**Georgetown Cross Country Group Conditioning Schedule**

| [◄ Jun 2023](https://www.wincalendar.com/Holiday-Calendar/June-2023%22%20%5Co%20%22June%202023) | **July 2023** | [Aug 2023 ►](https://www.wincalendar.com/Holiday-Calendar/August-2023) |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | 1 HS: **8-9:30am**(East Fork Lake) |
| 2 Rest Day | 3 No Group Conditioning. Please run on your own or with friend | 4 Indep. DayRest Day | 5 HS: 7-8:30pm | 6 HS: 7-8:30pm | 7 No Group Conditioning. Please run on your own or with friend | 8 HS: **8-9:30am** |
| 9 Rest Day | 10 HS: 7-8:30pmJrH: 7-8:30pm**(Jr High 1st Day!)** | 11 HS: 7-8:30pm | 12 HS: 7-8:30pmJrH: 7-8:30pm | 13 HS: 7-8:30pm | 14 No Group Conditioning. Please run on your own or with friend | 15 HS: **8-9:30am**JrH: **8-9am**(meet at Hanlon Park by Pizza Hut) |
| 16 Rest Day | 17 HS: 7-8:30pmJrH: 7-8:30pm | 18 HS: 7-8:30pmJrH: 7-8:30pm | 19 HS: 7-8:30pmJrH: 7-8:30pm | 20 HS: 7-8:30pmJrH: 7-8:30pm | 21 No Group Conditioning. Please run on your own or with friend | 22 **Run-A-Thon!** **7pm-11pm** |
| 23 Rest Day | 24 HS: 7-8:30pmJrH: 7-8:30pm | 25 HS: 7-8:30pmJrH: 7-8:30pm | 26 HS: 7-8:30pmJrH: 7-8:30pm | 27 HS: 7-8:30pmJrH: 7-8:30pm | 28 No Group Conditioning. Please run on your own or with friend | 29 HS: **8-9:30am**JrH: **8-9am**(meet at Hanlon Park by Pizza Hut) |
| 30 Rest Day | 31 HS: 7-8:30pmJrH: 7-8:30pm |  |

* Summer conditioning is optional but an important part of training. (Junior high starts in July)
* This schedule is for group conditioning. Your training plan may include additional individual runs on other days not listed on this schedule.
* We will meet at the GHS track unless noted differently on the schedule. Please arrive 5 minutes early. We will start on time.
* Please bring your own water bottle, running watch, stretching rope and yoga mat to every conditioning session.

 HS Coach Mike McHenry: (937) 631-8134 HS Coach Molly Ellis: (937) 515-9364 Jr High Coach Racheal Osman: (937) 205-3475