

OBHS Summer Cross Country Schedules

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 First day of conditioning!! MacNamara Park 8-9:30 AM	5 Highbanks 8-9:30 AM	6 Highbanks 8-9:30 AM	7 Alum Creek Lower Dam (shelter house by playground) 8-9:30 AM	8 Run on your own or w/ teammates!!	9 Long Run on your own
10	11 MacNamara Park 8-9:30 AM	12 Highbanks 8-9:30 AM	13 Highbanks 8-9:30 AM	14 Alum Creek Lower Dam (shelter house by playground) 8-9:30 AM	15 Run on your own or w/ teammates!!	16 Long Run on your own
17	18 MacNamara Park 8-9:30 AM	19 Highbanks 8-9:30 AM	20 Highbanks 8-9:30 AM	21 Alum Creek Lower Dam (shelter house by playground) 8-9:30 AM	22 Run on your own or w/ teammates!!	23 Long Run on your own
24	25 MacNamara Park 8-9:30 AM	26 Highbanks 8-9:30 AM	27 Highbanks 8-9:30 AM	28 Alum Creek Lower Dam (shelter house by playground) 8-9:30 AM	29 Run on your own or w/ teammates!!	30 Long Run on your own

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 MacNamara Park 8-9:30 AM	3 Highbanks 8-9:30 AM	4 Happy 4th! NO CONDITIONING!	5 NO CONDITIONING	6 Highbanks 8-9:30 AM	7 Long Run on your own
8	9 MacNamara Park 8-9:30 AM	10 OBHS-Run 8:30-10 AM Lifting 10:15-11 AM	11 Highbanks 8-9:30 AM	12 OBHS-Run 8:30-10 AM Lifting 10:15-11 AM	13 Highbanks 8-9:30 AM	14 Run on your own
15	16 MacNamara Park 8-9:30 AM	17 OBHS-Run 8:30-10 AM Lifting 10:15-11 AM	18 Highbanks 8-9:30 AM	19 OBHS-Run 8:30-10 AM Lifting 10:15-11 AM	20 Highbanks 8-9:30 AM	21 Run on your own
22	23 All Ohio XC Camp!	24 All Ohio XC Camp!	25 All Ohio XC Camp!	26 All Ohio XC Camp!	27 OFF	28 Run on your own

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 First day of Practice?	2	3 2 mile time trial @ school	4
5	6	7	8	9	10	11 Team Long Run @ Macnamara Park
12	13	14	15	16	17 Fleet Feet 2 mile?	18
19	20	21	22	23	24	25