

MANDARIN MUSTANGS

Summer Track Training Schedule • 2026

Get ready to outwork the competition this summer. Consistent summer miles and track work build championship seasons. Below is the official schedule for our summer training block.

Training Details

Time: 9:00 AM – 10:30 AM

Days: Mondays, Tuesdays, & Thursdays

Dates: Monday, June 22 – Thursday, July 30

Summer Calendar At-A-Glance

Week	Monday (9:00 AM)	Tuesday (9:00 AM)	Thursday (9:00 AM)
Week 1	June 22 First Day	June 23	June 25
Week 2	June 29	June 30	July 2
Week 3	July 6 X NO TRAINING	July 7	July 9
Week 4	July 13	July 14	July 16
Week 5	July 20	July 21	July 23

Week	Monday (9:00 AM)	Tuesday (9:00 AM)	Thursday (9:00 AM)
Week 6	July 27	July 28	July 30 Last Day

Important Notes for Athletes

Holiday Observance: There will be no training on Monday, July 6 in observance of the Independence Day holiday weekend.

Preparation: Arrive 15 minutes early to stretch, bring a reusable water bottle, and wear proper running shoes.

"The will to win means nothing without the will to prepare." — See you on the track!