

Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle: when the sun comes up, you'd better be running.

CROSS COUNTRY RUNNERS . . .

As you page through this booklet, I would hope that the importance of goals and summer running become very obvious to you. I am totally convinced that our success or lack of it next fall is directly related to how much running we do this summer.

Summer running builds base and improves fitness. It's quite simple, all things being equal the athlete in better shape is going to win. On the other hand, fitness level can counter balance natural talent. Thus, a less-talented runner can defeat a better runner simply by being in better shape.

As all of you know, Cross Country is a tough, demanding and challenging sport. Each day you run gives you an edge over your competitor who doesn't; however, the opposite is also true. Don't let your competitor have an edge on you.

Summer running does not have to be grueling or excessively difficult. It does have to be consistent. Better to run some every day than to run a lot only once in awhile. Many of you have asked for summer programs; and I have given you several, but none of these are worth anything unless you implement them. Whatever program you adopt or run is as good as you make it. It doesn't have to be anything fancy. Just run and do a lot of it!

I am very excited about both of the teams for next year. I believe you have great potential. Potential means little without commitment, dedication, and desire to do well. If you incorporate those qualities into your potential you will be successful – I guarantee you that. How successful depends on you and how hard you are willing to work.

Set goals – write them down and then work on them every day in some way. I believe you will find success not only in Cross Country by adopting this approach, but in many things in life. This would make me happy and proud!

Good luck and get running!

K.O.

Coach Olsen: 262-914-4096

Coach Jess: 262-492-6662

Central Cross Country 2015

IMPORTANT DATES!

June 16	Summer runs at Silver Lake Park begin. Every Tuesday at 6:30 p.m. Meet at the beach.
July 9	Summer runs at Silver Lake Park extend to Tuesday and Thursday at 6:30 p.m.
July 15, 29 & Aug 12	Repeat Wednesdays at Central High School at 6:30 p.m.
August 10	All Fall Sports Meeting at 6:00 p.m. at Central High School
August 17 (Monday)	Practice begins at <u>8:30 a.m.</u> at Silver Lake Park (by the soccer fields). Make work arrangements prior to this date. Missed practices due to work commitments will not be in your best interest. Also, all forms, fees, and physicals must be taken care of before you practice. Don't miss practice for these reasons. It will likely cost you the first meet!

2015 CENTRAL CROSS COUNTRY SCHEDULE

Mon., Aug. 17	Practice Starts	Silver Lake Park
Thurs., Aug. 27	Menomonee Falls	Rotary Park
Fri., Sept. 4	West Allis Hale Invite	Greenfield Park
Thurs., Sept. 10	Conference Relays	Fox River Park
Fri., Sept. 18	Franklin Invite	Grant Park
Sat., Sept. 26	Laser Invite	Kettle Moraine
Fri., Oct. 2	County Meet	Parkside
Thurs., Oct. 8	Falcon Invite	Fox River Park
Sat., Oct. 17	Conference Meet	Fox River Park
Thurs. Oct. 22	South Milwaukee (JV)	Grant Park (So. Milw.)
Friday, Oct. 23	Sectional Meet	Parkside
Sat., Oct. 31	State Meet	Wisconsin Rapids

CENTRAL CROSS COUNTRY SHEET OF FAME

GIRLS

5K SCHOOL RECORD: MELISSA CAPRA 2014 18:45 STATE MEET, RIDGES GOLF COURSE WIS RAPIDS
TEAM RECORD 5K: 2014 102:14 FALCON INVITE, FOX RIVER PARK

STATE QUALIFIERS

1979	MARY HASKE	44	12:34
1980	MARY HASKE	32	12:32
1981	MARY HASKE	19	12:00
1982	MARY HASKE	16	11:53
1983	KRIS MASNICA	60	
1984	KRIS MASNICA	24	12:00
1998	DARCI ROBINSON	76	16:01
1999	DARCI ROBINSON	35	15:34
2000	DANA CALZAVARA	54	15:43
2001	DANA CALZAVARA	68	15:44
2002	JESSICA LAMP	46	15:30
2003	JESSICA LAMP	28	15:16
2004	JESSICA LAMP	20	15:26
2009	HANNAH ANDREKUS	66	15:56

