2007 BROOKWOOD XC – Mileage Log

WEEK 1 – May 28-June 3 DAY	DISTANCE	TIME	**COURSE**	**NOTES**: Heart Rate, Weather, Conditions
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 1:		**TOTAL**	Goal Mileage: Varsity = **50** Top JV = **35**, Beginners = **22**
+ prev total:			*"Do a little more each day than you think you possibly can." - Lowell Thomas*
Summer To date:		**TOTAL**	**Name** _____

2007 BROOKWOOD XC – Mileage Log

WEEK 2 – June 4-10 DAY	DISTANCE	TIME	**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 2:		**TOTAL**	Goal Mileage: Varsity = **55** Top JV = **40**, Beginners = **25**
+ prev total:			*"To give anything less than your best is to sacrifice the gift." - Steve Prefontaine*
Summer To date:		**TOTAL**	**Name** _____

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WEEK 3 – June 11-17 DAY	DISTANCE	TIME	**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 3:		**TOTAL**	Goal Mileage: Varsity = **45** Top JV = **35**, Beginners = **20**
+ prev total:			*"The human body can do so much. Then the heart and spirit must take over."* *- S. Kee-chung*
Summer To date:		**TOTAL**	**Name** _____

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WEEK 4 – June 18-24 DAY	DISTANCE	TIME	**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 4:		**TOTAL**
+ prev total:		
Summer To date:		**TOTAL**

Goal Mileage: Varsity = **55** Top JV = **40**, Beginners = **25**

"Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself." - William Faulkner

Name _____

2007 BROOKWOOD XC – Mileage Log

WEEK 5 – June 25-July 1			**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
DAY	**DISTANCE**	**TIME**		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 5:		**TOTAL**
+ prev total:		
Summer To date:		**TOTAL**

Goal Mileage: Varsity = **60** Top JV = **35**, Beginners = **30**

"What counts in battle is what you do once the pain sets in." - John Short

Name _____

2007 BROOKWOOD XC – Mileage Log

WEEK 6 – July 2-8			**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
DAY	**DISTANCE**	**TIME**		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 6:		**TOTAL**
+ prev total:		
Summer To date:		**TOTAL**

Goal Mileage: Varsity = **55** Top JV = **35**, Beginners = **25**

"The will to win means nothing if you haven't the will to prepare." - Juma Ikangaa

Name _____

2007 BROOKWOOD XC – Mileage Log

WEEK 7 – July 9-15			**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
DAY	**DISTANCE**	**TIME**		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 7:		**TOTAL**
+ prev total:		
Summer To date:		**TOTAL**

Goal Mileage: Varsity = **60** Top JV = **40**, Beginners = **30**

"Those who say that I will lose and am finished will have to run over my body to beat me."
- Said Aouita

Name _____

2007 BROOKWOOD XC – Mileage Log

WEEK 8 – July 16-22			**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
DAY	**DISTANCE**	**TIME**		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 8:		**TOTAL**
+ prev total:		
Summer To date:		**TOTAL**

Goal Mileage: Varsity = **65** Top JV = **45**, Beginners = **32**

"Sweat cleanses from the inside. It comes from places a shower will never reach."
- George Sheehan

Name _____

2007 BROOKWOOD XC – Mileage Log

WEEK 9 – July 23-29 DAY	DISTANCE	TIME	**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 9:		**TOTAL**
+ prev total:		
Summer To date:		**TOTAL**

Goal Mileage: Varsity = **65** Top JV = **40**, Beginners = **35**

"If one advances confidently in the direction of his dreams…he will meet with a success unexpected in common hours." – H. D. Thoreau

Name _____

2007 BROOKWOOD XC – Mileage Log

WEEK 10 – July 30-August 5			**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
DAY	**DISTANCE**	**TIME**		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 10		**TOTAL**
+ prev total:		
Summer To date:		**TOTAL**

Goal Mileage: Varsity = **60** Top JV = **45**, Beginners = **32**

"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible." - Doug Larson

Name _____

2007 BROOKWOOD XC – Mileage Log

WEEK 11 – August 6-12			**COURSE**	**NOTES: Heart Rate, Weather, Conditions**
DAY	**DISTANCE**	**TIME**		
M				
Tu				
W				
Th				
F				
Sa				
Su				

Week 11		**TOTAL**
+ prev total:		
Summer To date:		**TOTAL**

Goal Mileage: Varsity = **70** Top JV = **50**, Beginners = **40**

"The long run is what puts the tiger in the cat. -- Bill Squires

Name _____