

## Our 3 SSS's

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SUMMIT

SUCCESSFUL

SYSTEM

## Athlete Communication

- ▶ BE HONEST
- ▶ HAVE THEM RESPECT AND APPRECIATE YOUR ABILITY TO HELP
- ▶ YOU CAN COMMUNICATE WITHOUT MOTIVATING
- ▶ BUT, YOU CANNOT MOTIVATE WITHOUT COMMUNICATING

## Young Runners

- ▶ Avoid early Specialization
- ▶ Competition
- ▶ Training Loads
- ▶ Puberty Changes
- ▶ Development

## Summit Cross Country State Champions

- ▶ 2015 - Boys & Girls Teams
- ▶ Individual - Olivia Brooks
- ▶ 2014 - Boys & Girls Teams
- ▶ Individuals - Matthew Maton & Olivia Brooks
- ▶ 2013 - Boys & Girls Teams
- ▶ Individuals - Matthew Maton & Hannah Gindelsperger
- ▶ 2012 - Boys & Girls Teams
- ▶ Individual - Travis Neuman

Peak performances for months at a time are unrealistic  
Top efforts must be carefully planned  
Athletes need to set goals and believe in themselves  
Concentrate on **"what needs to be done."**  
Cyclical training patterns make the task easier

### Stages:

1. Let's get out and run (last 3 weeks of July)
2. Get in shape for cross-country (Aug - Sept, 8-9 weeks)
3. Cross country competitive stage (October - November 8 weeks)
4. Transitional period (2 plus weeks active rest)
3. Winter training basic stage (January - February, 7-8 weeks)
6. Spring track pre-competitive stage (March -early April, 4-5 weeks)
7. Early season track competitive stage (April 3-4 weeks)
8. Track competitive period (May 3-4 weeks)
9. Rest and recovery (4 weeks of June - 1st week July)

## Let's Get Out and Run - July

Three days per week of easy running

Mon, Wed and Friday - 30-45 min easy

## Get in shape for Cross Country – August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 45-60 min easy	4 Drake Park 8:30	5 45-60 min easy	6 Riverbend Park 8:30	7 Cross train or Day OFF	8 Meet at Summit HS Workout - 8:30am	9 45 - 1 1/2 hours easy
10 45-60 min easy	11 Drake Park 8:30	12 45-60 min easy	13 Riverbend Park 8:30 Park at dog park	14 Cross train or Day OFF	15 Summit Track 8:30	16 45 - 1 1/2 hours easy
17 45-60 min easy	18 Drake Park 8:30	19 45-60 min easy	20 Riverbend Park 8:30 Park at dog park	21 Cross train or Day OFF	22 Meet at Summit HS Workout - 8:30am	23 Time trial 4K Drake park 9:00am
24 Summit XC-C camp Scout Lake 8:30am west side Safeway or run on your own	25 Summit XC-C camp Scout Lake Or Easy run	26 Summit XC-C camp Scout Lake Or Easy Run	27 Summit XC-C camp Scout Lake or easy run	28 Cross train or Day OFF	29 Meet at Summit HS Workout - 8:30am	30 45 - 1 1/2 hours easy

