

2008-09 HB Oilers Pre-Season Track and Field Sprinters Strength and Conditioning Program

The Strength and Conditioning Program is designed to help the athletes overall fitness level. However our program will focus on the development of the athlete's strength and endurance with emphasis on developing **speed**.

Phase I Strength training

Phase II Explosive agility training

Phase III Running mechanics and sprint training

Benefits:

- Greater training times
- Increases flexibility
- Reduces training injuries

Where: Huntington Beach High School Weight Room

When: The Pre-season will begin on October 14, 2008 after school on Tuesday, Thursday from 3:00-4:00. I will add an additional day of training after six weeks. The training will run approximately 14 weeks.

Who: All returning Track and Field athletes if you are not participating in a fall or winter sport and all students interested in joining the team.

For more information please contact
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