

Owatonna Girls Cross Country

8 week running training plan (Intermediate-advanced)



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun	Total Miles
1	5 miles	5 miles	5 miles	4 miles	5 miles	7 miles	Off	31
2	6 miles	5 miles	5 miles	5 miles	4 miles	8 miles	Off	33
3	6 miles	5 miles	6 miles	5 miles	4 miles	9 miles	Off	35
4	5 miles	5 miles	5 miles	4 miles	5 miles	7 miles	Off	31
5	6 miles	6 miles	6 miles	6 miles	4 miles	9 miles	Off	37
6	6 miles	6 miles	6 miles	6 miles	4 miles	10 miles	Off	38
7	7 miles	6 miles	6 miles	6 miles	5 miles	10 miles	Off	40

8								
	6 miles	5 miles	6 miles	5 miles	4 miles	9 miles	Off	35

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