Prior Lake Girls Cross Country





2019

SEASON GOALS:

FIRST HALF (August 12 – September 15)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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SECOND HALF (September 16 – November 2)

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Week 1 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 2 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 3 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 4 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 5 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 6 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 7 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 8 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 9 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 10 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 11 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 12 Weekly Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| SUNDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| MONDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| TUESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| WEDNESDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| THURSDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| FRIDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |
| SATURDAY | Daily Goals  | Warm UpWork OutAbs/TRX/Weights | Nutrition/Sleep |

Weekly Milage:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Season Review

(What went well? What would you change? What are some things you learned?)