

Competitive Running



Youth RUN Program

- ✓ Designed for ages 11-17.
- ✓ Boys Tue 6pm-starting Nov 7th
- ✓ Girls Sun 4pm-starting Nov 12th
- ✓ 75min
- ✓ Until 1st week of March

Program will consist of outside run intervals, treadmill run intervals, resisted running with tire & parachute, agility, core, functional resistance training, stretching and foam rolling. Program is for serious athletes, not beginners. Athlete must be involved in a sport that requires running. They need to be running 2-3x's a week on their own, eating well to perform & recover, have outdoor running shoes & clothing, have inside only running shoes and clothing and be ready to be challenged weekly!

LIMITED to first 20 to register.

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