

2019 Mileage Log
North Gwinnett Cross Country

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
5/19-5/25								
	F	I	N	A	L	S		
5/26-6/01	5/26	5/27	5/28	5/29	5/30	5/31	6/01	Week 1
Week 1	XX	XX	XX	First Day of Practice NGHS Track	GPP	EHC		
6/02-6/08	6/02	6/3	6/4	6/5	6/6	6/7	6/8	Week 2
Week 2		GPP	NGHS	SBP	GPP	EHC		
6/09-6/15	6/09	6/10	6/11	6/12	6/13	6/14	6/15	Week 3
Week 3		GPP	NGHS	SBP	GPP	EHC		
6/16-6/22	6/16	6/17	6/18	6/19	6/20	6/21	6/22	Week 4
Week 4		GPP	NGHS	SBP	GPP	EHC		
6/23-6/29	6/23	6/24	6/25	6/26	6/27	6/28	6/29	Week 5
Week 5		GPP	NGHS	SBP	GPP	Challenge Run #1- Location TBA		
6/30-7/06	6/30	7/1	7/2	7/3	7/4	7/5	7/6	Week 6
Week 6		GPP	NGHS	SBP	GPP	EHC		
	D	E	A	D	W	E	E	K

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Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
7/7-7/13	7/07	7/08	7/09	7/10	7/11	7/12	7/13	Week 7
Week 7		GPP	NGHS	SBP	GPP	EHC		
7/14-7/20	7/14	7/15	7/16	7/17	7/18	7/19	7/20	Week 8
Week 8		GPP	NGHS	SBP	GPP	Challenge Run #2– Location TBA		
7/21-7/27	7/21	7/22	7/23	7/24	7/25	7/26	7/27	Week 9
Week 9		GPP	NGHS	SBP	GPP	Challenge Run #3– Location TBA or Team Function		
7/28-8/3	7/28	7/29	7/30	7/31	8/01	8/02	8/03	Week 10
Week 10		GPP Staff Pre- Planning Starts	NGHS	SPB	GPP	EHC		
8/4-8/10	8/4	8/5	8/6	8/7	8/8	8/9	8/10	Week 11
Week 11		First Day Of School	TBD	TBD	TBD	TBD	Bulldog Dash Date	
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 Rowland, Coach Stanfield, Coach Storm, or Coach York 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.