## Owatonna Girls Cross Country

8 week running training plan (Beginner)



		Tuesday	Wednesday	Thursday	Friday	Saturday	Sun	Total Miles
1	Wonday	Tuesday	Weathebudy	Thursday	Thuy	Sucuracy	Jun	
2	3 miles	3 miles	3 miles	Off	2 miles	4 miles	Off	15
2								
	3 miles	3 miles	3 miles	Off	2 miles	5 miles	Off	16
3								
	4 miles	3 miles	3 miles	Off	3 miles	5 miles	Off	18
4	4 1111125	5 111165	5 111165		5 111165	5 111123	011	10
	3 miles	3 miles	3 miles	Off	2 miles	4 miles	Off	15
5								
	4 miles	3 miles	3 miles	2 miles	3 miles	5 miles	Off	20
6								
	4 miles	3 miles	3 miles	3 miles	3 miles	6 miles	Off	22
7	4 miles	5 miles	5 miles	5 miles	5 miles	6 miles		22
	4 miles	4 miles	4 miles	3 miles	3 miles	6 miles	Off	24
8								
	4 miles	3 miles	3 miles	2 miles	3 miles	5 miles	Off	20
			UNITVER (long to					20

In each box: MILEAGE (# of miles), RUN TYPE (long, tempo, easy, fartlek), FEELINGS (good, sore, tired, strong)