**Summer Conditioning Schedule  
Georgetown Cross Country**

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