

It is time for....



Conditioning Schedule
March

Monday	Tuesday	Wednesday	Thursday	Friday
1 st	2 nd	3 rd	4 th	5 th
8 th Team Meeting in the Commons 3:05	9 th	10 th Conditioning Begins 3:10-	11 th Conditioning 3:10-	12 th Conditioning 10:30-12:00
15 th	16 th Conditioning 3:10-	17 th Conditioning 3:10-	18 th Conditioning 3:10-	19 th Conditioning 10:30-12:00
22 nd	23 rd Conditioning 3:10-	24 th Conditioning 3:10-	25 th Conditioning 3:10-	26 th Conditioning 10:30-12:00

Track Begins after Spring Break

(Regular season practice will go from 3:00 to 5:30)

Meet in the commons for conditioning by 3:10, dressed and ready to run!!!