SECTIONAL CHAMPIONS

1980	MARY HASKE	12:32
1982	MARY HASKE	11:44
2013	MELISSA CAPRA	14:55

REGIONAL CHAMPIONS

COUNTY CHAMPIONS

1982	MARY HASKE	11:57
1984	KRIS MASNICA	12:26
1988	JENNI CLARK	12:29
1999	DARCI ROBINSON	15:37
2001	DANA CALZAVARA	15:58
2013	MELISSA CAPRA	15:06
2014	MELISSA CAPRA	19:36

STATE QUALIFYING TEAMS

1979	GIRLS	CLASS A	
1998	GIRLS	DIVISION 1	15 TH
1999	GIRLS	DIVISION 1	15 TH
2012	GIRLS	DIVISION 1	13 TH
2013	GIRLS	DIVISION 1	14 TH
2014	GIRLS	DIVISION 1	17 TH

SECTIONAL CHAMPIONSHIPS

1979	GIRLS	CLASS A
1998	GIRLS	DIVISION 1
2012	GIRLS	DIVISION 1
2013	GIRLS	DIVISION 1

REGIONAL CHAMPIONSHIPS

CONFERENCE CHAMPIONSHIPS

1997, 1998, 1999, 2000, 2001, 2003, 2005, 2008, 2012, 2013, 2014

CONFERENCE CHAMPIONS

1978	LOUISE HASKE	12:00
1979	MARY HASKE	12:42
1980	MARY HASKE	13:13
1981	MARY HASKE	11:59
1982	MARY HASKE	12:18
1983	KRIS MASNICA	12:18
1999	DARCI ROBINSON	15:43
2000	DARCI ROBINSON	16:17
2001	DANA CALZAVARA	15:52
2002	JESSICA LAMP	15:35
2003	JESSICA LAMP	15:31
2004	JESSICA LAMP	15:55
2008	CANDICE MORETTI	15:45
2012	MELISSA CAPRA	15:35
2013	MELISSA CAPRA	15:12
2014	MELISSA CAPRA	19:50

DIVISIONAL CHAMPIONS

1984	KRIS MASNICA	12:06
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COUNTY TEAM CHAMPIONS

1979, 1982, 1983, 1984, 1985, 1989, 1990, 1991, 1999, 2000, 2001, 2012, 2013, 2014

SOUTHERN LAKES DIV. CHAMPIONSHIPS

1989, 1990, 1992

CONFERENCE RELAY CHAMPIONS

1998, 1999, 2000, 2001, 2002, 2004, 2005, 2012, 2013, 2014

CENTRAL CROSS COUNTRY SHEET OF FAME

BOYS

5K SCHOOL RECORD: TONY ESCARCEGA 1991 15:53 COUNTY MEET @ UW-PARKSIDE
TEAM RECORD 5K: 2012 84:06 CONFERENCE MEET @ UW-PARKSIDE

STATE QUALIFIERS

1983	STEVE LUDWIG	81	17:12
1987	MIKE MANOWSKI	62	16:43
1989	SHANE CARR	17	16:22
1990	TONY ESCARCEGA	107	17:56
1991	TONY ESCARCEGA	12	17:03
1997	CHAD ROBINSON	47	17:08
1998	CHAD ROBINSON	35	16:43
2000	TOM OBENAU	42	16:43
2001	ADAM ANDERSON	36	16:38
2001	TOM OBENAU	31	16:37
2003	JOSH MONSON	34	16:29
2006	MARCUS ANDERSON	40	16:53
2006	MARCUS HAWKINS	101	17:27
2006	ROBERT MEYERS	111	17:31
2009	ERIK CARLSON	82	17:10
2013	JACOB HEBIOR	33	16:37
2013	SHANE MCNEALY	128	17:29