## Time Trial Drake Park 4K - Saturday August 23, 2014

PLACE	FIRST	LAST	TIME	2013 TIME	PLACE	FIRST	LAST	TIME	2013 TIME
1	Hannah	Tobiasen	15.96		1	Matthew	Marion	13.04	12.54
2	Olivia	Brooks	16.57	16.00	2	Tyler	Jones	13.48	13.45
3	Piper	McDonald	16.18	16.29	3	Thomas	Schoderbek	13.50	13.56
4	Kately	Gordon	16.30	16.47	4	Eric	Pylerud	13.56	
5	Kelsey	Washenberg	16.36		5	Kurtthwe	Sogren	14.17	13.58
6	Jessica	Cornett	17.00	17.18	6	Chris	Mertus	14.18	13.59
7	Olivia	Moehl	17.11	18.45	7	Grant	Parton	14.19	14.30
8	Allie	Bowlin	17.30	17.08	8	Casey	Shannon	14.26	15.37
9	Emily	Hyde	18.08	18.22	9	Scott	Kirkade	14.39	16.35
10	Hayley	Polito	18.30		10	Benjamin	Wasserman	14.41	15.36
11	Clare	Parton	18.34	20.25	11	Benjamin	Johnson	14.51	16.21
12	Autumn	Layden	18.35	20.15	12	Cole	Rene	15.38	
13	Mari	Smiley	19.30	20.15	14	Niklas	Sogren	15.51	18.23
14	Karlingston	Nyers	20.25		15	Andrew	Jones	15.52	17.18
15	Allison	Timmis	20.36		16	Ryan	Schluter	16.24	15.13
16	Isabelle	Barrett	21.08	19.48	17	Dominic	Daprano	16.36	
17	Esme	Crocker	21.19		18	Max	Buchner	16.38	15.50
18	La	Keefer	21.35		19	Jett	Balantyne	15.05	
19	Brianna	Asakon	22.15		20	Camden	Hammer	16.39	17.25
20	Mikayla	Shelton	22.25	22.05	21	Spencer	Wallace	16.56	
21	Zoe	Sandvigen	22.27		22	Samuel	Schoderbek	16.57	
22	Emma	McComb	22.29		23	Jonathan	Wimberly	17.26	
23	Devon	Wicker	22.53	22.15	24	Andrew	Bellavest	18.10	
24	Sonya	Annis	25.30		25	Gabriel	Reed	18.10	
25	Trinity	Sherpa	26.38		26	Jackson	Malace	18.34	
26	Amelia	Duke	30.35		27	Ryan	Parsons	18.40	
					28	Peace	Marshall	18.53	18.50
					29	Cole	Chrisman	19.18	
					30	Sam	Singer	19.31	
					31	Carab	Binnayes	20.11	
					32	Krus	Mendes	20.17	
					33	Anthony	Lanuta	21.22	
					34	Rally	Evermore	21.58	

## September Training 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Easy run for all Depart for Scout Lake at 11am.	31 Scout Lake All others 30-60 min easy plus strides	1 Scout Lake All others 30-60 min easy plus strides	2 Scout Lake - Depart at Noon All others 30-60 min easy plus strides	3 Summit XC help at Survivor Marathon aid station.	4 Summit XC help at Survivor XC help at Survivor XC arrive by 7:45am	5 45 - 60 min easy run Summit XC help at Survivor XC arrive by 7:45am
6 Summit XC help at Survivor Marathon aid station.	7 Labor Day 45-60 min easy run	8 Summit 3:00pm Black group - Hills Silver group - Hills Green group - Hills	9 Black group - Hills Silver group - Hills Green group - Hills	10 Black & Silver- 45-60 min easy run plus strides Green group - Hills	11 30-45 min easy with some strides	12 Ash Creek Inlet- Moosehead Jana Brown Inlet- Pineville
13 BigFoot 10K- SHS XC help at race. All report to Schwab at 7:45am	14 Black group - Hills Silver group - Hills Green group - Hills	15 Green group - Hills Black & Silver- 45-60 min run	16 Black - Grass Silver - Hills Green - easy run	17 Black & Silver- 45-60 min easy run plus strides Green - Hills	18 30-45 min easy with some strides	19 Oregon City XC- entire team
20 Black - Hills Silver - Grass Green - Hills	21 Black - Hills Silver - Hills Green - Hills	22 Black - Grass Silver - Hills Green - easy run	23 Black - Grass Silver - Hills Green - easy run	24 Black & Silver- 45-60 min easy run plus strides Green - Hills	25 30-45 min easy with some strides	26 Madras Inlet- Kah-nah-to-Resort Nike Pro Nationals Portland
27 See above	28 Black - Hills Silver - Hills Green - Hills	29 Black - Grass Silver - Hills Green - easy run	30 Black - Grass Silver - Hills Green - easy run	31 30-45 min easy with some strides	1 Oxford Classic Drake Park, Varsity & JV entire team.	2 45-60 min easy run
Sept 8 Summit XC practice at 3:00pm right after school		Before easy run - drills and mobility exercises		Before easy run - drills and mobility exercises		

Cross Country Competitive Stage-  
October - November

- .. Hill Training continues - begins in September
- .. Develop special training capacity
- .. Maintain existing strength levels
- .. Perfect running technique and rhythm using competition speed
- .. Develop tactical skill in various situations

