

Week 1	CV Exercise Mode (Be as specific as possible)	CV Duration MIN.	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Com.
M	RUN / SPEEDBALL	30/20/20	19/12	CORE STRENGTH x3	FULL BODY x3	
T	RUN / BIKE	23/60	11/13	CORE STRENGTH x2	FULL BODY x3	
W	SPEEDBALL / (SEE BACK)	20/	12/16	CORE STRENGTH x2	FULL BODY x3	
TH	RUN / BIKE	27/60	11/12	CORE STRENGTH/PUSHUPS	FULL BODY x3	
F	SPEEDBALL / RUN	20/23	12/11	CORE STRENGTH x3	FULL BODY x3	
S&S	RACE-RUN / SOCCER RUN	21-46/40	17-15/15	CORE STRENGTH x3	FULL BODY x3	
Weekly Score* CV = 13				Resistance = 0	Flexibility = 18	

Week 2	CV Exercise Mode (Be as specific as possible)	CV Duration MIN.	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Com.
M	SPEEDBALL / RUN	20/39	11/15	CORE STRENGTH x2	FULL BODY x3	Consider adding st. for upper + lower body. 10/1
T	BIKE	60	13	CORE STRENGTH x3	FULL BODY x3	
W	RUN (SEE BACK)		16	CORE STRENGTH x3	FULL BODY x3	
TH	RUN	40	17	CORE STRENGTH x3	FULL BODY x3	
F	RUN	15	11	CORE STRENGTH x5	FULL BODY x3	
S&S	RACE-RUN / SOCCER RUN	20/40/47	17/16-14	NONE	FULL BODY x2	
Weekly Score* CV = 7				Resistance = 0	Flexibility = 19	

Week 3	CV Exercise Mode (Be as specific as possible)	CV Duration MIN.	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Com.
M	TOTAL FITNESS / RUN	25/57	13/13	CORE STRENGTH x3	FULL BODY x3	
T	RUN	53	16	CORE STRENGTH x2	FULL BODY x3	
W	(SEE BACK)		16	CORE STRENGTH x2	FULL BODY x3	
TH	RUN	42	15	CORE STRENGTH x2	FULL BODY x2	
F	(SEE BACK)		16	CORE STRENGTH x2	FULL BODY x3	
S&S	- / RUN /	60	13	- / CORE x2	FULL BODY x2	
Weekly Score* CV = 7				Resistance = 0	Flexibility = 16	

Week 4	CV Exercise Mode (Be as specific as possible)	CV Duration MIN.	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Com.
M	(SEE BACK)		16	CORE STRENGTH x2	FULL BODY x3	Talk w/ ml when the side - x2. Reason resist. re. Begin resist. re.
T	RUN	25	10	CORE STRENGTH x3	FULL BODY x3	
W	(SEE BACK) / SWIM	/ 60	16/12	CORE STRENGTH x2	FULL BODY x3	
TH	RUN / BIKE / SWIM	25/25/60	12/13/14	CORE STRENGTH	FULL BODY x3	
F	RUN	25	13	CORE STRENGTH x2	FULL BODY x2	
S&S	RACE / RUN	20/60	18/15	CORE STRENGTH	FULL BODY x2	
Weekly Score* CV = 10				Resistance = 0	Flexibility = 16	

* Cardiovascular Exercise (CV) Weekly Score is the number of sessions ≥20 minutes completed in one week.
 * Resistance Exercise Weekly Score is the number of whole body sessions completed in one week (i.e. upper body on Tu., lower body on Wed. = 1)
 * Flexibility Weekly Score is the number of whole body stretching sessions completed in one week.
 ACSM Guidelines - CV exercise 3-5 times/wk >20 mins at Target HR or RPE, Resistance exercise 2-3 times/wk (whole body)
 Therefore to follow ACSM guidelines you should try to obtain a weekly CV score of 3-5, Resistance score of 2-3, and Flexibility = 3-5

8 x 100's
2 1/2 mile BACK TO SCHOOL
30 sec FITTING SLOWER
3 mile HARDER TICKET ROLL
4 mile TEMPO
W - WORKOUT
(week 4)

