

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 3-4 miles	2 3-4 miles NO CONDITIONING SESSION	3 3-4 miles	4 3-4 miles	5 3-4 miles	6
7 5-6 miles	8 3-4 miles	9 Conditioning Session @ Memorial	10 3-4 miles	11 3-4 miles	12 3-4 miles	13
14 5-6 miles	15 3-4 miles	16 3 Miles No Conditioning Session	17 3-4 miles	18 3-4 miles	19 4-5 miles	20
21 5-6 miles	22 3-4 miles	23 3 Miles No Conditioning Session	24 3-4 miles	25 3-4 miles	26 4-5 miles	27
28 5-6 miles	29 3-4 miles	30 Conditioning Session @ Memorial	31 3 miles	August 1 3-4 miles	August 2 4-5 miles	August 3

Conditioning Locations:
Memorial MS Stadium –
WEDNESDAY'S AT
6:30PM

Team Summer Goal: Complete 4 runs a week of at least 20 minutes or more.

Official First Day of Practice: August 4th, 2025 @ 8:00am. Meet @ the Memorial Stadium