**Georgetown Cross Country
Summer Group Conditioning Schedule**

| [◄ May 2021](https://www.wincalendar.com/Holiday-Calendar/May-2021%22%20%5Co%20%22May%202021) | **June 2021** | [Jul 2021 ►](https://www.wincalendar.com/Holiday-Calendar/July-2021) |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | 1 HS: 7-8:30pm | 2  | 3 HS: 7-8:30pm | 4  | 5 HS: 8-9:30am |
| 6  | 7 Youth Camp: 6-8pm | 8 HS: 5-6pmYouth Camp: 6-8pm | 9 Youth Camp: 6-8pm | 10 HS: 5-6pmYouth Camp: 6-8pm | 11 Youth Camp: 6-8pm | 12 HS: 8-9:30am(meet at Hanlon Park by Pizza Hut) |
| 13  | 14 Flag Day | 15 HS: 7-8:30pm | 16  | 17 HS: 7-8:30pm | 18  | 19 HS: 8-9:30am |
| 20 Start of Summer (Summer Solstice) | 21 HS: 7-8:30pm | 22 HS: 7-8:30pm | 23 HS: 7-8:30pm | 24 HS: 7-8:30pm | 25  | 26 HS: 8-9:30am(meet at Hanlon Park by Pizza Hut) |
| 27  | 28 HS: 7-8:30pm | 29 HS: 7-8:30pm | 30 HS: 7-8:30pm |  |

* Summer conditioning is optional but an important part of training. (Junior high will start in July)
* 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.