

# LOG Ben Murphy-Baum

*WEEK TOTAL*

## SLUH Cross Country Summer Running

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jun 2	Jun 3	Jun 4	Jun 5	Jun 6	Jun 7	Jun 8
Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Jun 9	Jun 10	Jun 11	Jun 12	Jun 13	Jun 14	Jun 15
1	0	7	7	0	0	0
	WTS	48:36	49:23			
3-21:35	6	17	18	19	20	21
6-39:46	6	4 → 26:06	0	0	0	0
Total=9						
23	24	25	26	27	28	29
0	5	5	0	5	5	8
30	1	2	3	4	5	6
5	0	0	5	5	5	7
	WTS		WTS		WTS	49:46
7	8	9	10	11	12	13
7	<del>6</del>	5	7	5	9	0
50:01	WTS 6	<del>5</del> MFP				
14	15	16	Hills 17	18	Race 19	20
4	Fartleck 11	11	6	7	6	0
<u>WISCONSIN</u> →						
21	22	23	24	25	WTS 26	196-Pulse 27
9	8	6	8	10	5	8
Camp	wts camp	5k:18:95	camp	63:01	35:04	56:53
28	29	30	31	1	2	3
7 pulse 196	8 pulse 184	7	8	7	11	1
48:51	54:42 wts	MFP	WTS		WTS	
4	5	6	7	8	9	10
7	8	7	9	7	12	11
49:54	wts	mfp	wts		wts	
11	Grand Total					
	350					

17  
15  
15  
28  
27  
39  
45  
54  
49  
61

RECORD: DAILY TOTAL  
WEEKLY TOTAL  
SUMMER TOTAL

ADD RESTING PULSE  
AND  
STRESS PULSE

# TRAINING PLAN

## SLUH Cross Country Summer Running

WEEK TOTALS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jun 2	Jun 3	Jun 4	Jun 5	Jun 6	Jun 7	Jun 8
A B C D ③ ⑤ ④ ②	WTS		WTS		WTS	55/33/22/11
	A B C D 8/5/4/2	6/4/3/1	8/5/4/2	8/5/4/2	7/4/3/2	10A
Jun 9	Jun 10	Jun 11	Jun 12	Jun 13	Jun 14	Jun 15
	WTS		WTS		WTS	59/42/24/12
9/6/5/2	9/6/5/2	6/4/3/2	9/6/5/2	9/6/5/2	7/4/3/2	10A
16	17	18	19	20	21	22
CAMP	CAMP	CAMP	CAMP	CAMP	WTS	67/35/32/16
10/7/6/3	10/7/6/3	7/5/4/2	10/7/6/3	10/7/6/3	8/5/4/2	12A
23	24	25	26	27	28	29
	WTS	MFP	WTS		WTS	67/38/32/16
10/7/6/3	10/7/6/3	7/5/4/2	10/7/6/3	10/7/6/3	8/5/4/2	12A
30	1	2	3	4	5	6
	WTS	MFP	WTS		WTS	67/39/32/16
10/7/6/3	10/7/6/3	7/5/4/2	10/7/6/3	10/7/6/3	8/6/4/2	12A
7	8	9	10	11	12	13
	WTS	MFP	WTS		WTS	75/45/35/19
12/9/6/3	10/9/6/3	9/6/5/3	12/7/6/3	10/7/6/3	10/7/6/4	12A
14	15	16	17	18	19	20
	WTS	MFP	WTS		WTS	79/50/39/23
12/9/7/4	12/9/7/4	9/6/5/3	12/9/7/4	12/9/7/4	10/8/6/4	12A
21	22	23	24	25	26	27
CAMP	CAMP	CAMP	CAMP	CAMP		91/49/39/22
	WTS	MFP	WTS		WTS	
12/9/7/4	12/9/7/4	9/6/5/3	12/9/7/4	12/9/7/4	10/7/6/3	14A
28	29	30	31	1	2	3
	WTS	MFP	WTS		WTS	68/44/32/18
10/8/6/3	10/8/6/3	8/6/4/3	10/8/6/3	10/8/6/3	8/6/4/3	12A
4	5	6	7	8	9	10
	WTS	MFP	WTS			69/48/36/21
12/9/7/4	12/9/7/4	9/9/5/3	12/9/7/4	12/9/7/4	6/4/3/2	6A
11	Grand					A = 687
1st	Total					B = 426
PRACTICE						C = 325
						D = 174

