

# **19<sup>th</sup> Annual Summer Running Camp**

Lead by Coach Mike Maren



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- DRI FIT CAMP SHIRT -

GATORADE AND ICE WATER DAILY

**When:** Monday – Thursday 5:30-7:30pm

**Where:** South side of UF Flavet Field/Band Shell

\*Rain or shine but we wait out thunderstorms.

\*End of camp race and cookout at

Ginnie Springs Resort!

## **SUMMER CONDITIONING PROGRAM**

Distance Running – Sprinting – Stretching – Plyometrics – Core

**10 WEEKS / COST \$150**

(June 3rd – August 10th)

(per athlete)

Checks payable to Coach Mike Maren

Contact Coach Mike: [marentm@gm.sbac.edu](mailto:marentm@gm.sbac.edu) (352) 284-2623

Assistant Coaches: Coach Mary, Coach Michael, Coach Michelle, Coach Caitlin.

Coach Lehning will be there the 2<sup>nd</sup> half of the camp.

Any parents that are interested in coming out and exercising are welcome!