

**Summer Conditioning Schedule
MTHS XC 2026**

Week 1

June 1st: 8-10 AM
June 2nd: 8-10 AM
June 3rd: 8-10 AM
June 4th: 8-10 AM
June 6th- Hills at Sheldon Road at 8 AM

Week 2

June 8th: 8-10 AM
June 9th: 8-10 AM
June 10th: 8-10 AM
June 11th: 8-10 AM
June 13th: Hills at Nimbus Fish Hatchery at 8 AM

Week 3

June 15th: 8-10 AM
June 16th: 8-10 AM
June 17th: 8-10 AM
June 18th: 8-10 AM
June 20th: Hills at Willow Hills at 8 AM

Week 4

June 22nd: 8-10 AM
June 23rd: 8-10 AM
June 24th: 8-10 AM
June 25th: 8-10 AM
June 27th: Hills at Michigan Bar Rd at 8 AM

Week 5

June 29th: 8-10 AM
June 30th: 8-10 AM

Week 7:

July 15th: 6:30-8:30 PM
July 16th: 6:30-8:30 PM
July 18th: Hills at Nimbus Fish Hatchery at 8 AM

Week 8:

July 20th: 6:30-8:30 PM
July 21st: 6:30-8:30 PM
July 22nd: 6:30-8:30 PM

July 23rd: 6:30-8:30 PM

July 25th: Hills at Willow Hills at 8 AM

Week 9:

July 27th: 6:30-8:30 PM

July 28th: 6:30-8:30 PM

July 29th: 6:30-8:30 PM

July 30th: 6:30-8:30 PM

August 1st: Hills at Michigan Bar Rd at 8 AM

Week 10:

August 3rd: 4-6 PM/1st Official Day of Cross Country

August 4th: 4-6 PM

August 5th: 4-6 PM

August 6th: 4-6 PM

August 7th: 4-6 PM

August 8th: Hills at Nimbus Fish Hatchery at 8 AM

Week 11:

August 10th: 4-6 PM

August 11th: 4-6 PM

August 12th: 4-6 PM