**Georgetown Cross Country Group Conditioning Schedule**

| [◄ Jun 2025](https://www.wincalendar.com/Holiday-Calendar/June-2025" \o "June 2025) | **July 2025** | | | | | [Aug 2025 ►](https://www.wincalendar.com/Holiday-Calendar/August-2025) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | 1  HS: 7-8:30pm | 2  HS: 7-8:30pm | 3  HS: 7-8:30pm | 4 Indep. Day  **No Group Conditioning** | 5  HS: **8-9:30am**  (East Fork Park Run) |
| 6 | 7  HS: 7-8:30pm  JrH: 7-8:15pm | 8  HS: 7-8:30pm | 9  HS: 7-8:30pm  JrH: 7-8:15pm | 10  HS: 7-8:30pm | 11  **No Group Conditioning** | 12  HS: **8-9:30am**  JrH**: 8-9am** |
| 13 | 14  HS: 7-8:30pm  JrH: 7-8:15pm | 15  HS: 7-8:30pm  JrH: 7-8:15pm | 16  HS: 7-8:30pm  JrH: 7-8:15pm | 17  HS: 7-8:30pm  JrH: 7-8:15pm | 18  **No Group Conditioning** | 19  HS: **8-9:30am**  JrH**: 8-9am**  (meet at Hanlon Park by Pizza Hut) |
| 20 | 21  HS: **8-9:30am**  JrH**: 8-9am** | 22  HS: 7-8:30pm  JrH: 7-8:15pm | 23  HS: 7-8:30pm  JrH: 7-8:15pm | 24  HS: 7-8:30pm  JrH: 7-8:15pm | 25  **Run-A-Thon** | 26  **No Group Conditioning** |
| 27 | 28  HS: 7-8:30pm  JrH: 7-8:15pm | 29  HS: 7-8:30pm  JrH: 7-8:15pm | 30  HS: 7-8:30pm  JrH: 7-8:15pm | 31  HS: 7-8:30pm  JrH: 7-8:15pm |  | |

* Summer conditioning is optional but an important part of training. (Junior high will start on July 7th)
* 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, 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