**Georgetown Cross Country Group Conditioning Schedule**

| [◄ Jun 2022](https://www.wincalendar.com/Holiday-Calendar/June-2022%22%20%5Co%20%22June%202022) | **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: 7-8:30pmJrH: 7-8pm**Jr High Conditioning Starts!** | 12 HS: 7-8:30pm | 13 HS: 7-8:30pmJrH: 7-8pm | 14 HS: 7-8:30pm | 15 Preston’s Birthday! | 16 HS: 8-9:30amJrH: 8-9am**(meet at Hanlon Park by Pizza Hut)** |
| 17 Lydia’s Birthday! | 18 HS: 7-8:30pmJrH: 7-8pm | 19 HS: 7-8:30pm | 20 HS: 8-9:30am\*JrH: 7-8pm | 21 HS: 7-8:30pm | 22  | 23 HS: 8-9:30amJrH: 8-9am |
| 24  | 25 HS: 7-8:30pmJrH: 7-8pmJohnson’s Birthday! | 26 HS: 7-8:30pmJrH: 7-8pm | 27 HS: 7-8:30pmJrH: 7-8pm | 28 HS: 7-8:30pmJrH: 7-8pm | 29  | 30 HS: 8-9:30amJrH: 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