

Legend Titans

High School Cross Country Young Men and Women

Training Program

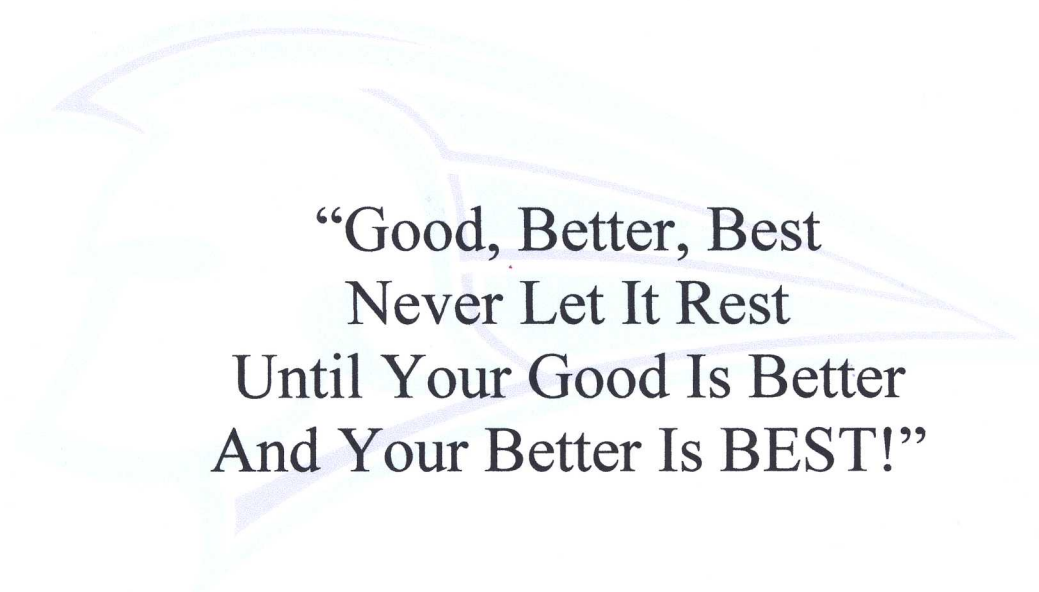
The Legend Way

Volume II 2009

To truly become number one, you must strive to surpass yourself, not just the competition.

The LEGEND RUNNING philosophy is based on life lessons and the Titan Core Values of Legend High School.

The lessons we learn as part of this team will be habits of mind that will stay with you the rest of your lives.



“Good, Better, Best
Never Let It Rest
Until Your Good Is Better
And Your Better Is BEST!”

