DHS XC Training Schedule 2020

Tues 9/22 : Boys – Relay Races Shallow Hill Front of School – Girls – Vanderlyn Hill

Thurs 9/24 : Girls – Relay Races Shallow Hill Front of School – Boys – Vanderlyn Hill

Mon 9/28 : 5 x 1000 Track

Wed 9/30: 3200m Track Time Trial

Fri 10/2 : Track Tempo 400’s

Mon 10/5: Race Prep all on Track

Tues 10/6 : 5km Race

Wed 10/7 :Recovery Run

Fri 10/9 : Track Tempo 400’s

Mon 10/12 : Race Prep

Tues 10/13: 5km Race

Wed 10/14 Recovery Run

Fri 10/16 : 3 x 1000m on Track

10/19 : Track 6 x 250m Floats

10/21: 120m, 140, 160, 180m 200m Hard Drives

10/23 : Race Prep

10/24 5km Goal Race