## October Training Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Black 1 - 1 1/2 hrs Silver/Green- 45-60 min	6 Black group - Hills Silver group - Grass Green - easy run	7 Black - 1 hour with a 5 min pick up in the middle Silver- 45 min easy	8 All groups on the grass	9 Black: 45min easy Green: 45 min easy	10 30 min easy followed with drills and strides	11 Adidas XC Invite- Williamette Middle State Pk.
12 See above	13 See above	14 Black - 1 hour with a 5 min pick up in the middle Silver- 45 min easy	15 Cent OR XC Relays One Nursery- 3pm Teams of 4	16 Black: 60 min easy Green: 45 min easy	17 Group A - Hills Group B- grass	18 45-60 min easy run
19 See above	20 See above	21 Black - 1 hour with a 5 min pick up in the middle Silver/Green- 45 min easy	22 All groups on the grass	23 30 min easy followed with drills and strides	24 District XC Champs Eagle Crest Resort pm 7p-7:30pm	25 See above
26 See above	27 See above	28 Black - 1 hour with a 5 min pick up in the middle Silver/Green- 45 min easy	29 See above	30 A - 60 min easy B - 45 min easy	31 Varsity depart for State at 11:30am. Go Summit? 30 min easy followed with drills and strides.	1/1 State XC Champs- Eugene 5AM-1:15, SA 8:15pm.
		After easy run - drills and mobility exercises Green group = hills		After easy run - drills and mobility exercises Green group = grass		





## Hill Workouts - (September - October)

- ▶NOTE: Main hill is 340 meters up
- ▶Marked in 100 meter segments.
- ▶Side trail allows for two loops = 960 meters (up-down-up)
- ▶VARIABLE REPS - Start with 100 meters and progress to 340 m
- ▶EXAMPLES: -20X100 or 16X200 or 2X300 or 10X340 jog back  
-3X(100/200/300/340/300/200/100) jog back  
-2X340/2X960/2X340 - jog back between

## MOBILITY and STRENGTH

- ▶TWO MAJOR OBJECTIVES:
- ▶INCREASE RANGE OF MOVEMENT AND GENERAL STRENGTH OF AREAS OF THE BODY THAT ARE PRONE TO INJURY IN ORDER TO PROTECT THEM.
- ▶IMPROVE RANGE OF MOVEMENT, STRENGTH ENDURANCE AND ELASTIC STRENGTH WHICH CONTRIBUTES TO THE ATHLETES COMPETITIVE PERFORMANCE.

## MOBILITY and STRENGTH



## Grass Workouts

- ▶GRASS: LONG REPEATS- Try to get 6K of work for Black Group  
5K for Silver Group and 4K for Green Group
- ▶EXAMPLES:
- ▶3X1K/30 sec rest/3 min rest/2x1K/30 sec rest/3MR/1K a bit slower than race pace; 20 min 5K athlete goals ( 3 at 4.05/ 2 - 4.00/ 1 - 3.55)
- ▶4X 800 WITH 2min rest/ JOG 5 min/ 4X800 with 1 min rest
- ▶4X MILE WITH 2 min rest
- ▶MILE/1200/800/400 with 3 min rest
- ▶MILE/ 4X800/MILE with 4 min rest
- ▶20X 200 with teams of 2
- ▶BEFORE STATE simulate finishing up on the track:  
3 X 1200 (800 ON GRASS/100 BLACK TOP/ 300 ON TRACK) 3 MIN REST

## Grass Workouts



DATE	WORKOUT		
	3x 1000 30SR/ 3MR/ 2x1000 30SR/ 3MR/ 1000		
NAME			
Matthew	2.55	2.50	2.45
Tyler			
Eric	3.10	3.05	3.00
Alex			
Chris	3.15	3.10	3.05
Thomas			
Matt			
Grant			
Jett	3.25	3.20	3.15
Scott			
Ben J			
	3.35	3.30	3.25
Cole			
Camden			
Niklas			
Alec A			
	3.45	3.40	3.35
Kaely			
Olivia			
Hannah			
Piper			

