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

XC Season Running Log Summary

Noah Landguth Lovejoy High School

date	week	Μ	Tu	W	Th	F	Sa	Su	total
03-Jun-2013	1	11.0	5.0	10.0	7.0	11.0	-	5.0	49.0
10-Jun-2013	2	11.0	6.0	13.0	6.0	7.0	8.0	6.0	57.0
17-Jun-2013	3	13.0	5.0	9.0	6.0	10.0	9.0	-	52.0
24-Jun-2013	4	12.0	4.0	6.0	-	-	-	-	22.0
01-Jul-2013	5	12.0	6.0	10.0	7.0	6.0	-	-	41.0
08-Jul-2013	6	6.0	6.0	6.0	6.0	7.0	-	8.5	39.5
15-Jul-2013	7	10.0	7.0	6.0	7.0	6.0	4.0	8.0	48.0
22-Jul-2013	8	13.0	7.0	11.0	7.5	12.0	-	8.0	58.5
29-Jul-2013	9	13.0	6.0	8.0	8.0	7.0	6.0	9.0	57.0
05-Aug-2013	10	15.0	7.0	12.0	7.0	12.0	-	10.0	63.0
12-Aug-2013	11	15.0	6.0	12.0	7.0	12.0	-	8.0	60.0
19-Aug-2013	12	15.0	6.0	12.0	6.0	12.0	-	7.0	58.0
26-Aug-2013	13	15.0	7.0	12.0	-	1.0	5.0	10.0	50.0
02-Sep-2013	14	7.0	6.0	7.0	6.0	8.0	-	7.0	41.0
09-Sep-2013	15	6.0	5.0	4.0	5.0	1.5	6.0	8.5	36.0
16-Sep-2013	16	7.0	6.0	3.0	6.5	6.0	-	6.5	35.0
23-Sep-2013	17	8.0	8.0	7.0	-	4.0	7.0	10.0	44.0
30-Sep-2013	18	8.0	6.5	3.0	6.5	4.0	9.0	10.0	47.0
07-Oct-2013	19	11.0	7.0	2.5	-	6.5	6.0	8.0	41.0
14-Oct-2013	20	6.5	6.5	2.0	7.0	7.0	6.5	7.5	43.0
21-Oct-2013	21	2.7	-	1.5	6.0	9.0	6.0	6.0	31.2
28-Oct-2013	22	5.0	6.0	4.0	-	1.5	7.0	6.5	30.0
04-Nov-2013	23	5.0	5.0	2.5	-	3.0	6.5	-	22.0
season total									1,025.2
average									44.57

Date	Course	Time	Distance	Pulse
× 3%			3+8]]	
* 4/6			5	
w 5%			3+7 10	
т 6/6			7	
F 7/6 s 8/6			3+8' 1	
s 8/6			6	
s 9/6			5	
	Total			

	Date	Course	Time	Distance	Pulse
м	19/6		T.	3 +8 11	
т	1/6			6	
W	12/6			578 13	
т	13/6			6	
F	14/6 15/6			7	
S	15/6			8	
s	16/6		2	6	
		т	otal		

Date	Course	Time	Distance	Pulse
- 1/6			5t8 13	
т 18/6			5	
w 19/6			9	
T 20/6			6	
т 29/6 F 21/6	•		3+7 10	
s 22/6			9	
s 23/6			0	
	Tota			

	Date	Course	Time	Distance	Pulse
M	24/6			5+7 12	
т	25%			4	
W	z6/6			6	
т	27/6			0	
F	28/6			0	
S	29/6			0	
S	30/6			6	
		1	Total		

Date	Course	Time	Distance	Pulse
M 1/7			2+10 12	
т 2/7			6	
w 3/7			7t3 10	
т 4/7			7	
F 5/7			6	
s 6/7			0	
s \$/7			0	
	Tota	al		

Date	Course	Time	Distance	Pulse
M 8/7			6	
1/7			6	
N 10/7		-	6	
т "/т			6	
F 12/7			7	
s 13/7			6	
s ¹⁴ /7			8,5	
	Tota	1		

Date	Course	Time	Distance	Pulse
M 15/7			10	
т 16/7			7	
w 17/7			6	
т 18/7			7	
F 19/7 S 20/1			6	
s 20/1			4	
s 21/1			8	
	Total	1		

Date	Course	Time	Distance	Pulse
M 22/7			3†10 13	
T 23/7			7	
w 24/7			4 1 7 1	
т 25/7	10 10		7,5	
F 26/7			5+7 12	
s 27/7			6	
s 28/7			ß	
	Т	otal		

Date	Course	Time	Distance	Pulse
™ ²⁹ /7			578	÷.
× 39/7			6	Ĵ
w 31/7			6+2	
T 1/8			8	
F 7/8			5tz 7	
s 3/8			6	
s 4/8			9	
	Tot	al		

Date	Course	Time	Distance	Pulse
м 5/8			1015 15	
т 6/8			7	
w <i>18</i>	ч.		715 12	
т 8/8			7	
f 9/8			715 12	
s 10/8			0	
s //8			16	
	To	tal		