SECTIONAL CHAMPIONS

1991	TONY ESCARCEGA	16:07
2013	JACOB HEBIOR	16:05

REGIONAL CHAMPIONS

1974 LAURENS BITTER

COUNTY CHAMPIONS

1972	JOE BELANGER	
1973	LAURENS BITTER	
1988	MIKE MANOWSKI	17:30
1989	TONY ESCARCEGA	15:51
1990	TONY ESCARCEGA	16:56
1991	TONY ESCARCEGA	15:53
1998	CHAD ROBINSON	16:29

STATE QUALIFYING TEAMS

1972	BOYS	CCM	
1988	BOYS	CLASS A	15 TH
1989	BOYS	CLASS A	15 TH
1998	BOYS	DIVISION 1	15 TH
2010	BOYS	DIVISION 1	18 TH
2011	BOYS	DIVISION 1	18 TH
2012	BOYS	DIVISION 1	13 TH
2014	BOYS	DIVISION 1	17 TH

SECTIONAL CHAMPIONSHIPS

REGIONAL CHAMPIONSHIPS

1972	BOYS	CCM
1974	BOYS	CCM

CONFERENCE CHAMPIONSHIPS

1990, 1996, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2006, 2010, 2011, 2012

CONFERENCE CHAMPIONS

1988	MIKE MANOWSKI	16:30
1989	SHANE CARR	16:34
1991	TONY ESCARCEGA	16:01
1998	CHAD ROBINSON	16:56
2000	TOM OBENAU	16:58
2001	TOM OBENAU	16:34
2003	JOSH MONSON	16:59
2011	CASEY MERRILL	16:27
2012	TYLER FIEBELKORN	16:28
2013	JACOB HEBIOR	16:19
2014	JACOB HEBIOR	16:31

DIVISIONAL CHAMPIONS

1988	RANDY SCHULTZ	16:50
1989	SHANE CARR	16:29
1991	TONY ESCARCEGA	16:27

COUNTY TEAM CHAMPIONS

1972, 1974, 1988, 1989, 1990, 1998, 1999, 2012

SOUTHERN LAKES DIV. CHAMPIONSHIPS

1988, 1989, 1990, 1994, 1996

CONFERENCE RELAY CHAMPIONS

1996, 1999, 2000, 2001, 2002, 2003, 2004, 2006, 2011, 2012, 2014

2014 SEASON SUMMARY

	<u>GIRLS</u>		<u>BOYS</u>	
CONFERENCE RECORD	14-0	1000%	13-1	928%
SEASON RECORD (NOT INCLUDING STATE)	76-5	938%	74-11	870%
SEASON RECORD (INCLUDING STATE)	79-21	790%	77-27	740%

	<u>GIRLS</u>		<u>BOYS</u>	
	<u>PLACE</u>	<u>TIME/PTS</u>	<u>PLACE</u>	<u>TIME/PTS</u>
MENOMONEE FALLS	N/A	N/A	N/A	N/A
WEST ALLIS HALE	3 RD	80	6 TH	154
CONFERENCE RELAYS	1 ST	103:52	1 ST	87:36
FRANKLIN INVITE	2 ND	58	4 TH	104
LASER INVITE	1 ST	106:03	1 ST	87:21
COUNTY MEET	1 ST	30	2 ND	55
FALCON INVITE	1 ST	36	1 ST	22
CONFERENCE MEET	1 ST	36	2 ND	49
SECTIONAL MEET	2 ND	69	2 ND	79
STATE	17 TH	418	17 TH	361
SEASON BEST TIME	102:14 @ FALCON (FOX RIVER)		84:49 @ FALCON (FOX RIVER)	
SCHOOL RECORD TIME	102.14 @ 2014 FALCON (FOX RIVER)		84:06 – 2012 @ CONFERENCE (UWP)	
INDIVIDUAL RECORD	14:55 (4K) – MELISSA CAPRA (UWP)		15:53 – TONY ESCARCEGA (UWP)	
	18:45 (5K) – MELISSA CAPRA (STATE, RIDGES GOLF COURSE, WIS. RAPIDS)			