Borg RPE Scale

- 6 no exertion at all
- 7 extremely light
- 8
- 9 very light
- 10
- 11 light
- 12
- 13 somewhat hard
- 14
- 15 hard (heavy)
- 16
- 17 very hard
- 18
- 19 extremely hard
- 20 maximal exertion

W/200 rest / cool down
6 x 400
W - WORKOUT
(week 7)

(3) 1500's - FAST
2 1/2 WARM-UP / COOL - S
W - WORKOUT
(week 4)

SMILES WARM-UP / COOL DOWN (SMILES)
4 x 1 mile
F - WORKOUT
(week 3)

WEEK 1-4 Summary

Comparing my activity over the last four weeks with the ACSM Guidelines:

CV Activity

Do you engage in CV exercise 3 or more days/wk?
In the area of CV activity I need to (circle one):

Yes
 No
Keep it up

If you need to increase CV activity please set a specific goal (i.e. "I will jog on MWF in the afternoon?")
Make sure that your goal is measurable and attainable!

State goal here: *do what my coach tells me - listen to body*

Resistance Exercise

Do you engage in whole body RE 2 days/wk?
In the area of Resistance Exercise I need to:
My push up score has (circle one):

No
 Increase
 Increased
Keep it up

If you need to increase RE please set a specific goal (i.e. "I will lift weights on T and TH this week")
Make sure your goal is measurable and attainable!

State goal here: *after practice I will do my best to weight train*

Flexibility

Do you engage in Flexibility exercises 3-5 day/wk?
In the area of Flexibility I need to:

Yes
 No
Keep it up

If you need to increase Flexibility please set a specific goal (i.e. "I will stretch on M,T and TH this week")
Make sure your goal is measurable and attainable!

State goal here: *always stretch after my runs - DON'T GET LAZY!*

800 rest 400 400 rest 400 (800)
2 1/2 mile WARM-UP / COOL (SMILES)
5 x 400 (w/ rest)
5 x 800
W - WORKOUT
(week 3)

W/200 rest (SMILES)
8 x 600M
2 1/2 mile WARM-UP / COOL (SMILES)
W - WORKOUT
(week 1)

W - WORKOUT
2 1/2 mile WARM-UP / COOL (SMILES)
5 x 400 5 x 200
W/200 rest (SMILES)
(week 2)

PHYSICAL ACTIVITY LOG

Week 5	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Com.
M	RUN / SWIM	33 / 65	16 / 15	WASS - IF + CORE	FULL BODY x3	
T	RUN / SWIM	27 / 45	13 / 14	CORE STRENGTH x3	FULL BODY x3	
W	(SEE PAGE)	25 / 45	16	CORE STRENGTH x2	FULL BODY x3	
TH	RUN / BIKE	25	13 / 15	-	FULL BODY x2	
F	RACE / RUN	20 / 65	14	CORE STRENGTH x2	FULL BODY x2	
S&S			18 / 16	CORE STRENGTH x2	FULL BODY x2	
Weekly Score*		CV = 10		Resistance = 0	Flexibility = 17	

Week 6	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Com.
M	RUN / SWIM	35 / 60	16 / 15	CORE STRENGTH x2	FULL BODY x4	
T	RUN	25	16	CORE STRENGTH	FULL BODY x2	
W	RUN / BIKE / SWIM	25 / 45 / 60	13 / 15 / 15	CORE STRENGTH	FULL BODY x3	
TH	RUN / SWIM	30 / 45	14 / 14	-	FULL BODY x3	
F	RUN	25	13	CORE STRENGTH x2	FULL BODY x3	
S&S	RACE / RUN	25 / 48	18 / 15	CORE STRENGTH x3	FULL BODY x6	
Weekly Score*		CV = 11		Resistance = 0	Flexibility = 21	

