

	The summer conditioning schedule will be “run on your own” until Coach Burris is available to be present. Monitor Band for Cross Country for updates.					June 8 <b>Watermelon Series Race #1 – 5K</b> 7:00 am <b>Lake Hollingsworth Lakeland</b> (sign up and run on your own)
June 9 Rest Day	10 Easy 2-3 mile jog on your own	11 Easy 2-3 mile jog on your own	12 Rest Day	13 Run 2-3 miles on your own	14 Run 2-3 miles on your own	15 Run 2-3 miles on your own
16 Rest Day	17 Easy 2-3 mile jog on your own	18 Easy 2-3 mile jog on your own	19 Rest Day	20 Run 2-3 miles on your own	21 Run 2-3 miles on your own	22 Run 2-3 miles on your own
23 Rest Day	24 Run 2-3 miles on your own	25 Run 2-3 miles on your own	26 <b>First Day of Crest Summer Conditioning</b> 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 Rest Day	29 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)

30 Rest Day	July 1 Run 3 miles on your own	2 Run 3 miles on your own	3 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	4 Run 3 miles on your own	5 Rest Day	6 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)
7 Rest Day	8 Run 2-3 miles on your own	9 Run 2-3 miles on your own	10 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	11 Run 2-3 miles on your own	12 Rest Day	13 <b>Watermelon Series Race #2 – 5K</b> <b>7:00 am</b> <b>Lake Hollingsworth Lakeland</b> (sign up on your own)
14 Rest Day	15 Run 3-4 miles on your own	16 Run 2-3 miles on your own	17 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	18 Run 2-3 miles on your own	19 Rest Day	20 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)
21 Rest Day	22 Run 3-4 miles on your own	23 Run 2-3 miles on your own	24 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	25 Run 2-3 miles on your own	26 Run 3-4 miles on your own	27 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)

28 Rest Day	29 <b>First Day of Official Practice</b> Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	30 Run 2-3 miles on your own	31 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	August 1 Run 2-3 miles on your own	2 Run 3-4 miles on your own	3 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)
4 Rest Day	5 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	6 Run 3-4 miles on your own	7 Dover Park – 7:30 am 3+ miles (Parking lot 2/10 miles south of MLK on Gallagher Rd)	8 Run 2-3 miles on your own	9 Run 3-4 miles on your own	10 <b>Watermelon Series Race #3 – 5K</b> <b>7:00 am</b> <b>Lake Hollingsworth Lakeland</b> (sign up and run on your own)