

Manalapan Parks and Recreation presents:
**Cross Country Training Camp
Summer 2020**



An advanced training program for:

- Middle & High School runners who want to prepare for the Cross Country season this September.
- Elementary School (Grades 3-6) 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 21 through September 3
6:00 – 7:15 p.m.

Instructed by Gone Running, LLC
USA Track & Field Coaches:
Bob Andrews, Kristin Andrews and Will Cicoria

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 \$160 per person
(Attend up to 14 sessions.)

Registrants should bring running shoes and water.
All sessions will meet at Manalapan Recreation Center.

Credit Card registration is 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!



Mayors Wellness Campaign
Put your community in motion

Recreation keeps you fit for life!

