08		CAMP
FRI	AUG 09		CAMP
SAT	AUG 10		CAMP
SUN	AUG 11		CAMP
MON	AUG 12	12	7 MILE RECOVERY @ 65%
TUE	AUG 13		7 MILE SPEED PLAY
WED	AUG 14		POWERHOUSE
THU	AUG 15		2/3/4 MILE TEMPO
FRI	AUG 16		7 MILE RECOVERY @ 65%
SAT	AUG 17		BOBCAT SCORCHER 5K ROAD RACE
SUN	AUG 18		POWERHOUSE
MON	AUG 19	13	2(4X1000T-0.05/0.45R) 3.00R BETWEEN SETS
TUE	AUG 20		7M @ 65%
WED	AUG 21		POWERHOUSE
THU	AUG 22		2(5/6 400I/100M IN 1.00) 3.00R BETWEEN SETS
FRI	AUG 23		TRAVEL TO CHARLOTTE-SHAKEOUT RUN ON COURSE
SAT	AUG 24		PROVIDENCE INVITATIONAL @ MACALPINE, NC
SUN	AUG 25		POWERHOUSE
MON	AUG 26	14	G-5/B- / X 1609I/1.00R
TUE	AUG 27		6M/7M @ 65%
WED	AUG 28		POWERHOUSE
THU	AUG 29		3/4X1609I/2.00R*AM @ TRACK
FRI	AUG 30		G-6M/B-7M @60%
SAT	AUG 31		RUN FOR RETT @ HHP

CC WEEK START DATES

WK01-05/27	WK02-06/03	WK03-06/10	WK04-06/17	WK05-06/24	WK06-07/01
WK07-07/08	WK08-07/15	WK09-07/22	WK10-07/29	WK11-08/05	WK12-08/12
WK13-08/19	WK14-08/26	WK15-09/02	WK16-09/09	WK17-09/16	WK18-09/23
WK19-09/30	WK20-10/07	WK21-10/14	WK22-10/21	WK23-10/28	WK24-11/04

<u>PACE</u>	<u>MAINT/OLTY</u>	<u>SUB-LT-TS</u>	<u>THRESHOLD-T</u>	<u>INTERVAL-I</u>	<u>REPETITION-R/F</u>
EFFORT	65%-80%	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST	N/A	N/A	V5-0.25/0.30	= TIME	= 3 X R TIME

A	=	AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)
BU/BD	=	BUILDUP/BUILD DOWN
F	-	800M RACE PACE
I	=	INTERVAL PACE-5K RACE PACE
L	=	LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)
MP	=	MARATHON PACE
S	=	SPEED/REPETITION PACE-MILE RACE PACE
ST	=	6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED
T/Ts	=	LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP)
R/J	=	REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG
TT	=	TIME TRIAL/ALL OUT

WORKOUTS SEP 2013

<u>DAY</u>	<u>DATE</u>	<u>WK</u>	<u>WORKOUT</u>
SUN	SEP 01		POWERHOUSE
MON	SEP 02	15	2(6X400I+6X400@70%)3.00RBS**CUT 3 REPS-HEAT
TUE	SEP 03		AM: 2(3X100T-0.05/0.45R) 3.00RBS PM: POWERHOUSE
WED	SEP 04		POWERHOUSE
THU	SEP 05		3X1609I/3.00R
FRI	SEP 06		6M @ 70% +1609I
SAT	SEP 07		BRIDGE RUN
SUN	SEP 08		POWERHOUSE
MON	SEP 09	16	3/5 M TEMPO
TUE	SEP 10		6/7M @ 70% + 1609I
WED	SEP 11		POWERHOUSE
THU	SEP 12		AM: 5X800I/2.00WJ PM: 4X400I/400WJ
FRI	SEP 13		TRAVEL TO COLUMBIA-SHAKEOUT RUN AT COURSE
SAT	SEP 14		COACHES CLASSIC
SUN	SEP 15		POWERHOUSE
MON	SEP 16	17	2(3X1000T-0.05/0.45R)3.00 RBS
TUE	SEP 17		6M - 2M @ I+2.00 3M@ I+1.00 1M @ I+2.00
WED	SEP 18		MEET @ HONEY HORN
THU	SEP 19		POWERHOUSE
FRI	SEP 20		3218T/2.00R+3218T/5.00WJ+1000I/3.00R+400I-0.05
SAT	SEP 21		OFF
SUN	SEP 22		POWERHOUSE
MON	SEP 23	18	4X1609I/2.00R
TUE	SEP 24		POWERHOUSE
WED	SEP 25		4 MILE TEMPO
THU	SEP 26		6/7 MILES @ 65% - EXTRA STRETCHING
FRI	SEP 27		2M W/U+6X200I/100J+2M C/D
SAT	SEP 28		LOW COUNTRY INVITATIONAL @ MULLET HALL
SUN	SEP 29		POWERHOUSE
MON	SEP 30	19	2(1000T/0.45R) 3.00 RBS

CC WEEK START DATES

WK01-05/27	WK02-06/03	WK03-06/10	WK04-06/17	WK05-06/24	WK06-07/01
WK07-07/08	WK08-07/15	WK09-07/22	WK10-07/29	WK11-08/05	WK12-08/12
WK13-08/19	WK14-08/26	WK15-09/02	WK16-09/09	WK17-09/16	WK18-09/23
WK19-09/30	WK20-10/07	WK21-10/14	WK22-10/21	WK23-10/28	WK24-11/04

<u>PACE</u>	<u>MAINT/QLTY</u>	<u>SUB-LT-TS</u>	<u>THRESHOLD-T</u>	<u>INTERVAL-I</u>	<u>REPETITION-R/F</u>
EFFORT	65%-80%	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST	N/A	N/A	V5-0.25/0.30	= TIME	= 3 X R TIME

A	=	AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)
BU/BD	=	BUILDUP/BUILD DOWN
F	=	800M RACE PACE
I	=	INTERVAL PACE-5K RACE PACE
L	=	LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)
MP	=	MARATHON PACE
S	=	SPEED/REPETITION PACE-MILE RACE PACE
ST	=	6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED
T/TS	=	LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP)
R/J	=	REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG
***	=	TRAIL/DIRT

WORKOUTS OCT 2013

<u>DAY</u>	<u>DATE</u>	<u>WK</u>	<u>WORKOUT</u>
TUE	OCT 01	19	6 MILES @65% + 1X1609I
WED	OCT 02		MEET @ HHP 4.30PM OR 5 MILE TEMPO
THU	OCT 03		RECOVERY
FRI	OCT 04		TRAVEL TO CHARLOTTE - SHAKE OUT RUN
SAT	OCT 05		WENDY'S INVITATIONAL
SUN	OCT 06		POWERHOUSE
MON	OCT 07	20	2(3/4X800I/1.30R-2.00R-1.30R)4.00 RBS
TUE	OCT 08		POWERHOUSE
WED	OCT 09		COUNTY CHAMPIONSHIP
THU	OCT 10		100S-200S-300S-400S/= DISTANCE RECOVERY
FRI	OCT 11		TRAVEL TO COLUMBIA
SAT	OCT 12		LEXINGTON INVATATIONAL
SUN	OCT 13		POWERHOUSE
MON	OCT 14	21	RHYTHM: 2M@I+1.30 + 3M @ I+1.00 +2M@I+0.30
TUE	OCT 15		4X1609I/3.00R - ON 4 MILE TEMPO COURSE
WED	OCT 16		POWERHOUSE
THU	OCT 17		9M @ 655%
FRI	OCT 18		2(4X400I-0.05+4X400 @70%) 3.00 RBS
SAT	OCT 19		OFF
SUN	OCT 20		POWERHOUSE
MON	OCT 21	22	4X1609I/2.00R
TUE	OCT 22		6 MILES @ 65%
WED	OCT 23		REGION VIII CHAMPIONSHIP
THU	OCT 24		POWERHOUSE
FRI	OCT 25		8X1000-T/2.00R+I/1.00R+T/2.00R+I/1.00R+T/5.00R+I/2.00R+I/2.00R+T
SAT	OCT 26		OFF
SUN	OCT 27		POWERHOUSE
MON	OCT 28	23	G-6M/B-7M @ 80%
TUE	OCT 29		G-4M TEMPO/B-5M TEMPO
WED	OCT 30		POWERHOUSE
THU	OCT 31		3(4X400) S1=I/100J S2=I-0.03/200J S3=I-0.05/200J 400JBS

CC WEEK START DATES

WK01-05/27	WK02-06/03	WK03-06/10	WK04-06/17	WK05-06/24	WK06-07/01
WK07-07/08	WK08-07/15	WK09-07/22	WK10-07/29	WK11-08/05	WK12-08/12
WK13-08/19	WK14-08/26	WK15-09/02	WK16-09/09	WK17-09/16	WK18-09/23
WK19-09/30	WK20-10/07	WK21-10/14	WK22-10/21	WK23-10/28	WK24-11/04

<u>PACE</u>	<u>MAINT/OLTY</u>	<u>SUB-I.T-TS</u>	<u>THRESHOLD-T</u>	<u>INTERVAL-I</u>	<u>REPETITION-R/F</u>
EFFORT	65%-80%	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST	N/A	N/A	V5-0.25/0.30	= TIME	= 3 X R TIME

A	=	AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)
BU/BD	=	BUILDUP/BUILD DOWN
F	=	800M RACE PACE
I	=	INTERVAL PACE-5K RACE PACE
L	=	LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)
MP	=	MARATHON PACE
S	=	SPEED/REPETITION PACE-MILE RACE PACE
ST	=	6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED
T/TS	=	LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP)
R/J	=	REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG
TT	=	TIME TRIAL/ALL OUT

