

2024 HEBRON RUNNING CAMPS

CROSS COUNTRY/DISTANCE CAMPS (\$100)

JUNE 3-6, 2024- 7 AM to 9 AM

FOCUS: Fundamentals of distance running;
Running mechanics; 400m to 5K training groups;
Nutrition

TRACK/SPEED CAMP (\$100)

JUNE 3-6, 2024- 9:30 AM to 11:30 AM

FOCUS: Sprint mechanics; Weight training;
Blocks/Relays; 100m to 800m training groups;
Sprint progression

WHO CAN ATTEND?

Incoming 1st through
incoming 9th graders

SCAN THE QR CODE
FOR REGISTRATION!

CONTACT INFO

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WHERE?

Hebron High School
Brian Brazil Stadium



PAYMENT

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