

# 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:

Your Name: \_\_\_\_\_

Week of: \_\_\_\_\_

Training Progression Level \_\_\_\_\_

**Your Time Capsules**

How many days remaining in your career?

How many days remaining in your off season?  
(July \_\_, 20\_\_ being the last day of the off season)

How many days remaining in your season?  
(From day one of this week to State Meet \_\_\_\_\_)

	9th	10th	11th	12th
May	31	31	31	31
June	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 Fall 20\_\_**

- August \_\_: Meet: \_\_\_\_\_
- August \_\_: Meet: \_\_\_\_\_
- August \_\_: Meet: \_\_\_\_\_
- September \_\_: Meet: \_\_\_\_\_
- September \_\_: Meet: \_\_\_\_\_
- September \_\_: Meet: \_\_\_\_\_
- October \_\_: Meet: \_\_\_\_\_
- October \_\_: Meet: \_\_\_\_\_
- October \_\_: Meet: \_\_\_\_\_
- November \_\_: Meet: \_\_\_\_\_
- November \_\_: Meet: \_\_\_\_\_

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



**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
- Fourth,** Determining Daily Training and Racing Potential
- 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.



