

## Esperanza Aztecs Cross Country Summer Mileage Breakdowns 2006

Team runs will begin July 10 at 6am at Yorba Regional Park. Mandatory practices will be Mon-Tue-Wed-Thu-Sat. Saturday practices will be held at Rim Crest or Brush Canyon. Friday is not mandatory, however captains will be organizing these runs. Informal practices will also start after school is over.

Summer training is the cornerstone for cross country. What you do during the summer is important to our season. Please be prepared and work towards achieving your mileage goals!

I am updating the website with information on training, eating and team concepts under "parent/student handbook." Please look there for new information and more coming.

Mileage needs to be emailed to me, [daviddawg@sbcglobal.net](mailto:daviddawg@sbcglobal.net) on Sunday of every week. Stay in constant touch! Run together! Enter your mileage!

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\*Mileage is listed in order of 1<sup>st</sup> year, 2<sup>nd</sup> year and Varsity. These mileage totals correspond to "750" Shirt totals!

\*Second runs are listed (in parenthesis) for the afternoon/evening in some cases.

\*Make sure your mileage is measured as accurately as you can. 8 min. mile pace is usually a good rule of thumb to follow.

**\*Mon-Wed-Friday are Hard Days! If you are in the top 7 (or want to be) you need to run together.**

**\* Tuesday-Thursday-Saturday you run easy! Sunday is a rest day. You can run a few miles on Sunday, but keep it easy and short.**

\* Team runs are on Mon-Wed-Friday and no one gets too far behind.

\*\*\*The mileage listed below is highly suggested. However, you may alter your first run with more miles and do less for the 2<sup>nd</sup>. It is more beneficial to have one longer run rather than to have two equal runs in the same day. Good Luck this summer! Train consistently and you will reap the benefits in the fall.

### Week 1

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<b>May 29-4</b>	<b><u>1st: 30 miles</u></b>	<b><u>2nd: 39 miles</u></b>	<b><u>Var: 42 miles</u></b>
29	6	7	8
30	4	5	5
31	5	6	7
1	4	5	5
2	6	7	8
3	5	6	7 (5)
4	Rest or optional easy run		

Week 2

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<b>June 5-11</b>	<b><u>1st: 32 miles</u></b>	<b><u>2nd: 43 miles</u></b>	<b><u>Var: 50 miles</u></b>
5	6	7 (3)	8 (3)
6	5	5	5
7	6	7	8 (3)
8	4	5	6
9	6	7 (4)	8 (3)
10	5	6	6
11	Rest or optional easy run		

Week 3

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<b>June 12-18</b>	<b><u>1st: 35 miles</u></b>	<b><u>2nd: 48 miles</u></b>	<b><u>Var: 55 miles</u></b>
12	7	7 (3)	8 (3)
13	5	5	5
14	6	7 (4)	8 (4)
15	4	5	6
16	6	6 (3)	8 (3)
17	7	8	10

Week 4

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<b>June 19-25</b>	<b><u>1st: 36 miles</u></b>	<b><u>2nd: 50 miles</u></b>	<b><u>Var: 58 miles</u></b>
19	6 (2)	7 (4)	8 (4)
20	5	6	6
21	6	7 (4)	8 (4)
22	4	5	7
23	6	6 (3)	8 (3)
24	7	8	10

Week 5

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<b>June 26-2</b>	<b><u>1st: 38 miles</u></b>	<b><u>2nd: 54 miles</u></b>	<b><u>Var: 60 miles</u></b>
26	6 (2)	8 (4)	8 (4)
27	5	6	7
28	6 (2)	8 (3)	8 (4)
29	4	6	7
1	6	6 (3)	8 (4)
2	7	8	10

Week 6

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<b>July 3-9</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>
3	7 (2)	8 (4)	8 (4)
4	5	7	7
5	6 (2)	8 (4)	8 (4)
6	4	6	9

7	6 (2)	6 (3)	8 (4)
8	7	8	10
9	Rest or optional easy run		

Week 7

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<b>July 10-16</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>
10	7 (2)	8 (4)	8 (4)
11	5	7	7
12	6 (2)	8 (4)	8 (4)
13	4	6	9
14	6 (2)	6 (3)	8 (4)
15	7	8	10
16	Rest or optional easy run		

Week 8

<b>July 17-23</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>
17	7 (2)	8 (4)	8 (4)
18	5	7	7
19	6 (2)	8 (4)	8 (4)
20	4	6	9
21	6 (2)	6 (3)	8 (4)
22	7	8	10
23	Rest or optional easy run		

Week 9

<b>July 24-30</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>	
24	7 (2)	8 (4)	8 (4)	
25	5	7	7	
26	6 (2)	8 (4)	8 (4)	
27	4	6	9	
28	6 (2)	6 (3)	8 (4)	
29	7	8	10	Anaheim Stadium Run
30	Rest or optional easy run			

Week 10

<b>Jul 31-6</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>
31	7 (2)	8 (4)	8 (4)
1	5	7	7
2	6 (2)	8 (4)	8 (4)
3	4	6	9
4	6 (2)	6 (3)	8 (4)
5	7	8	10
6	Rest or optional easy run		

Week 11

<b>Aug. 7-13</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>	Mammoth
7	7 (2)	8 (4)	8 (4)	
8	5	7	7	

9	6 (2)	8 (4)	8 (4)
10	4	6	9
11	6 (2)	6 (3)	8 (4)
12	7	8	10
13	Rest or optional easy run		

Week 12

<b>Aug. 14-20</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>
14	7 (2)	8 (4)	8 (4)
15	5	7	7
16	6 (2)	8 (4)	8 (4)
17	4	6	9
18	6 (2)	6 (3)	8 (4)
19	7	8	10
20	Rest or optional easy run		

Week 13

<b>Aug. 21-27</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>	
21	7 (2)	8 (4)	8 (4)	
22	5	7	7	
23	6 (2)	8 (4)	8 (4)	
24	4	6	9	Villa Park Race 6pm
25	6 (2)	6 (3)	8 (4)	8 (4)
26	7	8	10	10
27	Rest or optional easy run			

Week 14

<b>Aug. 28-3</b>	<b><u>1st: 40</u></b>	<b><u>2nd: 54</u></b>	<b><u>Var: 62</u></b>	
28	7 (2)	8 (4)	8 (4)	
29	5	7	7	
30	6 (2)	8 (4)	8 (4)	
31	4	6	9	Villa Park Race 6pm
1	6 (2)	6 (3)	8 (4)	8 (4)
2	7	8	10	10
3	Rest or optional easy run			

End of Summer Mileage!

Be sure to send in your mileage each Sunday! T-Shirts will be awarded to:

500 Mile Club 600 Mile Club 700 Mile Club 750 Mile Club 800 Mile Club

850 Mile Club 900 Mile Club 950 Mile Club 1000 Mile Club!

If you follow the above prescribed mileage you will have achieved the following:

1<sup>st</sup> year: 531 miles (38 miles a week avg.)

2<sup>nd</sup> year: 720 miles (51 miles a week avg.)  
Varsity: 823 miles (58 miles a week avg.)

\*Remember! Monday-Wednesday-Friday are “hard” days where the lead 7-10 runners and those that want to be run TOGETHER!!