

## Sprint/Hurdle/Jump Group Early Training

**Training begins on Monday, December 28<sup>th</sup>.**

This training is mandatory for returning Varsity athletes, optional for others.

Monday/Wednesday/Friday we will train on The Hill

Meet on the north side of Washington School, at the south end of Pennsylvania Ave.



Tuesday/Thursday we will meet at GHS for tempo and medball work.

During the first week, we'll meet at 9:00am, and at 3:15 when we return to school.

**Gear:** wear running shoes and bring water to drink. Wear clothes appropriate to the weather. We do the hill reps with long recoveries, so dress as warmly as you can handle but in a way that doesn't slow you down. Tights and several shirts are a good idea when it's cold.

**Attendance:** is needed for proper training. Training is cumulative, and you cannot progress if you miss sessions.

**Questions:** Call Coach Bob Ramsey - 626/823-2377