WORKOUTS NOV 2013

<u>DAY</u>	<u>DATE</u>	<u>WK</u>	<u>WORKOUT</u>
FRI	NOV 01	23	TRAVEL TO COLUMBIA - SHAKE OUT RUN
SAT	NOV 02		3A STATE QUALIFIER
SUN	NOV 03		POWERHOUSE
MON	NOV 04	24	4X1609I/2.00R-3.00R-4.00R
TUE	NOV 05		POWERHOUSE
WED	NOV 06		STEPDOWN(1600-122-800-400) 4.00 REST ON ALL*MILE TIME-0.05/400 TIME-0.02)
THU	NOV 07		5 MILES @ 60%
FRI	NOV 08		TRAVEL TO COLUMBIA -SHAKE OUT RUN
SAT	NOV 09		SC 3A STATE CHAMPIONSHIPS

CC WEEK START DATES

WK01-05/27	WK02-06/03	WK03-06/10	WK04-06/17	WK05-06/24	WK06-07/01
WK07-07/08	WK08-07/15	WK09-07/22	WK10-07/29	WK11-08/05	WK12-08/12
WK13-08/19	WK14-08/26	WK15-09/02	WK16-09/09	WK17-09/16	WK18-09/23
WK19-09/30	WK20-10/07	WK21-10/14	WK22-10/21	WK23-10/28	WK24-11/04

<u>PACE</u>	<u>MAINT/OLTY</u>	<u>SUB-LT-TS</u>	<u>THRESHOLD-T</u>	<u>INTERVAL-I</u>	<u>REPETITION-R/F</u>
EFFORT	65%-80%	T+0.30-MP	85-88%	90-100%	100+% OR 800PR
REST	N/A	N/A	V5-0.25/0.30	= TIME	= 3 X R TIME

A	=	AEROBIC (Q = 5KPR/VDOT5K + 1.00) (M = 5KPR/VDOT5K + (1.45)
BU/BD	=	BUILDUP/BUILD DOWN
F	=	800M RACE PACE
I	=	INTERVAL PACE-5K RACE PACE
L	=	LONG RUN(20-25%) OF WEEKLY MILEAGE TARGET (PROGRESSIVE PACE)
MP	=	MARATHON PACE
S	=	SPEED/REPETITION PACE-MILE RACE PACE
ST	=	6-8X20-30 SECOND STRIDES-COMFORTABLY FAST-RECOVERY AS NEEDED
T/TS	=	LACTATE THRESHOLD PACE**MP-TS SUB-THRESHOLD (T+0.30-MP)
R/J	=	REST INTERVAL R = REST(WALK/STRETCH) J = JOG OR WALK/JOG
TT	=	TIME TRIAL/ALL OUT

	#	TOT TIME	APM	2M-TT
<u>RUNNERS</u>				
53-CARLEY		DNR		DNR
50-RACHEL		DNR		DNR
49-MALLORY		4:28.14*	703	DNR
49-CIARA		4:30.37	739	1403
48-FRANKIE		4:28.55*	713	13.44
48-ABBY		4:30.03	730	13.59
40-NORA		3:25.43	834	1607*
00-EMMY		DNR		DNR
57-ESTHER		DNR		DNR

	#	TOT TIME	APM	2MTT	
<u>RUNNERS</u>					
66-COLTON		DNR		11.48	
64-CISCO	4.22.21	*	535	10.43*	TOP W/O
61-JACK B	4.22.33	*	538	10.50*	3-4-5M TEMPO
61-SAM	4.23.19		549	11.00	3x1609T/1.00R
59-VICTOR	DNR			DNR	2x3218T/2.00R
59-ELADIO	3.17.54		558	11.11*	2(4x1000T/0.45R)
55-JASON	DNR			NT	
54-PHILLIP	4.24.30		607	11.20*	6x1000I/1.30R
54-KRIS	4.24.32		608	11.24	4x1609I(2.00-3.00)
54-GREGORY	DNR			DNR	
53-DAVID	3.19.54		638	11.43	2(6x400I + 6x400@70%)
53-CHASE	DNR			12.39	
51-WESTON	4.26.02		630	12.49	3x1609/1.00R - FRESH
50-CARSON	DNR			DNR	
00THOMAS	3.19.06		622	13.14**	
00-MAX	DNR			DNF*	CRAMP

WK3) $2(4 \times 1000 / 0.45R) \cdot RHYTHM$

WKS

WK2 5x160T / 8x1000
10 ~~11~~ 15 / 3218T

10	11/25/20	32	18
12	4x1609I/2-34		
	2 (4x) WWT/645		

2042 W 1645
MONSTER

W01	4M-TEMPO
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W02	2M-TT	" 4 X PER SEASON
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Mix

- $3218T/300R + 3218T/6100R + 1000T/200R + 4000T/1000R$
- $8 \times 1000T/2 \cdot I/1 \cdot I/2 \cdot I/2 \cdot I/2 \cdot I/2 \cdot I/2 \cdot I/2 \cdot I/2$
- $3 \times 1000T/1000R + 3 \times 1000T/300R + 3 \times 4000T/300R + 3 \times 2000T/300R$

1000 - 2000

32

AEROBIC

SEAHAWK 6/7

RHYTHM RUN: I+130/I+100/I+90

- STEPDOWN
- LUMBERJACK

$$3 \times 800 \text{ I} / 1.00 \text{ R} + 5 \times 400 \text{ I} / 0.30 \text{ R} + 10 \times 200 \text{ I} / 0.30 \text{ R}$$

DISTANCE PROGRAM-CC/TRACK WK00 OF 24

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

RUNNERS	TARGET			APK#			TARGET	APK#	
	L1	L2	L3	L1	L2	L3		S1	S2
53-CARLEY	x	x	x	DNR			415	413 ³	409 ³
50-RACHEL	x	x	x	DNR			x	DNR	
49-MALLORY	825	755	725	825 ¹			415	DNR	
49-CIARA	825	755	725	825 ¹	747 ⁴	750 ²	415	413 ³	417 ²
48-FRANKIE	x	x	x	DNR			420	421 ³	425 ¹
48-ABBY	831	801	731	831 ¹	808 ⁴	854 ²	420	424 ³	421 ³
40-NORA	924	854	824	924 ¹	859 ¹	843 ¹	454	456 ³	458 ³
41-EMMY	924	854	824	924 ¹	908 ¹	845 ¹	x	DNR	
57-ESTHER	x	x	x	DNR			x	DNR	
REBEKA				DNR			435	424 ³	421 ³

RUNNERS	TARGET			APK#			TARGET	APK#	
	L1	L2	L3	L1	L2	L3		S1	S2
66-COLTON	706	636	606	706 ¹	622 ⁴	615 ²	326	DNR	
64-CISCO	722	652	622	722 ¹	630 ⁴	602 ²	337	DNR	
61-JACK B	722	652	622	722 ¹	632 ⁴	554 ²	337	DNF*HEEL	
61-SAM	722	652	622	722 ¹	630 ⁴	602 ²	337	336 ³	344 ³
59-VICTOR	x	x	x	DNR			337	334 ³	DNR*CHEST
59-ELADIO	x	x	x	DNR			330	DNR	
5-JASON	739	709	639	739 ¹	DNF		350	339 ³	340 ³
54-PHILLIP	x	x	x	DNR			350	DNR	
54-KRIS	x	x	x	DNR			x	DNR*FOOT	
54-GREGORY	x	x	x	DNR			400	403 ³	DNF*HEAT
53-DAVID	801	731	701	801 ¹	712 ⁴	755 ²	400	401 ³	352 ³
53-CHASE	x	x	x	DNR			400	401 ³	405 ³
51-WESTON	801	731	701	801 ¹	708 ⁴	708 ²	400	403 ³	400 ³
50-CARSON	x	x	x	DNR			x	DNR	
57-THOMAS	x	x	x	DNR			415	413 ³	414 ³
44-MAX	900	830	800	900 ¹	806 ²	743 ²	440	442 ³	501 ¹
SAMC.							x	DNR*KNEE	
NORA							x	DNR	

RHYTHM (1M@I+2.00 + 4M@I+1.30 + 2M@I+1.00)

2(3 x 1000T/1.00R) 4.00R BETWEEN SETS

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	#	TIME	APM	TARGET	#	TIME	APM
RUNNERS-12								
CARLEY	52		5.37.01	724		3.2013	644*	
RACHEL	50		3.23.59	759		DNR		
FRANKIE	48		5.39.40	756		3.2150	717*	
MALLORY	48		DNR			DNR		
ABBY	48		5.38.18	740		DNR		
CIARA	48		5.38.39	744		3.2149	716*	
NORA	40		3.29.04	941		DNR		
EMMY	40		DNR			DNR		
REBEKA	47		DNR			DNR		
KYRA	40		3.29.04	941		3.2644	856	
ESTHER	48		3.29.04	941		3.2336	752*	
NICOLE	40		3.29.04	941		3.2629	850	
	TARGET	#	TIME	APM	TARGET	#	TIME	APM
RUNNERS-16								
COLTON	65		3.17.19	546		3.1613	524*	
VICTOR	61		5.31.39	620		3.1729	550*	
CISCO	61		5.30.23	605		3.1759	559*	
ELADIO	61		5.33.52	646		DNR		
SAM B	61		DNR			3.1710	543*	
JACK B	61		DNR			DNR		
NOA	58		DNR			DNR		
JASON	58		DNR			3.1844	615*	
PHILLIP	58		5.3114	615		DNR		
KRIS	57		DNR			DNR		
GREGORY	55		5.3429	654		DNR		
DAVID	54		5.3502	700		DNR		
CIASE	53		DNR			3.1934	631*	
WESTON	52		DNR			3.2042	654*	
MAX	44		DNR			DNR		
THOMAS	50		5.3955	759		3.2439	813	
SAM C	41					3.2439	813	