JUNIOR VARSITY RESULTS

	<u>GIRLS</u>		<u>BOYS</u>	
	<u>PLACE</u>	<u>TIME/PTS</u>	<u>PLACE</u>	<u>TIME/PTS</u>
MENOMONEE FALLS	N/A	N/A	N/A	N/A
WEST ALLIS HALE	3 RD	80	2 ND	52
FRANKLIN INVITE	1 ST	27	1 ST	28
LASER INVITE	2 ND	57	1 ST	26
COUNTY MEET	1 ST	15	1 ST	30
FALCON INVITE	1 ST	15	1 ST	16
CONFERENCE MEET	1 ST	15	1 ST	33
SOUTH MILWAUKEE	4 TH	127	4 TH	111
SEASON RECORD	69-7	907%	78-4	951%

2014 RUNNERS OF THE WEEK



#1	JARED HOLLOWAY	HOLLI COPPELMAN
#2	SHEEL PATEL	ALEXANDRIA REEVES
#3	JACOB YULE	AMANDA SABOURIN
#4	MASON HEDRICK	RACHEL FISH
#5	LUCAS LEYDENS & MACK BERNHARDT	MARIA SABOURIN
#6	ALEXEY HUFNAGLE & GERALD EHR	EMMA GOLDBERG & MADDIE MURPHY
#7	CONOR LAROCHE & JACOB HEBIOR	MONICA RASCH & MELISSA CAPRA
#8	LUCAS RAY & MICHAEL YULE	TAYLOR WASHACK & KAITE KELLER
#9	MATTHEW HOLLOWAY & GRAHAM ANDREWS	COURTNEY BOCKRATH, MEGHAN CAPRA & CLAIRE THOMPSON
#10	MICHAEL KURZER	SYDNEY RAU

SUMMER PRIDE CLUB

MAROON (T-SHIRTS)

JONAH ARBET
MATTHEW HOLLOWAY
SHANE MCNEALY

JARET SCHROEDER
DONOVAN WARE

JULIA ALBERTH
COURTNEY BOCKRATH
MELISSA CAPRA
CHELSEA LAMP

REBECCA LAMP
BECCA LAWRENCE
AMANDA SABOURIN
MARIA SABOURIN

SILVER (CERTIFICATES)

MASON BUTHMAN
ANGEL DALSBØ
CODY DEHAMER
JONATHAN FILIATREULT
COLTON GREENHILL
JARED HOLLOWAY
SAM KELLER
J. EVAN KIRSCH

MICHAEL KURZER
CONOR LAROCHE
LUCAS LEYDENS
SHEEL PATEL
LUCAS RAY
LOGAN SPERLING
JACOB YULE
MICHAEL YULE

MADLINE ASMA
MEGHAN CAPRA
BROOKLYN CARLSON
HOLLI COPPELMAN
NATALIE CORDUCK
MACKENZIE MACCAUX

ALYSSA MACKINNON
MADDIE MURPHY
EMILY OLENICZAK
ALEXANDRIA REEVES
MEGAN SCOTT
TAYLOR WASHACK

2014 "4 YEARS OF PRIDE IN OUR STRIDE" RECIPIENTS

JONAH ARBET
MICHAEL KURZER
SHANE MCNEALY

DONOVAN WARE
MICHAEL YULE

JULIA ALBERTH
COURTNEY BOCKRATH
MELISSA CAPRA
REBECCA LAMP

BECCA LAWRENCE
MADDIE MURPHY
MARIA SABOURIN
MEGAN SCOTT

Summer Pride Club is sponsored by Mike Cassity and Proforma Corporation. A special thanks to them.

