**Georgetown Cross Country Group Conditioning Schedule**

| [◄ Jun 2023](https://www.wincalendar.com/Holiday-Calendar/June-2023" \o "June 2023) | **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. Day  Rest 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: 7-8:30pm  JrH: 7-8:30pm  **(Jr High 1st Day!)** | 11  HS: 7-8:30pm | 12  HS: 7-8:30pm  JrH: 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: 7-8:30pm  JrH: 7-8:30pm | 18  HS: 7-8:30pm  JrH: 7-8:30pm | 19  HS: 7-8:30pm  JrH: 7-8:30pm | 20  HS: 7-8:30pm  JrH: 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: 7-8:30pm  JrH: 7-8:30pm | 25  HS: 7-8:30pm  JrH: 7-8:30pm | 26  HS: 7-8:30pm  JrH: 7-8:30pm | 27  HS: 7-8:30pm  JrH: 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: 7-8:30pm  JrH: 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