

Summer Conditioning Schedule

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 7 AM Trails	02 7 AM Trails	03 7 AM MHS TRACK & WEIGHTROOM	04 7 AM Trails	05 7 AM MHS POOL & WEIGHTROOM	06 7 AM MEET @ MHS *SAT TEST
07 REST AND RECHARGE	08 7 AM Trails	09 7 AM Trails	10 7 AM MHS TRACK & WEIGHTROOM	11 7 AM Trails	12 7 AM MHS POOL & WEIGHTROOM	13 7 AM MEET @ MHS *ACT TEST
14 REST AND RECHARGE	15 7 AM Trails	16 7 AM Trails	17 7 AM MHS TRACK & WEIGHTROOM	18 7 AM ON OWN	19 7 AM ON OWN	20 7 AM ON OWN
21 REST AND RECHARGE	22 7 AM Trails	23 7 AM Trails	24 7 AM MHS TRACK & WEIGHTROOM	25 7 AM Trails	26 7 AM MHS POOL & WEIGHTROOM	27 7 AM MEET @ MHS
28 REST AND RECHARGE	29 7 AM Trails	30 7 AM ON OWN				

Reminders

***tentative schedule**
All changes will be made through team heja app

Trails = Julington Durbin Creek Preserve
13200 Bartram Park Blvd

Communicate with Coach Smith if you will not be at conditioning through Heja

All incoming Freshman must have an ECG on file to participate in conditioning.

All athletes must have a current physical on file.

**GREAT CROSS COUNTRY TEAMS ARE BUILT IN THE SUMMER...
NOT IN NOVEMBER!**