

Summer Conditioning

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 3 miles	9 2-3 miles	10 3 miles	11 3-4 miles	12 2-3 miles	13 off
14 off	15 4 miles	16 Conditioning Session @ Memorial	17 2 miles	18 3 miles	19 2 miles	20 3 miles
21 off	22 4-5 miles	23 Conditioning Session @ Memorial	24 3 miles	25 3 miles	26 3 miles	27 3 miles
28 off	29 5 miles	30 3-4 miles				

Conditioning Locations:
Memorial MS Stadium –
TUESDAYS AT 6:30 PM

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

Summer Conditioning

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3 miles	2 3-4 miles	3 3 miles	4 3 miles
5 off	6 5-6 miles	7 Conditioning Session @ Memorial	8 3-4 miles	9 3-4 miles	10 3-4 miles	11 3-4 miles
12 off	13 5-6 miles	14 3-4 miles	15 3-4 miles	16 3-4 miles	17 3-4 miles	18 3-4 miles
19	20 5-6 miles	21 Conditioning Session @ Memorial	22 3-4 miles	23 3-4 miles	24 3-4 miles	25 3-4 miles
26	27 5-6 miles	28 Conditioning Session @ Memorial	29 3-4 miles	30 3-4 miles	31 3-4 miles	3-4 miles

Conditioning Locations:
Memorial MS Stadium –
TUESDAYS AT 6:30 PM

Team Summer Goal: Complete 4 runs a week of at least 20 minutes or more
First Official Day of Practice: Monday August 3rd at 8:00am at Memorial Stadium