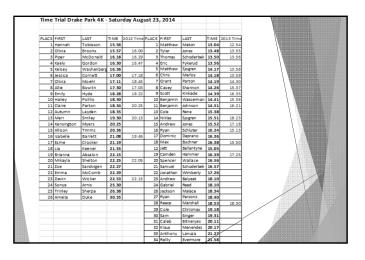




Sun	Mon	Tue	Wed	Thu	Fri	Sat	
3 45-60 min easy	4 Drake Park 8:30	5 45-60 min easy	6 Riverbend Park 8:30	7 Cross train or Day OFF	8 Meet at Summit HS Workout – 8:30am	9 45 - 1¼ hours easy	
10 5-60 min easy	11 Drake Park 8:30	12 45-60 min easy	13 Riverbend Park 8:30 Park at dog park	14 Cross train or Day OFF	15 Summit Track 8:30	16 45 – 1 ¼ hours easy	
17 5-60 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 X-C amp scout Lake ::30am west side iafeway or run n your own	25 Summit X-C camp Scout Lake Or Easy run	26 Summit X-C camp Scout Lake Or Easy Run	27 Summit X-C camp Scout Lake or easy run	28 Cross train or Day OFF	29 Meet at Summit HS Workout – 8:30am	30 45 - 1¼ hours easy	H

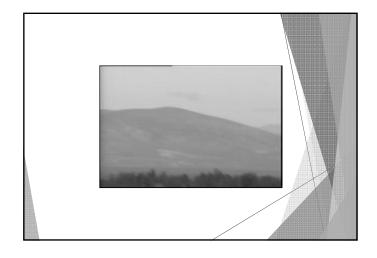


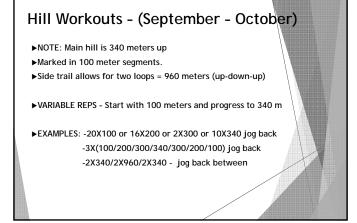
Sun	Mon	Tue	Wed	Thu	Fri	Sar	7 \\
30 Easy run for all Depart for Scout Lake at 11am.	31 Scout Lake All others 30-60 min easy plus strides	9/1 Scout Lake All others 30-60 min casy plus strides	2 Scout Lake – Depart at Noon All others 30-60 min easy plus strides	3 9am at Summit 45-60 min easy run followed by strides	4 9am at Summit for workout	5 45 – 60 min easy run Summit XC help at Sunriver 5K arrive by 7:45am	
6 Summit XC help at Sunriver Marathon aid stations.	7 Labor Day 45-60 min easy run	8 Summit 3:05pm Black group – Hills Silver group – Grass Green group – Hills	9 Black group – Grass Silver group – Hills Green – easy run	10 Black & Silver- 45-60 min easy run plus strides Green group – Grass	11 30-45 min easy with some strides	12 Ash Creek Invite- Mommouth Jere Breese Invite- Prineville	
13 BigFoot 10K- SHS XC help at race. All report Les Schwab at 7:45am	14 Black group - Hills Silver group - Grass 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 –Grass	18 30-45 min easy with some strides	19 Oregon City XC- entire team	
20	21 Black - Hills Silver - Grass 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-	25 30-45 min easy with some strides	26 Madras Invite Kah-nee-ta Resort Nike Pre Nationals Portland	
27 See above	28 Black - Hills Silver - Grass Green - Hills	29 Black – Grass Silver – Hills Green – easy run	30 Black – Grass Silver – Hills Green – easy run	10/1 30-45 min easy with some strides	2 Oxford Classic Drake Park- Varsity & JV entire team	3 45-60 min easy run	

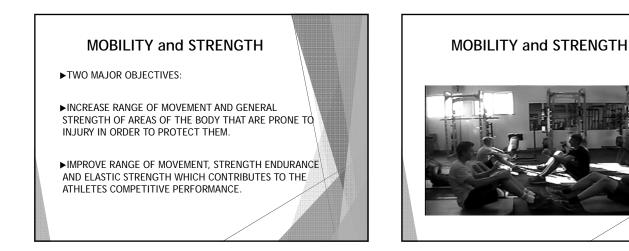
(	Cross Country Competitive Stage- October - November
	Hill Training continues - begins in September
	Develop special training capacity
	Maintain existing strength levels
	Perfect running technique and rhythm using competition speed
	Develop tactical skill in various situations

(	Octobei	<sup>.</sup> Traini	ng Sche	edule			
Sun	Mon	Tue	Wed	Thu	Fri		
5 Black: 1 – 1 ½ 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- Willamette Mission 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 Pine 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 nin	
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 7V/20JV	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 Storm!!! 30 min easy followed with drills and strides	11/1 State XC Champs- Engene: 5AG- 1:15, 5A B-1:50pm.	H
		After easy run – drills and mobility exercises Green group = hills		After easy run – drills and mobility Exercises Green group = grass			

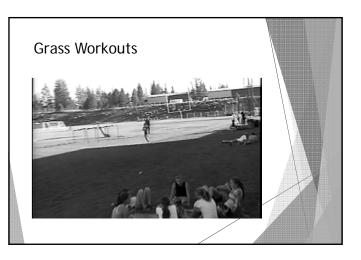




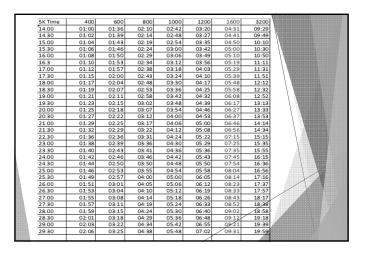


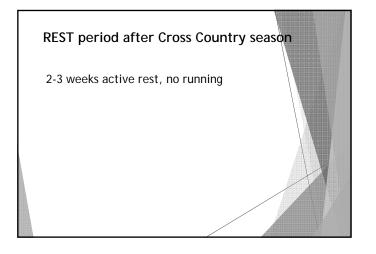


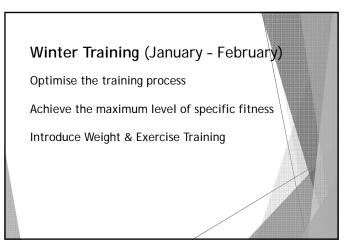
#### Grass Workouts SRASS: LONG REPEATS- Try to get 6K of work for Black Group SK for Silver Group and 4K for Green Group • EXAMPLES • Ayally 30 sec rest/3 min rest/2x1K/30 sec rest/3MR/1K a bit slower than race pace; 20 min 5K athlete goals (3 at 4.05/ 2 - 4.00/ 1 - 3.55) • 4x 800 WITH 2min rest/ JOG 5 min/ 4X800 with 1 min rest • 4X MILE WITH 2 min rest • MILE/1200/800/400 with 5 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



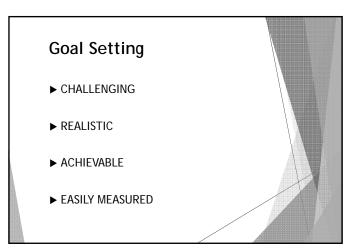
DATE		WORKOUT		
	3x 1000 30SR/	3MR/2x1000 30SR/ 3MR/ 1000		
NAME				
Matthew	2.55	2.50	2.45	
Tyler	3.10	3.05	3.00	
Eric				
Alex				
<b>0</b> 1-1-	3.15	3.10	3.05	
Chris			1	
Thomas Matt	-		1	
Grant				
Jett	3.25	3.20	3.15	
Scott			T.	
Ben J				
	3.35	3.30	3.25	
Cole				100
Camden				-
Niklas				/
Alec A				1.4
	3.45	3.40	3.35	
Kaely				
Olivia				
Hannah				
Piper				





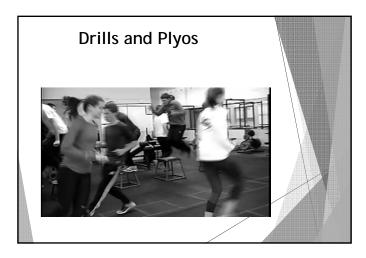


NAMEAGEDOB	SUMMIT HIGH SCHOOL TRACK INFORMATION SHEET
EMAIL ADDRESS	EMAIL ADDRESS HOW MANY DAYS PER WEEK DO YOU RUN ANY MORNING RUNS ANY RUNNING ON YOUR OWN WILL YOU BE DOING ANOTHER SPORT YES NO WHAT SPORT BESTMARKS 2014 800 1500 3000 GOALS FOR 2015 800 1500 3000 ADDITIONAL GOALS



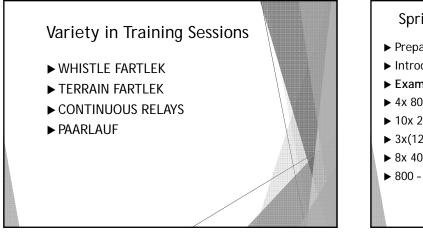
# Typical Week: January - February

- ► 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

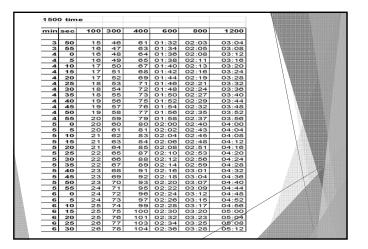


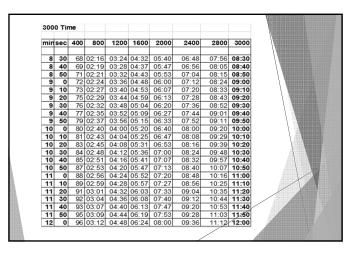
Mile Time Trial - March						
3/5/2014	99	ALEC A	MILE TIME TRIAL/ 2X400 3 MIN REST/ 5.53/ 84 81			
3/5/2014	99	ALLIE M	MILE TIME TRIAL/ 2X400 3 MIN REST/ 6.51/ 83 91			
3/5/2014	99	ANTHONY	MILE TIME TRIAL/ 2X400 3 MIN REST/ 3.20(800)/ 88 9(			
3/5/2014	99	HEATH	MILE TIME TRIAL/ 2X400 3 MIN REST/ 5.55/ 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			

