The following chart details weekly mileage for the summer. We will meet MWF in June beginning on June 10th at 8:00 a.m. at the elementary school. Moratorium week (July 4-July 10) we will have no practice. Below the chart you will see the things I would like to see you include in your running each week.

|  |  |  |  |
| --- | --- | --- | --- |
| Dates/Weeks | Freshman | Upperclassman (Newcomers) | Upperclassman |
| May 29-June 4 | 10-15 miles | 15-20 miles | 15-20 miles |
| June 5-11 WK 1 | 15-20  1 run of 5 miles | 20-25  1 run of 6 miles | 25-30  1 run of 7 miles |
| June 12-18 WK 2 | 15-20 | 20-25 | 25-30 |
| June 19-25 WK 3 | 18-22 | 22-27 | 27-32 |
| June 26-July 2 WK 4 | 18-22 | 22-27 | 27-32 |
| July 3-9 WK 5 | 20-24 | 24-29 | 29-34  1 run of 8 miles |
| July 10-16 WK 6 | 20-24 | 24-29 | 29-34 |
| July 17-24 WK 7 | 22-26  1 run of 6 miles | 26-31  1 run of 7 miles | 31-36 |
| July 25-31 WK 8 | 22-26 miles | 26-31 miles | 31-36 miles |

Stretch before and after each run. This is critical to our success and staying healthy.

Run at least one up tempo run each week (this means run faster than you normally run). Your pulse rate should be about 160 bpm's (beats per minute).

Run 1 fartlek run each week (this is a run where you are speeding up for specified amounts of time). Speed up for 3 minutes and then back to pace for three minutes. You can also do this with 2 minute intervals. Make sure you do at least 4-5 intervals.

Also, I would like you to begin working on finishing races. You can do this by picking a point 300-400 meters from the finish and picking the pace up for that distance 2-3 times per week.

Our first official practice is August 1st (61 days). Make sure you have gotten a physical prior to that date. The office has physical forms or you can print the form from our CC website [http://eaglescrosscountry.weebly.com/](http://eaglescrosscountry.weebly.com/%20). The link to the physical form can be found under the summer program page of our site