W01	5M TEMPO
W02	3M TEMPO

DISTANCE PROGRAM-CC/TRACK WK02 OF 24 (MON 06/10-SUN 06/16)

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	#	APK
RUNNERS-11		S1	S2
52-CARLEY	407	4.404	3.405
50-RACHEL	420	DNR	
48-MALLORY	420	4.418	3.423
48-FRANKIE	420	4.413	4.419
48-ESTHER	420	DNR	
48-CIARA	420	4.418	4.422
48-ABBY	420	4.420	4.431
47-REBEKA	429	DNR	
40-NORA	500	3.457	3.511
40-NICOLE	500	3.455	3.515
40-KYRA	500	DNR	

	TARGET	# OF PK				
RUNNERS-17	S1	S2				
65-COLTON	326	DNR				
61-CISCO	337	4:324 3:321				
61-ELADIO	337	4:334 3:349				
61-JACK B	337	DNR				
61-SAM B	337	4:328 3:337				
61-VICTOR	337	DNR				
58-PHILLIP	345	3:346 DNF				
58-NOA	345	DNR				
58-JASON	345	DNR				
57-KRIS	350	4:343 3:337				
55-GREGORY	356	4:354 3:350				
54-DAVID	400	DNR				
53-CIASE	404	4:400 4:401				
52-WESTON	407	4:404 4:407				
50-THOMAS	415	3:349 3:356				
44-MAX	443	3:423 3:448				
41-SAM C	500	DNR				

WO 1	(4x1000T/0.4SR) (3x1000T/0.4SR) 300-4.00R BETWEEN SETS

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	APK [#]	PR	TIME
RUNNERS-11		S1 S2		
52-CARLEY	407	404 ⁴ 405 ⁴	12.22	13.02
50-RACHEL	420	DNR	14.15	13.48**
48-MALLORY	420	419 ⁴ 422 ⁴	13.47	13.17**
48-FRANKIE	420	416 ⁴ 418 ⁴	13.32	13.28**
48-ESTHER	420	DNR* KNEE	00.00	RECOVERY- 5M
48-CIARA	420	DNR* ALLERGENS	12.57	13.42
48-ABBY	420	420 ⁴ 432 ³	13.18	13.30
47-REBEKA	428	425 ⁴ 434 ³	00.00	13.48**
40-NORA	500	DNR* XA	16.07	DNR* XA
40-NICOLE	500	517 ⁵ X.WORK	00.00	16.11**
40-KYRA	500	512 ⁴ 540 ¹	15.14	16.02
MCKENNA	-	DNR	00.00	DNR* HEAT
	TARGET	APK [#]	PR	TIME
RUNNERS-17		S1 S2		
65-COLTON	326	319 ⁴ 325 ⁴ *KNEE	10.26	10.18**
61-CISCO	337	326 ⁴ 323 ⁴ *	10.43	10.32**
61-ELADIO	337	334 ⁴ 333 ³ *KNEE	11.17	11.21
61-JACK B	337	DNR* FOOT	10.50	DNR* KNEE
61-SAM B	337	337 ⁴ 328 ¹ *KNEE	10.36	11.26
61-VICTOR	337	332 ⁴ 338 ² *ROTC	11.11	DNR* ROTC
58-PHILLIP	345	344 ⁴ 346 ⁴	11.20	11.45
58-NOA	345	338 ⁴ 356 ⁴	10.40	DNR* XA
58-JASON	345	338 ⁴ 356 ⁴	11.19	DNR* XA
57-KRIS	345	344 ⁴ 347 ⁴	11.24	11.28
55-GREGORY	355	345 ⁴ 350 ⁴	11.35	12.09
54-DAVID	400	345 ⁴ 348 ⁴	11.25	11.28
53-CHASE	404	DNR* XA	12.10	DNR* XA
52-WESTON	407	DNR* XA	12.48	DNR* XA
50-THOMAS	415	DNR* XA	13.14	12.19**
44-MAX	443	DNR* XA	15.16	DNR* BLISTER
41-SAM C	500	DNR* KNEE	00.00	16.13
DANNY			00.00	11.36**
BEN			00.00	12.40**

W01	2 (4x1000T / 0.45R) 4.00R BETWEEN SET
W02	2 MILE TT

	TIME/APM ^{#M}	TARGET	APM ^{#M}
RUNNERS-11		MILE-1000-400	S1 S2 1000-400
52-CARLEY	36.11/714 ⁵	638 348 126	707 ² 637 ² 336' 1.15
50-RACHEL	DNR	- - -	DNR
48-MALLORY	DNR	- - -	DNR
48-FRANKIE	29.08/717 ⁴	702 403 131	715 ² * DNF-KNEE
48-ESTHER	DNR	- - -	DNR
48-CIARA	37.19/728 ⁵	- - -	DNR
48-ABBY	31.48/757 ⁴	702 403 131	734 ² 717 ² 443' 129
47-REBEKA	24.05/802 ³	710 407 133	729 ² 722 ² 424' 129
40-NORA	27.20/907 ³	812 442 147	807 ² 810 ² 529' 135
40-NICOLE	DNF*ILL	812 442 147	736' 753' 501 ² 125
40-KYRA	NT*710.00	812 442 147	738' 809' 501 ² 135

	TIME/APM ^{#M}	TARGET	APM ^{#M}
RUNNERS-17		MILE-1000-400	S1 S2 1000-400
65-COLTON	27.34/531 ⁵	- - -	DNR
62-CISCO	28.52/546 ⁵	545 317 114	533 ² 530 ² 306 105
61-ELADIO	29.47/557 ⁵	550 320 115	536 ² 604 ² 318 107
61-JACK B	DNR	- - -	DNR
61-SAM B	30.35/601 ⁵	550 320 115	536 ² 605 ² 321 110
61-VICTOR	29.46/557 ⁵	- - -	DNR
58-PHILLIP	18.30/610 ³	604 328 118	556 ² 610 ² 327 110
58-NOA	DNR	- - -	DNR
58-JASON	31.35/619 ⁵	604 328 118	555 ² 606 ² 328 109
57-KRIS	31.57/623 ⁵	609 331 120	555 ² 603 ² 329 110
55-GREGORY	34.48/657 ⁵	- - -	DNR
54-DAVID	33.59/648 ⁵	620 337 122	554 ² DNF*ANKLE
54-CHASE	33.11/638 ⁵	626 341 123	620 ² 619 ² 338 116
53-WESTON	33.40/644 ⁵	632 344 126	630 ² 629 ² 347 119
50-THOMAS	37.37/731 ⁵	651 355 128	626 ² 646 ² 348 110
44-MAX	25.18/826 ³	733 421 139	752 ² DNF*ILL (HEAT)
41-SAM C	NT*OVER 10.00	802 436 145	816' 930' 501 ² 140
00-DANNY	32.49/634 ⁵	- - -	DNR
00-BEN	21.53/718 ³	651 355 128	623 ² DNF*HEAT

W01	SMILE TEMPO
W02	3218T/2.00R + 3218T/5.00WJ + 1000I/3.00R + 400I-0.05

DISTANCE PROGRAM-CC/TRACK WK 05 OF 24 (MON 06/24 SUN 06/30)

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	TIME - APM#	TARGET	M2 - M5	SKTGT	# - AVG
RUNNERS-11	LT-ADJ		LT-CI		BASED ON RESULT	
52-CARLEY	640	21.03 701 ³		631 * 700		DNR * KNEE
50-RACHEL	-	DNR		DNR * XA		DNR * ANKLE
48-MALLORY	-	DNF * HEAT		637 * 705		DNR * XA
48-FRANKIE	708	29.40		631 * 700		DNR * KNEE
48-ESTHER	-	DNR		DNR * KNEE		DNR * KNEE
48-CIARA	708	30.03		640 * 705	21.25	3 * 650
48-ABBY	705	23.23		635 * 709	21.50	3 * 701
47-REBEKA	-	DNR		DNR * XA		DNR * XA
40-NORA	818	29.38		807 * 740	25.12	3 * 809
40-NICOLE	-	DNR		DNR * XA		DNR * XA
40-KYRA	-	DNF * KNEE		DNR * KNEE		

	TARGET	TIME - APM#	TARGET	M2 - M5	SKTGT	# - AVG
RUNNERS-17					* BASED ON RESULT	
65-COLTON	-	DNR * KNEE		NT * NT		DNR
62-CISCO	-	DNR * KNEE		DNR		DNR
61-ELADIO	559	23.51		DNR * REDO W01	17.03	4 * 529
61-JACK B	-	DNR * XA		DNR * XA		DNR
61-SAM B	-	DNR * XA		DNR * XA		DNR
61-VICTOR	-	DNR * XA		DNR * XA		DNR
58-PHILLIP	-	DNR * XA		DNR * XA	17.49	3 * 547
58-NOA	-	DNR * TOE		DNR * TOE	18.58	3 * 611
58-JASON	609	26.14		603 * 551	18.22	3 * 559
57-KRIS	-	DNR * XA		DNR * DR	17.49	2 * 537
55-GREGORY	-	DNR * XA		DNR * DR		DNR
54-DAVID	-	DNF * ANKLE		DNR * KNEE		DNR
54-CHASE	631	26.31		NT * NT	18.58	3 * 610
53-WESTON	638	28.47		640 * 644	19.36	3 * 622
50-THOMAS	656	21.39		DNR * REDO W01	19.17	3 * 612
44-MAX	-	DNR * BLISTER		DNR		DNR
41-SAM C	-	DNR * XA		DNR * XA		DNR
00-DANNY	615	26.08		DNR * XA	17.33	3 * 542
00-BEN	-	DNF * HEAT		DNF * HEAT	18.05	2 * 541

