

**SUMMER CONDITIONING
2023**

Summer conditioning and running is an important element in running cross-country, but you can still participate even if you do not train over the summer. For summer conditioning information, please use the chart below

Grade Level	6/4-6/10	6/11-6/17	6/18-6/24	6/25-7/1	7/2-7/8	7/9-7/15	7/16-7/22	7/23-7/29
7	5 miles	7 miles	10 miles	7 miles	10 miles	12 miles	15 miles	13 miles
8	8 miles	10 miles	13 miles	10 miles	14 miles	16 miles	19 miles	16 miles
9F	10 miles	13 miles	16 miles	13 miles	16 miles	19 miles	24 miles	19 miles
9M	18 miles	22 miles	25 miles	22 miles	25 miles	30 miles	35 miles	30 miles
10F	15 miles	19 miles	24 miles	19 miles	24 miles	28 miles	32 miles	28 miles
10M	20 miles	24 miles	28 miles	24 miles	28 miles	32 miles	36 miles	32 miles
11F	18 miles	22 miles	26 miles	22 miles	26 miles	30 miles	35 miles	30 miles
11M	24 miles	28 miles	32 miles	30 miles	32 miles	36 miles	40 miles	36 miles
12F	20 miles	24 miles	28 miles	24 miles	28 miles	32 miles	36 miles	32 miles
12M	28 miles	33 miles	38 miles	33 miles	38 miles	42 miles	46 miles	42 miles

Notice that every three week increase in mileage is followed by a week that decreases in mileage. During this week of decreased mileage, you are to increase your pace and carry that pace for the next three week cycle. The mileage written each week is for your total weekly mileage. For example, a sophomore girl the week of July 2- July 8 needs to run a total of 24 miles throughout the week. She can run 4 miles 6 days a week and rest one day, or run 6 miles 4 days and then rest 3 days. Core work should also be done everyday. If you have any questions please contact Coach Hartley. And join our Logan Elm Cross-Country remind.

Team conditioning will begin at 9:00 A.M. at Hargus Lake beside the dam July 17th-21st, and July 24th-28th and will last until @ 10:15. Then practices will begin from 9:00-10:30 AM at Hargus Lake beside the dam on August 1st-4th and August 7th-11th.