

						June 10 <b>Watermelon Series Race #1 – 5K</b> <b>7:00 am</b> <b>Lake Hollingsworth Lakeland</b> (sign up on your own)
June 11 Rest Day	12 Easy 2-3 mile jog on your own	13 Easy 2-3 mile jog on your own	14 Dover Park – 7:30 am 2-3 miles (Parking lot 2/10 miles south of MLK on Gallagher Rd) <b>First Day of Crest Summer Conditioning</b>	15 Run 2-3 miles on your own	16 Run 2-3 miles on your own	17 Sydney Dover Trails – 7:30 am 3-4 miles (Parking lot ½ mile east of Dover Road on SR 60) Note: \$2 parking
18 Rest Day	19 Easy 2-3 mile jog on your own	20 Easy 2-3 mile jog on your own	21 Dover Park – 7:30 am 2-3 miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	22 Run 2-3 miles on your own	23 Run 2-3 miles on your own	24 Alderman Ford Park – 7:30 am 2-4 miles Plant City FL Note: \$2 parking
25 Rest Day	26 Run 2-3 miles on your own	27 Run 2-3 miles on your own	28 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	29 Run 2-3 miles on your own	30 Run 3-4 miles on your own	July 1 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: \$2 parking
2 Rest Day	3 Run 3 miles on your own	4 Rest Day – Enjoy the Holiday!	5 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	6 Run 3 miles on your own	7 Run 3-4 miles on your own	8 <b>Watermelon Series Race #2 – 5K</b> <b>7:00 am</b> <b>Lake Hollingsworth Lakeland</b> (sign up on your own)

9 Rest Day	10 Run 2-3 miles on your own	11 Run 2-3 miles on your own	12 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	13 Run 2-3 miles on your own	14 Run 3-4 miles on your own	15 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) \$2 parking
16 Rest Day	17 Run 3-4 miles on your own	18 Run 2-3 miles on your own	19 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	20 Run 2-3 miles on your own	21 Run 3-4 miles on your own	22 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: \$2 parking
23 Rest Day	24 Run 3-4 miles on your own	25 Run 2-3 miles on your own	26 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	27 Run 2-3 miles on your own	28 Run 3-4 miles on your own	29 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: \$2 parking
30 Rest Day	31 <b>First Day of Practice Crest Track – 3 miles</b>	August 1 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	2 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	3 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: \$2 parking	4 Run 3-4 miles on your own	5
6 Rest Day	7 Sydney Dover Trails – 7:30 am 3+ miles (Parking lot ½ mile east of Dover Road on SR 60) Note: \$2 parking	8 Run 3-4 miles on your own	9 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	10 <b>First Day of School No practice</b>	11 Run 3-4 miles on your own	12 <b>Watermelon Series Race #3 – 5K 7:00 am Lake Hollingsworth Lakeland</b> (sign up on your own)