

2017 UFCA XC Team

Summer Training - Record Your Mileage (starting May 20)

Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Wkly Mileage	KEY:
1	5/14 - 5/20	No Record	No Record	No Record	No Record	No Record	No Record			"100 Mile Club" = Average ~ 7-10 miles/week
2	5/21 - 5/27									"150 Mile Club" = Average ~ 10-15 miles/week
3	5/28 - 6/3									"200 Mile Club" = Average ~ 20+ miles/week
4	6/4 - 6/10									Start Recording Mileage on May 20 (Coach's Run/Breakfast Mtg):
5	6/11 - 6/17									1. On May 20 - Distances were: Max & Connor = 5mi; Jackson = 4mi; All others = 3 mi
6	6/18 - 6/24									2. When recording, please round up to nearest half mile (.5 or .0)
7	6/25 - 7/1									
8	7/2 - 7/8									Extra Credit: (See below...if you complete the following on a given day, add to your daily mileage)
9	7/9 - 7/15									25 Push-ups = .25 mi 50 Crunches = .25 mi 25 Burpies = .25 mi
10	7/16 - 7/22									10 Lunges or 10 Squats = .1 mi 25 Jumping Jacks = .1 mi Chair Yoga (10 min) = .25 mi
11	7/23 - 7/29									Swimming (1 hr) = .25 mi Bike Ride (1 hr) = .25 mi Run Fit(6:15p) = .5 mi (per session)
12	7/30 - 8/5									
13	8/6 - 8/12									Varsity (only) Practice Begins on 8/7
14	8/13 - 8/19									Middle School Only! MS Practice Begins 8/21