W01	3/4 MILE TEMPO
W02	6/8 MILE @ 75% * M2 & M5 @ LT
W03	2/3/4 x 1609 I / 4.00 R

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

[illegible][illegible]

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	TIME - APM ^M	TARGET	AVG [#]
RUNNERS-11				S1 • S2
52-CARLEY	-	DNR • KNEE	359	NT3 • NT2
50-RACHEL	-	DNR • HIP	410	DNR • HIP
48-MALLORY	702	2209 • 723 ³	415	413 ⁴ • 422 ²
48-FRANKIE	714	3718 • 728 ⁵	415	423 ⁴ • 433 ⁴
48-ESTHER	-	DNR • KNEE	-	DNR • BIKE
48-CIARA	714	3638 • 720 ⁵	415	419 ⁴ • 426 ⁴
48-ABBY	-	DNR • KNEE	415	424 ³ • DNF
47-REBEKA	-	DNR • XA	424	431 ⁴ • 437 ²
40-NORA	826	3920 • 752 ⁵	500	452 ⁴ • 448 ²
40-NICOLE	826	2615 • 845 ³	500	512 ⁴ • 539 ⁴
40-KYRA	-	DNR • XA	500	520 ⁴ • 552 ²
	TARGET	TIME - APM ^M	TARGET	AVG [#]
RUNNERS-17				S1 • S2
65-COLTON	539	3240 • 632 ⁵	321	319 ⁴ • 316 ³
62-CISCO	548	2855 • 547 ⁵	327	323 ⁴ • 318 ⁴
61-ELADIO	558	3355 • 647 ⁵	332	329 ⁴ • 332 ⁴
61-JACK B	558	3008 • 602 ⁵	332	331 ⁴ • 327 ⁴
61-SAM B	558	2954 • 589 ⁵	332	331 ⁴ • 358 ⁴
61-VICTOR	-	DNF • HEAT	332	341 ⁴ • 328 ⁴
58-PHILLIP	614	3720 • 728 ⁵	340	348 ³ • 401 ³
58-NOA	614	3221 • 628 ⁵	340	336 ⁴ • 341 ⁴
58-JASON	614	3315 • 639 ⁵	340	334 ⁴ • 335 ⁴
57-KRIS	-	DNR • XA	348	337 ⁴ • 341 ⁴
55-GREGORY	-	DNF • HEAT	351	356 ⁴ • 358 ⁴
54-DAVID	-	DNR • ANKLE	-	DNR • ANKLE
54-CHASE	628	3230 • 630 ⁵	355	352 ⁴ • 355 ⁴
53-WESTON	648	3443 • 657 ⁵	402	DNR • BLISTER
50-THOMAS	-	DNR • XA	410	352 ⁴ • 406 ⁴
44-MAX	830	2519 • 826 ³	438	406 ⁴ • 525 ³
41-SAM C	900	3105 • 1022 ³	455	457 ⁴ • 444 ³
00-DANNY	-	DNR • XA	345	338 ⁴ • 351 ⁴
00-BEN	-	DNR • XA	410	DNR • XA

W01	3/5 MILE - TEMPO
W02	2(4x1000T-0.05/OHSR) 3.00 BETWEEN SETS

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS, RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TIME-APM [#]		TIME-APM [#]	
RUNNERS-11				
52-CARLEY		DNR* KNEE		DNR* KNEE
50-RACHEL		DNR* PH		DNR* XA
48-MALLORY		1403-702 ²		DNR* XA
48-FRANKIE		DNR* XA		DNR* XA
48-ESTHER		DNR* XA		DNR* XA
48-CIARA		2046-655 ³		3538-703 ⁵ **
48-ABBY		1503-731 ²		4209-826 ⁵
47-REBEKA		2449-816 ³		4025-805 ⁵
40-NORA		2544-835 ³		4313-839 ⁵
40-NICOLE		2802-921 ³		DNR* XA
40-KYRA		DNR		DNR* XA
	TARGET	TIME-APM [#]	TARGET	TIME-APM [#]
RUNNERS-17				
65-COLTON	537	2339-555 ⁴	-	DNR* XA
62-CISCO	544	2242-541 ⁴	547	2804-537 ⁵ **
61-ELADIO	554	DNR* HIP	-	DNR* HIP
61-JACK B	554	2356-559 ⁴	558	2949-558 ⁵ **
61-SAM B	554	2403-601 ⁴	-	DNR* RASH
61-VICTOR	554	DNR* XA	558	3103-613 ⁵
58-PHILLIP	-	DNR* HEAT	-	DNR* XA
58-NOA	-	DNR* HIP	-	DNR* KNEE
58-JASON	-	DNR* XA	611	3103-613 ⁵
57-KRIS	614	2624-636 ⁴	-	DNR* XA
55-GREGORY	625	3036-739 ⁴	-	DNR* XA
54-DAVID	-	DNR* XA	-	DNR* XA
54-CIASE	-	DNR* XA	-	DNR* XA
53-WESTON	-	DNR* XA	-	DNR* XA
50-THOMAS	-	DNR* LYMPH	-	DNR* LYMPH
44-MAX	-	DNR* XA	-	DNR* XA
41-SAM C	-	DNR* XA	-	DNR* KNEE
00-DANNY	-	DNR* XA	-	DNR* XA
00-BEN	-	DNR* XA	-	DNR* XA
00-WES	-	DNR* XA	-	DNR* XA

W01	4 MILE - TEMPO
W02	5 MILE - TEMPO

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	APM#	TARGET	APM ¹	APM ²	1000	400
RUNNERS-11			1600T-1000I-400I-5				
52-CARLEY	632	DNR-KNEE	-	-	-	639	DNR*KNEE
50-RACHEL	5	DNR-XA	-	-	-	DNR-X	
48-MALLORY	702	706 ³	702	403	131	653	730 DNF*HEAT
48-FRANKIE	702	NT ⁴	702	403	131	723	737 434 140
48-ESTHER	-	749 ²	702	403	131	653	DNF *HEAT
48-CIARA	702	653 ⁴	702	403	131	653	701 359 130
48-ABBY	702	723 ³	702	403	131	704	744 446 140
47-REBEKA	710	DNR-XA	-	-	-	DNR-X	
40-NORA	812	810 ³	812	442	147	739	815 454 140
40-NICOLE	812	DNR-XA	-	-	-	DNR-X	
40-KYRA	-	835 ²	812	442	147	835	DNF*HEAT
	TARGET	APM#	TARGET	APM ¹	APM ²	1000	400
RUNNERS-17			1600T-1000I-400I-5				
65-COLTON	532	DNR-XA	-	-	-	DNR-XA	
62-CISCO	541	541 ⁴	-	-	-	DNR*TRI	
61-ELADIO		DNF*HIP	-	-	-	DNR*REHAB	
61-JACK B	550	537 ⁴	550	320	115	546	542 316 113
61-SAM B	550	536 ⁴	550	320	115	544	633 356 141
61-VICTOR	550	554 ⁴	550	320	115	DNR	
58-PHILLIP	604	DNR* MARATHON	604	328	118	DNR	
58-NOA	604	DNR*XA 620 ⁴	604	328	118	DNR*REHAB	
58-JASON	664	606 ⁴ 614 ⁴	604	328	118	559	556 320 113
57-KRIS	609	DNR* MARATHON	609	331	120	DNR	
55-GREGORY	620	DNR-MARATHON	620	337	122	635	637 344 118
54-DAVID	626	DNR-XA	-	-	-	DNR-X	
54-CIASE	626	631 ⁴	626	341	123	DNR*TRI	
53-WESTON	632	642 ⁴	632	344	125	654	647 344 118
50-THOMAS	651	631 ⁴	-	-	-	DNR-X	
44-MAX	733	DNR-XA	-	-	-	DNR-X	
41-SAM C	812	NT* GOT LOST	-	-	-	850	DNF*KNEE
00-DANNY	609	601 ⁴	604	328	118	559	620 312 111
00-BEN	651	DNR-XA	651	355	128	626	DNF*HEAT
00-WES		NT ⁴	-	-	-	NT	

W01	4x1600T/1.00R * CD HOLNDS * CYPRESS MARSH * SANTA MARIA *
W02	3218T/2.00R + 3218T/5.00WJ + 1000I/3.00R + 400I-0.05

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	2MTT-1000 ^{TT}	TARGET	APM [#]
RUNNERS-11			
52-CARLEY	DNR-X	-	DNR-X
50-RACHEL	DNF	-	DNR-X
48-MALLORY	13.06 ^{**} 407 ²	625	628 ³
48-FRANKIE	DNR-X	-	DNR-X
48-ESTHER	DNF 505 ²	-	DNR-X
48-CIARA	12.59 354 ²	-	DNR-X
48-ABBY	13.10 ^{**} 456 ²	631	638 ³
47-REBEKA	DNR-X	-	712 ²
40-NORA	15.19 440 ²	724	724 ³
40-NICOLE	DNR-X	-	820 ²
40-KYRA	1805 519 ¹	-	830 ²
	2MTT-1000 ^{TT}	TARGET	APM [#]
RUNNERS-17			
65-COLTON	DNR-X	-	DNR-X
62-CISCO	10.24 ^{**} 319 ⁴	514	514 ^{4**}
61-ELADIO	10.58 ^{**} 331 ³	522	557 ³
61-JACK B	DNR-KNEE	522	524 ^{4**}
61-SAM B	11.12 332 ³	522	541 ³
61-VICTOR	11.19 328 ²	522	541 ²
58-PHILLIP	11.45 329 ³	538	547 ²
58-NOA	DNR-ANKLE	-	DNR-X
58-JASON	DNR-X	-	DNR-X
57-KRIS	11.28 344 ³	539	543 ^{4**}
55-GREGORY	DNR-X	556	627 ^{4**}
54-DAVID	13.39 DNF-ANKLE	-	DNR-X
54-CHASE	11.49 ^{**} 330 ³	607	607 ^{4**}
53-WESTON	12.37 ^{**} 350 ³	612	615 ⁴
50-THOMAS	DNR-X	-	643 ⁴
44-MAX	DNR-X	802	814 ^{4**}
41-SAM C	16.09 421 ²	-	DNR-X
00-DANNY	10.47 ^{**} 328 ⁴	-	DNR-X Delete til 2014
00-BEN	11.09 ^{**} DNF	-	609 ³
00-WES	DNR-X	-	DNR-X

