

# Chloe Tedder

## LHS XC Season Running Log

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*June through November*



### Summary of Log Data

Weeks in the Season	23
Average Miles of Running per Week	49.78
Total Miles of Running	1,145.04
District Championship time	19:59.0
Region Championship time	19:22.6
State Championship time	19:56.8
Total Competition Running Time	59:18.4



	Date	Course	Time	Distance	Pulse
M	6/2	1st bridge meandering	49:25	6.02	8:11
T	6/3	Joe Farmer	69	7.8	8:50
W	6/4	Nat	64	7.55	8:29
T	6/5	oakwood	51.5	5.96	8:39
F	6/6	neighborhood by celebration, then down toward Kroger	69:40	8.89	8:50
S	6/7	—	—	—	
S	6/8	around neighborhood in lost creek neighborhood & to celebration to home	100:40	11.38	8:51
		Total		46.6	

	Date	Course	Time	Distance	Pulse
M	6/9	Joe Farmer	54:43	7.06	7:45
T	6/10	CVS from trail	62:30	7.28	8:35
W	6/11	to Nat & baseball fields	63:40	7.79	8:11 stopped walk pods was a gump or son
T	6/12	around park & down to video store & toward school	68:49	7.72	8:54
F	6/13	at park	69:13	7.7	9:00
S	6/14	—	—	—	
S	6/15	home to park to Nat to baseball fields	111:20	12.72	8:44
		Total		47.8	

	Date	Course	Time	Distance	Pulse
M	6/16	—	—	—	
T	6/17	F	67	7.85	8:32
W	6/18	O	52.5	6.04	8:40
T	6/19	R	50	6.01	8:19
F	6/20	I	60	7.01	8:34
S	6/21	P A	52	6.01	8:38
S	6/22	VACCA	80:45	10.03	8:03
Total					

	Date	Course	Time	Distance	Pulse	W
M	6/23		63:06	8.02	7:51	
T	6/24	FLORIDA	51:47	6.06	8:32	
W	6/25	TX Project to Stacy	69	8.15	8:28	
T	6/26	home to wstertower	70	8.28	8:27	
F	6/27	Threshold 15 min - 2.19 miles	65:50	8.07	6:51 for threshold	
S	6/28	—	—	—		
S	6/29	to baseball fields	106	12	8:50	
Total						

	Date	Course	Time	Distance	Pulse
M	6/30	meandering	68	8.58	7:56
T	7/1	Lost Creek way too slow	74	8	9:15
W	7/2	Oakwood	70:45	8.52	8:18
T	7/3	greenville + neighborhood	69.5	8.26	8:25
F	7/4	Caylin's neighborhood	72	8	9:00
S	7/5	—	—	—	
S	7/6	to celebration to neighborhood across	107.75	12.35	8:44
Total				53.71	

	Date	Course	Time	Distance	Pulse
M	7/7	Meandering	62	8.26	7:30
T	7/8	Baseball fields	68	7.86	8:39
W	7/9	around park	77:15	8.75	8:50
T	7/10	Oakwood	79:45	8.65	
F	7/11	Wassertower	68	7.72	8:48
S	7/12	—	—	—	
S	7/13	Block to Wassertower	107	12.68	8:27
Total					

	Date	Course	Time	Distance	Pulse
M	7/14	Oakwood + loop	71	9.09	7:49
T	7/15	Nat to baseball fields	70:30	8	8:53
W	7/16	Caillin's neighborhood	71	8.2	8:40
T	7/17	Joe Farmer	74:45	8.43	8:52
F	7/18	12ps & new neighborhood	74:35	8.71	8:33
S	7/19	to baseball fields	102	12.32	8:17
S	7/20	TOAS	-	-	
Total				54.75	

	Date	Course	Time	Distance	Pulse
M	7/21	T	50:25		
T	7/22		48		
W	7/23	O			
T	7/24	A			
F	7/25	mount. challenge + 4hr hike	33:44 up	7.4	
S	7/26	S -	-	-	
S	7/27	O	108	11.2	
Total					

	Date	Course	Time	Distance	Pulse
M	7/28	Meandering	watch didn't start	8.74	Great w/2
T	7/29	Baseball fields	75:45	8.42	Great w/2
W	7/30	Mile repeats 6:06 6:07 6:06		7.06	
T	7/31	6x:30 hills in my neighborhood		4.24	
F	8/1	Waternower & Trail	↙ 77	8.46	
S	8/2	Melon Dash		7.5	FUN & P
S	8/3	home to oakwood	107	13.18	8:08
			Total	57.6	

