

Sample Mileage Chart For Cross Country

Wk.1		Wk.2		Wk.3	
Sun.	Off	Sun.	Off	Sun.	Off
Mon.	2	Mon.	3	Mon.	3
Tues.	3	Tues.	4	Tues.	4
Wed.	3	Wed.	4	Wed.	4
Thurs.	2	Thurs.	3	Thurs.	5
Fri.	4	Fri.	4	Fri.	4
Sat.	2	Sat.	3	Sat.	4
	16		21		24
Wk.4		Wk.5		Wk.6	
Sun.	Off	Sun.	Off	Sun.	Off
Mon.	4	Mon.	5	Mon.	6
Tues.	4	Tues.	6	Tues.	5
Wed.	5	Wed.	6	Wed.	6
Thurs.	5	Thurs.	5	Thurs.	7
Fri.	4	Fri.	6	Fri.	6
Sat.	5	Sat.	5	Sat.	6
	27		33		36
Wk.7		Wk.8			
Sun.	Off	Sun.	Off		
Mon.	7	Mon.	8		
Tues.	6	Tues.	6		
Wed.	6	Wed.	6		
Thurs.	8	Thurs.	8		
Fri.	7	Fri.	7		
Sat.	6	Sat.	8		
	40		43		

Keep in mind that these are just suggestions on how you might get the mileage you want without running the same distance every day. Notice that Sunday is off each week but if you miss a day or need to get in a little more mileage you can get it on Sunday.

If you followed the above mileage each week you would get 240 miles.

18.75 miles per week will get you 150 miles.

25 miles per week gets you 200 miles.

30 miles per week gets you 240 miles.

35 miles per week gets you 280 miles.

37.5 miles per week gets you 300 miles

40 miles per week gets you 320 miles.