

2011 Edina Boys Cross Country Summer Training Plan

125 Mile Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
June 13, 2011	0-15: Easy	off	15-20: Easy	off	15-20: Easy	20-30: Easy	off	5-15
June 20, 2011	15-20: Easy	off	15-20: Easy	off	15-20: Easy	20-30: Easy	off	10-15
June 27, 2011	20: Easy	off	20: Easy	off	15-20: Easy	20-30: Easy	off	12-15
July 4, 2011	20-30: Easy	off	20-30: Easy	off	15-20: Easy	20-35: Easy	off	12-20
July 11, 2011	20-30: Easy	off	30: Easy	15-20: Easy	20-30: Easy	30: Easy	off	15-20
July 18, 2011	20-30: Easy	off	30: Easy	15-20: Easy	20-30: Easy	30: Easy	off	15-20
	Edina CC Camp	Edina CC Camp	Edina CC Camp	Edina CC Camp				
July 25, 2011	20-30: Easy	off	30: Easy	15-20: Easy	20-30: Easy	30: Easy	off	15-20
August 1, 2011	30: Easy	15-20: Easy	30: Easy	20-30: Easy	20-30: Easy	40-45: Easy	off	20-25
August 8, 2011	30: Easy	15-20: Easy	30: Easy	20-30: Easy	20-30: Easy	40-45: Easy	off	20-25