	Date	Course	Time	Distance	Pulse
M	8/4	Meandering	67	9.3	7:13
T	8/5	Baseball fields	77:30	8.6	8:19
W	8/6	5X 30m/20ff		6.3	
T	8/7	Oakwood	53:37	6.46	
F	8/8	tempo 10k pace 20 min		8.33	
S	8/9	-	-	-	
S	8/10	Oakwood	110	13.44	8:11
			Total	52.43	



	Date	Course	Time	Distance	Pulse
M	8/11	Meandering	64	8.74	7:19
T	8/12	Joe Farmer	67	8.01	8:22 felt 24%
W	8/13	morning run	34	3.73	9:07
		Fartlek 4/3/2/1/2/3/4		8.3	
T	8/14	Rivercrest	83	9.42	
F	8/15	hills (my neighborhood) 10X:30		8.62	
S	8/16	Coylins neighborhood	44:30	4.86	
S	8/17	Oakwood	103:45	13.1	7:56
Total				64.87	

	Date	Course	Time	Distance	Pulse
M	8/18	Meandering	64:45	9.04	7:09
T	8/19	Baseball fields	70:45	8	
W	8/20	morning run	46	4.95	
		4x mile 6:06 5:58 6:02		5.7	
T	8/21	Cia's + 5:25 stop so prob	75	8.69	7 mile 6:01 would've 8:33
F	8/22	"shake out"		2.5	
S	8/23	25 min tempo N3.82	~60	8.1	
S	8/24	block + Joe Farmer	117	13.95	8:23
Total					



	Date	Course	Time	Distance	Pulse
M	8/25	Joe Farmer	46	6.15	7:28
T	8/26	Oakwood & Old Stacy	68:30	8.4	8:09
W	8/27	morn run	45	5.06	
		5x30h/2 off	55.5	8.5	
T	8/28	Oakwood	67:15	8.74	
F	8/29	morn run	45	5	
		pre meet		~2	
S	8/30	2 mile time trial 12:02		8.45	
S	8/31	Kaliles to ball fields	113	13.5	8:22
Total					

	Date	Course	Time	Distance	Pulse
M	9/1	Nat 36 for Nat part	~53 2	8	
T	9/2	Joe Farmer	46:45	5.6	8:21
W	9/3	morn run	44:30	5.06	
		Fartlek 1/2/3/4/3/2/1	56	6.65	
T	9/4	Baseball fields		8.1	
F					
S					
S					
Total					

8/24/13 8 miles 1:20

nice (easy) recovery b/c thighs SORE!

8/25/13 5.25 miles hot weather in sun but

nice in shade good easy maybe a little too

easy run

8/26/13 5.25 miles nice too easy run

8/26/13 8 miles - 5 miles hard - sprinted

from CVS to Walmart going back to park

Abby was racing me I just know it but

I stayed on her and felt amazing and

like a machine

8/27/13 9.1 miles

solid amazing recovery could've run

forever & ever

8/28/13 4 miles good morning run but had to go

to the bathroom. 5 miles 30/20 off intervals... couldn't

8/29/13 off probably because we were tired from school and

8/30/13 Snake out 1.5 miles & drills

8/31/13 8.5 miles → consisted of 2 2 mile time

trial and I beat Abby and was so happy and got

12:42 and was very happy and felt good and pushed

hard

4 miles nice & easy

9/1/13 10 miles easy

9/2/13 5 miles 40 mins nice hard run

9/3/13 5 miles easy

6 miles recovery

9/4/13 6.75 miles mile repeats ~~was 10:03~~  
10:03 was 10:13 10:15 good times but I felt  
like I ran faster everytime but got slower  
but great times it was just a struggle to go

9/5/13 4.8 miles easy  
5.8 miles easy

9/6/13 1 hr aqua swimming - felt the burn

9/7/13 hills 19x15sec 6.5 miles - on way  
there struggled to stay on Abby & Bolger's  
tail, my legs were heavy

9/8/13 10 miles good but Rachel was slow  
so I had to stay w/ her

9/9/13 5 miles hard - very hot at least  
felt like it but I did amazing and felt  
great

