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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

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| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

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| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

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| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

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| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

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| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

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| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

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| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

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

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| --- | --- | --- | --- |
| S  U  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| M  O  N  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  U  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| W  E  D  N  E  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| T  H  U  R  S  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| F  R  I  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |
| S  A  T  U  R  D  A  Y | Daily Goals | Warm Up  Work Out  Abs/TRX/Weights | Nutrition/Sleep |

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

Season Review

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