

~~SLUH XC~~

50p = 50 push ups
150c = 150 crunches

SAMSON, C.

05/24 → 5 30c pain
05/25 → 4 40c
05/26 → 3 miles. 30c
05/27 → 1
05/28 → 1.5
05/29 → 0
05/30 → 0
14.5

SLUH XC : LOG SHEET

SLUH Cross Country Summer Running

EEK
NE

EEK
AND
KGD
Plenty
of
EEK
THREE
Camp

EEK
KWA

EEK
RVE

EEK
SIX

EEK
SEVEN
CAMEL
RUN
EEK
EIGHT
Camp

EEK
NINE
WILSON

EEK
TEN

Total
14.5 miles
55p
150c
3 weights
core

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAY 31	JUNE 1st	2	weights (3)	4 min; total 4	3.5 min 4 total 5	3 min 3.5 total 6
50p 100c	weights core	55p 100c	3 min total; core 15:45 → push 164	26:07 50p - 184 150c	30: ? weights - 184 core	20: 10 op WEER 14 c
off day	off day	off day	404! 5 th Day	6.07 → 1000 11	ouch!	old Samson's loop
KGD, 6 total 7	KGD 7 total 8	KGD 8 total 9	KGD 9 total 10	KGD 10 total 11	KGD 11 total 12	38 miles 13
28:54(4) op - 164 OC	6:42 46, 47:25 op - 164, 180 OC	34:18 op - 164 OC	50:17 op - 164 OC	30:00 op - 164 OC	14:00, 14:07 op - 164, 188 OC	op OC WEER weights core
OK!	Awesome!	Pretentious	Amazing	Tired w/ push	ouch x4!	ouch
XCI 14 total 14	XCI 7 total 15	XCI 7 total 16	XCI total (17)	XCI 16 18	Person golf 19	47.5 miles 20
40:24 60p 56:184 OC	41:24 op 56:188 OC	41:24:39 50p 56:200 40c	40:00 50p 56:168 OC	3:09, 21, 22, 23, 25 op 52:00 ouch OC	55:06 op - 164 OC	62p 40c 2 weights ouch
ouch - Physio	weights, core, push ups	TEMP! It hurt!	ouch! ouch!	ouch! ouch!	ouch! ouch!	ouch! ouch!
July 7-5 21	2 min 8 total 22	MFF 8 total 23	8 min 8.5 total 24	9 min 10 total 25	7 min 8 total 26	50 miles 27
48:00 ouch op 52:168 OC	47:53 op - 172 OC	18:01 op - 180 OC	57:27 op 52:168 OC	49:03 50p 48:164 100c	44:00 op 52:11 - OC	50p, 100c WEER 7 weights ouch
ouch!	weights, ouch!	ouch! ouch!	w/ push OK	w/ push OK	weights, core, cool!	ouch
8 min 9 total 28	9 min 10 total 29	11 min 11 total 30	JULY total 1	total 2 min 2	10 min 11 total 3	55 miles 4
57:59 50p - 160 OC	62:00 op 52:160 OC	17:03-17:49 op 50:100 ouch OC	? op 52:176 OC	? op - 164 OC	67:44 op 52:164 OC	6p OC WEER 7 weights ouch
5 min 3 total 5	10 min 11 total 6	MFF 10 total 10	7 min 8 total 8	10 min 10.5 total 9	8 min 11 total 10	50 miles 11
58:08 op - 176 OC	68:01 op 52:164 OC	23:59-44 op 52:188 OC	49:00 op 52:160 OC	67:48 op 52:192 OC	55:27 op - 160 OC	ouch OC WEER 7 weights ouch
Wow! Thunderstorm	Weights, core, push	Wow! Spent 11	weights, core, heavy	ouch! hot.	weights, core, fruit	ouch
11 min 11 total 12	8 min 11 total 13	8 min 11 total 14	8 min 11 total 15	16	9 min 10.5 total 17	51.5 miles 18
1:07 28 op - 180 OC	? op 68:180 OC	55:00 op - 176 OC	61:00 op - 160 OC	ouch!	60:00 op - 168 OC	ouch OC 3 weights ouch
Awesome! Hot	ouch, weights, hot	ouch	weights, core, hot	ouch!	weights, core, food	ouch
8 min 11 total 19	8 min 9.5 total 20	8 min 10 total 21	10 min 11 total 22	10 min 11 total 23	8 min 9 total 24	55 miles 25
52:12 70p - 164 OC	55:36 op 52:172 OC	18:04 op 60:188 OC	68:20 op 69:164 OC	64:21 op - 164 OC	54:33 op - 160 OC	ouch OC WEER 3 weights ouch
Knockback quality	weights, core, push	ouch! ouch!	ouch! ouch!	ouch!	weights, core	ouch
16 total 26	16 total 27	16 total 28	16 total 29	9.5 total 30	5 total 31	AUGUST 1st
14:30(1.7) op - 188 OC	48:11 ouch - 181 OC	29:11 ouch - 164 OC	50:11 ouch - 188 OC	39:11 op - 180 OC	10:57 op - ? ouch OC	51.5 miles WEER 8p OC ouch
ouch!	ouch! ouch!	ouch!	ouch!	ouch!	ouch!	ouch!
10 total 32	7 min 5 total 3	4 miles 4	13 total 5	8 min 10 total 6	8 min 9 total 7	56 miles 8
23:00, 27:00 op - 184, 156 OC	44:00 op - 184 OC	40:40 op - 180 OC	1:01, 49, 25, 31 op - 160, 156 OC	58:31 op - 152 OC	58:20 op - 124 OC	ouch OC WEER 2 weights ouch
ouch! ouch!	weights, core, push	ouch! ouch!	ouch! ouch!	ouch!	weights, core, push	ouch
9	Grand					
1st	Total					
PRACTICE!	474					

Distances #
time, push ups
rest, stretches, crunches
Notes

New Physio August 3rd