

**EDISON CROSS-COUNTRY
SUMMER 2019
TRAINING SCHEDULE**

Week #1 (June 3rd)

	<u>Beginner</u>	<u>Advanced</u>
Monday	3 miles or 25 minutes	4 miles or 32 minutes
Tuesday	3 miles or 25 minutes	5 miles or 40 minutes
Wednesday	3 miles or 25 minutes	4 miles or 32 minutes
Thursday	Day Off	Day Off
Friday	4 miles or 32 to 35 minutes	5 miles or 40 minutes
Saturday	3 miles or 25 minutes	6 miles or 48-52 min.
Sunday	Day Off	Day Off

Week #2 (June 10th)

	<u>Beginner</u>	<u>Advanced</u>
Monday	3 miles or 25 minutes	4 miles or 32 minutes
Tuesday	3 miles or 25 minutes	5 miles or 40 minutes
Wednesday	3 miles or 25 minutes	4 miles or 32 minutes
Thursday	Day Off	Day Off
Friday	4 miles or 32 to 35 minutes	5 miles or 40 minutes
Saturday	3 miles or 25 minutes	6 miles or 48-52 min.
Sunday	Day Off	Day Off

Week #3 (June 17th)

	<u>Beginner</u>	<u>Advanced</u>
Monday	4 miles or 32-35 minutes	4 miles or 32 minutes
Tuesday	3 miles or 25 minutes	5 miles or 40 minutes
Wednesday	3 miles or 25 minutes	4 miles or 32 minutes
Thursday	Day Off	3 miles or 25 minutes
Friday	4 miles or 32 to 35 minutes	5 miles or 40 minutes
Saturday	5 miles or 40 to 45 minutes	7 miles or 56-60 min.
Sunday	Day Off	Day Off

Week #4 (June 24th)

	<u>Beginner</u>	<u>Advanced</u>
Monday	4 miles or 32-35 minutes	4 miles or 32 minutes
Tuesday	3 miles or 25 minutes	5 miles or 40 minutes
Wednesday	3 miles or 25 minutes	4 miles or 32 minutes
Thursday	Day Off	3 miles or 25 minutes
Friday	4 miles or 32 to 35 minutes	5 miles or 40 minutes
Saturday	5 miles or 40 to 45 minutes	7 miles or 56-60 min.
Sunday	Day Off	Day Off

Week #5 (July 1st)

Beginner
Monday 4 miles or 32 to 35 minutes
Tuesday 3 miles or 25 minutes
Wednesday 3 miles or 25 minutes

Thursday Day Off
Friday 4 miles or 32 to 35 minutes
Saturday 5 miles or 40 to 45 minutes
Sunday Day Off

Advanced
5 miles or 40 minutes
6 miles or 48-52 min.
1 mile warm-up
3 mile threshold
1 mile cool-down
3 miles or 25 minutes
5 miles or 40 minutes
8 miles or 64-72 min.
Day Off

Week #6 (July 8th)

Beginner
Monday 4 miles or 32 to 35 minutes
Tuesday 3 miles or 25 minutes
Wednesday 3 miles or 25 minutes

Thursday Day Off
Friday 4 miles or 32 to 35 minutes
Saturday 5 miles or 40 to 45 minutes
Sunday Day Off

Advanced
5 miles or 40 minutes
6 miles or 48-52 min.
1 mile warm-up
3 mile threshold
1 mile cool-down
3 miles or 25 minutes
5 miles or 40 minutes
8 miles or 64-72 min.
Day Off

Week #7 (July 15th)

Beginner
Monday 4 miles or 32-35 minutes
Tuesday 3 miles or 25 minutes
Wednesday 3 miles or 25 minutes

Thursday Day Off
Friday 5 miles or 40-45 minutes
Saturday 20 minutes or Day Off

Advanced
5 miles or 40 minutes
3 miles or 25 min.
45m. Sub-threshold Run
3 miles or 25 minutes
8 miles or 64-72 min.
20 minutes or Day Off