

TRACK

DAYS OF WEEK

March 22 - May 26, 2011, Tuesday and Thursday, 10 weeks.

DEVELOPMENT OPPORTUNITIES

- Introduction to track and field running events
- Speed & Acceleration
- Race preparation
- Team competition: scoring, relays, & races



Making FIT Fun

THE SEASON

- Preseason workout with Robyn Olson (9x All-American, 3x US Olympic Trials qualifier, NCAA Woman-of-the-Year, 2x Dam to Dam winner, 2x DSM Marathon winner and record holder).
- Injury prevention, muscle building and pre-season preparation
- Race preparation
- Develop the ability to accelerate and run FAST
- Qualified runners will compete in the USATF State Championship Meet in Johnston, Iowa. There is an additional cost of \$29.95 to enter this event. There will be a training schedule given to runners to complete for May 27-June 18, 2011 in preparation for the meet.

TIM IVES – Instructor/Coach

- B.A. in Exercise Science
- CSCS - certified strength and conditioning coach
- USA Track and Field Level I coach
- Collegiate track & field background
- Completed 7 marathons with a personal best of 2:39

