

Owatonna Girls Cross Country

8 week running training plan (Intermediate-advanced)



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun	Total Miles
1	4 miles	4 miles	4 miles	3 miles	4 miles	6 miles	Off	25
2	4 miles	4 miles	5 miles	4 miles	4 miles	7 miles	Off	28
3	5 miles	4 miles	5 miles	5 miles	4 miles	8 miles	Off	31
4	4 miles	4 miles	4 miles	3 miles	4 miles	6 miles	Off	25
5	6 miles	5 miles	5 miles	5 miles	5 miles	8 miles	Off	34
6	6 miles	6 miles	6 miles	6 miles	5 miles	8 miles	Off	37
7	6 miles	6 miles	6 miles	6 miles	6 miles	8 miles	Off	38
8	5 miles	5 miles	5 miles	5 miles	4 miles	8 miles	Off	32

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