Week 7	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Com.
M	RUN	32	17	CORE STRENGTH x2	FULL BODY	
T	RUN	25	13	CORE STRENGTH x2	FULL BODY	
W	(SEE BACK) / SWIM	40	17 / 14	CORE STRENGTH x2	FULL BODY x2	
TH	BIKE	45	16	CORE STRENGTH	FULL BODY	
F	RUN	30	13	-	FULL BODY x2	
S&S	RACE / RUN	26 / 42	17 / 15	-	FULL BODY x2	
Weekly Score*		CV = 8		Resistance = 0	Flexibility = 8	

Week 8	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Com.
M	BIKE / RUN	35 / 8	13 / 14	CORE / STABILIZER	FULL BODY x2	
T	RUN	25	14	CORE STRENGTH	FULL BODY x2	
W	BIKE	35	17	CORE UPPER BODY / STABILIZER	FULL BODY	
TH	BIKE	35	15	CORE / RESISTANCE MACHINE	FULL BODY	
F	BIKE	35	15	w/food table / STABILIZER / CORE	FULL BODY	
S&S				-	-	
Weekly Score*		CV = 5		Resistance = 11	Flexibility = 7	

* Cardiovascular Exercise (CV) Weekly Score is the number of sessions ≥20 minutes completed in one week.
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 * Flexibility Weekly Score is the number of whole body stretching sessions completed in one week.
 ACSM Guidelines - CV exercise 3-5 times/wk >20 mins at Target HR or RPE, Resistance exercise 2-3 times/wk (whole body)
 Therefore to follow ACSM guidelines you should try to obtain a weekly CV score of 3-5, Resistance score of 2-3, and Flexibility = 3-5

WEEK 5-8 Summary

Borg RPE Scale

- 6 no exertion at all
- 7 extremely light
- 8 very light
- 9 light
- 10 somewhat hard
- 11 hard (heavy)
- 12 very hard
- 13 extremely hard
- 14 maximal exertion

Comparing my activity over the last four weeks with the ACSM Guidelines:

CV Activity

Do you engage in CV exercise 3 or more days/wk?
In the area of CV activity I need to (circle one):

Yes
Keep it up

No
Increase

If you need to increase CV activity please set a specific goal (i.e. "I will jog on MWF in the afternoon?")
Make sure that your goal is measurable and attainable!

State goal here: *continue to run on 'double days' if I feel good enough*

Resistance Exercise

Do you engage in whole body RE 2 days/wk?
In the area of Resistance Exercise I need to:
My push up score has (circle one):

Yes
Keep it up

No
Increased

If you need to increase RE please set a specific goal (i.e. "I will lift weights on T and TH this week")
Make sure your goal is measurable and attainable!

State goal here: *continue and build upon.*

Flexibility

Do you engage in Flexibility exercises 3-5 day/wk?
In the area of Flexibility I need to:

Yes
Keep it up

No
Increase

If you need to increase Flexibility please set a specific goal (i.e. "I will stretch on M,T and TH this week")
Make sure your goal is measurable and attainable!

State goal here:

5

Full body stretch = FBS
 WORKOUT = * ON OTHER SHEET

Physical Activity Log

Week 1	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
M	WORKOUT* / SWIM	* / 35m	17 / 13		FBS x 2	
T	BIKE / SWIM	1hr / 35m	14 / 12		FBS x 2	
W	WORKOUT*	*	16		FBS x 2	
TH	CLASS / RUN	15m / 75m	11 / 11		FBS x 2	
F	RUN	25 MIN	11		FBS x 1	
S&S	RACE, 800+400 / RUN	R / 35	18 / 12		FBS x 4 / FBS x 2	
Weekly Score*				Resistance = 0	Flexibility = 16	
CV = 10						

Week 2	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
M	WORKOUT*	*	17		FBS x 2	
T	BIKE 2 / SWIM	45 / 45	14 / 14		FBS x 1	
W	BIKE 2	1:15	16		FBS x 1	
TH	WORKOUT*	*	17		FBS x 2	
F	BIKED	1hr	14		FBS x 2	
S&S	RACE, 500+400 / BIKED	R / 45	15	UPPER BODY	FBS x 4 / FBS x 1	
Weekly Score*				Resistance = 1	Flexibility = 13	
CV = 8						