5K Time	400	600	800	1000	1200	1600	3200
14.00	01:00	01:36	02:10	02:42	03:20	04:31	09:29
14.30	01:02	01:39	02:14	02:48	03:27	04:41	09:49
15.00	01:04	01:43	02:19	02:54	03:35	04:50	10:10
15.30	01:06	01:46	02:24	03:00	03:42	05:00	10:30
16.00	01:08	01:50	02:29	03:06	03:49	05:10	10:50
16.3	01:10	01:53	02:34	03:12	03:56	05:19	11:11
17.00	01:12	01:57	02:38	03:18	04:03	05:29	11:31
17.30	01:15	02:00	02:43	03:24	04:10	05:39	11:51
18.00	01:17	02:04	02:48	03:30	04:17	05:48	12:12
18.30	01:19	02:07	02:53	03:36	04:25	05:58	12:32
19.00	01:21	02:11	02:58	03:42	04:32	06:08	12:52
19.30	01:23	02:15	03:02	03:48	04:39	06:17	13:13
20.00	01:25	02:18	03:07	03:54	04:46	06:27	13:33
20.30	01:27	02:22	03:12	04:00	04:53	06:37	13:53
21.00	01:29	02:25	03:17	04:06	05:00	06:46	14:14
21.30	01:32	02:29	03:22	04:12	05:08	06:56	14:34
22.30	01:36	02:36	03:31	04:24	05:22	07:15	15:15
23.00	01:38	02:39	03:36	04:30	05:29	07:25	15:35
23.30	01:40	02:43	03:41	04:36	05:36	07:35	15:55
24.00	01:42	02:46	03:46	04:42	05:43	07:45	16:15
24.30	01:44	02:50	03:50	04:48	05:50	07:54	16:36
25.00	01:46	02:53	03:55	04:54	05:58	08:04	16:56
25.30	01:49	02:57	04:00	05:00	06:05	08:14	17:16
26.00	01:51	03:01	04:05	05:06	06:12	08:23	17:37
26.30	01:53	03:04	04:10	05:12	06:19	08:33	17:57
27.00	01:55	03:08	04:14	05:18	06:26	08:43	18:17
27.30	01:57	03:11	04:19	05:24	06:33	08:52	18:38
28.00	01:59	03:15	04:24	05:30	06:40	09:02	18:58
28.30	02:01	03:18	04:29	05:36	06:48	09:12	19:18
29.00	02:03	03:22	04:34	05:42	06:55	09:21	19:39
29.30	02:06	03:25	04:38	05:48	07:02	09:31	19:59

## REST period after Cross Country season

2-3 weeks active rest, no running

## Winter Training (January - February)

Optimise the training process

Achieve the maximum level of specific fitness

Introduce Weight & Exercise Training

### SUMMIT HIGH SCHOOL TRACK INFORMATION SHEET

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

HOW MANY DAYS PER WEEK DO YOU RUN \_\_\_\_\_

ANY MORNING RUNS \_\_\_\_\_

ANY RUNNING ON YOUR OWN \_\_\_\_\_

WILL YOU BE DOING ANOTHER SPORT YES \_\_\_ NO \_\_\_

WHAT SPORT \_\_\_\_\_

BEST MARKS 2014 800 \_\_\_\_\_ 1500 \_\_\_\_\_ 3000 \_\_\_\_\_

GOALS FOR 2015 800 \_\_\_\_\_ 1500 \_\_\_\_\_ 3000 \_\_\_\_\_

ADDITIONAL GOALS \_\_\_\_\_

WHAT ELSE WOULD HELP YOU GET READY FOR THE TRACK SEASON? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Goal Setting

► CHALLENGING

► REALISTIC

► ACHIEVABLE

► EASILY MEASURED

### Typical Week: January - February

- ▶ Sun - Long reps on grass
- ▶ Mon - Easy run 45-60 mins
- ▶ Tue - Weights + Plyos + 45 mins
- ▶ Wed - Fartlek or Whistle Drills
- ▶ Thu - Weights + Plyos + 45 mins
- ▶ Fri - Easy Run 45-60 mins
- ▶ Sat - Easy Run 45-60 mins

### Drills and Plyos



### Mile Time Trial - March

3/5/2014	99 ALEC A	MILE TIME TRIAL/ 2X400 3 MIN REST/ 5.53/ 84 81
3/5/2014	99 ALLIE M	MILE TIME TRIAL/ 2X400 3 MIN REST/ 6.51/ 83 91
3/5/2014	99 ANTHONY	MILE TIME TRIAL/ 2X400 3 MIN REST/ 3.20(800)/ 88 90
3/5/2014	99 HEATH	MILE TIME TRIAL/ 2X400 3 MIN REST/ 5.55/ 71 74
3/5/2014	99 KATIE	MILE TIME TRIAL/ 2X400 3 MIN REST/ 7.50/ NT
3/5/2014	99 LAUREL	MILE TIME TRIAL/ 2X400 3 MIN REST/ 6.40/ 79 78
3/5/2014	99 MEGAN	MILE TIME TRIAL/ 2X400 3 MIN REST/ 7.07/ 1.40 94
3/5/2014	99 NIK	MILE TIME TRIAL/ 2X400 3 MIN REST/ 6.15/ 90 81
3/5/2014	99 STEPHANIE	MILE TIME TRIAL/ 2X400 3 MIN REST/ 7.58/ NT

