**Georgetown Cross Country  
Summer Group Conditioning Schedule**

| [◄ May 2021](https://www.wincalendar.com/Holiday-Calendar/May-2021" \o "May 2021) | **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: 5-6pm  Youth Camp: 6-8pm | 9  Youth Camp: 6-8pm | 10  HS: 5-6pm  Youth 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.