

Winter Strength and Conditioning for Distance

Prepare for the upcoming track and field season with our eight-week strength and conditioning program. Workouts are directed toward athletes looking to compete in the middle distance events (800, 1600, 3200).

Where: Cal High Track and Weight Room
When: December 7th - February 5th (off Dec. 21-25)
Mondays, Tuesdays, Thursdays 4:00-5:30pm
Wednesdays 2:30-4:00pm
Fridays 6:00-7:30am
December 27th - January 1st 8:00am each day

Cost: $250 camp fee includes camp shirt and personalized training program. Payments are made through the Cal High Future Fund site.

Questions: email Coach Karbo mkarbo@srvusd.net, or Coach Shea nshea@srvusd.net