Week 3	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
M	WORKOUT*	*	18		FBS x 2	
T	BIKE / 8x100 SPRINTS	7 hrs / *	16 / 17		FBS x 2	
W	BIKE / SWIM	1 hrs / 40	15 / 14		FBS x 2	
TH	RUN	25	15		FBS x 2	
F	-	-	-		-	
S&S	RACE, 800, 200, 400 / RUN	R / 45	18 / 14		FBS x 6	
Weekly Score*				Resistance = 0	Flexibility = 14	
CV = 8						

Week 4	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
M	BIKE / RUN	30 / 25	15 / 15		FBS x 2	
T	WORKOUT*	*	18		FBS x 2	
W	RUN	25 MIN	14		FBS x 2	
TH	WORKOUT*	*	18		FBS x 2	
F	-	-	-		-	
S&S	RACE, 800, 800 / SWIM	R / 35	18 / 14		FBS x 6 / x 2	
Weekly Score*				Resistance = 0	Flexibility = 18	
CV = 7						

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 * Resistance Exercise Weekly Score is the number of whole body sessions completed in one week (i.e. upper body on Tu., lower body on Wed. = 1)
 * Flexibility Weekly Score is the number of whole body stretching sessions completed in one week.
 ACSM Guidelines - CV exercise 3-5 times/wk > 20 mins at Target HR or RPE, Resistance exercise 2-3 times/wk (whole body)
 Therefore to follow ACSM guidelines you should try to obtain a weekly CV score of 3-5, Resistance score of 2-3, and Flexibility = 3-5

WEEK 1
 M - DRUMMER HILL
 (5) 300'S 4 mile (warm-cool)
 (5) 150'S 10 STAIRS - JUMPS
 (3) 50'S

Borg RPE Scale

- 6 no exertion at all
- 7 extremely light
- 8
- 9 very light
- 10
- 11 light
- 12
- 13 somewhat hard
- 14
- 15 hard (heavy)
- 16
- 17 very hard
- 18
- 19 extremely hard
- 20 maximal exertion

WEEK 3
 M - BAKER ST.
 1x800
 5x400
 4x200
 4 mile (warm/cool)
 ↑ STAIRS/HOPS

WEEK 4
 T - BAKER ST.
 3x400
 2x300
 4x200 (4 mile warm/cool)
 4x100
 ↑ STAIRS/HOPS

W - BAKER STREET
 (6) 400'S
 STRIDE
 3 1/2 (warm/cool)

WEEK 2
 M - DRUMMER HILL
 (6) 300'S
 (6) 150'S
 (6) 50'S
 4 miles (warm-cool)

10 - STAIRS - JUMPS
 w/STRIDES
 4 miles (warm-cool)

TH - BAKER ST.
 (10) 200'S
 every (2) 200'S - 100
 STAIRS + HOPS
 4 mile (warm/cool)

WEEK 1-4 Summary

Comparing my activity over the last four weeks with the ACSM Guidelines:

CV Activity

Do you engage in CV exercise 3 or more days/wk?
 In the area of CV activity I need to (circle one):

Yes
 Keep it up
 No
 Increase

If you need to increase CV activity please set a specific goal (i.e. "I will jog on MWF in the afternoon?")
 Make sure that your goal is measurable and attainable!

State goal here:

Resistance Exercise

Do you engage in whole body RE 2 days/wk?
 In the area of Resistance Exercise I need to:

Yes
 Keep it up
 No
 Increase
 Increased

My push up score has (circle one): Decreased Remained the same

If you need to increase RE please set a specific goal (i.e. "I will lift weights on T and TH this week")
 Make sure your goal is measurable and attainable!

State goal here: participate in more RE

Flexibility

Do you engage in Flexibility exercises 3-5 day/wk?
 In the area of Flexibility I need to:

Yes
 Keep it up
 No
 Increase

If you need to increase Flexibility please set a specific goal (i.e. "I will stretch on M,T and TH this week")
 Make sure your goal is measurable and attainable!

