

2018 Mileage Log
Discovery Cross Country

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
	F	I	N	A	L	S		
5/27-6/2	5/27	5/28	5/29	5/30	5/31	6/1	6/2	Week 1
Week 1	XX	XX						
6/03-6/09	6/3	6/4	6/5	6/6	6/7	6/8	6/9	Week 2
Week 2								
6/10-6/16	6/10	6/11	6/12	6/13	6/14	6/15	6/16	Week 3
Week 3								
6/17-6/23	6/17	6/18	6/19	6/20	6/21	6/22	6/23	Week 4
Week 4								
6/24-6/30	6/24	6/25	6/26	6/27	6/28	6/29	6/30	Week 5
Week 5								
7/1-7/7	7/1	7/2	7/3	7/4	7/5	7/6	7/7	Week 6
Week 6	D	E	A	D	W	E	E	K

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Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
7/8-7/14	7/8	7/9	7/10	7/11	7/12	7/13	7/14	Week 7
Week 7								
7/15-7/21	7/15	7/16	7/17	7/18	7/19	7/20	7/21	Week 8
Week 8								
7/22-7/28	7/22	7/23	7/24	7/25	7/26	7/27	7/28	Week 9
Week 9								
7/29-8/4	7/29	7/30	7/31	8/1	8/2	8/3	8/4	Week 10
Week 10								
8/5-8/11	8/5	8/6	8/7	8/8	8/9	8/10	8/11	Week 11
Week 11		First Day Of School	TBD	TBD	TBD	TBD	Bulldog Dash	
8/12-8/18	8/12	8/13	8/14	8/15	8/16	8/17	8/18	Week 12
Week 12			TBD	TBD	TBD	TBD		

Put this on your refrigerator or wherever you will see it clearly every day. Write your mileage on this log daily....don't be lazy about it. You can count your warm-up, workout, and cool down in your daily mileage. However, you can't count swimming, biking, walking, etc.....**RUNNING ONLY**. Although if swimming or biking, or hiking, etc....are your only options for some days, please do so. It just can't count in the mileage log.

Everyone will report mileage to Coach Ursprung at the end of the summer. Mileage is important for a summer t-shirt and more important to see how you are progressing and how we need to train each of you as the summer wears on and as school starts.