

2017 Edina Boys Cross Country Summer Training Plan

300 Mile Club

Things to remember:

- 1) GET TOGETHER WITH YOUR TEAMMATES TO RUN - **AS OFTEN AS YOU CAN!**
- 2) HYDRATE, HYDRATE, HYDRATE! - Before & After running!
- 3) Have fun!
- 4) GET TOGETHER WITH YOUR TEAMMATES TO RUN - **AS OFTEN AS YOU CAN (CAPTAINS PRACTICE)!**

Captains Practice Schedule:

Monday, Wednesday & Thursday: 8:30am @ ECC

Tuesday: 8:30am @ Hyland Park

Friday: 8:30am @ Harriet Bandshell

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
June 5, 2017	3 miles	2 miles	3 miles	3 miles	off	4 miles	off	15
June 12, 2017	4 miles	3 miles	4 miles	3 miles	3 miles	5 miles	off	22
June 19, 2017	4 miles	3 miles	5 miles	4 miles	3 miles	6 miles	off	25
June 26, 2017	5 miles	4 miles	5 miles	4 miles	4 miles	6 miles	off	28
July 3, 2017	5 miles	4 miles	5 miles	4 miles	4 miles	6 miles	off	28
July 10, 2017	4 miles	6 miles	6 miles	7 miles	3 miles	6 miles	off	32
	Edina CC Camp	Edina CC Camp	Edina CC Camp	Edina CC Camp				
July 17, 2017	6 miles	4 miles	6 miles	5 miles	6 miles	8 miles	off	35
July 24, 2017	6 miles	6 miles	5 miles	6 miles	5 miles	8 miles	off	36
July 31, 2017	7 miles	6 miles	6 miles	6 miles	5 miles	9 miles	off	39
August 7, 2017	7 miles	6 miles	7 miles	6 miles	5 miles	9 miles	off	40
								300