2014 GIRLS CROSS COUNTRY

Athlete	Career PR	Season PR	Average Person	No of Races	No of Varsity Races
Capra, Meghan	19:32	19:32	2	10	10
Maccaux, Mackenzie	21:00	21:00	4.8	10	10
Sabourin, Amanda	21:42	21:42	8.3	10	7
Rau, Sydney	21:41	21:41	9.3	9	2
MacKinnon, Alyssa	22:19	22:19	9.4	9	3
Rasch, Monica	22:10	22:10	9.5	7	1
Reeves, Alexandria	22:31	22:31	11.3	9	0
Lamp, Chelsea	21:59	21:59	11.5	9	0
Hrncar, Alyssa	21:55	23:11	13.2	5	0
Fish, Rachel	24:28	24:28	14	1	0
Corduck, Natalie	22:06	24:34	17	5	0
Washack, Taylor	23:35	23:35	17.5	9	0
Oleniczak, Emily	23:36	23:36	17.6	6	0
Edquist, Riley	23:25	24:35	20.4	7	0
Stevens, Paige	24:44	24:52	20.6	8	0
Hebior, Anna	24:58	24:58	22.6	8	0
Coppelman, Holli	24:54	24:54	23	8	0
Keller, Kaite	24:24	24:24	23.5	9	0
Rios, Mariana	24:38	24:38	24.4	6	0
Lau, Megan	26:44	26:44	25.7	3	0
Richards, Keelin	26:27	26:27	26	1	0
Niles, Anna Leigh	25:51	25:51	26.5	9	9
Goldberg, Emma	26:28	26:28	28.6	8	0
Ceisel, Annelise	26:52	26:52	30.7	7	0
Asma, Madeline	29:01	29:01	31.3	3	0
Simmons, Olivia	28:59	28:59	31.4	9	0
Hunter, Josephine	26:52	26:52	32.6	6	0
Williams, Montana	31:18	31:18	33.3	6	0

2014 GIRLS CROSS COUNTRY

Athlete	Career PR	Season PR	Average Person	No of Races	No of Varsity Races
Landry, Lisa	29:39	32:01	35	2	0
Norstrom, Katja	33:09	33:09	36.3	3	0
Starr, Madison	32:51	32:51	39	1	0
Klean, Olivia	26:20	26:20	DNF	N/A	N/A

2014 BOYS CROSS COUNTRY

Athlete	Career PR	Season PR	Average Person	No of Races	No of Varsity Races
Hebior, Jacob	16:05	16:08	1.1	10	10
Holloway, Matthew	17:25	17:25	5.9	9	9
Patel, Sheel	17:48	17:48	7.4	10	6
Keller, Sam	18:16	18:23	10	9	4
Sperling, Logan	18:28	18:28	11.3	9	0
Hedrick, Mason	17:51	17:51	11.6	10	3
Andrews, Graham	18:15	18:15	11.8	9	0
Hufnagle, Alexey	18:13	18:13	13.2	7	1
Holloway, Jared	18:41	18:41	13.3	9	0
Greenhill, Colton	18:40	18:40	15.6	9	0
Silber, Trevor	18:29	18:29	16.4	9	0
Horton, Brandon	18:48	18:48	18.2	6	0
LaRoche, Conor	18:53	18:53	19.1	9	0
Meyers, Shawn	19:03	19:03	19.4	8	0
Schroeder, Jaret	19:47	19:47	23.9	9	0
Yule, Jacob	20:08	20:08	24.3	9	0
Ray, Lucas	19:41	19:41	24.9	8	0
Dietz, John	20:06	20:06	28.3	8	0
Huddleston, Jon	20:17	20:17	29	2	0
Bernhardt, Mack	20:21	20:21	29.9	9	0
Filiatreault, Jonathan	20:58	20:58	30.4	9	0
Hehn, William	20:47	20:47	31.6	9	0
Schwab, Austin	19:59	19:59	33.4	9	0
Keller, Nick	21:09	21:23	34.4	8	0
Ehr, Daniel	21:18	21:53	34.7	8	0
Martin, Nathan	21:06	21:06	35.6	8	0
Smith, Zach	22:04	22:04	37.8	6	0
Dawson, Alexander	22:44	22:44	39.1	9	0

2014 BOYS CROSS COUNTRY

Athlete	Career PR	Season PR	Average Person	No of Races	No of Varsity Races
Golm, Jon	23:30	23:30	39.3	4	0
Roenfanz, Devan	23:08	23:08	41.2	7	0
Clements, Dylan	23:56	23:56	41.8	7	0
Buthman, Mason	23:41	23:41	42	7	0
Bonnar, Michael	24:17	24:17	42.8	9	0