Date	Course	Time	Distance	Pulse
M 12/8	197		10+5	
м 12/8 т 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	
	Tota	I		

	Date	Course	Time	Distance	Pulse
N	19/8			5+10 15	
Т	20/8			6	
N	21/8			577 12	
т	27/8			6	
F	23/8			577	
s	24/8			Ò	
s	25/8			7	
			Total		

Date	Course	Time	Distance	Pulse
M 26/8			5th 15	
т 27/8			7	3
w 28/8			7 <i>15</i> 12	
т 29/8			0	
F 30/8			1	
s 31/8			5	
s 1/9			10	
1	Tota	al		

	Date	Course	Time	Distance	Pulse
Μ	2/9	Mean Jering	8	7	
Т	3/9	Cele Park barefoot		6	
w	4/9	Cele bration Park build foot	5:10 nile	5×1 nile	+2 10
т	519	Cele Park barefoot	45 about	6 m	×.
F	619	neondering hills		8	
S	719	off			
S	819	10001 Hinity Hail -	50	7 m	
		Total			-

Date	Course	Time	Distance	Pulse
× 9/9	Meandains	35-40	5-6	
T 10/4	cele bale-boot	25 min	-	
w 11/9	Cele barefoot	12 min + 2/B	- ,	
7 12/9	OF	3	*	
F (3/9	LHS TURF bore foot	shake out		
s 14/9	Region 2 Course at UTA	16:55	5 k	
s 15/9	trinity trail	1:10(hr)	8.5	
Note to	serf: Total			÷

	Date	Course	Time	Distance	Pulse
M	16/9	Menildering Banger		7 mi	
т	17/9	Celebration PK	45 min	-	
w	18/9	Lhs track	5:13 5:35 5:30	J Mi + CD	
т	19/9	Fivercrest of have foot loop @ cele cele bare foot	.)	6.5 N	
F	20/9	cele bare foot	20 Min +~~~ + LD	6.3	
S	ZIJA	Off			
S	22/9	stacy tidge Parkt back From house	~	6-7	
	All arrest	Total			

Date	Course	Time	Distance	Pulse
	Joe farmer banger		8	
	Oakwood	-	8	
w 25/	Leve barebot fortlek		\$7	
т 26/9	off			1
F 27/9	Shake out		4	
s 28/9	Lovesey fall fist Meet myers park		7. 5K	
s 29/9	Puster		10	
	Total			

_	Date	Course	Time	Distance	Pulse
М	30/9	Joe falmer Lange	r	8 mi	
т	1/10	fecovery		6-7 m;	ал. Г
w	2/10	LHS Hack		3 mi + vu CDmi	
T	3/10	Recovery togetoot		6-70	
F	4/10	shake out in Everteville		4 m!	
S	5/10	Arkansar Chilli Peller faxettuite East Lucas Rd. + ba from house	-	9 ni	
s	6/10	East Lucas Rd. + bas from house	ck	10 ni	ũ.
		Tota			

	Date	Course	Time	Distance	Pulse
М	7/10	Joe farmer bonger		3+8 ni	
т	8/10	Brocks house + back from Park	alour 50	7 m:	
w	9/10	Lele bave foot 400 repeats, 1 min interva	70 Per 400	2 1/2+ ~UD	
T	10/10	off			- 21 S
F	11/10	Shakeout cele Pask			
s	12/10	Keller meet			
s	P\$/10	stary nige Park From house		8?	
		Total			

	Date	Course	Time	Distance	Pulse
М	10	Joe famer molifiel banger.		6 057	
т	15/10	Specy Rd + back tron fark + bf pop	50?	bor 7	
		Lhs Track	4:59 4:59	Z miks t vu CD	
T	17/10	lek barefoot	45 m		
F	18/10	Cell	45 m	-	
s	19/10	Cele		4 400's@ 10 min tem 2 400's@	6
s	20/10	the trivity thail,			1. 1911
	1	Total			

	Date	Course	Time	Distance	Pulse
м	21/10		15 mai tempo	2.68 + WU (P	Freilig
T	22/10	R off			
w	23/10	Shakeo	nk		5
т	24/10	Myers Park Dist	rict 17:08	ξk	
F	25/10	Puster # + back		9 mi	
s		Cele Lasefoot	2×400 5min tonto 2 y 400	6 mi	
S	27/10	Joe farmed		6 mi	
		Total			

	Date	Course	Time	Distance	Pulse
	110	and the second s	Fartlox 4, 3, 2,1 Emin 141		
т	29/10	Rivercless		6	
w	3%	My LHS Track	4×400 Ø 68	Y	
т		off			
F	1/11	Leve barefast			20 %
S	2/11	Presion 2 2013 XC, Winn dreek Park			1
s	3/1	Park + back			
	-	Total			

D	ate		Course		Time	Distance	Pulse
м 4	1	Hail	fram	Park			
т 5	11	lere	burefo	rof			13
w 6/	1) 11	in sh	iles la	200m)			
т 1	1, 0	ff					
F 8/	11 5	iake or	+ @ 16 You	inl	1.017		PHAN .
s			XC rice Rock				
s le	1	Brec					
				Total			