**CBSXC 2019 TRAINING/RACING SCHEDULE**

**AUGUST**

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| **Week** | Monday  | Tuesday  | Wednesday  | Thursday | Friday  | Saturday  | Sunday |
| **1****8/12-8/18** | **TIME TRIAL**PVP (8:00-9:30)2 Mile Warm-upDrills, striders2 Mile Time-Trial5 x 300 @ RP1 Mile Cool-Down6 x striders | **RECOVERY**PVP (8:00-9:30)Drills, StridersV: 5 milesJV: 3 milesStrength Circuit6 x striders | **RECOVERY (SPRINTS)**PVP (8:00-9:30)Drills, StridersV: 5 milesJV: 3 miles10 x 100 Sprints with walk recovery | **INTERVALS**PVP (8:00-9:30)2 mile Warm-upDrills, striders V: 6 x 800 with 200 Roll-onJV: 4 x 800 with 200 Roll-on1 mile cool-down,6 striders | **RECOVERY**PVP (8:00-9:30)Drills, StridersV: 5 milesJV: 3 milesStrength Circuit6 x striders | **LONG RUN**OPTIONAL TRAIL RUN @ GREEN LANE (8:00-9:30)V: 80 minutes, 4 stridersJV: 60 minutes | OFF |
| **2****8/19-8/25** | **TEMPO**PVP (8:00-9:30)Drills, StridersV: 6 Miles (2 Easy-4 Tempo)JV: 4 Miles (2 Easy-2 Tempo)6 x 300 @ RP6 x striders | **RECOVERY**PVP (8:00-9:30)Drills, StridersV: 6 milesJV: 4 milesStrength Circuit6 x striders | **RECOVERY (SPRINTS)**PVP (8:00-9:30)Drills, StridersV: 6 milesJV: 4 miles10 x 100 Sprints with walk recovery | **INTERVALS**PVP (8:00-9:30)2 mile Warm-upDrills, striders V: 8 x 800 with 200 Roll-onJV: 5 x 800 with 200 Roll-on1 mile cool-down,6 striders | **RECOVERY**PVP (8:00-9:30)Drills, StridersV: 6 milesJV: 4 milesStrength Circuit6 x striders | **LONG RUN**ON OWNV: 80 minutes, 4 stridersJV: 60 minutes, 4 striders | OFF |
| **3****8/26-9/1** | **TEMPO**PVP (8:00-9:30)Drills, StridersV: 6 Miles (2 Easy-4 Tempo)JV: 4 Miles (2 Easy-2 Tempo)6 x 500 @ RP6 x striders | **RECOVERY**CBS (2:30-4:00)Drills, StridersV: 6 milesJV: 4 milesStrength Circuit6 x striders | **RECOVERY (SPRINTS)**CBS (2:30-4:00)Drills, StridersV: 6 milesJV: 4 miles10 x 100 Sprints with walk recovery | **INTERVALS**CBS (2:30-4:00)2 mile Warm-upDrills, stridersV: 20 x 400 @ RP with 100 JRJV: 16 x 400 @ RP with 100 JR6 x 100 striders | **RECOVERY**ON OWNDrills, StridersV: 6 milesJV: 4 milesStrength Circuit6 x striders | **LONG RUN**ON OWNV: 80 minutes, 4 stridersJV: 60 minutes, 4 striders | OFF |

**SEPTEMBER**

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| **Week** | Monday  | Tuesday  | Wednesday  | Thursday | Friday  | Saturday  | Sunday |
| **4****9/2-9/8** | **TEMPO****RUN ON OWN**Drills, StridersV: 6 Miles (2 Easy-4 Tempo)JV: 4 Miles (2 Easy-2 Tempo)6 x 500 @ RP | **RECOVERY**CBS (2:45-4:30)Drills, StridersV: 6 milesJV: 4 milesStrength Circuit6 x striders | **RECOVERY (SPRINTS)**CBS (2:45-4:30)Drills, StridersV: 6 milesJV: 4 miles10 x 100 Sprints with walk recovery | **INTERVALS**CBS (2:45-4:30)2 Mile Warm-upDrills, StridersV: 8 x 800 with 200 R/OJV: 5 x 800 with 200 R/O1 mile CD, 6 stri | **RECOVERY**CBS (2:45-4:30)Drills, StridersV: 6 milesJV: 4 MilesStrength Circuit6 x Striders | **LONG RUN**OPTIONAL TRAIL RUN @ GREEN LANE (8:00-9:30)V: 80 minutesJV: 60 minutes | OFF |
| **5****9/9-9/15** | **INTERVALS**CBS (2:45-4:30)1 Mile Warm-upDrills, StridersV: 12 x 400 @ RP with 100 JRJV: 10 x 400 @ RP with 100JR | **PRE-MEET**CBS (2:45-4:00)Drills, Striders30 minute run6 x 200m stridersStrength Circuit | **MEET @ East****with Pennridge** | **RECOVERY**CBS (2:45-4:00)Drills, Striders30 minute run6 x 100 stridersStrength Circuit | **PRE-MEET**CBS (2:45-4:00)Drills, Striders30 minute run6 x 200m striders | **CENTAUR INVITE****DESALES U** | OFF |
| **6****9/16-9/22** | **INTERVALS**CBS (2:45-4:30)1 Mile Warm-upDrills, StridersV: 12 x 400 @ RP with 100 JRJV: 10 x 400 @ RP with 100JR | **PRE-MEET**CBS (2:45-4:00)Drills, Striders30 minute run6 x 200m stridersStrength Circuit | **MEET @ Home****vs Q-TOWN/SOUD** | **RECOVERY**CBS (2:45-4:00)Drills, Striders30 minute run6 x 100 stridersStrength Circuit | **PRE-MEET**CBS (2:45-4:00)Drills, Striders30 minute run6 x 200m striders | **CR INVITE****TYLER STATE PARK** | OFF |
| **7****9/23-9/29** | **INTERVALS**CBS (2:45-4:30)2 mile Warm-up2 x 1 mile with 3:00 Recov1 mile CD, 6 ST | **PRE-MEET**CBS (2:45-4:00)Drills, Striders30 minute run6 x 200m stridersStrength Circuit | **MEET @ CBW** **(Peace Valley)** | **RECOVERY**CBS (2:45-4:00)Drills, Striders30 minute run6 x 100 stridersStrength Circuit | **INTERVALS**CBS (2:45-4:30)2 mile Warm-upV: 6 x 800 WROJV: 4 x 800 WRO1 mile CD, 6 STR | **LONG RUN**ON OWNV: 60 minutes, 4 stridersJV: 45 minutes , 4x str | OFF |