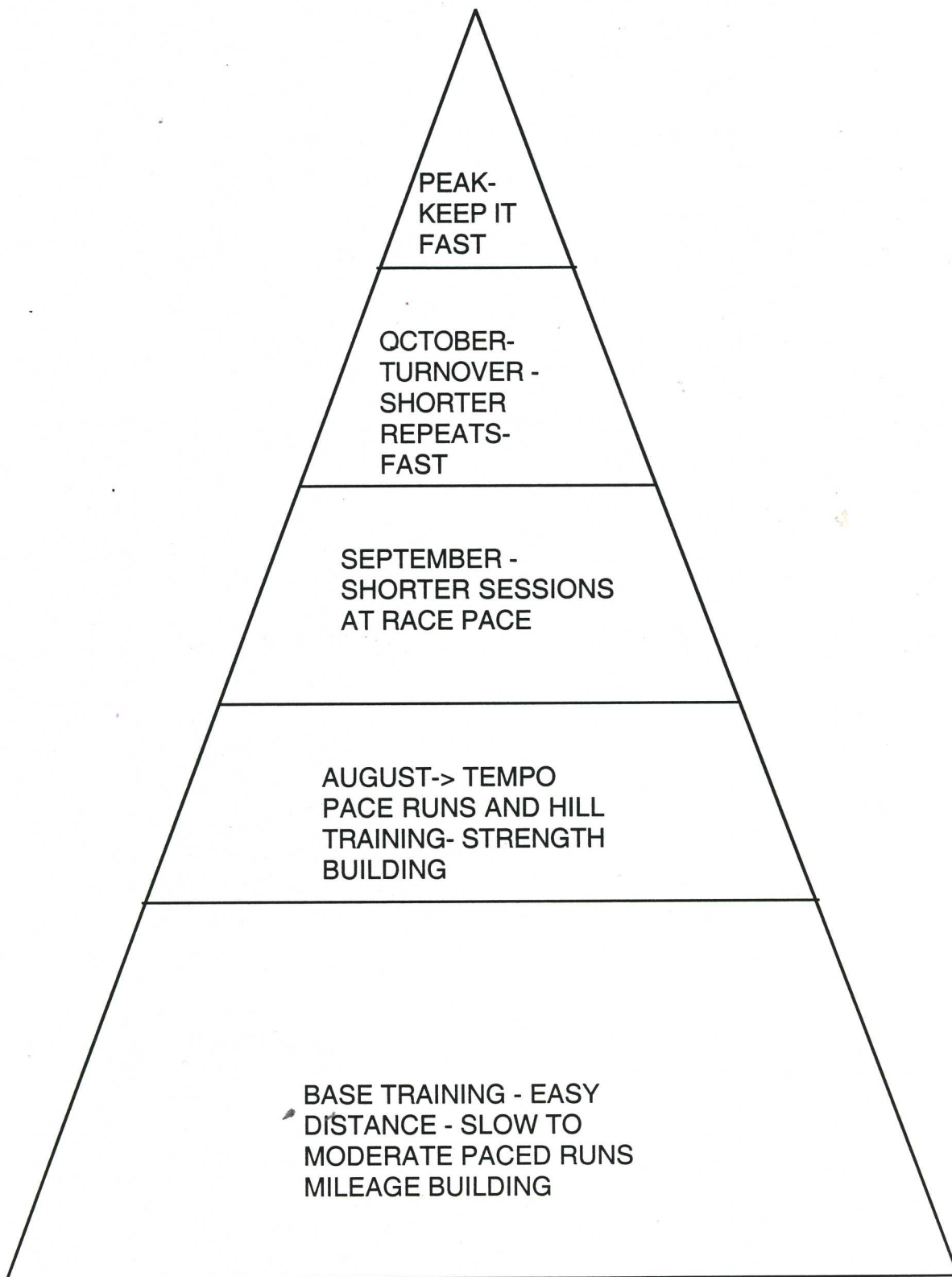
Cross Country Values:

Positive Intent
Integrity
Sportsmanship/Citizenship
Trust
Respect
Perseverance (Work Ethic)

Cross Country is Who We Are..

We are Titans
We are Family
We are ONE (Team)
We are LEGEND

DATE	MEET	SITE
Sept 4th	Arapahoe Invite	Littleton
Sept 12th	Lyons/St. Vrain Invite	Lyons High School
Sept 17th (THUR)	Air Academy Invite	
Air Academy HS USAFA		
Sept 22nd (Tue)	Chatfield Invite	Chatfield
Sept 26th	Glenwood Invite	Glenwood HS
Oct 2nd	Dave Sanders (Columbine I	Clement Park
Oct 6th (Tue)	Northglenn F/S	Northglenn Open Spaces Park
Oct 10th	Legend CrossFest Invite	Colorado Horse Park Equestrian Course
Oct 15th	Pioneer League Meet	
October 22nd	3A Regional Meet	Clement Park
October 31st	3A Colorado State Meet	Fossil Ridge HS Ft. Collins



Training Effort Scale

Training Level	Coaching Cues & Terminology	Physical Demands
4	Extensive & Intensive Tempo, Fartlek, Hills, Sprints, Intervals, Repetitions, and Time Trials.	95-105% max effort in a workout. Heart Rate (HR) > 180 bpm.
3	"Hard" Tempo Runs.	85-90% max effort in a workout. HR of 160 - 180 bpm.
2	"Crisp" Tempo Runs.	75 - 80% of max effort in a workout. HR of 150 - 160 bpm.
1	"Swing - Gentle" pace	Swing = 65-70 % of effort and HR 130-150 Gentle is < 60% effort and HR 120-130 bpm.