W01	2MTT + 10.00R + 2/3/4 x 1000TT / 1.30R
W02	3/4 x 1609T / 2.00-3.00-4.00R

* SEE CAMP
FOR WEEK 11

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	APR#		TARGET	TF/AVG	
RUNNERS-15	1K-T-0.05	S1	S2	400F	S1	S2
52-CARLEY	-	DNR*GLUTE		-	DNR*GLUTE	
50-RACHEL	-	DNR*HIP		-	S/135 S/136	
48-MALLORY	415	411 ³	DNR	-	S/134	S/136
48-FRANKIE	418	417 ⁴	423 ²	-	S/134	S/136
48-ESTHER	415	427 ⁴	NT ²	-	S/135	S/137
48-CIARA	415	412 ⁴	418 ²	-	S/134	S/135
48-ABBY	415	412 ⁴	425 ²	-	S/134	S/135
47-REBEKA	424	506 ³	539 ²	-	DNR	
40-NORA	415	NT ³	NT ²	-	S/143	S/144
40-NICOLE	-	NT ³	NT ²	-	S/144	S/146
40-KYRA	501	457 ³	516 ²	-	S/147	S/146
00-CLAUDIA	-	DNR		-	DNR	
00-ESTELLE	-	DNR		-	DNR	
00-MEGAN	-	NT ⁴		-	DNR	
00-SUMMER	-	NT ⁴		-	NT ⁴	
00-CARSON	-	NT ⁴		-	NT ⁴	
	TARGET	APR#		TARGET	AVG#	
RUNNERS-20	1K-T-0.05	S1	S2	400F	S1	S2
65-COLTON	319	317 ⁵	1-1	116	110 ⁶	109 ⁶
62-CISCO	327	322 ⁴	334 ⁴	118	111 ⁶	110 ⁶
61-ELADIO	-	DNR*HIP		120	117 ⁶	116 ⁶
61-JACK B	332	333 ⁴	335 ⁴	120	118 ⁶	116 ⁶
61-SAM B	-	DNR*SHIN		120	118 ⁶	116 ⁶
61-VICTOR	332	332 ⁴	DNF	120	117 ⁶	114 ⁶
58-PHILLIP	-	NT ³	DNR	123	117 ⁶	118 ⁶
58-NOA	340	331 ⁴	342 ⁴	123	119 ⁶	114 ⁶
58-JASON	340	347 ⁴	NT ²	123	118 ⁶	116 ⁶
57-BEN	-	DNF		-	DNR	
57-NAHUEL	345	335 ⁴	NT ²	-	DNR	
57-KRIS	345	342 ⁴	NT ²	127	116 ⁶	118 ⁶
55-GREGORY	355	NT ³	NT ¹	128	121 ⁶	121 ⁶
54-DAVID	355	348 ⁴	NT ⁴	130	120 ⁶	117 ⁶
54-CHASE	-	DNR-XA		128	121 ⁶	123 ⁶
53-WESTON	-	DNR-XA		132	128 ⁶	126 ⁶
50-THOMAS	355	405 ⁴	NT ³	131	119 ⁶	117 ⁶
44-MAX	-	NT ⁴	NT ¹	150	147 ⁶	149 ²
41-SAM C	-	NT ⁴	NT ²	150	134 ⁶	136 ⁴
00-WES	-	DNR		150	137 ⁶	DNR

W01	2(4x1000T-0.05/0.45R) 3.00R BETWEEN SETS
W02	2(5/6 x 400T/1.00R) 3.00R BETWEEN SETS

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	AVG #	MON AM	TARGET	
RUNNERS-16	1609	AVG #	AVG #	800M	
52-CARLEY	-	DNR *KNEE	4M		NT ⁴
49-MALLORY	655	655 ⁵			DNR
49-FRANKIE	655	710 ⁵			644 ³
49-ESTHER	-	DNR *XA			636 ²
49-CIARA	655	702 ⁵	4M		640 ³
49-ABBY	-	DNF *THIGH	317 ⁶	← 310	DNF
47-REBEKA	-	DNR *XA	4M		643 ³
47-RACHEL	710	715 ³			640 ²
43-KYRA	802	819 ⁵			755 ³
42-NORA	752	811 ⁵	4M		DNR
40-NICOLE	822	819 ⁵			755 ³
00-SUMMER	-	912 ²			DNR
00-MEGAN	-	NT ²			DNR
00-ISABEL	-	DNR XA			DNR
00-ESTELLE	-	DNR			DNR
00-CLAUDIA	-	DNR			DNR
	TARGET	AVG #	MON AM	TARGET	AM. TRK
RUNNERS-22	1609	AVG #	AVG #	← 800M	
66-COLTON	528	541 ⁷	4M	-	DNR
65-CISCO	532	531 ⁷	4M	-	525 ⁴
61-VICTOR	550	552 ⁷	4M	-	543 ⁴
61-SAM B	550	552 ⁷	4M	-	528 ⁴
61-JACK B	-	DNF *KNEE	DNR	-	DNR
61-ELADIO	550	DNF *HIP	*540 ⁶	← 550	530 ³
58-PHILLIP	604	555 ⁵	243 ⁶	← 246	545 ⁴
58-NOA	-	DNF *THIGH	244 ⁶	← 246	DNR
58-NAHUEL	604	610 ⁵	240 ⁶	← 246	605 ³
58-JASON	604	549 ⁷	4M	-	DNR
58-BEN	-	DNR *SHIN	-	-	DNR
56-KRIS	-	DNF *HEAT	-	-	DNR
55-DAVID	620	636 ⁷	4M		602 ⁴
54-THOMAS	626	619 ⁷	4M		549 ⁴
54-GREGORY	626	629 ⁷	4M		610 ⁴
53-CHASE	632	636 ⁷	4M		610 ⁴
52-WESTON	638	655 ⁷	4M		622 ⁴
45-WES	-	DNR	-		DNR
43-SAM C	744	710 ⁴	3M		NT ²
41-MAX	-	NT ⁴	-		DNR
00-CHRIS	-	NT ⁴	-		DNR
00-CARSON	-	DNR	-		DNR

W01	5/7 x 1609T/1.00R
W02	2(3 x 800I/2.00WT) * 6 x 1609T/1.00R

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	ACTUAL	TARGET	ACTUAL		APM#
RUNNERS-16	400I 70%	400I 70%	1K-T-0.05	S1 S2		
52-CARLEY	131	=/F S/S	415	417 422		DNR
49-MALLORY	135	F/S S/F	415	DNR*XA		DNR
49-FRANKIE	135	DNR	415	DNR*XA		DNR
49-ESTHER	135	DNR	415	DNR*XA		638 ³ -
49-CIARA	135	F/F S/S	415	417 422		629 ³ 620
49-ABBY	135	DNR	415	DNR*XA		640 ³ 628
47-REBEKA	138	DNR	419	DNR*XA		DNR
47-RACHEL	138	F/F F/S ²	415	DNR*XA		DNR
43-KYRA	146	DNR	444	DNR*XA		757 ³ 741
42-NORA	148	=/= S/S	449	DNR*XA		740 ³ 729
40-NICOLE	152	=/= S/S ³	455	506 515		754 ³ 741
00-SUMMER	-	DNR	-	DNR*XA		DNR
00-MEGAN	-	DNR	-	DNR*XA		DNR
00-ISABEL	-	DNR	-	DNR*XA		DNR
00-CAROLANN						DNR 741
	TARGET	ACTUAL	TARGET	ACTUAL		APM#
RUNNERS-22	400I	400I 70%	1000T-0.05	S1 S2		
66-COLTON	115	NT NT	319	DNR		510 ² 446
65-CISCO	116	= =	321	312 310		505 ⁴ 504
61-VICTOR	120	DNR	332	DNR*KNEE		DNF H
61-SAM B	120	DNR	332	331 DNR*KNEE		541 ² 511
61-JACK B	120	DNR	332	DNR*KNEE		DNR H
61-ELADIO	120	DNR	332	326 DNR*HIP		518 ³ 527
58-PHILLIP	123	F F	340	332 341		533 ³ DNR
58-NOA	123	DNF*GRAN	340	336 335		550 ³ DNR
58-NAHUEL	123	DNR	340	332 DNR*KNEE		DNR 613
58-JASON	123	DNR	340	330 332		515 ³ DNR
58-BEN	123	DNR	340	NT DNR*KNEE		DNR H
56-KRIS	126	F S	348	335 340		541 ³ 535
55-DAVID	126	DNR	351	340 DNR*KNEE		546 ³ 557
54-THOMAS	128	= =	351	333 343		538 ² 538
54-GREGORY	128	DNR	355	DNR*KNEE		550 ³ 540
53-CHASE	130	= F	359	349 349		552 ³ 544
52-WESTON	131	S =	402	402 357		612 ³ 605
45-WES	142	F ³ F	427	DNR		DNR H
43-SAM C	144	DNF*KNEE	439	431 430		610 ³ *EXTRA REST
41-MAX	150	DNR	455	DNR		DNR 748
00-CHRIS	150	DNR	-	DNR		DNR H

