

June

All sessions are planned to be at the HS. Please check the website often for possible changes.

1 – 2 miles per day, 3 days per week of running or comparable distances utilizing other cardiovascular improving exercise.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14 Conditioning Indoor Track 10:00 – 11:00 AM	15 Training Practice Fields 10:00 – 11:30 AM	16 Conditioning Indoor Track 10:00 – 11:00 AM	17	18
19	20 Training Practice Fields 10:00 – 11:30 AM	21 Conditioning Indoor Track 10:00 – 11:00 AM	22 Training Practice Fields 10:00 – 11:30 AM	23 Conditioning Indoor Track 10:00 – 11:00 AM	24	25
26	27 Training Practice Fields 10:00 – 11:30 AM	28 Conditioning Indoor Track 10:00 – 11:00 AM	29 Training Practice Fields 10:00 – 11:30 AM	30 Conditioning Indoor Track 10:00 – 11:00 AM		