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 | |
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| Date | Course | Time | Distance | Pulse |
|--------------------|--------|------|----------|-------|
| ™ ²⁹ /7 | | | 578 | ÷. |
| × 39/7 | | | 6 | Ĵ |
| w 31/7 | | | 6+2 | |
| T 1/8 | | | 8 | |
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| 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 | | | |