

# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
					<b>4A Regional Championship T&amp;F @ UNF</b>	Start your own Conditioning!
5 (15-20 miles this week)	6 CC Athletes: EZD and fun mileage	7 CC Athletes: EZD and fun mileage	8 CC Athletes: EZD and fun mileage	9 <b>Boys and Girls CC interest Meeting: L206 Coach Smith</b>	10 CC Athletes: EZD and fun mileage	11 CC Athletes on Own: 3 Miles Easy
12 (20-25 miles this week)	13 CC Athletes on Own: 3 Miles Easy	14 CC Athletes on Own: 3 Miles Easy	15 CC Athletes on Own: 4 Miles Easy	16 CC Athletes on Own: 3 Miles Easy	17 CC Athletes on Own: Miles Easy	18 <b>State Track Meet (UNF)</b> CC Athletes on Own: 4 Miles Easy
19 <b>(25 miles)</b> <b>Week 1</b>	20 <b>1<sup>st</sup> Day of Team Conditioning</b> CC Conditioning 2:45PM @ Julington-Durbin	21 CC Conditioning 2:30PM @ MHS	22 <b>**EARLY DISMISSAL**</b> CC Conditioning 2:45PM @ Julington-Durbin	23 CC Conditioning 2:45PM @ Julington-Durbin	24 CC Conditioning: 2:30PM @ MHS	25 CC Conditioning 7:30AM: Mandarin High School
26 <b>Week 2</b> <b>(30 miles)</b>	27 <b>No SCHOOL</b> CC Conditioning 8:00AM @ Julington-Durbin	28 Early Dismissal CC Conditioning 2:30PM @ MHS	29 Early Dismissal CC Conditioning 2:45PM @ MHS			

# June 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30				30 Early Dismissal 6:00PM @ Palmetto Leaves Park	31 NO CONDITIONING Last Day of School MHS Graduation	1 Long Run 7:30AM @ MHS Track <b>SAT Testing</b>
2 <b>Week 3</b> (33 miles this week)	3 Planning Day 2:30PM: Julington- Durbin	4 Planning Day <b>Freshman Day</b> 6:00PM @ MHS Track	5 7:00AM@ Julington-Durbin	6 6:00PM @ Palmetto Leaves Park (5:00 PM Weightroom)	7 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	8 Long Run @ MHS Track 7:30AM <b>WS: Run for the Pies</b> <b>ACT TESTING</b>
9 <b>Senior Breakfast @</b> <b>8:16 AM</b> (35 miles this week) <b>Week 4</b>	10 7:00AM@ Julington-Durbin	11 7:00AM @ MHS Track WR: 9:00AM	12 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	13 6:00PM @ Palmetto Leaves Park WR: 5:00PM	14 <b>6PM "Track and</b> <b>Snack" Time Trial</b> <b>7:00PM: Parent's</b> <b>Meeting @ Track</b>	15 Long Run: @ Timucuan Trails (7:00AM Carpool)
16 <b>Week 5</b> (40 miles this week)	17 7:00AM@ Julington-Durbin	18 <b>FSU TEAM CAMP</b>	19 <b>FSU TEAM CAMP</b>	20 <b>FSU TEAM CAMP</b>	21 <b>FSU TEAM CAMP</b>	22 <b>FSU TEAM CAMP</b>
23 <b>Week 6</b> (45 miles this week)	24 Captains Practice 7AM	25 Captains Practice: 7 AM	26 6:00PM @ Palmetto Leaves Park (5:00 PM Weightroom)	27 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	28 Captain's Practice 7:00AM WR: 9:00AM	29 AM Practice on July 1

May 31: JTC Camp Scholarship Deadline

**NOTE: CC Camp is set for June 18 @ FSU****Please check for changes on Team Heja**

# July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4 <i>W.S. Celebration 5K</i>	5	6 <u>Long Run @ Ft Caroline</u> ; leave school 8:30AM
7 <b>Week 7</b>	8 7:00AM @ MHS Track WR: 9:00AM	9	10 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	11 6:00PM @ Downtown Bridges	12 Captain's Practice 7:00AM WR: 9:00AM	13 <u>Long Run @ Hanna Park @ School</u> 7:00AM <b>ACT TESTING</b>
14 <b>Week 8</b>	15	16	17	18	19	20 CC Conditioning 7:30AM @ Trails
21 <b>Week 9</b>	22 7:00AM @ Julington-Durbin	23 7:00AM @ MHS Track WR: 9:00AM	24 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	25 6:00PM @ Downtown Bridges	26 Captain's Practice 7:00AM	27 <u>NO TEAM PRACTICE</u>  <u>POST Mileage on Heja</u>
28 <b>Week 10</b>	29 Captains Practice 7:00AM	30 7:00AM @ MHS Track WR: 9:00AM	31 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	6:00PM @ Palmetto Leaves Park	7:00AM @ Track WR: 9:00AM	<u>Guana River @ 7:00AM</u>

First Day of Practice: July 29, **First Meet on August 23**

Please check for changes on Team Heja