

Athlete Name _____

MHS XC Summer Training -- Group "A"
Run 4 - 5 times each week -- Run with a partner!

<u>Total Miles</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Wk Total</u>
1st week of June 3.5/day = 20 miles							
2nd week of June 3.5/day = 20 miles							
3rd week of June 4/day = 22.5 miles							
4th week of June 4/day = 22.5 miles							
June to July 4.5/day = 25 miles							
1st week of July 4.5/day = 25 miles							
2nd week of July 5/day = 27.5 miles							
3rd week of July 5/day = 27.5 miles							
4th week of July 5.5/day = 30 miles							
1st week of August 5.5/day = 30 miles							
2nd week of August 5.5/day = 30 miles							