Weekly TRaining Evaluation: Relentless Effort

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| NAME: |  | Week: |  | YEAR: | 2022 |

Activity Monday Tuesday Wednesday Thursday Friday Saturday

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| Practice – Training (60 pts – 1st year runner “C”- 2nd year runner “B” – 3rd year runner “A” workout complete) | |  |  |  |  |  |  |
| EZ |  | |  |  |  |  |  |
| Tempo |  | |  |  |  |  |  |
| Interval |  | |  |  |  |  |  |
| Race |  | |  |  |  |  |  |
| Long Run |  | |  |  |  |  |  |

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| Warm-up Exercises (9) |  |  |  |  |  |  |
| Activation (1) |  |  |  |  |  |  |
| Dynamic (2) |  |  |  |  |  |  |
| Form Drills (3) |  |  |  |  |  |  |
| Fast Strides (3) |  |  |  |  |  |  |

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| Core (4) |  |  |  |  |  |  |
| Day 1, 2, 3, 4 (4) |  |  |  |  |  |  |

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| Weights (4) |  |  |  |  |  |  |
| Day 1, 2, 3 (4) |  |  |  |  |  |  |

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| Range of MoTion (3) |  |  |  |  |  |  |
| Hurdle Drills (2) |  |  |  |  |  |  |
| Stretch A/ B (1)  Walking Drills |  |  |  |  |  |  |

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| Recovery: Sleep & Nutrition (20) |  |  |  |  |  |  |
| Sleep (8hours) (6) (9 hours +4 bonus) |  |  |  |  |  |  |
| Protein, Carbs at practice (2) |  |  |  |  |  |  |
| Foam Roll/ stick/ orb (4) |  |  |  |  |  |  |
| Water (1) |  |  |  |  |  |  |
| Ate well? (3) |  |  |  |  |  |  |
| **Point Total** |  |  |  |  |  |  |
| Bonus 10 double run |  |  |  |  |  |  |
| Total pts |  |  |  |  |  |  |

.31 ounce for women in normal weather x body weight = fluids needed/// more in hot weather (add electrolytes)

\_536+ : Excellence – All In – Pro Level \_480+\_\_ : Good – Improving Athlete \_400+\_ : Average – maybe getting better

\_\_300+\_ : Healthy lifestyle but not improving \_200-\_\_ : Something going on?

“I don’t know where the limits are... but I would like to go there.”