

2009-10 HB Boys Track & Field Pre-Season Strength and Conditioning Training

The Strength and Conditioning Training is designed to help your overall fitness level. Our training will focus on the development of your strength and endurance with emphasis on developing *speed*.

Phase I Strength training
Phase II Explosive agility training
Phase III Sprint training

Benefits:

- Greater training times
- Increases flexibility
- Reduces training injuries

Where: Huntington Beach High School

When: Our Pre-season training will begin on October 06, 2009 after school on Tuesday & Thursday from 3:00-4:00. The training will run approximately 14 weeks.

Who: First year track athletes, all returners (if you are not participating in a fall or winter sport).

For more information feel free to email
Coach Moore at cmoore@24seventrackclub.com
Or call 1800 589-8214