Beginning on June 15th, we have 9 weeks before we begin practice on

Monday, August 17th

You have been given a nine-week summer training program. This program will definitely prepare you for the upcoming season and greatly increase our chances to achieve the goals for next fall and to maintain the strong Central Cross Country tradition. This program is very progressive in frequency of runs and intensity of runs. It is made up of six components:

1. Steady pace runs – done once or twice per week in all 3 phases. These are comfortable pace runs that should increase in duration by 5:00/month.
2. Pick-up runs – done once or twice per week in all phases – similar to steady pace runs in durations with various pick-ups throughout. These runs help improve form and break up the run. Pickups should be :15 - :30 in duration and should focus on running tall with a strider pace and feel.
3. Long distance runs – done once per week in all phases and should be 10:00 longer than steady pace runs. Slightly easier pace than steady pace runs, but harder than recovery runs.
4. Strength workouts – done once every two weeks beginning in phase 2. Duration and intensity varies by athlete and fitness.
5. Speed workouts – done once every two weeks beginning in phase 2. Duration and intensity varies by athlete and fitness.
6. Recovery runs – done once per week in phases 2 and 3. These runs should follow your workouts and should be the same duration as your steady pace runs but at an easier pace.

* Steady pace runs should begin at a minimum of 15:00.

* All workouts and pick-up runs should range between 20-35:00.

Example:

	June	July	August
Runner X SP	15:00	20:00	25:00
LD	25:00	30:00	35:00
Runner Y SP	30:00	35:00	40:00
LD	40:00	45:00	50:00

Pick-up Runs

- Pick-up A Pace for 2:30/:30 p.u. x 8-12
- Pick-up B Pace for 3:00/1:00 p.u. x 6-10
- Pick-up C Easy w.u. then pace 1:30/:30 p.u. x 6-10 then easy c.d.
- Pick-up D Easy w.u. then pace :45/:15 p.u. x 8-12 then easy c.d.

Strength Workouts

- A. Out & back runs, easy out / hard back
- B. Fartlek (declining)
 - (1) 4-4-3-3-2-2-1-1- (20 minutes)
 - (2) 5-4-4-3-3-2-2-1-1 (25 minutes)
 - (3) 5-5-4-4-3-3-2-2-1-1 (30 minutes)
 - (4) 6-5-5-4-4-3-3-2-2-1-1- (36 minutes)
- C. Hill repeats (charge up – jog down)
 - (1) 2 x 8:00 sets, 4:00 rest between sets
 - (2) 3 x 7:00 sets, 4:00 rest between sets
- D. Progression / cut down run
(Similar to out and back where each time over a certain loop you get faster.)
 - (1) 12 – 15:00 Loop x 2
 - (2) 6 – 10:00 Loop x (3 or 4)

Speed Workouts

- A. W.U. for 6:00 then 1:15 (EJ):45 (H) x (6-10) c.d. for 6:00
- B. 1 (W) / 1(J) / 1 (H) x (6-10)
- C. 1 (W) / 2(J) / 2(H) x (5-7)

Races

Summer Road Race will take the place of either the speed or strength workout for that week.

PHASE I Weeks 1—3

June 2015

Phase I: Run 3-4 days per week with 1-2 days of alternate activity (bike = 2x, swim = 1/2)

Week #1 2 x SP
1 x LD
1 x PU

Week #2 2 x SP
1 x LD
1 x PU

Week #3 2 x SP
1 x LD
1 x PU

KEY:

SP Steady Pace Run
LD Long Distance Run
PU Steady Pace Run w/Various Pick-Ups
ST WO Strength Workout
SP WO Speed Workout

Central High School Cross Country

Coach Olsen Cell: 914-4096
olsenk@westosha.k12.wi.us

MORE RACE INFO @ badgerlandstriders.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Graduation	8	9	10	11	12	13
14	15	16 6:30 p.m. Silver Lake Park	17	18	19	20 Light House Run @ Racine
21	22	23 6:30 p.m. Silver Lake Park	24	25	26	27 Big Foot Trail 5K Lake Geneva
28 Kenosha Firecracker 5K	29	30 6:30 p.m. Silver Lake Park				

