

Cross Country SEASON Goals

Athlete: _____

Personal Goal:

Academic Goal:

Athletic Goal:

Cross Country Specific:

Mile:

3K:

5K:

6K:

Mileage Plane Level:

	<i>Freshman</i>	<i>Sophomore</i>	<i>Junior</i>	<i>Seniors</i>	
High	35	40	50	60	
Mid	30	35	40	50	
Low	10-20	25-30	30-35	35-40	