9/10/13 5 miles easy

3 miles b/c coach said max of 30 min b/c  
everyone kind of tired & stuff

9/11/13 4 miles 3x 20m/3 off nice

9/12/13 5 miles easy

9/13/13 1.5 miles shakeout

9/14/13 1st meet FR = 20:03 best time every 1st  
1st of longly... beat Abby by 9 seconds, felt great to my  
race, SOLID

9/15/13 10 miles nice

1st meet 9/14/13 5K = 20:03:08

	Date	Course	Time	Distance	Pulse
M	9/16	Banger	48:20	6	
T	9/17	morning run	50	5	
		recovery	50	5	
W	9/18	morning run	55	5.5	
		mile repeats 2x1 mile	6:27 6:25	4.5	
T	9/19	recovery	50	5	
F	9/20	tempo 20 min	52	6.0	
		morning run	50	5	
S	9/21	recovery	52	5.2	
S	9/22	long easy	100	12.3	
			Total	59.5	

	Date	Course	Time	Distance	Pulse
M	9/23	Banger-Joe Farmer	52	6.4	
		morning run	50	5	
T	9/24	recovery	60	6	
W	9/25	morning run	50	5	
		BTTRK 4:3:2:1	40	4	
T	9/26	off			
F	9/27	morning run	50	5	
		shake out	15	1.5	
S	9/28	Loujoy meet 20:20	50	6	
S	9/29	easy long run	100	11.4	
			Total	50	

	Date	Course	Time	Distance	Pulse
M	9/	morning run	50	5	
	130	banger	55	6.88	
T	10/	Rivercrest	50	4.75	
	1				
W	10/		50	5	
	2	5X800 2:58 3:05 3:12 3:02 5:08		6.5	
T	10/	recovery	60	6.2	
	3				
F	10/	morning run	50	5	
	4	shake out	78	1.9	
S	10/	ChiliPepper Meet		9	
	5	5x 21:10			
S	10/	long easy	100	11 10.5	
	6				
				Total	60.5
				Weekly Average	6.1

	Date	Course	Time	Distance	Pulse
M	10/	morning	50	5	
	7	banger	48	6.5	
T	10/	recovery	65	6.9	
	8				
W	10/	2 sets 4x400 most 1 set 2x400 86sec	50	5	
	9			6	
T	10/	OFF			
	10				
F	10/	morning run	50	5	
	11	shake out	15	1.5	
S	10/	Keller Race		6	
	12	19:27			
S	10/	long easy	105	10.75	
	13				
				Total	

	Date	Course	Time	Distance	Pulse
M	10/14	Joe Farmer	41	5.54	
		Double run	53	6.23	
T	10/15	recovery		4.75	
W	10/16	morning run 2x1 mile on track 5:59 5:56	50	5	
				5	
T	10/17	recovery	43	<del>5.25</del> <del>6.11</del>	
F	10/18	morning run		5	
		recovery		3	
S	10/19	4x400 :93, :89, :92, :87 10 min tempo 2x400 :92, :87		6.5	
S	10/20	modified long easy		7.5	
Total				53.77	

	Date	Course	Time	Distance	Pulse
M	10/21	tempo run 15 min		5	
T	10/22	OFF			
W	10/23	shakeout		1.5	
T	10/24	DISTRICT 19:59 nilly course		9	
F	10/25	Puster long run	74	9	
S	10/26	2x400 :85 :85 5 min tempo 2x400 :81 :81		5.25	
S	10/27	easy	50	5.5	
Total				35.25	

	Date	Course	Time	Distance	Pulse	Weight
M	10/28	FARKLET 4/3/2/1	45	5		
T	10/29	recovery	4:15	4.75		
W	10/30	4x400 :84:86:85 :82		4		
T	10/31	OFF.				
F	11/1	shake out	15	1.5		
S	11/2	REGIONALS! 19:22 PR 8th place		7		GOING TO STATE
S	11/3	recovery	74	7.57		
			Total	29.82		

	Date	Course	Time	Distance	Pulse	Weight
M	10/4	recovery	45	5.25		
T	11/5	3/2, 2/3, 3/2, 2/3				
W	11/6	4x200 :38				
T	11/7	OFF				
F	11/8	shake off		3		
S	11/9	STATE 19:56		6.5		
S	11/10	OFF				
			Total			