**OCTOBER**

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| **Week** | Monday  | Tuesday  | Wednesday  | Thursday | Friday  | Saturday  | Sunday |
| **8****9/30-10/6** | **TEMPO**ON OWN (NO SCHOOL)V: 2 mile Warm-up, Drills, 4 mile TEMPO, 6 stridersJV: 2 mile Warm-up, Drills, 2 mile TEMPO, 6 striders | **PRE-MEET**CBS (2:45-4:00)Drills, Striders30 minute run6 x 200m stridersStrength Circuit | **MEET @****NORTH PENN** | **RECOVERY**CBS (2:45-4:15)Drills, Striders30 minute run8 x 100 stridersStrength Circuit | **INTERVALS**2 Mile Warm-upDrills, StridersV: 16 x 400 @ RPJV: 12 x 400 @ RP1 mile CD, 4 x ST | **LONG RUN**ON OWNV: 60 minutes (last 10 Tempo), 4 stridersJV: 45 minutes (last 10 Tempo), 4 striders | OFF |
| **9****10/7-10/13** | **INTERVALS**CBS (2:45-4:30)2 mile Warm-up3 x 1 mile with 3:00 Recov, 3 x 500 FK1 mile CD, 6 ST | **RECOVERY (SP)**CBS (2:45-4:15)Drills, Striders30 minute run10 x 100 SPR | **RECOVERY**ON OWN (NO SCHOOL)V: 5 miles, 6 stridersJV: 4 miles, 6 striders | **INTERVALS**CBS (2:45-4:15)2 mile Warm-upV: 8 x 800 WROJV: 6 x 800 WRO1 mile CD, 6 STR | **RECOVERY**CBS (2:45-4:00)Drills, Striders30 minute run10 x 100 SPR | **LONG RUN**ON OWNV: 60 minutes (last 10 Tempo), 4 stridersJV: 45 minutes (last 10 Tempo), 4 striders | OFF |
| **10****10/14-10/20** | **INTERVALS**CBS (2:45-4:30)2 mile Warm-up3 x 1 mile with 3:00 Recov, 3 x 500 FK1 mile CD, 6 ST | **RECOVERY (SP)**CBS (2:45-4:15)Drills, Striders30 minute run8 x 100 SPR | **INTERVALS**CBS (2:45-4:15)2 mile Warm-upDrills, Striders 8 x 400 @ RP W JOG1 mile CD, 4 striders | **PRE-MEET**CBS (2:45-4:00)Drills, Striders30 minute run6 x 200m STR | **SOL CHAMPS @ LEHIGH U** | **LONG RUN**ON OWNV: 60 minutes (last 10 Tempo), 4 stridersJV: 45 minutes (last 10 Tempo), 4 striders | OFF |
| **11****10/21-10/27** | **INTERVALS**CBS (2:45-4:30)1.5 mile Warm-up2 x 1 mile with 3:00 Recov, 1 x 500 FK1 mile CD, 6 ST | **RECOVERY (SP)**CBS (2:45-4:15)Drills, Striders30 minute run6 x 100 SPR | **INTERVALS**CBS (2:45-4:15)1.5 mile Warm-upDrills, Striders6 x 400 @ RP W JOG1 mile CD, 4 striders | **Pre-Meet** CBS (2:45-4:00)Drills, Striders30 minute run6 x 200m STR | **DISTRICTS @ LEHIGH U** | **LONG RUN**ON OWNV: 60 minutes (last 10 Tempo Pace), 4 striders | OFF |
| **12****10/28-11/3** | **TBD** | **TBD** | **TBD** | **TBD** | **STATES @ HERSHEY** | **STATES @ HERSHEY** | OFF |