Week	Dates	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	6/1-6/7	3 Miles	3 Miles	4 Miles	OFF	4 Miles	3 Miles	4 Miles	21 Miles
2	6/8-6/14	OFF	4 Miles	3 Miles	4 Miles	5 Miles	4 Miles	5 Miles	25 Miles
3	6/15-6/21	OFF	4 Miles	5 Miles	4 Miles	5 Miles	4 Miles	6 Miles	28 Miles
4	6/22-6/28	OFF	5 Miles	6 Miles	5 Miles	4 Miles	5 Miles	6 Miles	31 Miles
5	6/29-7/5	OFF	6 Miles	5 Miles	6 Miles	6 Miles	5 Miles	7 Miles	35 Miles
6	7/6-7/12	OFF	6 Miles	5 Miles With 6 by 1min Pickups	6 Miles	7 Miles	5 Miles	7 Miles	36 Miles
7	7/13-7/19	OFF	7 Miles	5 Miles With a 15min tempo	8 Miles	5 Miles	6 Miles with 8 by 45 sec hills	8 Miles	39 Miles
8	7/20-7/26	OFF	5 Miles with 8 by 45sec hills	7 Miles	8 Miles	5 Miles with	6 Miles	8 Miles	39 Miles
9	7/27-8/2	OFF	6 Miles with 8 by 1min hills	7 Miles	6 Miles	8 Miles	5 Miles with 25 min tempo	8 Miles	40 Miles
10	8/3-8-9	OFF	4 Miles	5 Miles	4 Miles	5 Miles	**3.1 Miles**	6 Miles	27 Miles
11	**Time Trial 8/8**								
Girls	***Summer***	***Conditionir***	***XC Plan***	***Varsity***					