**Summer Mileage Chart and Goals – May & June 2018**

**Red Group**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Goal Miles (long run) | Week  of | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  | May 28 | Cross Train: NO RUNNING (swimming, yoga, weight lifting, bicycling) | | | | | | |
|  | June 4 | Cross Train: Little to no running | | | | | | |
| 18 (5) | June 11 | TEAM  8:30 am SMMHS  3 miles | TEAM  8:30 am SMMHS  3 miles | off | TEAM  8:30 am SMMHS  4 miles | 3 miles | 5 miles | off |
| 20 (6) | Jun 18 | TEAM  8:30 am SMMHS  4 miles | TEAM  8:30 am SMMHS  3 miles | off | TEAM  8:30 am SMMHS  4 miles | 3 miles | 6 miles | off |
| 24 (6) | Jun 25 | Junior/Senior Leadership Week  4 miles | 5 miles | off | 5 miles | 4 miles | 6 miles | off |

* Per mile pace should be 2-3+ minutes slower than your 5k per mile pace (conversation pace). If you don’t know your 5k pace run at a speed that allows you to achieve the goal distance **without** stopping to walk.
* Junior/Senior Leadership week will consist of seniors and juniors getting underclassmen together to run. Coaches will not be present. Continuing with the summer schedule is one of our keys to success.
* SMMHS = the Soccer Field Pavilion
* Lookout Mountain = meet at CVS and will carpool to Cravens House
* The Brow = meet at CVS
* Enterprise South = meet at CVS and will carpool to Enterprise South

**July & August 2018**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Goal Miles (long run) | Week  of | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 30 (7) | Jul 2 | Junior/Senior Leadership  5 miles | 5 miles | 7 miles | 3 miles | 6 miles | off | 4 miles |
| 35 (8) | Jul 9 | TEAM  8:30 am SMMHS  8 miles | TEAM  8:30 am SMMHS  4 miles | TEAM  8:30 am The Brow  6 miles | TEAM  8:30 am SMMHS  6 miles | TEAM  8:30 am Lookout Mountain  7 miles | off | Brevard |
| 45 | Jul 16 | Brevard | Brevard | Brevard | Brevard | Brevard | Brevard | off |
| 45  (7) | Jul 23 | 7 miles  TEAM  8:30 am SMMHS | 7 miles  TEAM  8:30 am SMMHS | 7 miles  TEAM  8:30 am The Brow | 5 miles  TEAM  8:30 am SMMHS | 8 miles  TEAM  8:30 am Enterprise South | 6 miles | 5 miles |
| 35-40  (6) | Jul 30 | TEAM  8:30 am SMMHS  6 miles | TEAM  8:30 am SMMHS  Workout: TBD | TEAM  8:30 am SMMHS  The Brow  6 miles | TEAM  8:30 am SMMHS  Workout TBD | TEAM  8:30 am SMMHS  4 miles | 5 miles | off |