

Blue Valley Volume Chart

Weekly Total	Number of Days	Daily Average	Long Run (20-25%)	Tempo or Intervals (8%)	Speed and Repeats (5%)
50 (Boys V)	6	8 miles	10-12 miles	4 miles	2.5 miles
45 (Boys V)	6	7.25 miles	9-11 miles	3.6 miles	2.25 miles
40(Boys/Girls V)	6	6.5 miles	8-10 miles	3.2 miles	2 miles
35 (Girls V)	6	5.75 miles	7-9 miles	2.8 miles	1.75 miles
30 (Girls JV)	6	5 miles	6-8 miles	2.4 miles	1.5 miles
25 (C-Team)	6	4 miles	5-7 miles	2 miles	1.25 miles
20 (Beginner)	6	3 miles	4-5 miles	1.6 miles	1 mile

Notes:

- Anyone running over 50 miles needs to let the Coach know.
- Daily Average: this is the number of miles you should be running every day except your weekly long run
- Long Run: this is the mileage range for your weekly long run. No more than 20-25% of weeks volume
- Tempo or Intervals: this is the volume you should achieve for your threshold and interval workouts (this is only for the hard part of the workout)
- Speed and Repeats: this is the volume you should do for your speed/repetition workouts. Usually faster and/or less rest (Does not include warm up, cool down or extra mileage)
- Cross training is a good supplement
- Start with a big base
- Talk with Coach about anything or if you have training questions,