**Georgetown Cross Country Group Conditioning Schedule**

| [◄ Jun 2022](https://www.wincalendar.com/Holiday-Calendar/June-2022" \o "June 2022) | **July 2022** | | | | | [Aug 2022 ►](https://www.wincalendar.com/Holiday-Calendar/August-2022) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  | 1 | 2  HS: 8-9:30am  **(Run at East Fork State Park. Meet at school at 7:15am)** |
| 3 | 4 Indep. Day | 5  HS: 7-8:30pm | 6  HS: 8-9:30am\* | 7  HS: 7-8:30pm | 8 | 9  HS: 8-9:30am |
| 10 | 11  HS: 7-8:30pm  JrH: 7-8pm  **Jr High Conditioning Starts!** | 12  HS: 7-8:30pm | 13  HS: 7-8:30pm  JrH: 7-8pm | 14  HS: 7-8:30pm | 15  Preston’s Birthday! | 16  HS: 8-9:30am  JrH: 8-9am  **(meet at Hanlon Park by Pizza Hut)** |
| 17  Lydia’s Birthday! | 18  HS: 7-8:30pm  JrH: 7-8pm | 19  HS: 7-8:30pm | 20  HS: 8-9:30am\*  JrH: 7-8pm | 21  HS: 7-8:30pm | 22 | 23  HS: 8-9:30am  JrH: 8-9am |
| 24 | 25  HS: 7-8:30pm  JrH: 7-8pm  Johnson’s Birthday! | 26  HS: 7-8:30pm  JrH: 7-8pm | 27  HS: 7-8:30pm  JrH: 7-8pm | 28  HS: 7-8:30pm  JrH: 7-8pm | 29 | 30  HS: 8-9:30am  JrH: 8-9am  **(meet at Hanlon Park by Pizza Hut)** |
| 31 |  | | | | | |

* Summer conditioning is optional but an important part of training. (Junior high will start July 11th)
* 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. Coach Mike McHenry: (937) 631-8134 Coach Molly Ellis: (937) 515-9364