

Noah Landguth

LHS XC Season Running Log

June through November



Summary of Log Data

Weeks in the Season	23
Average Miles of Running per Week	44.57
Total Miles of Running	1,025.2
District Championship time	17:09.0
Region Championship time	16:44.0
State Championship time	16:54.5
Total Competition Running Time	50:47.5

	Date	Course	Time	Distance	Pulse
M	3/6			3+8 11	
T	4/6			5	
W	5/6			3+7 10	
T	6/6			7	
F	7/6			3+8 11	
S	8/6			0	
S	9/6			5	
Total					

	Date	Course	Time	Distance	Pulse
M	10/6			3+8 11	
T	11/6			6	
W	12/6			5+8 13	
T	13/6			6	
F	14/6			7	
S	15/6			8	
S	16/6			6	
Total					

	Date	Course	Time	Distance	Pulse
M	17/6			5+8 13	
T	18/6			5	
W	19/6			9	
T	20/6			6	
F	21/6			3+7 10	
S	22/6			9	
S	23/6			0	
Total					

	Date	Course	Time	Distance	Pulse
M	24/6			5+7 12	
T	25/6			4	
W	26/6			6	
T	27/6			0	
F	28/6			0	
S	29/6			0	
S	30/6			6	
Total					

	Date	Course	Time	Distance	Pulse
M	1/7			2+10 12	
T	2/7			6	
W	3/7			7+3 10	
T	4/7			7	
F	5/7			6	
S	6/7			0	
S	7/7			0	
Total					

	Date	Course	Time	Distance	Pulse
M	8/7			6	
T	9/7			6	
W	10/7			6	
T	11/7			6	
F	12/7			7	
S	13/7			6	
S	14/7			8.5	
Total					

	Date	Course	Time	Distance	Pulse
M	15/7			10	
T	16/7			7	
W	17/7			6	
T	18/7			7	
F	19/7			6	
S	20/7			4	
S	21/7			8	
Total					

	Date	Course	Time	Distance	Pulse
M	22/7			3+10 13	
T	23/7			7	
W	24/7			4+7 11	
T	25/7			7.5	
F	26/7			5+7 12	
S	27/7			0	
S	28/7			8	
Total					

	Date	Course	Time	Distance	Pulse
M	29/7			5+8 13	
T	30/7			6	
W	31/7			6+2 8	
T	1/8			8	
F	2/8			5+2 7	
S	3/8			6	
S	4/8			9	
			Total		

	Date	Course	Time	Distance	Pulse
M	5/8			10+5 15	
T	6/8			7	
W	7/8			7+5 12	
T	8/8			7	
F	9/8			7+5 12	
S	10/8			0	
S	11/8			10	
			Total		

	Date	Course	Time	Distance	Pulse
M	12/8			10+5	
T	13/8			6	
W	14/8			7+5	
T	15/8			7	
F	16/8			7+5	
S	17/8			0	
S	18/8			8	
Total					

	Date	Course	Time	Distance	Pulse
M	19/8			5+10 15	
T	20/8			6	
W	21/8			5+7 12	
T	22/8			6	
F	23/8			5+7	
S	24/8			0	
S	25/8			7	
Total					

	Date	Course	Time	Distance	Pulse
M	26/8			5+10 15	
T	27/8			7	
W	28/8			7+5 12	
T	29/8			0	
F	30/8			1	
S	31/8			5	
S	1/9			10	
Total					

	Date	Course	Time	Distance	Pulse
M	2/9	meandering		7	
T	3/9	Cele Park barefoot		6	
W	4/9	Celebration Park barefoot	5:10 mile	5x1 mile	+82 w/ CD
T	5/9	Cele Park barefoot	45 about	6 m	
F	6/9	meandering hills		8	
S	7/9	off			
S	8/9	at trinity trail	50	7 m	
Total					

