

Manalapan Parks and Recreation presents:
**Cross Country Training Camp
Summer 2019**



An advanced training program for:

- Middle & High School runners who want to prepare for the Cross Country season in September.
- Elementary School (entering grades 3-6 this fall) who wish to continue to develop their speed and endurance for enjoyment or to prepare for team sports competition this fall.

Tuesdays and Thursdays, July 23 through August 29

6:00 – 7:15 p.m.

Instructed by Gone Running, LLC

USA Track & Field Coaches:

Bob Andrews, Kristin Andrews and Will Cicoria

And special guest, 2016 USA Olympian, Robby Andrews

Training will include:

- Tempo Running
- Intervals
- Hill Training
- Plyometrics, Core and Strength Training
- Instruction on proper running technique and race strategy
- A time trial will be run on the MEMS cross country course.



Fee is \$150 per person

(Attend up to 12 sessions for the cost of 9!)

Registrants should bring running shoes and water.

All sessions will meet at Manalapan High School.

Credit Card registration accepted on-line only!

<https://register.communitypass.net/manalapan>

All other registration will be accepted by mail at 120 route 522, Manalapan 07726

Or in person at the Manalapan Parks and Recreation office, 93 Freehold Road

All fees are non-refundable



For more information go to WWW.MTNJ.ORG

Please visit WWW.MTNJ.ORG and sign up for Manalapan Township Email alerts to receive the latest information about Manalapan Township!

Recreation keeps you fit for life!