

# WoW! PERFORMANCE

## OFF-SEASON RUNNING PROGRAM

### For Middle and High School Runners

6TH – 12TH GRADE | NOVEMBER 12TH – FEBRUARY 4TH

**The training approaches behind this program take into account age appropriate training and injury prevention.**

**This off season plan will address ways to:**

- improve economy
- build strength, power and endurance
- develop sound race tactics

#### **Price**

- The fee for the Off Season Coaching Program is \$100.00 per 4 week block.

#### **All plans will include:**

- Individualized 4 week training blocks (12 week program with 3, 4 week training blocks)
- Video analysis of running form
- Tuesday group track workout (Athens Academy Track 4:30pm – 5:30pm)
- Weekend (Saturday 10am – 11am) group run (Will rotate among trails in and around Athens – IM Fields, Botanical Gardens, Sandy Creek)
- Motivation and education on the history and science of running (the more they know about running, the more they appreciate it, the better they want to be)

**The coaches for this program will be:**

- **Michael Williams** - USAT Certified Coach, Boston Marathon Qualifier, 3 x Ironman
- **Lee Patterson** – Former UGA Track Athlete, 2011 Athens, Ga Half Marathon Men's 30 – 34 Age Group Winner
- **Mackenzie Howe** – 2011 Athens, Ga Half Marathon Women's Overall Winner, 2011 Conference champion in cross-country, indoor & outdoor track, Female Athlete of the year for Kennesaw State University 2010 & 2011, NCAA All-South Region team 2009, NCAA National qualifier in Cross-Country 2010, School Record holder in 10,000m, 5,000m and steeple chase race in outdoor track KSU

**Runners of all levels of ability are welcome and encouraged to attend.**