W01	2(6x400I/6x400@70%) 3.00 RBS * F(FASTER) S(SLOWER) = (TARGET) *CHANGED TO 3/4 DUE TO HEAT 400 TIME x400	
W02	2(3x1000T-0.05/04SR) 3.00 RBS	1609 6249
W03	3x1609I/3.00R *2ND# VSK MILE IN AFTERNOON	

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	
RUNNERS-17	1609I	AVG # REPS
52-CARLEY	PT	3007
49-CIARA	35.57 640	
49-ABBY	35.32 622	2544
49-MALLORY	DNF 618	
49-FRANKIE	PH	
49-ESTHER	640	2593
47-REBEKA	23.25 PH	2594
47-RACHEL	23.45 PH	3444
43-KYRA	754	3354
42-NORA	24.44 738	3364
40-NICOLE	24.53 825	
00-CAROL ANN	2M @ 1626	
00-SUMMER	DNR	
00-MEGAN	2M @ 1715	
00-CARSON	DNR	
00-KIANA	2M @ 1800	
00- IRABEL	2M @ 1712	
00-HACKENNA	2M @ 1855	
RUNNERS-20	1609I	AVG # REPS
66-COLTON	DNF 447	2285
65-CISCO	28.50 451	2285
61-SAM B	DNF 522	2375
61-JACK B	DNR PH	DNR X KNEE
61-ELADIO	DNF 517	2324
61-VICTOR	29.38 PH	2505
58-PHILLIP	DNF DNR	DNR ILL
58-NOA	31.54 DNR	2505
58-NAHUEL	3M PH	2373
58-JASON	30.37 510	2505
58-BEN	DNR PH	DNR SHIN
56-KRIS	32.46 342	2415
55-DAVID	32.49 538	2425
54-THOMAS	3M NT	DNR CALF
54-GREGORY	34.33 541	2495
53-CHASE	32.47 550	2515
52-WESTON	33.17 604	2545
45-WES	DNR 635	DNR
43-SAM C	2M NT	DNR
41-MAX	DNR NT	DNR
00-KRISH	2M NT	DNR

W01	5M TEMPO
W02	G-5M @ 65% B-6M @ 65% BOTH 1609I
W03	4/5 X 800 I / 200 IN 2.00WJ

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	ACTUAL		TARGET	ACTUAL		
RUNNERS-18	1000	S1	S2	1600T	1000I	400	2M-AVG 2MAX 1000 400
51-CARLEY	403	406 ^S	413 ²	702	403	131	703 657 357 123
50-ABBY	URI			655	359	130	640 644 344 122
49-CIARA	URI			655	359	130	646 648 344 122
49-MALLORY	415	410 ^S	409 ³	655	359	130	640 642 344 122
49-FRANKIE	415	413 ³	422 ³	---			DNR * SHIN
49-ESTHER	URI			---			DNR * SOCCER
48-REBEKA	419	413 ³	418 ³	702	403	131	703 657 357 123
48-RACHEL	URI			---			DNR * XA
43-KYRA	444	442 ³	457 ²	744	426	141	812 857 450 142
42-NORA	449	451 ³	516 ²	752	431	143	812 833 446 136
39-NICOLE	505	503 ³	517 ²	---			DNR * CALF
00-CAROL ANN	501	448 ³	517 ²	844	500	154	813 835 448 140
00-SUMMER	-			---			DNR * XA
00-MEGAN	-			---			DNR * XA
00-CARSON	-	NT ²	NT ¹	---			DNR * JOY
00-KIANA	-	NT ¹		---			DNR * XA
00-EMILY	-			---			DNR * XA
00-MCKENNA	-			---			DNR * XA
	TARGET	AVG ^T	AVG ^I	TARGET	ACTUAL		
RUNNERS-21	1000	S1	S2	1600T	1000I	400	2M-AVG 2MAX 1000 400
66-COLTON	319	336 ²	330 ¹	528	308	110	524 NT 306 108
65-CISCO	321	317 ³	319 ³	532	310	111	524 NT 307 108
62-ELADIO	URI * HIP			---			544 * 5K SATURDAY
61-SAM B	332	328 ³	335 ³	550	320	115	545 540 329 110
61-JACK B	KNEE * ANCEL			---			NT NT REHAB RUN
59-VICTOR	ACH TEND			---			DNR * ACHILLES
59-PHILLIP	339	333 ³	349 ³	559	325	117	550 555 326 108
59-JASON	URI			559	325	117	550 550 331 106
59-BEN	337	328 ³	345 ³	---			DNR * SHIN
58-NOA	339	333 ³	337 ³	604	328	116	DNR * ANKLE
58-NAHUEL	339	329 ³	347 ³	---			DNR * KNEE
56-THOMAS	348	345 ³	DNR	615	334	121	602 NT 321 104
56-KRIS G	URI			615	334	121	600 620 332 112
56-DAVID	348	434 ¹	354 ³	---			DNR * KNEE
54-GREGORY	355	348 ³	401 ³	626	341	123	625 628 329 112
54-CHASE	355	353 ³	356 ³	626	341	123	627 659 332 113
52-WESTON	402	400 ³	401 ³	638	348	126	634 630 336 116
45-WES	XA	DNR		---			DNR * XA
40-SAM C	XA	DNR		---			DNR * LEG
40-MAX	301	457 ³	509 ²	---			DNR * XA
40-KRIS H	501	449 ³	455 ²	---			DNR * XA

2 (3X1000T-0.05/0.45R) 3.00RBS

3218T/2.00R + 3218T/5.00R + 1000I/3.00R + 400I-0.05

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	ACTUAL	ACTUAL
RUNNERS-18	1609I	AVG #REPS	TIME/APM
51-CARLEY	625	642 ⁴	28.59-715
50-ABBY	625	624 ⁴	26.52-643*
49-CIARA	625	626 ⁴	27.41-655*
49-MALLORY	625	641 ⁴	26.49-642*
49-FRANKIE	625	636 ³	29.26-721
49-ESTHER	-	DNR-XA	DNR-XA
48-REBEKA	631	637 ³	29.12-718*
48-RACHEL	638	646 ³	29.47-727*
43-KYRA	700	803 ⁴	34.45-841*
42-NORA	716	803 ⁴	34.45-841*
39-NICOLE	753	805 ⁴	34.52-843*
37-CAROL ANN	3M-TT	25.38	25.49-836
37-MEGAN	-	DNR-XA	2M-1606-803*
00-SUMMER	3M-TT	28.55	DNR-XA
00-CARSON	-	DNR-XA	2M-19.16-938
00-KIANA	-	DNR-XA	DNR-XA
00-MACKENNA	-	DNR-XA	2M-19.16-938
00-SARAH	-	DNR-XA	DNR-XA
	TARGET	ACTUAL	ACTUAL
RUNNERS-21	1609I	AVG #REPS	TIME/APM
66-COLTON	503	510 ⁴	23.36-554
65-CISCO	500	517 ⁴	22.48-542*
62-ELADIO	517	543 ⁴	22.28-537
61-SAM B	-	DNR-X KNEE	8M-PH
61-JACK B	-	DNR-KNEE	8M-PH
59-VICTOR	-	DNR-ACHILLES	8M-PH
59-PHILLIP	530	526 ⁴	24.17-604
59-JASON	530	525 ⁴	8M-PH
59-BEN	530	624 ³	8M-PH
58-NOA	535	534 ⁴	23.40-555
58-NAHUEL	535	537 ⁴	23.46-556
56-THOMAS	544	558 ⁴	25.44-620
56-KRIS G	544	538 ⁴	24.32-608
56-DAVID	-	DNR-X KNEE	26.37-639
54-GREGORY	556	553 ⁴	DNR-X INT
54-CHASE	-	DNR-XA	DNR-XA
52-WESTON	-	DNR-XA	DNR-XA
45-WES	-	DNR-XA	DNR-XA
40-SAM C	-	DNR-HAMSTRING	DNR-XA
40-MAX	-	DNR-ANKLE	DNR-XA
40-KRIS H	-	DNR-XA	2M-

