

DVHS Track - Distance

Winter Training



Boys/Girls
Grades
9-12



Our Goals

- Aerobic power
- Race specific neuromuscular
- Maximal speed
- Whole body strength and power



Our Methods

- Moderate intensity distance runs
- Tempo runs
- Progression runs
- Long aerobic runs
- Long repetition runs
- Recovery distance runs
- Body weight general movements
- Core base training
- Plyometric training

CONTACT:

CoachShearer

CoachShearerDVCC@gmail.com

480-227-5347

Payments made to DVHS Bookstore

\$150

High School Registration Fee

December 4th - February 2th
Monday, Tues, Thurs 3:45 - 5:30pm
Saturday 7:30am - 9:15am
Meet @ DV Track