

Summer Training

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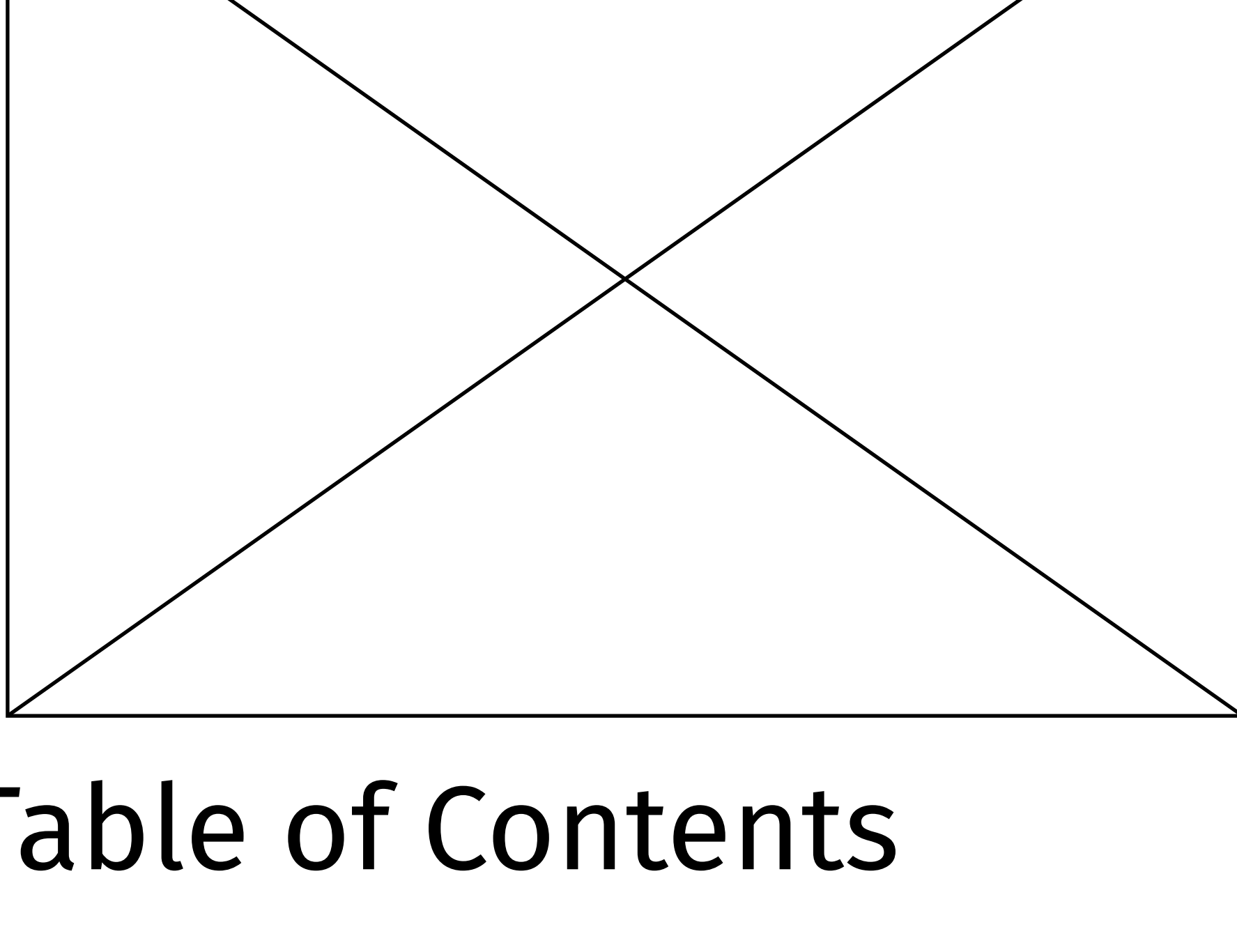
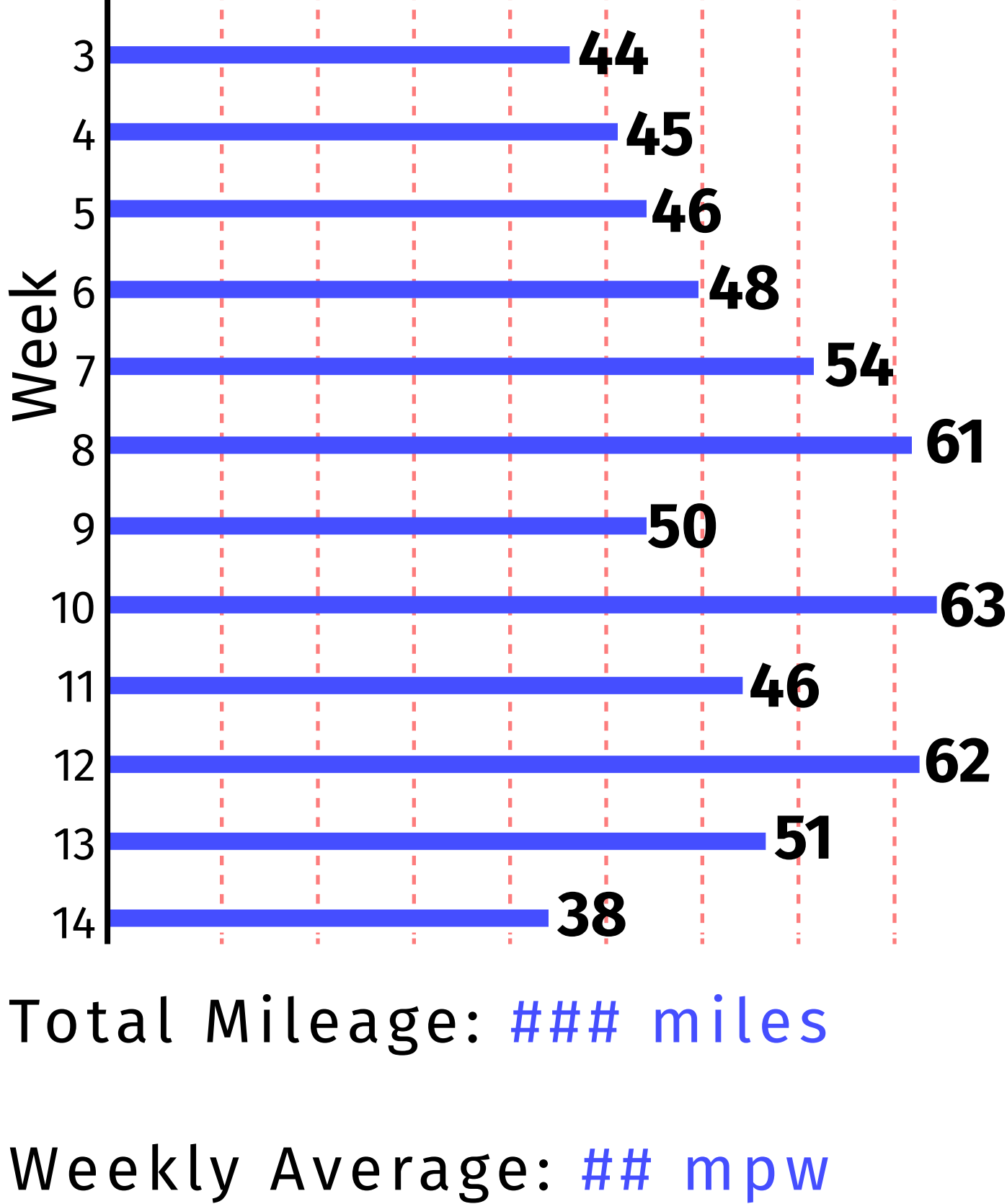


