



2018 Cross Country Summer Training Mileage

New Runners				Returning Girls				Returning Boys			
Week	Date	Mileage	Long Run	Week	Date	Mileage	Long Run	Week	Date	Mileage	Long Run
1	June 3-9	20	4	1	June 3-9	25	5	1	June 3-9	30	5
2	June 10-16	20	4	2	June 10-16	25	5	2	June 10-16	30	6
3	June 17-23	20	4	3	June 17-23	25	6	3	June 17-23	30	7
4	June 24-30	25-30	5	4	June 24-30	30-35	6	4	June 24-30	35-40	8
5	July 1-7	25-30	6	5	July 1-7	30-35	6	5	July 1-7	35-40	8
6	July 8-14	25-30	6	6	July 8-14	30-35	7	6	July 8-14	35-40	9
7	July 15-21	35-40	7	7	July 15-21	40-45	7	7	July 15-21	45-50	9
8	July 22-28	35-40	7	8	July 22-28	40-45	7	8	July 22-28	45-50	10
9	July 29-Aug. 4	35-40	7	9	July 29-Aug. 4	40-45	8	9	July 29-Aug. 4	45-50	10
10	Aug. 5-11	35-40	7	10	Aug. 5-11	40-45	8	10	Aug. 5-11	45-50	11

Sunday: Long run day **Monday/Tuesday/Thursday/Friday:** 30 minute run each day **Wednesday/Saturday:** 30-40 minute run with 6 strides after the run

Summer Practice Starts Monday June 25th at 6:00 a.m.

Meet at the North field between the portables and softball field