

Running Log - Cross Country 2005 (Cont.)

Jacob Fern

Description of Workouts:

15-Aug	Mile warm-up, 3.5 mile easy road run	22-Sep	Mile warm-up, 5 m. hard (to haskel), 1 m. trail, 1m. hard (extra)
16-Aug	Mile warm-up, 3 mile road run (armory)	23-Sep	Mile warm-up
17-Aug	Mile warm-up, 10 minute dodge ball	24-Sep	Mile warm-up, 3 mile race (18:45?)
18-Aug	Mile warm-up, 5 mile easy road run	25-Sep	n/a
19-Aug	Mile warm-up, 5 mile fast road run (city beach to edgewood)	26-Sep	Mile warm-up, 4 mile easy run (don-k loop)
20-Aug	6 mile trail run at bever lake	27-Sep	Mile warm-up, 1000m cut-downs (x7), 1 mile easy (there)
21-Aug	n/a	28-Sep	Mile warm-up, 1 mile easy back, 30 min. C.T.F
22-Aug	Mile warm-up, 7 mile hard road run (depot to riverside + armory loop)	29-Sep	Mile warm-up, 2 m. easy (t/b), 20 laps at kiddie park (5 sets of 4)
23-Aug	Mile warm-up, 5lap circuit (10/10), 2nd 5 lap circuit (13/13)	30-Sep	Mile warm-up, 1 m. easy
24-Aug	Mile warm-up, 30 minute dodge ball	1-Oct	Mile warm-up (x2), 3 mile race (18:09)
25-Aug	Mile warm-up, sell cookie dough	2-Oct	n/a
26-Aug	Mile warm-up, 3 mile time trial (18:12)	3-Oct	8 m. moderate run at pig farm (no school)
27-Aug	10 mile trail run in Glacier Park	4-Oct	Mile warm-up, 1 m. easy (t/b) 40 min. of 2 min drills
28-Aug	n/a	5-Oct	Mile warm-up, organize team sweats - 2 miles easy (t/b)
29-Aug	Mile warm-up, 3.5 mile run (armory with 5.5 loops)	6-Oct	Mile warm-up, 2m. Easy (t/b) 20 laps at kiddie park (3,4,5,4,3,1)
30-Aug	Mile warm-up, 1.5 miles easy (there and back) 5 miles hard running	7-Oct	Mile warm-up, 1st 2 miles of course easy
31-Aug	Mile warm-up 2 miles easy (there and back) 1 mile (dodgeball)	8-Oct	Mile warm-up, 3 mile race (17:39)
1-Sep	Mile warm-up, pictures	9-Oct	n/a
2-Sep	Mile warm-up, crappy race (time not worth putting down) mile cool down	10-Oct	Mile warm-up, 4 miles moderately hard
3-Sep	5 mile moderate run	11-Oct	Mile warm-up, 1 m. (t/b), 6.5m. 3min-2min-1min (x4)
4-Sep	n/a	12-Oct	Mile warm-up, 4 miles easy (license plate game)
5-Sep	3 mile easy run (felt horrible... because of traveling?)	13-Oct	Mile warm-up, 2m. Easy (t/b) 16 laps (1,2,3,4,3,2,1)
6-Sep	Mile warm-up, 1000m repeats (4) 1.5 miles easy (there/back)	14-Oct	Mile warm-up, 2.5 m. easy
7-Sep	Mile warm-up, 2 miles? Dodgeball	15-Oct	Mile warm-up, 3 mile race (17:44) - lost to Blake and Kallen...
8-Sep	Mile warm-up, 2 miles easy (t/b), 20 laps at kiddie park (3/4 hard)	16-Oct	n/a
9-Sep	Mile warm-up, 1.5 miles easy	17-Oct	5 mile run at spenser
10-Sep	Mile warm-up, 3 mile race (18:43)	18-Oct	4.5 miles run at pig farm
11-Sep	n/a	19-Oct	1.5 miles very easy (12 min. in the gym)
12-Sep	5 mile moderate run (through downtown Portland)	20-Oct	4.5 mile run at bodish
13-Sep	Mile warm-up, 1000m repeats (5) 1.5 miles easy (there/back)	21-Oct	3 mile run in Missoula - preview course
14-Sep	Mile warm-up, capture the flag at the H.S.	22-Oct	.5 mile warm-up, 3 mile race (18:09) - State... lost to Blake again
15-Sep	Mile warm-up, deliver cookie dough	N O T E S	1. Every Tuesday and Thursday is a hard day*
16-Sep	Mile warm-up, 3 mile race (18:16)		2. Wednesdays are always dodgeball days*
17-Sep	n/a		
18-Sep	4 mile easy run		
19-Sep	Mile warm-up, 7 mile moderate run (Monagan - Dillon - Voreman loop)		
20-Sep	Mile warm-up, 2 m. (there/back) 24 laps at kiddy park (8 sets of 3)		
21-Sep	Mile warm-up, 2 m. (t/b) Dodge ball for 45 minutes		

*With the exception of weeks with a meet on a Friday.