

2011 Edina Boys Cross Country Summer Training Plan

500 Mile Club

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total Mileage |
|----------------|---|---------------------------|-----------------------------------|-----------------------------|-----------------|---------------------|-------------------------|---------------|
| June 13, 2011 | 30: Easy | 30-45: Easy | 30-45: Easy | 30-45: Easy | 30-45: Easy | 45-60: Easy | Off | 30-35 |
| June 20, 2011 | 30-45: Easy | 45: Easy | 45-60: Easy | 45-60: Easy | 30: Easy | 60: Easy | 30: Easy | 40-45 |
| | | | | | | | 50-day Challenge Starts | |
| June 27, 2011 | 30: Easy / 45: + Strides | 45: Easy | 30: Easy / 60: + Strides | 45-60: Easy | 30: Easy | 60-75: + Strides | 30: Easy | 50-55 |
| July 4, 2011 | 30: Easy / 45: Progression: + Strides | 20-30: Easy / 45: Easy | 30: Easy / 60: + Strides | 20-30: Easy / 45: Easy | 30: Easy | 70-80: + Strides | 30: Easy | 55-60 |
| July 11, 2011 | 60: Easy + Strides | 30: Easy / + Strides | 60: 30: Easy / 70: + Strides | 45-60: Easy | 45: Easy | 80-90: + Strides | 30-45: Easy | 60-65 |
| July 18, 2011 | 20-30: Easy / 45: Progression + Strides | 45: Easy | 20-30: Easy / 45-60: + Strides | 45: Easy | 45: Easy | 75: + Strides | 0-30: Easy | 50-55 |
| | Edina CC Camp | Edina CC Camp | Edina CC Camp | Edina CC Camp | | | | |
| July 25, 2011 | 30: Easy / 60: Progression + Strides | 45-60: Easy | 30: Easy / + Strides | 60: 30: Easy / + Strides | 60: 45-60: Easy | 75-90: + Strides | 30-45: Easy | 65-70 |
| August 1, 2011 | 30: Easy / 60: Progression + Strides | 45-60: Easy | 30: Easy / + Strides | 60: 30: Easy / + Strides | 60: 45-60: Easy | 75-90: + Strides | 30-45: Easy | 65-70 |
| August 8, 2011 | 30: Easy / 60: Progression + Strides | 45-60: Easy | 30: Easy / + Strides | 60: 30: Easy / + Strides | 60: 45-60: Easy | 75-90: + Strides | 30-45: Easy | 65-70 |