

Olentangy
Girls Cross
Country

Weekly Summer Mileage Chart

Week	150	175	200	225	250	275	300
1	5	7	8	8	9	10	12
2	6	7	9	10	10	12	14
3	7	8	10	10	12	14	16
4	8	9	12	12	14	16	18
5	9	10	14	14	16	18	20
6	10	12	15	16	18	20	22
7	12	14	16	18	20	22	24
8	12	14	17	20	22	24	26
9	13	16	18	22	23	25	28
10	14	18	19	22	24	27	30
11	16	18	20	24	26	28	30
12	18	20	20	24	28	29	30
13	20	22	22	25	28	30	30
Total	150	175	200	225	250	275	300

Each week should consist of 1 long run which accounts for 25% of your mileage for the weeks. The first 4 to 6 weeks should be nothing by long slow runs. After that you should add 1 shorter faster tempo run each week.