Central High School Cross Country

PHASE 2 Weeks 4—6

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Waterford 5K
5	6	7 6:30 p.m. Silver Lake Park	8	9 6:30 p.m. Silver Lake Park	10	11
12	13	14 6:30 p.m. Silver Lake Park	15 6:30 p.m. @ CHS Track Repeat Wednesday	16 6:30 p.m. Silver Lake Park	17	18 Mukwonago Run
19	20	21 6:30 p.m. Silver Lake Park	22	23 6:30 p.m. Silver Lake Park	24	25 South Milwaukee Run
26	27	28 6:30 p.m. Silver Lake Park	29 6:30 p.m. @ CHS Track Repeat Wednesday	30 6:30 p.m. Silver Lake Park	31	

Phase 2:
Run 4-5 days per week with
1-2 days of alternate activity

Week #4
1 x SP
1 x LD
1 x PU
1 x ST WO
1 x RR

Week #5
1 x SP
1 x LD
1 x PU
1 x SP WO
1 x RR

Week #6
2 x SP
1 x LD
1 x PU
1 x ST WO
1 x RR

Week #7
Begins Phase 3
1 x SP
2 x LD
1 x PU
1 x SP WO
1 x RR

KEY:
SP Steady Pace Run
LD Long Distance Run
PU Steady Pace Run w/Various Pick-Ups
ST WO Strength Workout
SP WO Speed Workout
RR Recovery Run

Central High School Cross Country

Coach Olsen Cell: 914-4096
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MORE RACE INFO @ badgerlandstriders.org

Central High School Cross Country

Week #7
Begin Phase 3

PHASE 3 Weeks 7-9

August 2015

Phase 3: Run 3-4 days per week with 1-2 days of alternate activity

Week #8
 2 x SP
 1 x PU
 1 x LD
 1 x ST WO
 1 x RR

Week #9
 2 x SP
 1 x PU
 2 x LD

KEY:
 SP Steady Pace Run
 LD Long Distance Run
 PU Steady Pace Run w/Various Pick-Ups
 ST WO Strength Workout
 SP WO Speed Workout
 RR Recovery Run

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Waterford Full Moon (4 miles)
2	3	4 6:30 p.m. Silver Lake Park	5	6 6:30 p.m. Silver Lake Park	7	8 Hank Aaron State Trail 5K or Parkside Summer Classic 5K
9	10 6:00 p.m. Fall Sports Mtg @ CHS	11 6:30 p.m. Silver Lake Park	12 6:30 p.m. @ CHS Track Repeat Wed	13 6:30 p.m. Silver Lake Park	14	15 Iron Horse 5K in Sturtevant
16	17 8:30 a.m. Practice SLP by Soccer Fields	18 8:30 a.m. Practice SLP by Soccer Fields	19 8:30 a.m. Practice SLP by Soccer Fields	20 8:30 a.m. Practice SLP by Soccer Fields	21 8:30 a.m. Practice SLP by Soccer Fields	22
23	24 3:30 p.m. Practice @ CHS	25 3:30 p.m. Practice @ CHS	26 3:30 Practice @ CHS Pasta Parta TBA	27 Menomonee Falls Invite Bus time TBD	28 8:30 a.m. Practice SLP by Soccer Fields	29
30	31 3:00 p.m. Practice @ CHS	9/1 Freshman Day 3:00 Practice @ CHS	9/2 School Starts! 3:00 Practice @ CHS	9/3 3:00 Practice @ CHS Pasta Parta TBA	9/4 West Allis Hale Invite	

Week #8

Week #9

Central High School Cross Country

Coach Olsen Cell: 914-4096
 olsenk@westosha.k12.wi.us

Central High School Cross Country

MORE RACE INFO @ badgerlandstriders.org

2015

Week 1			
Day	Date	Dist.	Time
Monday	6/15		
Tuesday	6/16		
Wednesday	6/17		
Thursday	6/18		
Friday	6/19		
Saturday	6/20		
Sunday	6/21		
Total			

Week 2			
Date	Dist.	Time	
6/22			
6/23			
6/24			
6/25			
6/26			
6/27			
6/28			
Total			

Week 3			
Date	Dist.	Time	
6/29			
6/30			
7/1			
7/2			
7/3			
7/4			
7/5			
Total			

Team Member



"To give anything less than your best is to sacrifice the gift."

