



Youth Running Camp

Mondays, Wednesdays & Fridays

7:30 to 9:00 A.M.

McAllister Park

Monday, June 8 - Friday, July 17, 2009

FOR CROSS COUNTRY & DISTANCE RUNNERS ENTERING MIDDLE THROUGH HIGH SCHOOL

Camp Highlights

The RGR Training Youth Running Camp is designed to promote running as a competitive sport and provide a place for athletes to train in the summer. Its focus has been to draw middle and high school runners who plan to participate in cross country, track or running activities. The growth of the camp has encouraged the participation of all levels of runners from novice to elite. Camp staff includes presently active runners and coaches that will assess each athlete individually and assist in developing personal running goals through support and encouragement.

Camp Agenda

All athletes will go through a proper warm up and stretching session. Each runner will be assigned a group for detailed training (fartlek, tempo runs, time trials, long runs). At the end of the day, all athletes will gather for proper cool down and stretching. During the camp, speakers will address various training topics:

- Training principles/techniques/philosophies
- Fuel and nutrition
- Pre-race and race strategies and tactics
- Biomechanics and proper footwear
- Hydration and hot weather running
- Stretching guidelines and injury prevention
- Running form and economy
- Strength training

Discounts

10% discount at Run Gear Run for the duration of the running camp.

Free Gear

Runners receive a technical running camp shirt and 8x10 group photo.

Safe Environment

Camp will be held entirely within McAllister Park, on trails and some pavement with minimal road traffic.

Running Logs

Runners are strongly encouraged to keep a running log prior to, during, and after the camp in order to establish consistency. During the camp, running logs will be evaluated by camp staff, and training suggestions and adjustments will be made based on the logs.

For more information contact Alfredo Chavira 210-471-8179 CoachAl@RGRTraining.com

On-line registration available at www.RGRTraining.com

