

WAYZATA CROSS COUNTRY SUMMER MILEAGE GOALS

	Beginner 7th & 8th	Veteran 7th & 8th	Beginner 9th-10th	Veteran 9th	Veteran JV	Low Mileage Varsity	Mid-Milage Varsity	High Mileage Varsity
Week 1 May 29- Jne 3	4 miles in 4 days	6 miles in 4 days	4 miles in 4 days	8 miles in 5 days	15 miles in 4 days	15 miles in 5 days	15 miles in 5 days	15 miles in 5 days
Week 2 June 4-10	7 miles in 4 days	10 miles in 5 days	8 miles in 5 days	12 miles in 5 days	10 miles in 4 days	15 miles in 4 days	15 miles in 4 days	15 miles in 4 days
Week 3 June 11-17	9 miles in 5 days	12 miles in 5 days	10 miles in 5 days	14 miles in 5 days	15 miles in 5 days	20 miles in 5 days	23 miles in 5 days	30 miles in 6 days
Week 4 June 18-24	10 miles in 5 days	14 miles in 5 days	12 miles in 5 days	18 miles in 5 days	25 miles in 6 days	30 miles in 6 days	30 miles in 6 days	40 miles in 6 days
Week 5 Jn 25- July 1	12 miles in 6 days	16 miles in 6 days	15 miles in 6 days	20 miles in 6 days	30 miles in 6 days	35 miles in 7 days	40 miles in 7 days	45 miles in 7 days
Week 6 July 2-8	15 miles in 6 days	18 miles in 6 days	16 miles in 6 days	24 miles in 6 days	35 miles in 6 days	35 miles in 6 days	42 miles in 6 miles	50 miles in 6 days
Week 7 July 9-15	12 miles in 4 days	15 miles in 4 days	15 miles in 5 days	18 miles in 5 days	30 miles in 6 days	40 miles in 7 days	50 miles in 7 days	55 miles in 7 days
Week 8 July 16-22	15 miles in 5 days	20 miles in 5 days	18 miles in 5 days	25 miles in 6 days	35 miles in 6 days	45 miles in 6 days	60 miles in 6 days	60 miles in 6 days
Week 9 July 23-29	18 miles in 6 days	24 miles in 6 days	22 miles in 6 days	28 miles in 6 days	40 miles in 6 days	40 miles in 7 days	50 miles in 7 days	70 miles in 7 days
Week 10 July 30-Aug 5	21 miles in 6 days	26 miles in 6 days	24 miles in 6 days	32 miles in 6 days	40 miles in 6 days	50 miles in 6 days	55 miles in 6 days	65 miles in 7 days
Week 11 <u>August 6-14</u>	16 miles <u>in 4 days</u>	22 miles <u>in 4 days</u>	20 miles <u>in 5 days</u>	26 miles <u>in 5 days</u>	30 miles <u>in 6 days</u>	40 miles <u>in 6 days</u>	50 miles <u>in 6 days</u>	55 miles <u>in 6 days</u>
Total	139 miles	183 miles	164 miles	225 miles	320 miles	365 miles	430 miles	500 miles

Run with your teammates, preferably faster ones, whenever you have the opportunity.

Run at a pace where your heart rate is 140 beats per minute on easy days and about 180 b.p.m. at the end of your run on hard days.

Respect the property rights and privacy of others on your runs, obey all traffic laws, and use common sense while on your runs.

Get new training shoes every 250 to 300 miles.

After every run be sure to replenish fluids within thirty minutes, elevate your legs, and ice from hip to ankle.

After every run of eight miles or more and after every high intensity run be sure to replenish carbohydrates within thirty minutes.

When possible you should train during the cool part of the day.

Record your workout at our website www.kasinkas.com/RunningLog on a daily basis.