



June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <u>Conditioning</u> 6:00 PM	3 <u>CONDITIONING</u> On your own	4 <u>CONDITIONING</u> On your own
5	6 Rising Runners 6:00—7:30 PM	7 Rising Runners 6:00—7:30 PM	8 <u>CONDITIONING</u> On your own	9 Rising Runners 6:00—7:30 PM	10 <u>CONDITIONING</u> On your own	11 <u>CONDITIONING</u> On your own
12	13 <u>Conditioning</u> 6:00 PM	14 <u>Conditioning</u> 6:00 PM	15 <u>CONDITIONING</u> On your own	16 <u>Conditioning</u> 6:00 PM	17 <u>CONDITIONING</u> On your own	18 <u>CONDITIONING</u> On your own
19	20 <u>Conditioning</u> 6:00 PM	21 <u>Conditioning</u> 6:00 PM	22 <u>CONDITIONING</u> On your own	23 <u>Conditioning</u> 6:00 PM	24 <u>CONDITIONING</u> On your own	25 <u>CONDITIONING</u> On your own
26	27 <u>Conditioning</u> 6:00 PM	28 <u>Conditioning</u> 6:00 PM	29 <u>CONDITIONING</u> On your own	30 <u>Conditioning</u> 6:00 PM		



July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <u>CONDITIONING</u> On your own	2 <u>CONDITIONING</u> On your own
3	4 <u>IHSAA</u> No Contact Week <u>CONDITIONING</u> On your own	5 <u>IHSAA</u> No Contact Week <u>CONDITIONING</u> On your own	6 <u>IHSAA</u> No Contact Week <u>CONDITIONING</u> On your own	7 <u>IHSAA</u> No Contact Week <u>CONDITIONING</u> On your own	8 <u>IHSAA</u> No Contact Week <u>CONDITIONING</u> On your own	9 <u>IHSAA</u> No Contact Week <u>CONDITIONING</u> On your own
10	11 <u>Conditioning</u> 6:00 PM	12 <u>Conditioning</u> 6:00 PM	13 <u>CONDITIONING</u> On your own	14 <u>Conditioning</u> 6:00 PM	15 <u>CONDITIONING</u> On your own	16 <u>CONDITIONING</u> On your own
17	18 <u>Conditioning</u> 6:00 PM	19 <u>Conditioning</u> 6:00 PM	20 <u>CONDITIONING</u> On your own	21 <u>Conditioning</u> 6:00 PM	22 <u>CONDITIONING</u> On your own	23 <u>CONDITIONING</u> On your own
24	25 <u>Conditioning</u> 6:00 PM	26 <u>Conditioning</u> 6:00 PM	27 <u>CONDITIONING</u> On your own	28 <u>Conditioning</u> 6:00 PM	29 <i>Twilight River Run</i> <i>*Midnight River Run</i> <i>10 p.m. 5K start</i> <i>Fairbanks Park</i>	30 <u>CONDITIONING</u> On your own