



COACH GINA'S 35% RULE

A long run greater than 35% of total weekly mileage is a high risk for injury

IF you weekly mileage is: (Green column)

Then your long run should not be more than: (Blue column)

Total Weekly Mileage		LONG RUN	Total Weekly Mileage		LONG RUN
10	supports a long run of:	3	36	supports a long run of:	12.5
12	supports a long run of:	4	38	supports a long run of:	13
14	supports a long run of:	5	40	supports a long run of:	14
16	supports a long run of:	6	42	supports a long run of:	15
18	supports a long run of:	6.5	44	supports a long run of:	15.5
20	supports a long run of:	7	46	supports a long run of:	16
22	supports a long run of:	8	48	supports a long run of:	17
24	supports a long run of:	8.5	50	supports a long run of:	18
26	supports a long run of:	9	53	supports a long run of:	18.5
28	supports a long run of:	10	55	supports a long run of:	19
30	supports a long run of:	10.5	58	supports a long run of:	20
32	supports a long run of:	11	60	supports a long run of:	21
34	supports a long run of:	12			

Two Dogs Running: www.twodogsrunning.com