

2011 Edina Boys Cross Country Summer Training Plan *375 Mile Club*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
June 13, 2011	0-30 Easy	0-30 Easy	30: Easy	30: Easy	30: Easy	30-45: Easy	Off	20-25
June 20, 2011	30: Easy	30-45: Easy	30: Easy	45: Easy	30: Easy	45-60: Easy	0-20: Easy	30-35
							50-day Challenge Starts	
June 27, 2011	20: Easy / 30-45: + Strides	30: Easy	20: Easy / 30-45: + Strides	30-45: Easy	30: Easy	50-60: Easy + Strides	0-30: Easy	35-40
July 4, 2011	20-30: Easy / 45: + Strides	30: Easy	20-30: Easy / 45: + Strides	30-45: Easy	30: Easy	70-75: Easy + Strides	0-30: Easy	40-45
July 11, 2011	60: Easy + Strides	20-30: Easy / 45: + Strides	20-30: Easy / 45: + Strides	45-60: Easy	45: Easy	70-75: + Strides	0-30: Easy	50-55
July 18, 2011	20-30: Easy / 45: Progression + Strides	30: Easy	20-30: Easy / 45: + Strides	30: Easy	45: Easy	60: + Strides	0-30: Easy	40-45
	Edina CC Camp	Edina CC Camp	Edina CC Camp	Edina CC Camp				
July 25, 2011	20-30: Easy / 60: Progression + Strides	45: Easy	20-30: Easy / 45-60: + Strides	20: Easy / 45-60: + Strides	45: Easy	70-80: + Strides	0-30: Easy	55-60
August 1, 2011	20-30: Easy / 60: Progression + Strides	45: Easy	30: Easy / 45-60: + Strides	30: Easy / 45-60: + Strides	30-45: Easy	75-80: + Strides	0-30: Easy	55-60
August 8, 2011	20-30: Easy / 45: Progression + Strides	45: Easy	30: Easy / 45-60: + Strides	30: Easy / 45-60: + Strides	30: Easy	60-70: + Strides	0-30: Easy	50-55