

## 2008/09

I hope that everyone is in good health and sprits as the fall quickly rolls closer. I would like to commend both teams on a very good 2008 season. We were able to get a lot of things accomplished on the track to establish La. Tech as the premier track program in the WAC.

The next endeavor is to validate this program as one of the top programs in the country. We have athletes that have represented team USA, run in Europe and rank as high as top 15 in the world come from this program. We have several athletes on this team right now that have the ability to run at the world champions in 2009 as well as make the Olympic team in 2012.

The keys to the 2009 season are leadership and discipline. It is our job as coach's to make sure we provide you guys with the tools to succeed on and off the track. We will work hard to improve in the following areas to take the next step towards progress.

1. Communication
2. Structure
3. Good training environment
4. Discipline

As for the athletes I ask two simple things from you in 2009

1. Discipline
2. Self-Discipline

What is Discipline? "In its most [general](#) sense, discipline refers to systematic instruction given to a [disciple](#)"

But take time to read below:

### **Jesse Owens: Quotes on Self Discipline**

We all have dreams. But in order to make dreams into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.

### **Martin Luther King Jr.: Quotes on Self Discipline**

The time is always right to do what is right.

### **Elie Wiesel: Quotes on Self Discipline**

ultimately, the only power to which man should aspire is that which he exercises over himself.

### **Jim Rohn: Quotes on Self Discipline**

unless you change how you are, you will always have what you've got

### **Aristotle: Quotes on Self Discipline**

what it lies in our power to do, it lies in our power not to do.

For the the purose of 2009 season it shall be defined as such **"Do what it takes to better myself with my team in mind"**

We have made some decisions and changes that we hope will make for a better learning and trianing envorioment. I hope eveyone enjoys the rest of the summer and put in the work to be Great in 09

**JULY/AUGUST 2008**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>20</b>	<b>21</b>  8 X 30 SEC RUN 3MIN RSST  500 ABS	<b>22</b>  20 MIN EASY  500 ABS	<b>23</b>  10 X 100(65%)RI=1 500 ABS	<b>24</b>  20 MIN MED-PACE 500 ABS	<b>25</b> 5 X 45 SEC RUN 3MIN REST  400 ABS	<b>26</b>
<small>lmm022@latech.edu</small> <b>27</b>	<b>28</b>  8 X 30 SEC RUN 600 ABS	<b>29</b>  25 MIN EASY PACE JOG 600 ABS	<b>30</b>  10 X 100(65%) REST=1 600 ABS	<b>31</b>  20 MIN JOG 5MIN EASY,5HARD,10 EASY 600ABS	<b>8/1</b>  5 X 45 SEC ,RI=3 MIN ABS IN BETWEEN	<b>2</b>
<b>3</b>	<b>4</b>  8 X 40 SEC RUN 1 MIN REST 10 SEC RUN ABS X 500	<b>5</b> 25 MIN EASY MIN EASY ABS X 600	<b>6</b>  9 X 100 @(70%)RI=2  ABS X 600	<b>7</b>  7 X 45 SEC RUN,RI=4  ABS X 500	<b>8</b>  HILLS X 5 ABS X 500	<b>9</b>
<b>10</b>	<b>11</b>  8 X 40 SEC RUN 1 MIN REST 10 SEC RUN ABS X 600	<b>12</b>  9 X 100 @(70%) RI=2	<b>13</b>  25 MIN EASY ABS X 600	<b>14</b>  7 X 45 SEC RUN, RI=4 ABS X 600	<b>15</b>  HILLS X 5  ABS X 600	<b>16</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18 6 X 45SEC RUN 1 MIN REST 20 SEC RUN  ABS X 700	19 8 X 100@75% SEEC RUN RI=3  ABS X 700	20 25 EASY ABS X 700	21 6x 30- 45-15 RUNN-JOG-RUN ABS X 700	22 HILLS X 6 ABS X 700  8 X 45 SEX 3MIN REC	23   HILLS X 7

**August/September**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 6 X 50SEC RUN 3 MIN REST Gs X 400 (ANYONES)  700 ABS	26 8 X 25 RUN RI=3	27 40 MIN EASY 500 ABS	28 400 HARDWAY = 10x40  500 ABS	29 5 X 30 RUN 45 SEC 20 SPRINT	30   HILLS X 7
31	9/1 6 X 50SEC RUN 3 MIN REST Gs X 400 (ANYONES)  700 ABS	2 8 X 25 RUN RI=3	3 40 MIN EASY 500 ABS	4 400 HARDWAY = 10x40  500 ABS	5 5 X 30 RUN 45 SEC 20 SPRINT	6   HILLS X 7
7	8 5 X 30 RUN 45 SEC 20 SPRINT GS X 300 ABS X 600	9 HILLS X 7  ABS X 700	10 PRACTICE			



## ***3 WEEKS***

<i>Monday</i>		<i>Wednesday</i>		<i>Friday</i>	
Cleans	3 x 5	Incline	3 x 8	Bench	3 x 10
Bench	3 x 10	Military Press	3 x 10	Squats	3 x 10
Squats	3 x 10	Dead Lift	3 x 8	Biceps	3 x 10
Triceps Ext	3 x 10	Front Squats	3 x 10	Triceps	3 x 10
Biceps	3 x 10	Front Raises	3 x 12	Pull ups	3 x 15
Lat Pulls	3 x 10	Side Raises	3 x 12	L- ups	3 x 15