

Name _____ Grade _____ Years in XC _____

1. There are basically 4 reasons you are doing XC. *Circle the one that best describes you, be honest.*

- a. Get in shape for another sport
- b. I got cut from another sport
- c. Someone pushed/encouraged me to do XC
- d. I want to be a runner (about 12%)

2. These are 3 different types of motivation. Think about which one best fits you.

- a. I have high ability (naturally fast), and high motivation (I really want to be the best and will do what it takes).
- b. I have high ability (naturally fast), but I have low motivation to be the best, I just want to be here and have fun and enjoy myself.
- c. I have low ability (am not naturally fast), but have high motivation to be better than I am now.
(Notice there is no other option. Those with low ability and low motivation ARE NOT HERE.)

3. On average, this summer, how many miles or minutes have you run per WEEK:

_____ miles or _____ minutes per week.

4. What has been your absolute longest run (miles or minutes) this summer:

_____ miles or _____ minutes.

5. Are you willing to commit to and hold yourself accountable to a Sunday run? Yes or No

6. Hopefully you have run one of these races competitively for time. For each (that you know) write down your personal best time. If you do not know/have one, leave it blank:

400m _____ 800m _____ 1500/1 mile _____ / _____ 2 mile _____ 5k _____

7. Go to this website (<https://tinyurl.com/xcelrunning>) and find your best time for your 1 mile, 2 mile, or 5k (hint: it will be the time furthest down the column regardless of which it was).

Next write down your: Easy pace (E/L) _____ 1000 threshold _____

1 mile threshold _____ 400 race pace _____ 1000 race pace _____

1 mile race pace _____ (take a picture of all this when finished, including goals!)

8. What is your time goal for the following distances - write a specific time, or say sub__ min:sec

5k: _____ 3 mile: _____ 2 mile: _____ 1 mile: _____

9. Goal for season that is not based on time:
