

TRACK & FIELD FALL STRENGTH TRAINING

WHAT: Functional strength training designed to improve performance for track & field athletes. Workouts are geared towards sprinters, jumpers, hurdlers and throwers, and no previous experience with weight training is required. Early sessions will focus on learning proper lifting technique and implementing a training plan to last throughout the pre-season.

WHERE: Cal High weight room

WHEN: August 19 – October 10 (8 weeks, approx. 30 sessions)
Mon-Thurs of each week, 7:00-8:30pm

COST: \$200 for new members/\$100 for summer weights camp participants. All athletes will receive a camp t-shirt and a personalized training log to track progress. Payments will be made through the Cal High Future Fund site.

For more info, please email Coach Karbo at mkarbo@sruvsd.net