### April Workout Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Easy run 45 - 60 mins	31 Track Workout	4/1 easy run - weights	2 Summit @ Ridgeview Track workout	3 Easy run with some hills - weights	4 Leave for Aloha (steepover)	5 Aloha Preview
6 Easy run 45 - 60 mins	7 Track Workout	8 easy run - weights	9 Mt. View @ Summit Track workout	10 Easy run with some hills - weights	11 Leave for Roseburg	12 Roseburg Invite
13 Easy run 45 - 60 mins	14 Track Workout	15 easy run - weights	16 Summit @ Redmond Track workout	17 Easy run with some hills - weights	18 Oregon Relays	19 Oregon Relays and La Pine Invite
20 Easy run 45 - 60 mins	21 Track Workout	22 easy run - weights	23 Bend @ Summit Track workout	24 Easy run with some hills - weights	25 45 min easy	26 Summit Invite
27 Easy run 45 - 60 mins	28 Track Workout	29 easy run - weights	30 Crook County @ Summit JV Varsity workout	5/1 Easy run	2 Jesuit Relays	3 Easy Run

### Variety in Training Sessions

- ▶ WHISTLE FARTLEK
- ▶ TERRAIN FARTLEK
- ▶ CONTINUOUS RELAYS
- ▶ PAARLAUF

### Spring Track Pre-Competitive Stage

- ▶ Prepare athlete for racing
- ▶ Introduce strength - speed workouts
- ▶ Examples:
  - ▶ 4x 800 4 min rest/jog 10 min/2x 300 with 100 walk
  - ▶ 10x 200 with 200 jog between
  - ▶ 3x(1200/walk 100/300) 4 min between sets
  - ▶ 8x 400/ rest= 1.45/90/75/60/45/30/15 seconds
  - ▶ 800 - 400 - 800 with 4 min rest

1500 time							
min	sec	100	300	400	600	800	1200
3	50	15	46	61	01:32	02:03	03:04
3	55	16	47	63	01:34	02:05	03:05
4	0	16	48	64	01:36	02:06	03:12
4	5	16	49	65	01:38	02:11	03:16
4	10	17	50	67	01:40	02:13	03:20
4	15	17	51	68	01:42	02:16	03:24
4	20	17	52	69	01:44	02:19	03:28
4	25	18	53	71	01:46	02:21	03:32
4	30	18	54	72	01:48	02:24	03:36
4	35	18	55	73	01:50	02:27	03:40
4	40	19	56	75	01:52	02:29	03:44
4	45	19	57	76	01:54	02:32	03:48
4	50	19	58	77	01:56	02:35	03:52
4	55	20	59	79	01:58	02:37	03:56
5	0	20	60	80	02:00	02:40	04:00
5	5	20	61	81	02:02	02:43	04:04
5	10	21	62	83	02:04	02:45	04:08
5	15	21	63	84	02:06	02:48	04:12
5	20	21	64	85	02:08	02:51	04:16
5	25	22	65	87	02:10	02:53	04:20
5	30	22	66	88	02:12	02:56	04:24
5	35	22	67	89	02:14	02:59	04:28
5	40	23	68	91	02:16	03:01	04:32
5	45	23	69	92	02:18	03:04	04:36
5	50	23	70	93	02:20	03:07	04:40
5	55	24	71	95	02:22	03:09	04:44
6	0	24	72	96	02:24	03:12	04:48
6	5	24	73	97	02:26	03:15	04:52
6	10	25	74	99	02:28	03:17	04:56
6	15	25	75	100	02:30	03:20	05:00
6	20	25	76	101	02:32	03:23	05:04
6	25	26	77	103	02:34	03:25	05:08
6	30	26	78	104	02:36	03:28	05:12