State goal here:

marked sure take my time before/after workouts

TH - SPEED WALK UPSTAIRS
 TRACE (4 mile - warm/cool)

3x3 lapen
 3x2 lapen x2 ↑ STAIRS
 1x1 lapen

Physical Activity Log

Week	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
Week 5	M RUN / SWIM	25 / 45	15 / 16		FBSx2	
	T WORKOUT *	*	18		FBSx2	
	W Bike	1hr	16		FBSx2	
	TH RUN / BIKE	25 / 45	15 / 15		FBSx2	
	F RUN	25	14		FBSx2	
S&S	RACE 800 / RUN	2 / 35	18 / 15		FBSx2	
Weekly Score*				Resistance = 0	Flexibility = 12	
CV = 9						

Week	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
Week 6	M WORKOUT *	*	17		FBSx2	
	T Bike	1hr	15		FBSx2	
	W WORKOUT * / RUN	* / 25	17 / 15		FBSx4	
	TH RUN	35	14		FBSx2	
	F RUN	25	14		FBSx2	
S&S	-	-	-		-	
Weekly Score*				Resistance = 0	Flexibility = 12	
CV = 6						

Week	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
Week 7	M -	-	14		FBSx2	Keep running! No Newspaper after the season! yes!
	T RUN	35	16 / 16		FBSx2	
	W Biked / RUN	45 / 15	13		FBSx2	
	TH RUN	25	-		-	
	F -	-	-		-	
S&S	-	-	-		-	
Weekly Score*				Resistance = 0	Flexibility = 6	
CV = 4						

Week	CV Exercise Mode (Be as specific as possible)	CV Duration	CV Intensity (HR or RPE)	Resistance Exercise	Flexibility	Comments
Week 8	M RUN / BIKE	22 / 1hr	15 / 15		FBSx2	
	T RUN	25	15		FBSx2	
	W RUN	35	15		FBSx2	
	TH RUN	35	17		FBSx2	
	F -	-	-		-	
S&S	-	-	-		-	
Weekly Score*				Resistance = 6	Flexibility = 8	
CV = 5						

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 Therefore to follow ACSM guidelines you should try to obtain a weekly CV score of 3-5, Resistance score of 2-3, and Flexibility = 3-5

* week 5
 T- 4x100 (4 mile warm-cool)
 3x200
 2x300
 3x200
 4x1000
 +STAIRS
 +HOPS

* week 6
 M- 4x400
 4x200
 5x100
 (4 mile warm-cool)
 W- 3x300
 4x200
 5x100
 (2 mile warm-cool)

Borg RPE Scale

- 6 no exertion at all
- 7 extremely light
- 8 very light
- 9 light
- 10 somewhat hard
- 11 hard (heavy)
- 12 very hard
- 13 extremely hard
- 14 maximal exertion

Comparing my activity over the last four weeks with the ACSM Guidelines:

CV Activity

Do you engage in CV exercise 3 or more days/wk?
 In the area of CV activity I need to (circle one):

Yes
 Keep it up
 No
 Increase

If you need to increase CV activity please set a specific goal (i.e. "I will jog on MWF in the afternoon?")
 Make sure that your goal is measurable and attainable!

State goal here: *do more swimming + biking if body hurts*

Resistance Exercise

Do you engage in whole body RE 2 days/wk?
 In the area of Resistance Exercise I need to:
 My push up score has (circle one):

Yes
 Keep it up
 No
 Increase
 Decreased
 Remained the same
 Increased

If you need to increase RE please set a specific goal (i.e. "I will lift weights on T and TH this week")
 Make sure your goal is measurable and attainable!

State goal here: *do more RE*

Flexibility

Do you engage in Flexibility exercises 3-5 day/wk?
 In the area of Flexibility I need to:

Yes
 Keep it up
 No
 Increase

If you need to increase Flexibility please set a specific goal (i.e. "I will stretch on M,T and TH this week")
 Make sure your goal is measurable and attainable!

State goal here: