

FENWICK



CROSS COUNTRY

Summer 2018

SUCCESSFUL SUMMER TRAINING TIPS

- ✓ Develop a summer training schedule and stick to it!
- ✓ Stretch slowly before and after each workout – a few short hills or pick-ups after your distance runs will help preserve your speed
- ✓ Increase mileage gradually – especially when coming off an injury – too much, too fast will only lead to more injuries
- ✓ Log your miles and keep your record accurate and current
- ✓ **Report your mileage weekly to me** – call every Friday to report mileage, race performances or just to let me know how your summer is going
- ✓ Save your legs – run on the grass or other soft surfaces as often as possible over the summer
- ✓ We will have some team workouts over the summer – details are still in the works
- ✓ Invest in a good pair of running shoes – worn shoes only lead to one thing...injury
- ✓ Maintain a well-balanced, nutritious diet and get sufficient rest
- ✓ Use the “Buddy System” – run with someone whenever possible
- ✓ Take advantage of summer road races – there are usually several each weekend throughout the summer
- ✓ If possible, incorporate some strength training into your routine – building in a couple weight workouts each week may help prevent leg injuries
- ✓ If an injury does flare up, make sure you treat it properly
- ✓ When injured and unable to run, find alternative means to workout – water running, swimming and biking are all excellent forms of cross-training
- ✓ If you have any questions or problems, please do not hesitate to call me
 - Home – 755-2166
 - Work – 612-7319
 - E-mail – jan.ryan@thercgroup.com

Mr. “**Meant-to**” has a friend
And his name is “**Didn’t-do**”
Have you ever met these fellows?
Did they ever call on you?
These two fellows live together
In a house of “**Never-win**”
And I am told that it is haunted
By the ghost of “**Might have been.**”

-unknown

June 2018

June 2018							July 2018						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
4	5	6	7	1	2	3	2	3	4	5	6	7	1
11	12	13	14	15	16	17	9	10	11	12	13	14	8
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
May 28	29	30	31	Jun 1	2 1-2 Miles 2-3 Miles	3 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
4 1-2 Miles 2-3 Miles	5 1-2 Miles 2-3 Miles	6 1-2 Miles 2-3 Miles	7 1-2 Miles 2-3 Miles	8 1-2 Miles 2-3 Miles CALL IN	9 2 Miles 2-3 Miles	10 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
11 2 Miles 3 Miles	12 2 Miles 3 Miles	13 2 Miles 3 Miles	14 2-3 Miles 3 Miles	15 2-3 Miles 3-4 Miles CALL IN	16 2-3 Miles 3-4 Miles	17 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
18 2-3 Miles 3-4 Miles	19 2-3 Miles 3-4 Miles	20 2-3 Miles 4 Miles	21 3 Miles 4 Miles	22 3 Miles 4 Miles CALL IN	23 3 Miles 4 Miles	24 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
25 3 Miles 4 Miles	26 3 Miles 4 Miles	27 3 Miles 4-5 Miles	28 3 Miles 4-5 Miles	29 3-4 Miles 4-5 Miles CALL IN	30 3-4 Miles 4-5 Miles	Jul 1

July 2018

July 2018							August 2018						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Jun 25	26	27	28	29	30	Jul 1 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
2 3-4 Miles 5 Miles	3 3-4 Miles 5 Miles	4 3-4 Miles 5 Miles	5 3-4 Miles 5 Miles	6 4 Miles 5 Miles CALL IN	7 4 Miles 5 Miles	8 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
9 4 Miles 5-6 Miles	10 4 Miles 5-6 Miles	11 4 Miles 5-6 Miles	12 4 Miles 5-6 Miles	13 4-5 Miles 5-6 Miles CALL IN	14 4-5 Miles 6 Miles	15 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
16 4-5 Miles 6 Miles	17 4-5 Miles 6 Miles	18 4-5 Miles 6 Miles	19 5 Miles 6 Miles	20 5 Miles 6 Miles CALL IN	21 5 Miles 6-7 Miles	22 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
23 5 Miles 6-7 Miles	24 5 Miles 6-7 Miles	25 5 Miles 6-7 Miles	26 5 Miles 6-7 Miles	27 5 Miles 7 Miles CALL IN	28 5-6 Miles 7 Miles	29 Catch Up, Make Up, Get Ahead, Cross Train or Rest!
30 5-6 Miles 7 Miles	31 5-6 Miles 7 Miles	Aug 1	2	3	4	5

**FENWICK CC
TRAINING LOG
2018**

Date	Miles	Time	PPM	Comments
6/2/2018				
6/3/2018				
6/4/2018				
6/5/2018				
6/6/2018				
6/7/2018				
6/8/2018				
Weekly Total				
6/9/2018				
6/10/2018				
6/11/2018				
6/12/2018				
6/13/2018				
6/14/2018				
6/15/2018				
Weekly Total				
6/16/2018				
6/17/2018				
6/18/2018				
6/19/2018				
6/20/2018				
6/21/2018				
6/22/2018				
Weekly Total				
6/23/2018				
6/24/2018				
6/25/2018				
6/26/2018				
6/27/2018				
6/28/2018				
6/29/2018				
Weekly Total				
6/30/2018				
7/1/2018				
7/2/2018				
7/3/2018				
7/4/2018				

**FENWICK CC
TRAINING LOG
2018**

Date	Miles	Time	PPM	Comments
7/5/2018				
7/6/2018				
Weekly Total				
7/7/2018				
7/8/2018				
7/9/2018				
7/10/2018				
7/11/2018				
7/12/2018				
7/13/2018				
Weekly Total				
7/14/2018				
7/15/2018				
7/16/2018				
7/17/2018				
7/18/2018				
7/19/2018				
7/20/2018				
Weekly Total				
7/21/2018				
7/22/2018				
7/23/2018				
7/24/2018				
7/25/2018				
7/26/2018				
7/27/2018				
Weekly Total				
7/28/2018				
7/29/2018				
7/30/2018				
7/31/2018				
Grand Total				