W01	4x1609I/2.00R
W02	4MILE TEMPO

DISTANCE PROGRAM-CC/TRACK WK 19 OF 24 (MON 09/30/13-SUN 10/06/13) MILEAGE/ATTENDANCE

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	AVG/1000		TARGET	ACTUAL
RUNNERS-18	1000	S1	S2	1609	TIME · APM#
51-CARLEY	407	403 ⁴	400 ⁴	650	DNR-KNEE
50-ABBY	411	DNR X LEG		656	20.20/
49-CIARA	415	410	DNF* STOMACH	656	DNF-HEAT
49-MALLORY	407	403 ⁴	400 ⁴	644	34.24/6
49-FRANKIE	415	406 ⁴	408 ⁴	656	28.14/703 ⁴
49-ESTHER	-	DNR-XA		-	DNR
48-REBEKA	420	418 ⁴	412 ⁴	-	DNR
48-RACHEL	425	419 ⁴	420 ²	-	DNR
43-KYRA	455	455 ⁴	456 ⁴	811	32.10/802
42-NORA	455	455 ⁴	456 ⁴	811	DNR-XA
39-NICOLE	510	504 ⁴	504 ⁴	832	25.30
37-CAROL ANN	-	DNR-XA		-	DNR-ANKLE
37-MEGAN	-	DNR		SK	24.17
00-SUMMER	-	DNR		DNR	DNR
00-CARSON	-	DNR		DNR	DNR
00-KIANA	-	DNR		DNR	DNR
00-MACKENNA	-	DNR		DNR	DNR
00-SARAH	-	DNR		DNR	DNR
	TARGET	APK		TARGET	ACTUAL
RUNNERS-21	1000	S1	S2	1609	TIME · APM#
66-COLTON	320	316 ⁴	312 ⁴	533 ⁺	27.57
65-CISCO	320	316 ⁴	311 ⁴	533 ⁺	27.57
62-ELADIO	334	327 ⁴	341 ⁴	549 ⁺	DNF-HEAT
61-SAM B	334	326 ⁴	DNF-KNEE	549 ⁺	29.15/551 ⁵
61-JACK B	-	DNR-HEEL		-	DNR-HEEL
59-VICTOR	-	DNR-ACHILLES		-	DNR-ACHILLES
59-PHILLIP	338	327 ⁴	327 ⁴	550 ⁺	30.23/6045
59-JASON	-	DNR-CALF		603 ⁺	29.30/554 ⁵
59-BEN	-	DNR-SHIN		-	DNR
58-NOA	338	332 ⁴	327 ⁴	603 ⁺	23.50/555 ⁴
58-NAHUEL	338	332 ⁴	337 ²	554 ⁺	DNF-HEAT
56-THOMAS	350	349 ⁴	348 ⁴	SK	19.35
56-KRIS G	340	329 ⁴	335 ⁴	603	31.48
56-DAVID	340	339 ⁴	339 ⁴	603	DNF-KNEE
54-GREGORY	380	349 ⁴	348 ⁴	-	DNR-XA
54-CHASE	400	356 ⁴	353 ⁴	SK	19.53
52-WESTON	404	404 ⁴	354 ⁴	SK	20.48
45-WES	-	DNR-XA		SK	23.21
40-SAM C	-	DNR-LEG		-	DNR
40-MAX	-	DNR-FOOT		-	DNR
40-KRIS H	-	DNR-XA		SK	24.19

W01	2 (4x1000T/0.45R) 3.00 RBS		
RECOVERY W0	6+M @ 65% + 1x1609 I (TIMES NOT KEPT)		
W02	5 MILE TEMPO		

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

RUNNERS-18			
52-CARLEY	259.59.08 [303.00.59]	302 ³	301 ³
52-MALLORY	259.59.08 [303.00.00]	302 ³	302 ³
51-ABBY	259.59.08 [304.00.00]	302 ³	301 ³
50-CIARA	259.59.08 [303.12.11]	302 ³	309 ³
50-FRANKIE		DNR	
49-ESTHER		DNR	
48-REBEKA	319.12.17.18 [321.16.12]	317 ³	316 ³
47-RACHEL	319.12.17.18 [321.16.12]	317 ³	316 ³
44-KYRA	340.32.33 [341.38.40]	335 ³	340 ³
44-NORA	340.31.30 [341.38.40]	335 ³	340 ³
42-MEGAN	342.49.43 [345.46.51]	345 ³	349 ³
38-NICOLE	341.42.45 [346.48.50]	343 ³	348 ³
38-CAROL ANN	340.32.36 [346.42.50]	336 ³	346 ³
00-SUMMER		DNR	
00-SARAH			
00-MACKENNA			
00-KIANA			
00-CARSON			
RUNNERS-21			
66-COLTON	[222.38.37.24] [236.45.12]	230 ⁴	231 ³
66-CISCO	[223.38.38.25] [237.32.28.27]	231 ⁴	229 ⁴
62-ELADIO		DNR	
62-SAM B	[237.35.29.37] [236.34.39.38]	235 ⁴	237 ⁴
61-JACK B		DNR	
60-NAHUEL	[235.38.52.46] [243.43.46.50]	243 ⁴	246 ⁴
60-PHILLIP	241.28.00.45 [250.55. PNF]	244 ⁴	252 ²
59-VICTOR		DNR	
59-NOA	[239.44.44.50] DNR	244 ⁴	DNF
59-KRIS G	241.35.40.50 [247.45.43.43]	242 ⁴	245 ⁴
59-JASON	[239.36.35.36] [246. NT NT.43]	244 ⁴	DNF
59-DAVID	[241.40.30.32] [259.50.50.39]	257 ⁴	250 ⁴
59-BEN	NT. NT. NT. NT	NT ⁴	DNF
56-THOMAS	[240.44.45.53] [253.45.49.57]	246 ⁴	246 ⁴
56-GREGORY		DNR	
54-CHASE	255.251.49.301 [259.53.59.48]	254 ⁴	255 ⁴
53-WESTON	304.254.59.306 [303.00.55.53]	301 ⁴	258 ⁴
45-WES			
40-SAM C			
40-MAX			
40-KRIS H			

	6' 2" (3x800I/1.30R-2.00R) 4.00RBS [R2 I-0.10]	
	8' 2" (4x800I/1.30R-2.00R-1.30R) 4.00RBC [R2/RB I-0.10]	TRACK

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET APM			ACTUAL			TARGET	ACTUAL	TARGET		
RUNNERS-18	L1	L2	L3	L1#	L2#	L3#	1609 PR	APM#MILES	1:00.5-70%	S1	S2
52-CARLEY	737	707	637	DNR			NA	DNR	127	1.58	FS FS
52-MALLORY	-	-	-	DNR				622 ⁴ **	-	-	-
51-ABBY	737	707	637	737 ²	710 ³	648 ²		622 ⁴ **	127	1.58	FS FS
50-CIARA	748	718	648	748 ²	713 ³	706 ²		631 ⁴	128	2.00	FS FS
50-FRANKIE	-	-	-	DNR				DNR	128	2.00	DNF*UR1
49-ESTHER	755	725	655	755 ²	725 ³	655 ¹		DNR	128	2.00	SS SS
48-REBEKA	755	725	655	755 ²	748 ³	807 ²		628 ⁴ **	130	2.00	= = S
47-RACHEL	808	738	708	808 ²	738 ¹	DNF		DNR	130	2.01	= = DNF-HIP
44-KYRA	830	800	730	830 ²	910 ³	948 ²		DNR	139	2.42	= S F=
44-NORA	830	800	730	830 ²	910 ³	948 ²		720 ⁴ **	143	2.12	= = F=
42-MEGAN	913	843	813	913 ²	843 ¹	813 ¹		732 ³	149	2.18	= = NT
38-NICOLE	913	843	813	913 ²				806 ²	149	2.29	= = S
38-CAROL ANN	913	843	813	913 ²	843 ¹	813 ¹		733 ³	149	2.29	= = S
00-SUMMER	-	-	-	X				X	X	X	
00-SARAH	-	-	-	X				X	X	X	
00-MACKENNA	-	-	-	X				X	X	X	
00-KIANA	-	-	-	X				X	X	X	
00-CARSON	-	-	-	X				X	X	X	
	TARGET APM			ACTUAL APM#MILES			TARGET	ACTUAL	TARGET		
RUNNERS-21	L1	L2	L3	L1#	L2#	L3#	1609 PR	APM#MILES	1:00.5-70%	S1	S2
66-COLTON	633	603	533	633 ²	603 ³	DNF	NA	549 ⁴	110.135	SS	SS F
66-CISCO	636	606	536	636 ²	555 ³	549		513 ⁴ **	110.135	DNF	
62-ELADIO	647	617	547	647 ²	615 ³	556 ²		518 ⁴ **	114.140	F=	FS
62-SAM B	647	617	547	647 ²	615 ³	DNF		531 ⁴	114.140	DNF	
61-JACK B	-	-	-	DNF				DNF	-	-	DNF
60-NAHUEL	655	625	555	655 ²	607 ³	632 ²		DNF	-	-	DNF
60-PHILLIP	-	-	-	DNF				539 ³	116.143	F=	FF FF
59-VICTOR	700	630	600	700 ²	608 ³	555 ²		DNF	116.143	= =	F=
59-NOA	700	630	600	700 ²	622 ³	555 ²		528 ⁴	116.143	DNF	
59-KRIS G	700	630	600	700 ²	629 ³	617 ²		540 ⁴	117.145	F=	= S
59-JASON	700	630	600	700 ²	608 ³	553 ²		538 ⁴	117.145	DNF	
59-DAVID	700	630	600	700 ²	739 ³	DNF		548 ⁴	117.145	DNF*KNIFE	
59-BEN	700	630	600	700 ²	DNF	DNF		540 ³	117.145	DNF*SWIM	
56-THOMAS	714	644	614	DNF				558 ⁴ **	-	-	F=
56-GREGORY	-	-	-	DNF				DNF	123.153	DNF	
54-CHASE	726	656	626	726 ²	642 ³	630 ²		DNF	123.154	= =	SS
53-WESTON	731	701	631	731 ²	643 ³	637 ²		DNF	140.208	= =	FS
46-KRIS H	816	746	716	816 ²	746 ¹	716 ¹		DNF	152.227	FF	FF FF
45-WES	-	-	-	DNF				DNF	-	-	FF FF
40-SAM C	903	833	803	903 ²	833 ¹	803 ¹		DNF	-	-	F= DNF
40-MAX	903	833	803	903 ²	833 ¹	803 ¹	Y				DNF

W01	RHYTHM RUN : 2M@I+1.30 + 3@I+1.00 + 2@I+0.30	.HWP
W02	4x1609I/3.00R (4M RHYTHM COURSE)	
W03	2(4x400I-0.05 + 4x400@70%) 3.00RBS	