3000 Time									
min	sec	400	800	1200	1600	2000	2400	2800	3000
8	30	68	02:16	03:24	04:32	05:40	06:48	07:56	08:30
8	40	69	02:19	03:28	04:37	05:47	06:56	08:05	08:40
8	50	71	02:21	03:32	04:43	05:53	07:04	08:15	08:50
9	0	72	02:24	03:36	04:48	06:00	07:12	08:24	09:00
9	10	73	02:27	03:40	04:53	06:07	07:20	08:33	09:10
9	20	75	02:29	03:44	04:59	06:13	07:28	08:43	09:20
9	30	76	02:32	03:48	05:04	06:20	07:36	08:52	09:30
9	40	77	02:35	03:52	05:09	06:27	07:44	09:01	09:40
9	50	79	02:37	03:56	05:15	06:33	07:52	09:11	09:50
10	0	80	02:40	04:00	05:20	06:40	08:00	09:20	10:00
10	10	81	02:43	04:04	05:25	06:47	08:08	09:29	10:10
10	20	83	02:45	04:08	05:31	06:53	08:16	09:39	10:20
10	30	84	02:48	04:12	05:36	07:00	08:24	09:48	10:30
10	40	85	02:51	04:16	05:41	07:07	08:32	09:57	10:40
10	50	87	02:53	04:20	05:47	07:13	08:40	10:07	10:50
11	0	88	02:56	04:24	05:52	07:20	08:48	10:16	11:00
11	10	89	02:59	04:28	05:57	07:27	08:56	10:25	11:10
11	20	91	03:01	04:32	06:03	07:33	09:04	10:35	11:20
11	30	92	03:04	04:36	06:08	07:40	09:12	10:44	11:30
11	40	93	03:07	04:40	06:13	07:47	09:20	10:53	11:40
11	50	95	03:09	04:44	06:19	07:53	09:28	11:03	11:50
12	0	96	03:12	04:48	06:24	08:00	09:36	11:12	12:00

## Competitive Stage: Track

### ► 800 METER WORKOUTS

#### ► CODE DESCRIPTION

- H0 200/180/160/140/120/100 WALK TO NEXT REP
- H4 200/ 200/ 400/ 200/ 200/ 4 MIN REST BETWEEN
- HF 600 6MR/400 4MR/200 2MR/100
- M1 3X 400 3MR/ J 5/ 3X 300 3MR
- M3 300/200/100/100/200/300 3MR
- M4 4X400 WITH 100 JOG BETWEEN
- M6 2X(4X200 3MR) 10 MIN SETS
- M7 4X400 REST 60 45 30/ J 5MIN/ 4X 200 R= 60/45/30
- M9 4X150 PU/WB/5MR/450/400/350/300/4MR/J5/4X150 WB
- MB 600/ 4MR/ 400/ 3MR/ 300/ 2MR/200
- MG 6X 200 WITH 200 WALK/ JOG 5 MIN/ 400- FAST
- MJ 400/200/200/400 4MR

## 56 3x(400/ 200 jog/200) 3 min between sets

5/1/2014	56	ALEC A	73 34 73 35 73 39
4/30/2014	56	ALEX M	63 31 63 30 63 30
4/30/2014	56	ALLIE B	74 36 75 37 76 39
5/1/2014	56	ANTHONY	82 34 87 33 90 33
4/15/2015	56	BEN	70 33/ 74 35/ 74 33
5/1/2014	56	CAMDEN	75 35 79 DNF
4/15/2015	56	CAMDEN	70 33/ 74 35/ 74 33
4/15/2015	56	CHRIS	65 30/ 62 29/ 65 29
4/15/2015	56	COLE	70 33/ 74 35/ 74 33
4/22/2015	54	ERIK	60 2.09 60
4/15/2015	56	GAVIN	73 36/ 75 37/ 77 37
4/30/2014	56	GRANT	63 31 65 31 68 33
5/1/2014	56	HEATH	70 31 68 32 70 33
4/30/2014	56	JESSICA A	89 40 89 40 90 41
4/30/2014	56	KAELY	69 34 71 32 69 33
4/15/2015	56	KELSEY	75 36/ 76 35/ 76 35
4/30/2014	56	MATTHEW	59 29 59 28 59 28
5/1/2014	56	MEGAN	88 42 88 42 88 43
4/15/2015	56	MERI	85 45/ 86 42/ 84 41
4/30/2014	56	OLIVIA B	71 34 72 33 72 34
4/15/2015	56	OLIVIA B	69 33/ 68 33/ 69 33

