**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-up  Drills, striders  2 Mile Time-Trial  5 x 300 @ RP  1 Mile Cool-Down  6 x striders | **RECOVERY**  PVP (8:00-9:30)  Drills, Striders  V: 5 miles  JV: 3 miles  Strength Circuit  6 x striders | **RECOVERY (SPRINTS)**  PVP (8:00-9:30)  Drills, Striders  V: 5 miles  JV: 3 miles  10 x 100 Sprints with walk recovery | **INTERVALS**  PVP (8:00-9:30)  2 mile Warm-up  Drills, striders  V: 6 x 800 with 200 Roll-on  JV: 4 x 800 with 200 Roll-on  1 mile cool-down,6 striders | **RECOVERY**  PVP (8:00-9:30)  Drills, Striders  V: 5 miles  JV: 3 miles  Strength Circuit  6 x striders | **LONG RUN** OPTIONAL TRAIL RUN @ GREEN LANE (8:00-9:30)  V: 80 minutes, 4 striders  JV: 60 minutes | OFF |
| **2**  **8/19-8/25** | **TEMPO**  PVP (8:00-9:30)  Drills, Striders  V: 6 Miles (2 Easy-4 Tempo)  JV: 4 Miles (2 Easy-2 Tempo)  6 x 300 @ RP  6 x striders | **RECOVERY**  PVP (8:00-9:30)  Drills, Striders  V: 6 miles  JV: 4 miles  Strength Circuit  6 x striders | **RECOVERY (SPRINTS)**  PVP (8:00-9:30)  Drills, Striders  V: 6 miles  JV: 4 miles  10 x 100 Sprints with walk recovery | **INTERVALS**  PVP (8:00-9:30)  2 mile Warm-up  Drills, striders  V: 8 x 800 with 200 Roll-on  JV: 5 x 800 with 200 Roll-on  1 mile cool-down,6 striders | **RECOVERY**  PVP (8:00-9:30)  Drills, Striders  V: 6 miles  JV: 4 miles  Strength Circuit  6 x striders | **LONG RUN**  ON OWN  V: 80 minutes, 4 striders  JV: 60 minutes, 4 striders | OFF |
| **3**  **8/26-9/1** | **TEMPO**  PVP (8:00-9:30)  Drills, Striders  V: 6 Miles (2 Easy-4 Tempo)  JV: 4 Miles (2 Easy-2 Tempo)  6 x 500 @ RP  6 x striders | **RECOVERY**  CBS (2:30-4:00)  Drills, Striders  V: 6 miles  JV: 4 miles  Strength Circuit  6 x striders | **RECOVERY (SPRINTS)**  CBS (2:30-4:00)  Drills, Striders  V: 6 miles  JV: 4 miles  10 x 100 Sprints with walk recovery | **INTERVALS**  CBS (2:30-4:00)  2 mile Warm-up  Drills, striders  V: 20 x 400 @ RP with 100 JR  JV: 16 x 400 @ RP with 100 JR  6 x 100 striders | **RECOVERY**  ON OWN  Drills, Striders  V: 6 miles  JV: 4 miles  Strength Circuit  6 x striders | **LONG RUN**  ON OWN  V: 80 minutes, 4 striders  JV: 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, Striders  V: 6 Miles (2 Easy-4 Tempo)  JV: 4 Miles (2 Easy-2 Tempo)  6 x 500 @ RP | **RECOVERY**  CBS (2:45-4:30)  Drills, Striders  V: 6 miles  JV: 4 miles  Strength Circuit  6 x striders | **RECOVERY (SPRINTS)**  CBS (2:45-4:30)  Drills, Striders  V: 6 miles  JV: 4 miles  10 x 100 Sprints  with walk recovery | **INTERVALS**  CBS (2:45-4:30)  2 Mile Warm-up  Drills, Striders  V: 8 x 800 with 200 R/O  JV: 5 x 800 with 200 R/O  1 mile CD, 6 stri | **RECOVERY**  CBS (2:45-4:30)  Drills, Striders  V: 6 miles  JV: 4 Miles  Strength Circuit  6 x Striders | **LONG RUN** OPTIONAL TRAIL RUN @ GREEN LANE (8:00-9:30)  V: 80 minutes  JV: 60 minutes | OFF |
| **5**  **9/9-9/15** | **INTERVALS**  CBS (2:45-4:30)  1 Mile Warm-up  Drills, Striders  V: 12 x 400 @ RP with 100 JR  JV: 10 x 400 @ RP with 100JR | **PRE-MEET**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 200m striders  Strength Circuit | **MEET @ East**  **with Pennridge** | **RECOVERY**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 100 striders  Strength Circuit | **PRE-MEET**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 200m striders | **CENTAUR INVITE**  **DESALES U** | OFF |
