**Georgetown Cross Country Group Conditioning Schedule**

| [◄ Jun 2025](https://www.wincalendar.com/Holiday-Calendar/June-2025%22%20%5Co%20%22June%202025) | **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