

2011 Edina Boys Cross Country Summer Training Plan *250 Mile Club*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
June 13, 2011	0-30 Easy	0-30 Easy	20-30: Easy	20-30: Easy	20-30: Easy	30-45: Easy	Off	15-25
June 20, 2011	20-30: Easy	20-30: Easy	20-30: Easy	20-30: Easy	20-30: Easy	30-45: Easy	0-20: Easy	20-30
							50-day Challenge Starts	
June 27, 2011	30: Easy	30: Easy	30-40: Easy + Strides	30: Easy	20-30: Easy	40-50: Easy + Strides	0-20: Easy	25-30
July 4, 2011	30: Easy + Strides	20-30: Easy	40: Progression	30: Easy	20-30: Easy	40-50: Easy + Strides	0-20: Easy	25-30
July 11, 2011	35-40: Easy + Strides	30: Easy	45: Progression	20-30: Easy	30: Easy	45-60: Easy + Strides	0-20: Easy	30-35
July 18, 2011	30-45: Easy + Strides	30: Easy	45: Easy + Strides	30: Easy	45: Easy + Strides	50-60: Easy + Strides	0-20: Easy	30-35
	Edina CC Camp	Edina CC Camp	Edina CC Camp	Edina CC Camp				
July 25, 2011	45: Progression + Strides	30: Easy	40-50: Easy + Strides	35-45: Easy	45: Easy + Strides	60: + Strides	0-20: Easy	35-40
August 1, 2011	35: Progression + Strides	30: Easy	45-60: Easy + Strides	40-50: Easy	45: Easy + Strides	60: + Strides	0-20: Easy	35-40
August 8, 2011	45: Progression + Strides	30: Easy	40-50: Easy + Strides	40-50: Easy	35-45: Easy	60-70: + Strides	0-20: Easy	35-40