

# Miles Per Week Guidelines

A fundamental question in distance running is, “How many miles should I run per week?” This is a challenging question as there is no magic number and there are many factors involved in determining the correct mileage for each runner. It is crucial to remember that we want to stay Healthy and have Fun. Rushing into too many miles will typically lead to injuries and burnout. Running too few miles will limit your ability to be successful. In the following Table I have identified 3 broad categories. Naturally there will be some overlap in these categories and they should not be followed blindly. If you are unsure which category you are in, talk with Coach Swedlund, Coach Louderback, Coach Wagner, or Coach Sigvaldson.

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
Advanced/Upperclassman <b>25</b> Experienced Runners <b>19</b> Returning Runners <b>16</b> Low Mileage/Newcomers <b>12</b>	Advanced/Upperclassman <b>27</b> Experienced Runners <b>20</b> Returning Runners <b>17</b> Low Mileage/Newcomers <b>13</b>	Advanced/Upperclassman <b>30</b> Experienced Runners <b>22</b> Returning Runners <b>19</b> Low Mileage/Newcomers <b>14</b>	Advanced/Upperclassman <b>35</b> Experienced Runners <b>25</b> Returning Runners <b>20</b> Low Mileage/Newcomers <b>15</b>
<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
Advanced/Upperclassman <b>35</b> Experienced Runners <b>25</b> Returning Runners <b>20</b> Low Mileage/Newcomers <b>18</b>	Advanced/Upperclassman <b>40</b> Experienced Runners <b>30</b> Returning Runners <b>23</b> Low Mileage/Newcomers <b>18</b>	Advanced/Upperclassman <b>42</b> Experienced Runners <b>32</b> Returning Runners <b>25</b> Newcomers <b>20</b>	Advanced/Upperclassman <b>46</b> Experienced Runners <b>36</b> Returning Runners <b>30</b> Newcomers <b>25</b>
<b>Week 9</b>	<b>Week 10</b>		
Advanced/Upperclassman <b>50</b> Experienced Runners <b>40</b> Returning Runners <b>30</b> Newcomers <b>25</b>	Official Practice Starts		

\*Keep in mind that these are guidelines and should be treated as such. Based on your individual situation you may find that you need to vary your mileage slightly up or down. Regardless, we want each week to build off of the previous week hence, “building a base.” Extreme fluctuations in mileage from week to week is ineffective and will make you prone to injury. I want everybody to be healthy and running their best in mid-late October. In order to do that you have to decide today that you are committed to getting better every day.