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Mileage



Total Mileage: ### miles

Weekly Average: ## mpw

Total mileage run Easy: ### miles

Total Mileage at Tempo: ## mpw

Intervals

100m : ###
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150m : #

200m : ##

300m : ##

400m : ##

500m : #

600m : ##

700m : ##

800m : #

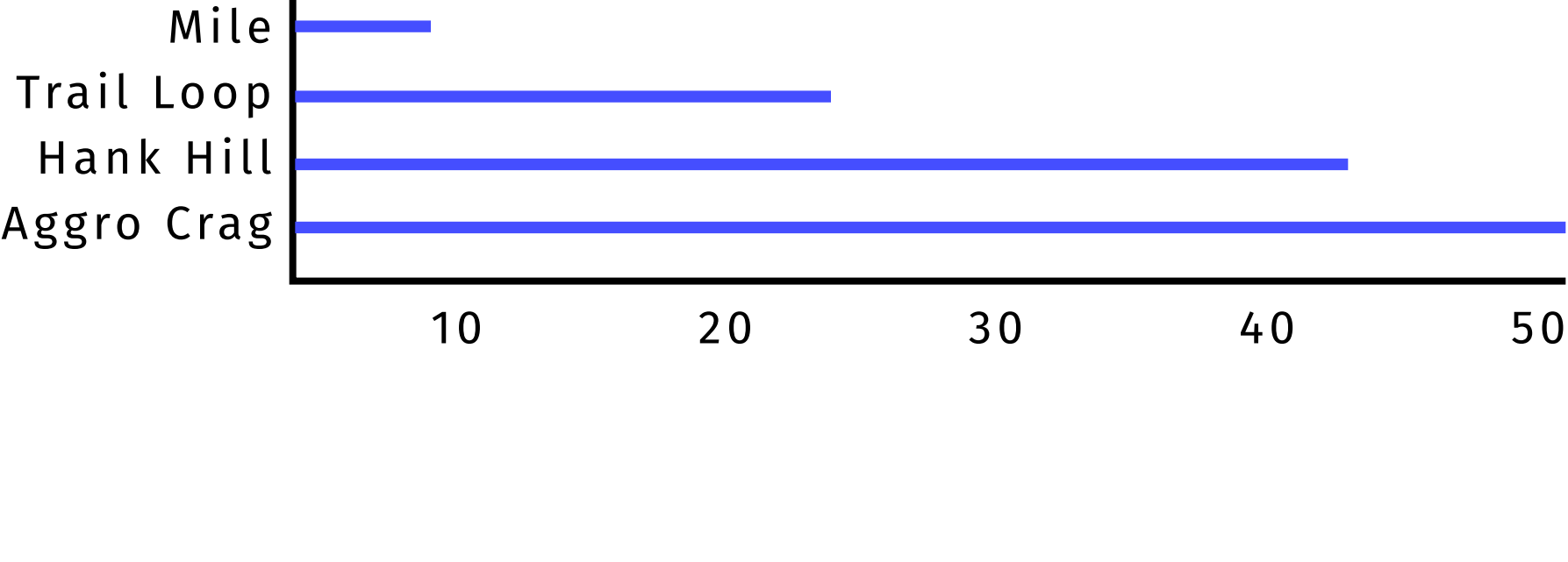
1000m : #

Mile : #

Trail Loop : ##
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Hank Hill : ##
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Aggro Crag : ##
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Drills and weights

Time spent doing drills: ### minutes

of Weight Lifting Sessions:

Squats : ###

SL Extension : #

OH DB Press : ##

Power Clean : ##

BB Squat Jump : ##

Pullup : #

Hanging Leg Raise : ##

DB Lunge : ##

Results

400m : xx:xx.xx

1500m : xx:xx.xx

800m : xx:xx.xx

200m : xx:xx.xx

Mile : xx:xx.xx

Mile : xx:xx.xx

Mile : xx:xx.xx

Mile : xx:xx.xx