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

RUNNERS-18	PR*	APM#	TARGET		ACTUAL	
			1000T	1000I	1000T#	1000I#
52-CARLEY	622	621 ⁴ **	DNR·XA	-	-	-
52-MALLORY	-	DNR	407	348	357 ⁴	343 ⁴
51-ABBY	622	620 ⁴ **	407	348	406 ⁴	345 ⁴
50-CIARA	626	625 ⁴ **	415	355	404 ⁴	344 ⁴
50-FRANKIE	636	DNF·URI	415	355	422 ⁴	412 ⁴
49-ESTHER	-	651 ³	415	355	424 ⁴	358 ⁴
48-REBEKA	-	DNR*SOCCER INJ	420	359	423 ⁴	342 ⁴
47-RACHEL	-	DNR	DNR·XA	-	-	-
44-KYRA	-	719 ³	432	412	500 ³	455 ⁴
44-NORA	-	733 ³	432	412	454 ³	439 ⁴
42-MEGAN	-	737 ³	454	431	505 ³	454 ⁴
38-NICOLE	-	739 ³	506	442	505 ³	441 ⁴
38-CAROL ANN	-	DNR	DNR·XA	-	-	-

RUNNERS-21	PR*	APM#	TARGET		ACTUAL	
			1000T	1000I	1000T#	1000I#
66-COLTON	507	532 ⁴	324	308	314 ⁴	259 ⁴
66-CISCO	513	501 ³ · RAN WOK	324	308	315 ⁴	259 ⁴
62-ELADIO	-	DNF*WNEC	334	317	333 ⁴	313 ⁴
62-SAM B	523	515 ⁴ **	332	315	334 ⁴	313 ⁴
61-JACK B	-	DNR*HEEL	DNR*HEEL	-	-	-
60-NAHUEL	-	DNR*BACK	340	323	329 ⁴	318 ⁴
60-PHILIP	-	523 ³ RAN WOK	340	323	335 ⁴	314 ⁴
60-VICTOR	543	536 ⁴ **	340	323	333 ⁴	318 ⁴
61-NOA	-	DNR·XA	337	320	337 ⁴	313 ⁴
59-KRIS G	-	DNR·XA	343	325	332 ⁴	319 ⁴
61-JASON	-	542 ³	337	320	331 ⁴	311 ⁴
60-DAVID	-	DNR·XA	DNF·URI	-	-	-
59-BEN	-	DNF*SHIN	340	323	328 ⁴	312 ⁴
56-THOMAS	558	552 ⁴ * *	DNR·XA	-	-	-
56-GREGORY	-	DNR·FOOT	DNR·FOOT	-	-	-
54-CHASE	607	556 ⁴ **	DNR·XA	-	-	-
53-WESTON	615	603 ⁴ **	DNR·XA	-	-	-
46-KRIS H	-	NT ²	DNF·URI	-	-	-
45-WES	-	DNR·XA	DNR·XA	-	-	-
40-SAM C	-	708 ¹	DNF·LEG	-	-	-
40-MAX	-	730 ²	DNR·XA	-	-	-

W01	$4 \times 1609 I / 2.00R$	* PR FOR 3.00R OR 2.00-3.00-4.00R
W02	$5 \times 1000 (T / 2.00R + I / 1.00R + T / 2.00R + I / 1.00R + T) + 5.00R + (I / 2.00R + I / 2.00R + T / 1.00R)$	

SWEAT THE SMALL STUFF-TRAIN YOUR WEAKNESS. RACE YOUR STRENGTH-LITTLE THINGS MAKE BIG THINGS HAPPEN

	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL		
RUNNERS-18	80%	APM#	1609T	APM#	400I	S1#	S2#	S3#
52-CARLEY	717	716 ⁶	638	625 ⁴	131	129 ³	126 ³	125 ³
52-MALLORY	717	747 ⁶	638	632 ⁴	131	126 ³	126 ³	125 ³
51-ABBY	717	724 ⁶	638	634 ³	131	DNR-XA		
50-CIARA	719	717 ⁶	638	630 ⁴	133	129 ³	126 ³	125 ³
50-FRANKIE	719	DNF	651	728 ⁴	133	138 ³	130 ³	128 ³
49-ESTHER	719	747 ⁶	651	726 ⁴	135	131 ³	130 ³	125 ³
48-REBEKA	DNR-XA	-	655	726 ⁴	135	131 ³	130 ³	125 ³
47-RACHEL	DNR-XA	-	DNR-XA	-	138	131 ³	130 ³	125 ³
44-KYRA	815	855 ⁶	733	817 ⁴	144	139 ³	138 ³	135 ³
44-NORA	815	855 ⁶	733	817 ⁴	DNR-XA	DNR-XA		
42-MEGAN	830	821 ²	4x1000T	444 ⁴	148	139 ³	138 ³	135 ³
38-NICOLE	DNR-FOOT	-	812	818 ⁴	DNR-FOOT	DNR-FOOT		
38-CAROL ANN	850	821 ²	DNR-XA	-	DNR-XA	DNR-XA		

	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL		
RUNNERS-21	80%	APM#	1609T	APM#	400I	S1#	S2#	S3#
66-COLTON	602	628 ⁷	528	524 ⁵	115	68 ³	66 ³	65 ³
66-CISCO	602-DNR-XA	-	528	521 ⁴	115	69 ³	67 ³	66 ³
62-ELADIO	618	612 ⁷	545	541 ⁵	119	76 ³	75 ³	69 ³
62-SAM B	DNR-ARM	-	545	542 ⁵	119	76 ³	75 ³	70 ³
61-JACK B	DNR FOOT	-	DNR-HEEL	-	DNR	-	-	-
60-NAHUEL	620	611 ⁷	550	556 ⁵	120	119 ³	118 ³	117 ³
60-PHILLIP	620	619 ⁷	DNR-XA	-	120	118 ³	117 ³	116 ³
59-VICTOR	636-DNR-XA	-	550	552 ⁵	DNR	-	-	-
59-NOA	627	628 ⁷	550	553 ³	120	119 ³	117 ³	115 ³
59-KRIS G	628	635 ⁷	DNR-XA	-	122	120 ³	116 ³	114 ³
59-JASON	DNR-XA	-	DNR-XA	-	120	119 ³	117 ³	114 ³
59-DAVID	DNF-KNEE	-	559	602 ⁵	122	120 ³	115 ³	114 ³
59-BEN	628	NT ⁶	554	552 ⁴	120	126 ³	116 ³	115 ³
56-THOMAS	DNR-XA	-	615	611 ⁴	126	128 ³	120 ³	119 ³
56-GREGORY	DNR-FOOT	-	DNR-HEEL	-	DNR-HEEL	-	-	-
54-CHASE	654	639 ⁷	DNR-XA	-	128	127 ³	123 ³	119 ³
53-WESTON	654	639 ⁷	DNR-XA	-	128	127 ³	122 ³	116 ³
46-KRIS H	DNR-XA	-	DNR-XA	-	DNR-XA	-	-	-
45-WES	DNR-XA	-	DNR-XA	-	DNR-XA	-	-	-
40-SAM C	DNR-XA	-	DNR-XA	-	DNR-XA	-	-	-
40-MAX	DNR-XA	-	DNR-XA	-	DNR-XA	-	-	-

W01	G-6/B-7 @ 80%
W02	G-4/B-5 @ T/1.00R
W03	3(3x400) S1=I/100J S2=I-0.03/200J S3=I-0.05/200J 400JBS

RUNNERS-18	PR	APM#	PR	TOTAL	1600*	1200	800	400*
52-CARLEY	622	614 ¹		14.23	547	436	253	107
52-MALLORY	622	614 ⁴ *		14.27	549	436	253	109
51-ABBY	622	617 ⁴ *		14.84	553	436	253	112
50-CIARA	626	628 ³		15.10	552	456	305	117
50-FRANKIE	636	641 ²		DNR	DNR			
49-ESTHER	-	705 ³		1548	630	518	312	118
48-REBEKA	628	619 ⁴ *		1546	630	518	312	116
47-RACHEL	DNR	-		1547	632	518	312	115
44-KYRA	803	719 ³		1703	658	513	321	131
44-NORA	DNR			1706	701	512	321	131
42-MEGAN	DNR			DNR	DNR			
38-NICOLE	805	746 ³		17.57	716	539	335	125
38-CAROL ANN	-	758 ³		NT	NT			

RUNNERS-21	PR	APM#	PR	TOTAL	1600*	1200	800	400*
66-COLTON	507	5.05 ⁴ *		11.589	445	343	225	106
66-CISCO	513	4.56 ⁴ *		11.54	449	342	222	100
62-ELADIO	518	519 ⁴		12.06	458	343	224	101
62-SAM B	523	527 ⁴		12.22	500	347	233	102
61-JACK B	DNR	-		DNR	520	-	-	-
60-NAHUEL	537	535 ³		1309	517	405	242	105
60-PHILLIP	526	523 ⁴ *		12.25	449	353	231	102
59-VICTOR	DNR	-		1207	457	347	223	100
59-NOA	521	524 ⁴ *		1229	514	354	225	056
59-KRIS G	538	552 ³		1247	505	405	232	105
59-JASON	DNR	-		DNR	-	-	-	-
59-DAVID	DNR	-		1321	525	410	241	105
59-BEN	-	549 ³		1216	449	346	242	059
56-THOMAS	558	555 ⁴ *		DNR	-	-	-	-
56-GREGORY	DNR	-		DNR	-	-	-	-
54-CHASE	607	552 ⁴ *		DNR	-	-	-	-
53-WESTON	615	554 ⁴ *		1319	522	412	240	105
46-KRIS H	DNR-XA	-		NT	548	430	-	130
45-WES		-		NT	637	-	325	-
40-SAM C		-		NT	-	502	301	119
40-MAX	814	851 ²		1736	711	536	321	128

WO 1	4 x 1609 I / 2.00R-3.00R-4.00R
WO 2	STEPPDOWN (1600/400R + 1200/400R + 800/400R + 400)
	1600* = 1600 TIME - 0.05
	400* = 400 TIME - 0.02