June 12 Rest Day	13 Easy 2-3 mile jog on your own	14 Easy 2-3 mile jog on your own	15 Dover Park – 7:30 am 2-3 miles (Parking lot 2/10 miles south of MLK on Gallagher Rd) **First Day of Crest Summer Conditioning**	16 Intervals (3 X 100m; 200m; 400m; 400m; 200m) at public track by Tomlin in Plant City – 6pm	17 Run 2-3 miles on your own	18 Easy 2-3 mile jog on your own
19 Rest Day	20 Sydney Dover Trails – 7:30 am 2-3 miles (Parking lot ½ mile east of Dover Road on SR 60) Note: $2 parking	21 Easy 2-3 mile jog on your own	22 Dover Park – 7:30 am 2-3 miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	23 Intervals (3 X 100m; 6 X 400m) at public track by Tomlin in Plant City – 6pm	24 Run 2-3 miles on your own	25 Run 2-3 miles on your own
26 Rest Day	27 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: $2 parking	28 Easy 2-3 mile jog on your own	29 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	30 Intervals (3 X 100m; 6 X 400m) at public track by Tomlin in Plant City – 6pm	July 1 Run 3-4 miles on your own	2 Run 3-4 miles on your own
3 Rest Day	4 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: $2 parking	5 Easy 2-3 mile jog on your own	6 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	7 Intervals (3 X 100m; 6 X 400m) at public track by Tomlin in Plant City – 6pm	8 Run 3-4 miles on your own	9 **Watermelon Series Race #2 7:00 am Lake Hollingsworth Lakeland** (sign up on your own)
10 Rest Day	11 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) $2 parking	12 Easy 2-3 mile jog on your own	13 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	14 Intervals (3 X 100m; 6 X 400m) at public track by Tomlin in Plant City – 6pm	15 Run 3-4 miles on your own	16 Easy 2-3 mile jog on your own

17 Rest Day	18 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: $2 parking	19 Easy 2-3 mile jog on your own	20 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	21 Intervals (3 X 100m; 6 X 400m) at public track by Tomlin in Plant City – $2 p 6pm	22 Run 3-4 miles on your own	23 Easy 2-3 mile jog on your own
24 Rest Day	25 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: $2 parking	26 Easy 2-3 mile jog on your own	27 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	28 Intervals (3 X 100m; 6 X 400m) at public track by Tomlin in Plant City – 6pm	29 Run 3-4 miles on your own	30 Easy 2-3 mile jog on your own
31 Rest Day	August 1 First Day of Practice Crest Track – 3 miles					