**Georgetown Cross Country
Summer Group Conditioning Schedule**

| [◄ Jun 2021](https://www.wincalendar.com/Holiday-Calendar/June-2021%22%20%5Co%20%22June%202021) | **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: 7-8:30pmJrH: 7-8:30pm**Jr High Conditioning Starts!** | 6 HS: 7-8:30pm | 7 HS: 7-8:30pmJrH: 7-8:30pm | 8 HS: 7-8:30pm | 9  | 10 HS: 8-9:30amJrH: 8-9am |
| 11  | 12 HS: 7-8:30pmJrH: 7-8:30pm | 13 HS: 7-8:30pm | 14 HS: 7-8:30pmJrH: 7-8:30pm | 15 HS: 7-8:30pm | 16  | 17 HS: 8-9:30amJrH: 8-9am**(meet at Hanlon Park by Pizza Hut)** |
| 18  | 19 HS: 7-8:30pmJrH: 7-8:30pm | 20 HS: 7-8:30pmJrH: 7-8:30pm | 21 HS: 7-8:30pmJrH: 7-8:30pm | 22 HS: 7-8:30pmJrH: 7-8:30pm | 23  | 24 HS: 8-9:30amJrH: 8-9am |
| 25  | 26 HS: 7-8:30pmJrH: 7-8:30pm | 27 HS: 7-8:30pmJrH: 7-8:30pm | 28 HS: 7-8:30pmJrH: 7-8:30pm | 29 HS: 7-8:30pmJrH: 7-8:30pm | 30  | 31 HS: 8-9:30amJrH: 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.