

So...you are a runner?



OPTIMAL Performance

Featuring Endurance Training for Student Athletes

From May 31st to August 6th
Mondays - Saturdays at 5:30 am - 7:30 am

From Desert Vista High School or with locations announced in advance.

Training will consist of "running age" appropriate training, paces and volume and geared towards the improvement of each individual runner.

Chris Hanson (480) 600-5146 coachhanson@q.com

OPTIMAL will stress the overall development of each individual runner by addressing the following:

AEROBIC POWER
RACE SPECIFIC NEUROMUSCULAR
MAXIMAL SPEED
WHOLE BODY STRENGTH AND POWER

BY DOING THE FOLLOWING:

-moderate intensity distance runs
-tempo runs
-progression runs
-long aerobic runs
-long repetition runs
-recovery distance runs
-body weight general strength movements
-core base training
-plyometric training

COST: \$150.00 TOTAL for the entire length of the training.

*If cost is an issue, please reach out to Coach Hanson as we do NOT want this to be prohibitive to you being involved!

PAYMENT: Please make out checks to Optimal Performance or Zelle @ 480-600-5146