## M1= 3X 400 3MR/ J 5/ 3X 300 3MR

4/14/2014	M1	ABE	70 78 76/ 54 57 55
4/14/2014	M1	ALEC A	70 70 72/ 52 51 52
4/14/2014	M1	ALLIE B	76 77 77/ 56 56 57
4/14/2014	M1	ANTHONY	64 78 99/ 56 58 57
4/14/2014	M1	BEN	70 69 72/ 51 50 51
4/14/2014	M1	CAMDEN	72 75/ 56 55 - MOP
4/14/2014	M1	CHRIS	58 59 59/ 44 41 44
4/14/2014	M1	CLAIRE	72 74 78/ 57 56 56
4/14/2014	M1	CONNER	71 78 76/ 54 57 55
4/14/2014	M1	ETHAN	61 64 63/ 47 50 46
4/14/2014	M1	GRANT	62 65 DNF/49 XXXX
4/14/2014	M1	HADLEY	76 76 77/ 56 56 56
4/14/2014	M1	HEATH	70 68 71/ 51 47 50
4/14/2014	M1	JESSICA A	85 86 86/ 65 63 62
4/14/2014	M1	JESSICA C	76 76 77/ 56 56 56
4/14/2014	M1	KAELY	68 69 70/ 50 52 53
4/14/2014	M1	KEANAN	68 69 65/ 50 49 48
4/14/2014	M1	MEGAN	86 85 86/ 62 64 63
4/14/2014	M1	MERI	89 90 89/ 63 65 63
4/14/2014	M1	NIC	73 74 71/ 53 55 53
4/14/2014	M1	PARKER	70 68 70/ 48 47 56
4/14/2014	M1	SADIE	71 78 77/ 54 60 57
4/14/2014	M1	SARAH	68 69 68/ 50 52 53
4/14/2014	M1	SCOTTY	68 69 DNF - BREATH
4/14/2014	M1	TOM	70 69 72/ 50 49 51

## 1500 Meter Workouts

- 11 = 8X200 30SR/ JOG 5 MIN/ 800
- 14 = 4X400 5MR/10 MIN JOG/ 2X300 100 WALK BETWEEN
- 15 = 400/1200/400 / 5 MIN REST BETWEEN
- 16 = 5X600 WITH 3 MIN REST
- 19 = 3(400/ 100 walk/300) 4 MIN SETS
- 20 = 3X 300 WITH 100 walk/ 4MR/ REPEAT/ J 10M/ 400
- 22 = 800/ 600/ 400/ 300 3 min rest between
- 23 = 800/1600/800 4MR
- 36 = 1000 3MR/ 300/ 2MR/200
- 37 = 2X(400/350/300/250/200/150/100 3MR) 5 MIN SETS
- 40 = 8x 400 rest = 1.45/90/75/60/45/30/15

## 1500 Meter Workout

Code	22			
		800/ 600/ 400/ 300 3 min rest between		
3/15/2014	GRANT	2.29	1.49	65 46
3/15/2014	JESSICA C	2.53	2.05	78 56
3/15/2014	KAELY	2.40	1.56	71 51
3/15/2014	MATT S	2.29	1.49	65 47
3/15/2014	MATTHEW	2.12	1.35	56 40
3/15/2014	MERI	3.19	2.25	96 65
3/15/2014	OLIVIA B	2.48	1.59	77 55
3/15/2014	OLIVIA M	2.49	2.00	78 55
3/15/2014	PIPER	2.48	1.59	77 55
3/15/2014	TOM	2.29	1.53	KNEE
3/15/2014	TYLER	2.22	1.43	62 43

## 3000 Meter Workouts

CODE	DESCRIPTION
1	1600/1200/800/400 3 min rest
7	1600 4MR/ 800/ 4MR/1600
23	800/1600/800 4MR
26	1600 3MR/200 200JOG 200/ 1600
40	8x 400 rest = 1.45/90/75/60/45/30/15
45	4X800 3MR/15/4X400 2MR/15/4X200 1MR
50	4X 800 2MR/ JOG 5/ 4X 800 1MR
51	8X 400 WITH 90 SEC REST
53	5x 600 with 200 jog
54	800 - 400 - 800 4 MIN REST BETWEEN
M2	1000 3MR/ 400/ JOG 5 MIN/ REPEAT

