

Owatonna Girls Cross Country



8 week running training plan (Intermediate)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun	Total Miles
1	4 miles	4 miles	4 miles	Off	3 miles	5 miles	Off	20
2	4 miles	4 miles	4 miles	2 miles	3 miles	6 miles	Off	23
3	4 miles	4 miles	4 miles	3 miles	4 miles	6 miles	Off	25
4	4 miles	4 miles	4 miles	Off	3 miles	5 miles	Off	20
5	4 miles	4 miles	4 miles	4 miles	4 miles	7 miles	Off	27
6	5 miles	4 miles	5 miles	4 miles	4 miles	7 miles	Off	29
7	5 miles	4 miles	5 miles	5 miles	4 miles	8 miles	Off	31
8	4 miles	4 miles	4 miles	3 miles	4 miles	6 miles	Off	25

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

