

# FU XC 2021 Cross Country Conditioning

| Sunday             | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday           |
|--------------------|---|---|---|---|---|--------------------|
|                    |   |   |   |   |   |                    |
| <b>6/6</b>         | <b>6/7</b>  | <b>6/8</b>  | <b>6/9</b>  | <b>6/10</b>   | <b>6/11</b>   | <b>6/12</b>        |
| On your own        | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | On your own        |
|                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    |                    |
|                    | What: Initial Meeting, and begin summer conditioning. | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule |                    |
|                    |   |   |   |   |   |                    |
| <b>6/13</b>        | <b>6/14</b>   | <b>6/15</b>   | <b>6/16</b>   | <b>6/17</b>   | <b>6/18</b>   | <b>6/19</b>        |
| On your own        | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | On your own        |
|                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    |                    |
|                    | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule |                    |
|                    |   |   |   |   |   |                    |
| <b>6/20</b>        | <b>6/21</b>   | <b>6/22</b>   | <b>6/23</b>   | <b>6/24</b>   | <b>6/25</b>   | <b>6/26</b>        |
| <b>Dead Period</b> | <b>Dead Period</b>                                    | <b>Dead Period</b>                                    | <b>Dead Period</b>                                    | <b>Dead Period</b>                                    | <b>Dead Period</b>                                    | <b>Dead Period</b> |
| Run on your own    | Run on your own                                       | Run on your own                                       | Run on your own                                       | Run on your own                                       | Run on your own                                       | Run on your own    |
|                    |   |   |   |   |   |                    |
| <b>6/27</b>        | <b>6/28</b>   | <b>6/29</b>   | <b>6/30</b>   | <b>7/1</b>  | <b>7/2</b>  | <b>7/3</b>         |
| <b>Dead Period</b> | <b>Dead Period</b>                                    | <b>Dead Period</b>                                    | <b>Dead Period</b>                                    | <b>Dead Period</b>                                    | <b>Dead Period</b>                                    | <b>Dead Period</b> |
| Run on your own    | Run on your own                                       | Run on your own                                       | Run on your own                                       | Run on your own                                       | Run on your own                                       | Run on your own    |
|                    |   |   |   |   |   |                    |
| <b>7/4</b>         | <b>7/5</b>  | <b>7/6</b>  | <b>7/7</b>  | <b>7/8</b>  | <b>7/9</b>  | <b>7/10</b>        |
| On your own        | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | On your own        |
|                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    |                    |
|                    | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule |                    |
|                    |   |   |   |   |   |                    |
| <b>7/11</b>        | <b>7/12</b>   | <b>7/13</b>   | <b>7/14</b>   | <b>7/15</b>   | <b>7/16</b>   | <b>7/17</b>        |

|             |   |   |   |   |   |             |
|-------------|---|---|---|---|---|-------------|
| On your own | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | On your own |
|             | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    |             |
|             | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule |             |
|             |   |   |   |   |   |             |
| <b>7/18</b> | <b>7/19</b>   | <b>7/20</b>   | <b>7/21</b>   | <b>7/22</b>   | <b>7/23</b>   | <b>7/24</b> |
| On your own | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | On your own |
|             | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    |             |
|             | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule |             |
|             |   |   |   |   |   |             |
| <b>7/25</b> | <b>7/26</b>   | <b>7/27</b>   | <b>7/28</b>   | <b>7/29</b>   | <b>7/30</b>   | <b>7/31</b> |
| On your own | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | Where: HS Track                                       | On your own |
|             | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    | When: 7:30-8:45 am                                    |             |
|             | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule | What: Summer Base Work, See YOUR spreadsheet schedule |             |