

Red Smith 2026 CC Summer Mileage Chart

Grade	June 14-20	June 21-27	June 28-July 4	July 5-11	July 12-18	July 19-25	July 26-August 1	August 2-8	August 9-15	August 16-22
Middle School	10-15 miles	11-16.5 miles	10-16 miles	12-18 miles	13-20 miles	12-19 miles	14.5-21 miles	16-23 miles	15-22 miles	17-25 miles

***Notes:**

- These are suggestions. If you can follow as closely as possible, great! If not, jump in where you can, but start with the lower mileage and work your way up **slowly** from there.
- If you are starting by jogging .5-1.0 miles per run, your mileage will be less per week than shown above. That's fine. Slowly increase your training runs as long as you're maintaining at least a jog-no walking.
- You will notice every few weeks is a down week mileage-wise compared to the previous 2 weeks. This is a general rule of distance training. **You need to keep your mileage and intensity in check so you don't put too much stress on your body and to avoid burnout.**
- The better shape you come into the season in, the sooner you can start speed workouts and the more success you'll have throughout the season.
- The off season is used to build your foundation which we will build on once the season starts. Most of your runs should be at an easy pace around 60-70% of your max effort. **Your goal for every run you go on is to NOT WALK.** Keep a comfortable enough pace that enables you to at least jog the whole run.