

# Cross Country Running Log 2006

Name: \_\_\_\_\_

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Total:							

- Write down the distance that you run daily and total each week.

## Cross Country weight training schedule for Summer 2006

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

- Complete each group of exercises below: 3 sets of 12-15 repetitions, with lighter weight and then **gradually** increasing the weight. Do not kill yourself/PACE yourself and have the gym staff train you on the machines. Weight training should be done 2-3 x's per week alternating **Group A** and **Group B** exercises.

### Group A

1. Lunges (12-15 ea. Leg)
2. Calf Raises (12-15 ea. Leg)
3. Leg Extensions (12-15 reps)
4. Hamstring Curls (12-15 reps)
5. Sit-ups (50-100)

### Group B

6. Bench Press (12-15 reps)
7. Lat Pulls (12-15 reps)
8. Overhead Press (12-15 reps)
9. Push Ups (25-50)
10. Sit ups (50-100)