	Date	Course	Time	Distance	Pulse
M	9/9	Meandains	35-40	5-6	
T	10/9	Cele barefoot	25 min	-	
W	11/9	Cele barefoot	12 min + w/c c/B	-	
T	12/9	off			
F	13/9	LHS Turf bare foot	shake out		
S	14/9	Region 2 course at UTA	16:55	5K	
S	15/9	trinity trinity trail	1:10 1:10 (hr)	8.5	
Note to self: *			Total		

	Date	Course	Time	Distance	Pulse
M	16/9	meandering Banger		7 mi	
T	17/9	format celebration pk	45 min	-	
W	18/9	LHS track	5:13 5:35 5:30	3 mi + w/c + CD	
T	19/9	Rivercrest f barefoot loop @ cele	-	6.5 mi	
F	20/9	cele bare foot	20 min + w/c + CD	6.?	
S	21/9	off			
S	22/9	stay ridge Park + back from house	-	6-7	
			Total		

	Date	Course	Time	Distance	Pulse
M	23/9	Joe farmer banger		8	
T	24/9	Oakwood		8	
W	25/9	Lele barefoot fertilizer		167	
T	26/9	off			
F	27/9	shake out		4	
S	28/9	Lovesjoy fall fest meet myers Park		7 5K	
S	29/9	Puster		10	
Total					

	Date	Course	Time	Distance	Pulse
M	30/9	Joe farmer banger		8 mi	
T	1/10	recovery		6-7 mi	
W	2/10	LHS track		3 mi + w 10 mi	
T	3/10	Recovery barefoot		6-7 mi	
F	4/10	shake out in Fayetteville		4 mi	
S	5/10	Arkansas chili Pepper Fayetteville		9 mi	
S	6/10	East Lucas Rd. + back from house		10 mi	
Total					

	Date	Course	Time	Distance	Pulse
M	7/10	Joe farmer banger		3 + 8 mi	
T	8/10	Blocks house + back from park	about 50	7 mi	
W	9/10	Lele barefoot 400 repeats, 1 min interval	70 Per 400	2 1/2 + wv 40	
T	10/10	off			
F	11/10	Shakeout cele park			
S	12/10	Keller meet			
S	14/10	stacy ridge park from house		8?	
Total					

	Date	Course	Time	Distance	Pulse
M	14/10	Joe farmer modified banger.		6 or 7	
T	15/10	Stacy rd + back from park + bf loop	50?	6 or 7	
W	16/10	Lhs Track	4:59 4:59	2 miles + wv 40	
T	17/10	lele barefoot	45 m		
F	18/10	cele	45 m		
S	19/10	cele		4 400's @ 70 10 min tempo 2 400's @ 70	
S	20/10	the trinity trail, the			
Total					

	Date	Course	Time	Distance	Pulse
M	21/10	Lele barefoot	15 min tempo	2.68 + wo CP	
T	22/10	Lele off			
W	23/10	Shakeout			
T	24/10	Myers Park District XC	17:08	5k	
F	25/10	Puster + back		9 mi	
S	26/10	Lele barefoot	2x400 5min tempo 2x400	6 mi	
S	27/10	Joe farmer		6 mi	
Total					

	Date	Course	Time	Distance	Pulse
M	28/10	Lele barefoot	fartlek 4, 3, 2, 1 5min int	fartlek	
T	29/10	Riverfest		6	
W	30/10	Lele LHS Track	4x400 @ 68	4	
T	31/10	off			
F	1/11	Lele barefoot			
S	2/11	Region 2 2013 XC, Lynn creek park			
S	3/11	Park + back			
Total					

	Date	Course	Time	Distance	Pulse
M	4/11	Trail from Park			
T	5/11	Levee lowfoot			
W	6/11	WANA Strides (zoom)			
T	7/11	off			
F	8/11	shake out @ Round Rock			
S	9/11	State XC meet 2015 Round Rock			
S	10/11	Break			
Total					