Ben Murphy-Baum

CAMP = SLUH XC CAMP  
 MFP = METRO FOREST PARK SESSION  
 WTS = WEIGHTS DAY

C = BASE PLAN @ 350 MILES / 5 MILE STANDARD  
 D = BEGINNER 200 MILES / 3 MILE STANDARD

A = TEAM LEADERSHIP 700 MILES 10 MILE RUN STANDARD  
 B = TOP 20 500 MILES 7 MILE RUN STANDARD

John Oliver 206

SLUH Cross Country Summer Running

WEEK TOTAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jun 2	Jun 3	Jun 4	Jun 5	Jun 6	Jun 7	Jun 8
1	1.5	1.5	1.5	1.5	1.5	8.5 total
Jun 9	Jun 10	Jun 11	Jun 12	Jun 13	Jun 14	Jun 15
3	3	3	3	3	0	4
						19 total
16	17	18	19	20	21	22
4	4	4	4	4	4	0
						24 total
23	24	25	26	27	28	29
5	5	4	5	0	7	8
						34 total
30	1	2	3	4	5	6
0	5	6	6	6	6	6
						35 total
7	8	9	10	11	12	13
7	8	6	6	9	9.5	0
						41.5 total
14	15	16	17	18	19	20
4.5	5.2	9 miles	5 miles	4 miles	1.5	3 miles
2.7	5.2				2 miles	
2				2 miles	2.5 mile	<del>4.5</del>
Total 5.7	total 10.7			total 6	total 6	45.4
21	22	23	24	25	26	27
1 mile WU	7.5	11.1	2.4	10	6	
	2 m.m.	2.6	5.4			
SCP	SCP	total 7				total 5
15	28	29	30	31	1	2
8	8	8	8	8	10	50 total
4	5	6	7	7	8	9
7	8	7	8	7	10	47 total
						10
11	Grand Total					
	350.4					

RECORD: DAILY TOTAL  
WEEKLY TOTAL  
SUMMER TOTAL

ADD RESTING PULSE  
AND  
STRESS PULSE

LOG

ANDREW L.

WEEK TOTAL

SLUH Cross Country Summer Running

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jun 2	Jun 3	Jun 4	Jun 5	Jun 6	Jun 7	Jun 8
		cal 4 1st day	off	cal 7	7	
striders cal 7	Jun 9	Jun 10	Jun 11	Jun 12	Jun 13	Jun 14
		7 stamp	4 hard 5K	8	6	6 Stamp
16	17	18	19	20	21	22
7 stamp	9	3	7	6 stamp	6	4
23	24	25	26	27	28	29
3	3	3		Tendonitis		
30	1	2	3	4	5	6
8	Wisdom teeth pulled		7	5	9	
7	8	9	10	11	12	13
8	8	3 morning 7 evening	6	cross training biked Swam 30min 8	8	8
14	15	16	17	18	19	20
6 race	4 morning 8 afternoon track work out	9	7	4 3	5	3
21	22	23	24	25	26	27
10	3 8	7	6	10	Vacation 8	8
28	29	30	31	1	2	3
0	9	7	7	5	6	
4	5	6	7	8	8	9
	7	7	4	8	5	9
11	Grand Total					
	372					

18  
44  
42  
9  
29  
56  
48  
52  
34  
40

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SUMMER TOTAL

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AND  
STRESS PULSE