**Summer Conditioning Schedule
Georgetown Cross Country**

| [◄ Jun 2020](https://www.wincalendar.com/Holiday-Calendar/June-2020%22%20%5Co%20%22June%202020) | **July 2020** | [Aug 2020 ►](https://www.wincalendar.com/Holiday-Calendar/August-2020) |
| --- | --- | --- |
| **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 |
| 5  | 6 HS: 7-8:30pmJH: 7-8:30pm**Jr High 1st day of conditioning!** | 7 HS: 7-8:30pm | 8 HS: 7-8:30pmJH: 7-8:30pm | 9 HS: 7-8:30pm | 10  | 11 HS: 8-9:30amJH: 8-9am**\*meet at Hanlon Park** |
| 12  | 13 HS: 7-8:30pmJH: 7-8:30pm | 14 HS: 7-8:30pm | 15 HS: 7-8:30pmJH: 7-8:30pm | 16 HS: 7-8:30pm | 17  | 18 HS: 8-9:30amJH: 8-9am |
| 19  | 20 HS: 7-8:30pmJH: 7-8:30pm | 21 HS: 7-8:30pm | 22 HS: 7-8:30pmJH: 7-8:30pm | 23 HS: 7-8:30pm | 24  | 25 HS: 8-9:30amJH: 8-9am**\*meet at Hanlon Park** |
| 26  | 27 HS: 7-8:30pmJH: 7-8:30pm | 28 HS: 7-8:30pmJH: 7-8:30pm | 29 HS: 7-8:30pmJH: 7-8:30pm | 30 HS: 7-8:30pmJH: 7-8:30pm | 31  |  |

* **Summer Conditioning is optional JH = Jr. High team HS = High School team**
* **Please bring a water bottle, running watch and yoga mat to every conditioning session**
* **Please arrive 5 minutes early. We will start on time.**
* **We will meet at the GHS track unless noted differently on the schedule**
* **This schedule is for group conditioning. Your training plan may include individual runs on other days not listed on this schedule.**