

Owatonna Girls Cross Country



8 week running training plan (Beginner)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun	Total Miles
1	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	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	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

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