San	Mon	Tar	Wed	Thu	Fri	Sar	] \ \
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 (sleepover)	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 Ø Summit JV Varsity workout	5/1 Easy run	2 Jesuit Relays	3 Easy Run	







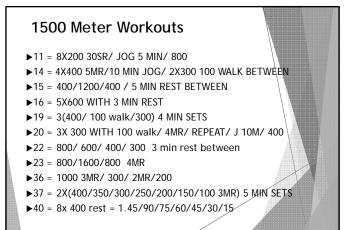


#### Competitive Stage: Track

- ▶ 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/ 20	00 jog/200) 3 min	between sets	
5 /4 /2014		72 24 72 25 72 20	
	56 ALEC A	73 34 73 35 73 39	- \\
4/30/2014		63 31 63 30 63 30	- \\
	56 ALLIE B	74 36 75 37 76 39	
	56 ANTHONY	82 34 87 33 90 33	
4/15/2015		70 33/74 35/74 33	
	56 CAMDEN	75 35 79 DNF	
4/15/2015		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	1
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	7 //
4/15/2015	56 OLIVIA B	69 33/68 33/69 33	

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	) 1
4/14/2014 M1	CAMDEN	72 75/ 56 55 - MOR	
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	1 All
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 - BREATI	- py

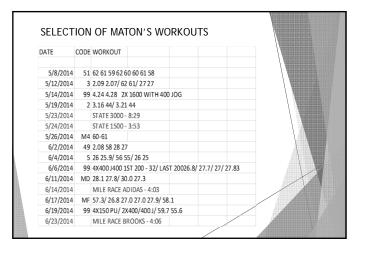


	15	500	Meter \	Norkout	
	Code	22			
			800/600/400	0/ 300 3 min rest bet	ween
	3/15/2014		GRANT	2.29 1.49 65 46	
	3/15/2014		JESSICA C	2.53 2.05 78 56	
	3/15/2014		KAELY	2.40 1.56 71 51	
	3/15/2014		MATT S	2.29 1.49 65 47	
	3/15/2014		MATTHEW	2.12 1.35 56 40	
	3/15/2014		MERI	3.19 2.25 96 65	
à.	3/15/2014		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	

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/J5/4X400 2MR/J5/4X200 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	

07400 - 1631		60/45/30/15 secs	
	1.43/ 70/ 73/	00/43/30/13 3003	
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	Annenitiente

	INDIV	IDUAL BY CODE Olivia Brooks	
4/23/201	4 13	79 80 79 79/ 2.36	
3/14/201	3 15	73 4.25 73	
3/17/201	4 15	72 4.11 73	
3/16/201	5 15	70 3.53 70	
4/9/201	4 17	73 75 73 74/ 75 73 76 74	
6/5/201	3 19	72 56/ 76 54	
3/26/201	4 20	5 454 55/ 54 55 55/ 71	
3/12/201	4 21	72 55/ 73 56/ 74 55/ 78 56/	
3/30/201	5 21	72 54/ 72 55/ 73 55/ 75 55	
3/15/201	4 22	2.48 4.59 77 55	
5/14/201	4 24	70 52/ 70 52	
3/25/201	3 26	6.00 36 37 6.02	
3/19/201	4 28	35-36 AVE	
4/8/201	5 28	35 38 35 34 34 35 35 35 34 34	
4/3/201	5 29	2.45 2.44 2.43 2.42/ 52 51	
3/21/201	4 30	75 33/ 74 35/ 77 35/ 74 34	
4/6/201	5 31	2.39 69 74 34 35 35 32	
4/16/201	4 32	81 80 80 80	All all a second se
3/12/201	3 36	2.46 2.49/ 2.52 2.55	
2/19/201	4 37	77 64 56 46 35 24 17/ 78 68 56 45 36 3	26 16
3/5/201	4 40	81 79 80 80 80 81 82 84	



EAR	800	1500	3000
015	Kaely Gordon	Olivia Brooks	Olivia Brooks
014	Sarah Reeves	Matthew Maton	Matthew Maton
013		Matthew Maton	Matthew Maton
			Hannah
			Gindelsperger
012		Ashley Maton	Eric Aldritt
011		Ashley Maton	Megan Fristoe
010			Megan Fristoe