

Marietta Cross Country Summer Running Contract & Goal Sheet 2019

Name _____ Grade _____

PR & Date: 5K _____ 3200 _____ 1600 _____ 800 _____

Team goals for the 2019

Varsity: _____

JV: _____

The main area of running I need to improve in order to be a better runner?

Ex: I need to improve my overall fitness as a runner.

Please list a goal that can be measured for that area of improvement:

Ex: In addition to weekly team workouts, I will do 100 crunches and 100 push-ups 3 times a week

3rd year Juniors & Seniors: Choose a runner to mentor:

(Please speak to the other runners so you do not select the same person)

Summer Running Contract

I commit to running the following summer mileage in an effort to improve my running performance and to do my part for the improvement of the Marietta XC team as a whole. I further acknowledge that I understand that if I do not successfully complete my summer mileage I risk being cut from the team or held out of races. **I acknowledge that as a returning runner my commitment to the team should be a larger commitment than that of a new inexperienced runner.**

Minimum Mileage 10 Weeks Summer May 26th- Aug 3rd:

Circle your Grade:

9th: 225 Miles (22.5 miles/week) 10th: 250 Miles (25 miles/week)
11th: 275 Miles (27.5 miles/week) 12th: 275 Miles (27.5 miles/week)

Summer Goal Mileage (includes Bonus 4 Weeks & Cross Training): _____.

(Signature of Runner)