Week 4			
Day	Date	Dist.	Time
Monday	7/6		
Tuesday	7/7		
Wednesday	7/8		
Thursday	7/9		
Friday	7/10		
Saturday	7/11		
Sunday	7/12		
Total			

Week 5			
Date	Dist.	Time	
7/13			
7/14			
7/15			
7/16			
7/17			
7/18			
7/19			
Total			

Week 6			
Date	Dist.	Time	
7/20			
7/21			
7/22			
7/23			
7/24			
7/25			
7/26			
Total			

"There is no Y in running. Believe in the run." -Nike-

"Nothing hurts more than sitting on the couch." -New Balance-

"Somewhere in the world someone is training when you are not. When you race him he will win." -Tom Flemming-



* = Striders
H = Hills
T = Tempo

If you don't know the mileage write the time.

Just Run!!!
Falcon Pridell

Week 7			
Day	Date	Miles	Time
Monday	7/27		
Tuesday	7/28		
Wednesday	7/29		
Thursday	7/30		
Friday	7/31		
Saturday	8/1		
Sunday	8/2		
Total			

Week 8			
Date	Miles	Time	
8/3			
8/4			
8/5			
8/6			
8/7			
8/8			
8/9			
Total			

Week 9			
Date	Miles	Time	
8/10			
8/11			
8/12			
8/13			
8/14			
8/15			
8/16			
Total			

Summer Total =

= Summer Runs Silver Lake Park 6:30

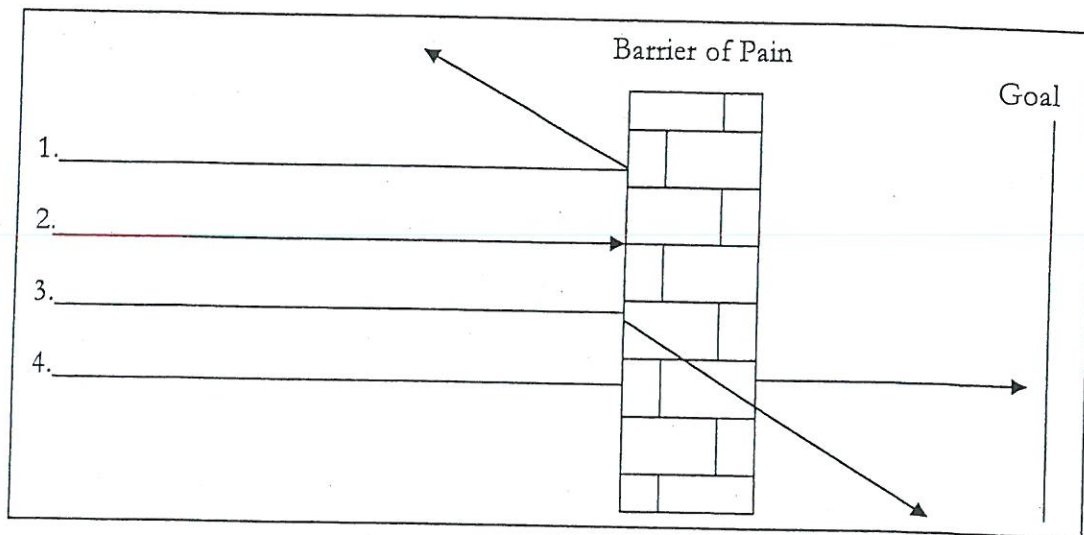
1st Practice August 17

A ROAD TO SUCCESS

Set both short and long range goals...

Based on past performance, capability and motivation.

CHART SHOWING REACTION TO RUNNING



1. The quitter who hits the barrier, bounces back, retreats, and quits the squad.
2. The runner who is satisfied with mediocrity and wants to run if he is not expected to experience any pain, sacrifice or improvement.
3. The individual, who works fairly hard and wants to be up with the best runners, but does not have the desire to be the best.
4. The achiever who smashes through every barrier to obtain his goal.

Which one are you going to be this year?