



# Craftsbury Academy 2023 Cross Country Training Schedule

## Championship Season Continues

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10/30	10/31	11/01	11/02	11/03	11/04 <b>Meet Of Champions</b>	11/05
CA XC Warm Up 60 min easy w 5 x 1 min at 3K <hr/> HIIT CORE <hr/> Team Meeting	<b>HALLOWEEN SCAVENGER HUNT</b> Bonus Points For Costumes! Invite your friends. All Welcome!!!	CA XC Warm Up 20 min easy 3 x 400 @ 3200 w 2 min rest (RPE 8+) 10 min Tempo @ 20K 6 x 200 @ mile w 2 min rest 10 Min easy Relaxation, Breathing, and Visualization	10 min easy CA XC Race Warm Up 4 x Milk House Short 2-4 x 200/400/200 Progressions 10 min easy <hr/> CORE Relaxation, Breathing, and Visualization	OFF Or 20-30 min easy 4 x 100 strides Mobility	@ Hard'Ack Bus Departs CA @ 11:00 AM 2:45 PM - Varsity Men	Off