



Week 1: June 11-14, 2018 Week 2: June 18-21, 2018

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STRICTLY RUNNING CROSS COUNTRY CAMP

Champions are built in the summer

Join us this summer for a week of individualized, expert coaching and training for your upcoming cross country or track season. Camp kicks off each day with guest speakers, followed by injury prevention, warm up drills, and a specific, purposeful workout geared towards improving our athletes' cardiovascular endurance and power. We round out the morning back at the Strictly Running store with post-workout fuel, film analysis, and prize giveaways. Register today at www.strictlyrunning.com. See ya!

What: Running camp that provides training, drills, speakers, and USATF coaching instruction in middle/long distance running events.

When: 7:30-10:00am,
June 18-21

Where: 2515 Devine Street, additional parking available on Devine Street

Cost: \$85 (through May 1), \$100 May 2-June 11

Who: Middle, high school and college runners of all levels

STRICTLY RUNNING

2515 Devine Street

803-799-iRun

www.strictlyrunning.com