Knowledge- get it, learn it, use it

Training	and	Logbook	Notes	for	this	week:

Training Emphasis and Projections for this

week:

Weekly Words to Run and Live By

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Weekly Summary

First Thing:

Most Important:

Most Significant for Training Levels:

Learned:

Where Used:

The Spartan "X" Factor Runner Model: "Doing training and tracing levels others don't, won't, or can't regardless of

Training: Physically completed effort in terms of distances completed and times of distances completed recorded on a logsheet

First, Developing Goal Character Second, Understanding Your Motivation Third, Developing Training Patterns, Levels, and Profiles

circumstances."

Fourth, Determining Daily Training and Racing

Fifth, Thriving on being Dedicated to Training

Training Model Continual, Consistent, and Higher Level of Training

You are an Athlete.. A Spartan Athlete The goal of the OC program is to provide the best opportunities for student-athletes to excel in teamwork, sportsmanship, self discipline and moral character. The purpose is to provide each participant with experiences that will be positive, memorable, and help the athlete develop the capacity for commitment to a cause, acceptance of responsibility and loyalty towards any chosen endeavor.

Your Name:									
Week of:									
Training Progression Level									
Your Time Capsules									
How many days remaining in your career?									
How many da	ays rem	naining	in your	off seaso	n?				
(July, 20 being the last day of the off season)									
How many days remaining in your season?									
(From day one of	of this w	eek to Sta	ate Meet)				
	Out	404	11th	12th	L				
May	9th 31	10th 31	31	31					
June	30	30		30					
July	31	31	31	31					
August	31	31	31	31					
September	30	30	30	30					

Julie	30	30	30	30	
July	31	31	31	31	
August	31	31	31	31	
September	30	30	30	30	
October	31	31	31	31	
November	30	30	30	30	
December	31	31	31	31	
January	31	31	31	31	
February	28/29	28/29	28/28	28/29	
March	31	31	31	31	
April	30	30	30	30	

Tentative	Meet	Schedule	for Fa	II 20
-----------	------	----------	--------	-------

ugust Meet
ugust: Meet:
eptember: Meet:
eptember: Meet:
eptember: Meet:
ctober:: Meet:
ctoher: · Meet·

October: : Meet:

: Meet: _____ November: November:



■Goal Character

Orange Crush Running-Your Logsheet-

June(First Heartbeat)	Preseasor	n Oxygen Delivery			-Aug	In Season	
Wk of J	Wk of J	Wk of J	Wk of J	Wk of J	Wk of J	Wk of J	Wk of J MTWThFSaSu CD= TM= MA= ShPPM= TL= LoPPM= TL= Pro=
MTWThFSaSu	MTWThFSaSu	MTWThFSaSu	MTWThFSaSu	MTWThFSaSu	MTWThFSaSu	MTWThFSaSu	
CD=	CD=	CD=	CD=	CD=	CD=	CD=	
TM=	TM=	TM=	TM=	TM=	TM=	TM=	
MA=	MA=	MA=	MA=	MA=	MA=	MA=	
ShPPM=	ShPPM=	ShPPM=	ShPPM=	ShPPM=	ShPPM=	ShPPM=	
TL=	TL=	TL=	TL=	TL=	TL=	TL=	
LoPPM=	LoPPM=	LoPPM=	LoPPM=	LoPPM=	LoPPM=	LoPPM=	
TL=	TL=	TL=	TL=	TL=	TL=	TL=	
Pro=	Pro=	Pro=	Pro=	Pro=	Pro=	Pro=	

		Г				T	Г	Г	
Training	Date	Monday/Day 1	Tuesday/Day 2	Wednesday/ Day 3	Thursday/ Day 4	Friday/Day 5	Saturday/Day 6	Sunday/Day 7	Weekly
Progressions	Training Daily	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	<u>AM</u>	Summary
Completed	Structure and Distance	<u>LR</u>	Short PPM	<u>CT</u>	Long PPM	<u>CT</u>	LD/Basic Unit	<u>CT</u>	TM=
P-3	Application		SHOILFFINI		Long 11 W	<u>C1</u>	LD/Basic Ullit		
P3-1		Note: The above is the sp	ecific training sequence: L	ay 1, Day 2, etc may be o	different days of the week	depending on when you s	arted the actual PPM trai	iing progression	NAA (TNA (7)
PPM Glycogen	Projected	Note: The above is the		: Day 1. Day 2. etc may b					MA= (TM/7)
base and Oxy-	Goal/Demand/T								
gen Del. Poten-	arget:								CD= 12345
tial Determined	4 . 15 1.								67 (Circle)
P3-2	Actual Results **WU								
PPM HLT	**The Distance								Completed
Gylcogen	–Length and non-stop or not								Days=/7
baseand the	•								
new first con-	**WD								Any HLTs and
version level									what:
base	**Any Finish								wiiat.
P3-3	Time								
Final TL	**Pace if Timed								Positive High-
Increase for	Current CD								lights
the next PPM									
Phase	TM for this Day								
P3-4 PPM base	Any State Meet								
or SIs	Landmarks								
7									
oC Ž									