

# August 2015

July 2015							August 2015							September 2015										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
				1	2	3	4							1						1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12				
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19				
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26				
26	27	28	29	30	31	23	24	25	26	27	28	29	27	28	29	30								
							30	31																

Clarke County XC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
Pre-Season: Foundation Training						
5:30 PM First team practice						
9	10	11	12	13	14	15
Pre-Season: Foundation Training						
9:00 AM Picture Day						
16	17	18	19	20	21	22
Pre-Season: Foundation Training						
First day of school						
23	24	25	26	27	28	29
Early Season: Strength and LT training						
5:00 PM Page County						
9:30 AM Central Invitational						
30	31	1	2	3	4	5
Early Season: Strength and LT training						

# September 2015

August 2015							September 2015							October 2015							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1		1	2	3	4	5							1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	27	28	29	30	25	26	27	28	29	30	31				
30	31																				

Clarke County XC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Early Season: Strength and LT training	31 Early Season: Strength and LT training	1 Early Season: Strength and LT training	2 Early Season: Strength and LT training	3 Early Season: Strength and LT training	4 Early Season: Strength and LT training	5 Early Season: Strength and LT training
6 Early Season: Strength and LT training	7 Early Season: Strength and LT training	8 Early Season: Strength and LT training	9 Early Season: Strength and LT training	10 Early Season: Strength and LT training	11 Early Season: Strength and LT training	12 9:30 AM Handley Invitational
13 Mid-Season- Intervals & VO2	14 Mid-Season- Intervals & VO2	15 Mid-Season- Intervals & VO2	16 5:00 PM GEORGE MASON	17 Mid-Season- Intervals & VO2	18 Mid-Season- Intervals & VO2	19 Mid-Season- Intervals & VO2
20 Mid-Season- Intervals & VO2	21 Mid-Season- Intervals & VO2	22 Mid-Season- Intervals & VO2	23 5:00 PM MADISON/ WARREN	24 Mid-Season- Intervals & VO2	25 Mid-Season- Intervals & VO2	26 9:00 AM Stonewall Jackson Inv.
27 Mid-Season- Intervals & VO2	28 Mid-Season- Intervals & VO2	29 Mid-Season- Intervals & VO2	30 5:00 PM Rappahannock/ Strasburg	1 Mid-Season- Intervals & VO2	2 Mid-Season- Intervals & VO2	3 Mid-Season- Intervals & VO2

# October 2015

September 2015							October 2015							November 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	5				1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

Clarke County XC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Mid-Season- Intervals & VO2	28	29	30 5:00 PM Rappahannock/ Strasburg	1	2	3
4	5 Late Season- Intervals & Speed work	6	7 5:00 PM William Monroe/ Central	8	9	10
11 Late Season- Intervals & Speed work	12	13	14 4:00 PM Bull Run Mini Invite	15	16	17 9:00 AM Millbrook Invita- tional
18 Late Season- Intervals & Speed work	19	20	21	22	23	24
25	26 Championship season- Taper	27	28 4:00 PM Conference Meet	29	30	31

# November 2015

October 2015							November 2015							December 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

Clarke County XC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Championship season- Taper	2	3	4 3:00 PM Regional Meet	5	6	7
8 Championship season- Taper	9	10	11	12	13 State Championships	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5