| **6**  **9/16-9/22** | **INTERVALS**  CBS (2:45-4:30)  1 Mile Warm-up  Drills, Striders  V: 12 x 400 @ RP with 100 JR  JV: 10 x 400 @ RP with 100JR | **PRE-MEET**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 200m striders  Strength Circuit | **MEET @ Home**  **vs Q-TOWN/SOUD** | **RECOVERY**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 100 striders  Strength Circuit | **PRE-MEET**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 200m striders | **CR INVITE**  **TYLER STATE PARK** | OFF |
| **7**  **9/23-9/29** | **INTERVALS**  CBS (2:45-4:30)  2 mile Warm-up  2 x 1 mile with 3:00 Recov  1 mile CD, 6 ST | **PRE-MEET**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 200m striders  Strength Circuit | **MEET @ CBW**  **(Peace Valley)** | **RECOVERY**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 100 striders  Strength Circuit | **INTERVALS**  CBS (2:45-4:30)  2 mile Warm-up  V: 6 x 800 WRO  JV: 4 x 800 WRO  1 mile CD, 6 STR | **LONG RUN**  ON OWN  V: 60 minutes, 4 striders  JV: 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 striders  JV: 2 mile Warm-up, Drills, 2 mile TEMPO, 6 striders | **PRE-MEET**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 200m striders  Strength Circuit | **MEET @**  **NORTH PENN** | **RECOVERY**  CBS (2:45-4:15)  Drills, Striders  30 minute run  8 x 100 striders  Strength Circuit | **INTERVALS**  2 Mile Warm-up  Drills, Striders  V: 16 x 400 @ RP  JV: 12 x 400 @ RP  1 mile CD, 4 x ST | **LONG RUN**  ON OWN  V: 60 minutes (last 10 Tempo), 4 striders  JV: 45 minutes (last 10 Tempo), 4 striders | OFF |
| **9**  **10/7-10/13** | **INTERVALS**  CBS (2:45-4:30)  2 mile Warm-up  3 x 1 mile with 3:00 Recov, 3 x 500 FK  1 mile CD, 6 ST | **RECOVERY (SP)**  CBS (2:45-4:15)  Drills, Striders  30 minute run  10 x 100 SPR | **RECOVERY**  ON OWN (NO SCHOOL)  V: 5 miles, 6 striders  JV: 4 miles, 6 striders | **INTERVALS**  CBS (2:45-4:15)  2 mile Warm-up  V: 8 x 800 WRO  JV: 6 x 800 WRO  1 mile CD, 6 STR | **RECOVERY**  CBS (2:45-4:00)  Drills, Striders  30 minute run  10 x 100 SPR | **LONG RUN**  ON OWN  V: 60 minutes (last 10 Tempo), 4 striders  JV: 45 minutes (last 10 Tempo), 4 striders | OFF |
| **10**  **10/14-10/20** | **INTERVALS**  CBS (2:45-4:30)  2 mile Warm-up  3 x 1 mile with 3:00 Recov, 3 x 500 FK  1 mile CD, 6 ST | **RECOVERY (SP)**  CBS (2:45-4:15)  Drills, Striders  30 minute run  8 x 100 SPR | **INTERVALS**  CBS (2:45-4:15)  2 mile Warm-up  Drills, Striders  8 x 400 @ RP W JOG  1 mile CD, 4 striders | **PRE-MEET**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 200m STR | **SOL CHAMPS @ LEHIGH U** | **LONG RUN**  ON OWN  V: 60 minutes (last 10 Tempo), 4 striders  JV: 45 minutes (last 10 Tempo), 4 striders | OFF |
| **11**  **10/21-10/27** | **INTERVALS**  CBS (2:45-4:30)  1.5 mile Warm-up  2 x 1 mile with 3:00 Recov, 1 x 500 FK  1 mile CD, 6 ST | **RECOVERY (SP)**  CBS (2:45-4:15)  Drills, Striders  30 minute run  6 x 100 SPR | **INTERVALS**  CBS (2:45-4:15)  1.5 mile Warm-up  Drills, Striders  6 x 400 @ RP W JOG  1 mile CD, 4 striders | **Pre-Meet**  CBS (2:45-4:00)  Drills, Striders  30 minute run  6 x 200m STR | **DISTRICTS @ LEHIGH U** | **LONG RUN**  ON OWN  V: 60 minutes (last 10 Tempo Pace), 4 striders | OFF |
| **12**  **10/28-11/3** | **TBD** | **TBD** | **TBD** | **TBD** | **STATES @ HERSHEY** | **STATES @ HERSHEY** | OFF |