**Georgetown Cross Country  
Summer Group Conditioning Schedule**

| [◄ Jun 2021](https://www.wincalendar.com/Holiday-Calendar/June-2021" \o "June 2021) | **July 2021** | | | | | [Aug 2021 ►](https://www.wincalendar.com/Holiday-Calendar/August-2021) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  | 1  HS: 7-8:30pm | 2 | 3  HS: 8-9:30am  **(Run at East Fork State Park. Meet at school at 7:15am)** |
| 4 Indep. Day | 5  HS: 7-8:30pm  JrH: 7-8:30pm  **Jr High Conditioning Starts!** | 6  HS: 7-8:30pm | 7  HS: 7-8:30pm  JrH: 7-8:30pm | 8  HS: 7-8:30pm | 9 | 10  HS: 8-9:30am  JrH: 8-9am |
| 11 | 12  HS: 7-8:30pm  JrH: 7-8:30pm | 13  HS: 7-8:30pm | 14  HS: 7-8:30pm  JrH: 7-8:30pm | 15  HS: 7-8:30pm | 16 | 17  HS: 8-9:30am  JrH: 8-9am  **(meet at Hanlon Park by Pizza Hut)** |
| 18 | 19  HS: 7-8:30pm  JrH: 7-8:30pm | 20  HS: 7-8:30pm  JrH: 7-8:30pm | 21  HS: 7-8:30pm  JrH: 7-8:30pm | 22  HS: 7-8:30pm  JrH: 7-8:30pm | 23 | 24  HS: 8-9:30am  JrH: 8-9am |
| 25 | 26  HS: 7-8:30pm  JrH: 7-8:30pm | 27  HS: 7-8:30pm  JrH: 7-8:30pm | 28  HS: 7-8:30pm  JrH: 7-8:30pm | 29  HS: 7-8:30pm  JrH: 7-8:30pm | 30 | 31  HS: 8-9:30am  JrH: 8-9am  **(meet at Hanlon Park by Pizza Hut)** |

* Summer conditioning is optional but an important part of training.
* 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.