

CONDITIONING CLINIC FOR TEEN ATHLETES

Where: Claude Moore Recreation Center, 46105 Loudoun Park Ln, Sterling, VA 20164

When: Tuesday Evenings: Nov 27- Feb 12 (No Class Dec 25 or Jan 1)

Times: 7:00pm- 8:00pm

Age Group: 12-18

What to wear: Running shoes, running/exercise apparel, sweats for before and after the class.

What to bring: Water bottle, and/or carbohydrate replacement drinks e.g. Gatorade.

Clinic Fee: \$ 90 **Contact:** 571-258-3600,

To register: Webtrac: www.loudoun.gov/prcs Teletrac: 703-443-9338

In person: Claude Moore Recreation Center

Course Content

- 1. Training on the indoor track, including warm ups, drills, running workouts and cool downs**
- 2. Upper body, lower body and core conditioning in the Aerobics Studio, including the use of specialized equipment**
- 3. Active stretching and exercises to improve flexibility and speed**

What to Expect

★Certified and experienced instructors known for success

Julie Hayden – teacher, coach, and national class master runner.

Terri Rath -personal trainer, coach, and national class master runner.

★A fun-filled way to either train for the winter indoor season, or prepare for the spring season, or both!

★Friendly group setting

★ Individual guidance

★Safe and effective running & exercise workouts

★Strength training and injury prevention

★Stretching techniques

★ Advice on preparation for training and racing (nutrition, hydration, dress, mental aspects.) to boost your confidence and performance

For further course content information contact:

Julie Hayden or Terri Rath at ashburnrunning@yahoo.com