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

**Red Group**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Goal Miles (long run) | Weekof | 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 | TEAM8:30 am SMMHS 3 miles | TEAM8:30 am SMMHS 3 miles | off | TEAM8:30 am SMMHS 4 miles | 3 miles | 5 miles | off |
| 20 (6) | Jun 18 | TEAM8:30 am SMMHS 4 miles | TEAM8:30 am SMMHS 3 miles | off | TEAM8:30 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) | Weekof | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 30 (7) | Jul 2 | Junior/Senior Leadership5 miles | 5 miles | 7 miles | 3 miles |  6 miles | off | 4 miles |
| 35 (8) | Jul 9 | TEAM8:30 am SMMHS 8 miles | TEAM8:30 am SMMHS 4 miles | TEAM8:30 am The Brow6 miles | TEAM8:30 am SMMHS6 miles | TEAM8:30 am Lookout Mountain7 miles  | off | Brevard  |
| 45 | Jul 16 | Brevard | Brevard  | Brevard | Brevard | Brevard  | Brevard | off |
| 45(7) | Jul 23 | 7 milesTEAM8:30 am SMMHS  | 7 milesTEAM8:30 am SMMHS  | 7 milesTEAM8:30 am The Brow  | 5 milesTEAM8:30 am SMMHS  | 8 milesTEAM8:30 am Enterprise South | 6 miles | 5 miles |
| 35-40(6) | Jul 30 | TEAM8:30 am SMMHS6 miles | TEAM8:30 am SMMHS Workout: TBD | TEAM8:30 am SMMHSThe Brow6 miles | TEAM8:30 am SMMHSWorkout TBD | TEAM8:30 am SMMHS4 miles | 5 miles | off |