## 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 <sup>14</sup> /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 <del>1</del> 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
™ <sup>29</sup> /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			