

TRACK & FIELD FALL/WINTER STRENGTH & CONDITIONING WORKOUTS

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. We will also incorporate event specific conditioning workouts later in this session.

WHERE: Cal High weight room

WHEN: October 28 – January 30
Mon-Thurs of each week, 7:00-8:30pm
(Approx. 40 workouts excluding Thanksgiving and Winter Breaks)

COST: \$200 for new members/\$100 for previous 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.