## Sample of workout

8x400 - rest 1.45/90/75/60/45/30/15 secs

2/27/2013	HANNAH	78 77 78 80 80 84 80 80
3/7/2014	HANNAH	77 76 77 78 79 82 83 82
2/27/2013	JESSICA A	84 87 89 90 98 93
2/27/2013	JESSICA C	83 83 82 86 XX 87 88
3/5/2014	JESSICA C	84 85 84 86 86 88 89 88
2/27/2013	KAELY	82 77 78 77 78 80 84 88
2/27/2013	KEANAN	68 76 72 75 76 78 82
2/27/2013	LAUREL	81 80 82 83 80 80
3/5/2014	MATT S	73 72 72 73 72 72 74 73
2/15/2012	MATTHEW	69 68 66 67 69 68 68 68
2/27/2013	MATTHEW	67 64 66 67 64 66 64 66
3/5/2014	MATTHEW	62 63 62 62 63 61 64 60
3/5/2014	OLIVIA B	81 79 80 80 80 81 82 84
3/5/2014	OLIVIA M	81 79 80 80 80 81 82 84
2/27/2013	PARKER	81 80 82 78 78 80 79 80
2/27/2013	PIPER	78 78 81 81 81 81 83 85
3/5/2014	PIPER	82 80 81 81 82 87 82 83

## INDIVIDUAL BY CODE

Olivia Brooks

4/23/2014	13	79 80 79 79/ 2.36
3/14/2013	15	73 4.25 73
3/17/2014	15	72 4.11 73
3/16/2015	15	70 3.53 70
4/9/2014	17	73 75 73 74/ 75 73 76 74
6/5/2013	19	72 56/ 76 54
3/26/2014	20	5 454 55/ 54 55 55/ 71
3/12/2014	21	72 55/ 73 56/ 74 55/ 78 56/
3/30/2015	21	72 54/ 72 55/ 73 55/ 75 55
3/15/2014	22	2.48 4.59 77 55
5/14/2014	24	70 52/ 70 52
3/25/2013	26	6.00 36 37 6.02
3/19/2014	28	35-36 AVE
4/8/2015	28	35 38 35 34 34 35 35 34 34
4/3/2015	29	2.45 2.44 2.43 2.42/ 52 51
3/21/2014	30	75 33/ 74 35/ 77 35/ 74 34
4/6/2015	31	2.39 69 74 34 35 35 32
4/16/2014	32	81 80 80 80
3/12/2013	36	2.46 2.49/ 2.52 2.55
2/19/2014	37	77 64 56 46 35 24 17/ 78 68 56 45 36 26 16
3/5/2014	40	81 79 80 80 80 81 82 84

## SELECTION OF MATON'S WORKOUTS

DATE	CODE	WORKOUT
5/8/2014	51	62 61 59 62 60 60 61 58
5/12/2014	3	2.09 2.07/ 62 61/ 27 27
5/14/2014	99	4.24 4.28 2X 1600 WITH 400 JOG
5/19/2014	2	3.16 44/ 3.21 44
5/23/2014		STATE 3000 - 8:29
5/24/2014		STATE 1500 - 3:53
5/26/2014	M4	60-61
6/2/2014	49	2.08 58 28 27
6/4/2014	5	26 25.9/ 56 55/ 26 25
6/6/2014	99	4X400 1400 15T 200 - 32/ LAST 20026.8/ 27.7/ 27/ 27.83
6/11/2014	MD	28.1 27.8/ 30.0 27.3
6/14/2014		MILE RACE ADIDAS - 4:03
6/17/2014	MF	57.3/ 26.8 27.0 27.0 27.9/ 58.1
6/19/2014	99	4X150 PU/ 2X400/400J/ 59.7 55.6
6/23/2014		MILE RACE BROOKS - 4:06

## Summit Oregon 5A State T&amp;F Champions

YEAR	800	1500	3000
2015	Kaely Gordon	Olivia Brooks	Olivia Brooks
2014	Sarah Reeves	Matthew Maton	Matthew Maton
2013		Matthew Maton	Matthew Maton
			Hannah Gindelsperger
2012		Ashley Maton	Eric Aldritt
2011		Ashley Maton	Megan Fristoe
2010			Megan Fristoe