Optional Summer Conditioning Schedule
8:30am-10:00am
@GMS

Tuesday, July 9th
Thursday, July 11th
Tuesday, July 16th
Wednesday, July 17th
Thursday, July 18th
Tuesday, July 23rd
Wednesday, July 24th
Thursday, July 25th
Tuesday, July 30th
Wednesday, July 31st

*First day of mandatory practice is
*Thursday, Aug 1st

Runners MUST submit all required paperwork (found on the GMS athletic page) of the school website before attending conditioning and/or practice.

Runners must have proper running shoes and a water bottle for all conditioning/practices.

For the months of June/July- runners should begin running slowly and build up to being able to consistently run a minimum of 2 miles every day.

1st week: 6-10 miles total for the week
2nd week: 8-12 miles total for the week
3rd week: 10-14 miles total for the week
4th week: 12-16 miles total for the week
5th week: 14-18 miles total for the week