XC Summer Mileage Training						Month:					
Ath:	WK:1					Ath:	WK:2				
Day:	Mileage	Avg Mile	Last Mile	Avg rec	Heart Rate	Day:	Mileage	Avg Mile	Last Mile	Avg rec	Hart Rate
Mon						Mon					
Tues						Tues					
Weds						Weds					
Thurs						Thurs					
Fri						Fri					
Sat						Sat					
Sun						Sun					
A.C.R RUN:						A.C.R RUN:					
Levels:	Level 1	Level 2	Level 3	Level 4	Level 5	Levels:	Level 1	Level 2	Level 3	Level 4	Level 5
Mileage:	13-15m	10-12 m	8-10 m	6-8m	5-7m	Mileage:	18-16m	14-13m	12-11m	10-9m	8-6m
Ath:	WK:3					Ath:	WK:4				
Day:	Mileage	Avg Mile	Last Mile	Avg rec	Heart Rate	Day:	Mileage	Avg Mile	Last Mile	Avg rec	Hart Rate
Mon						Mon					
Tues						Tues					
Weds						Weds					
Thurs						Thurs					
Fri						Fri					
Sat						Sat					
A.C.R RUN:						A.C.R. RUN:					
Levels:	Level 1	Level 2	Level 3	Level 4	Level 5	Levels:	Level 1	Level 2	Level 3	Level 4	Level 5
Mileage:	17-16m	14-12m	12-11m	10-9m	8-6m	Mileage:	17-16m	15-14m	12-10m	9-8m	7-5m

								Panther XC S
								Day:
								Mon
								Tues
								Fri
								Sat
								Sun
								Total Mileage
								Aerobic Cond
								Levels:
								Mileage:

ummer Mileage Training Logs				**MONTH**	**OCTOBER**
Mileage		**Avg Mile**	**Last Mile**	**Avg rec**	**Comments**
e					
Run					
Level 1		**Level 2**	**Level 3**	**Level 4**	**Level 5**
13-15		10-12	8-10	6-8	5-7