



GLENPOOL XC SUMMER CAMP 2019

July 15 – July 25 Monday – Thursday 8-10am

Each day at camp you will partake in a rigorous and exciting daily schedule.

- You will learn the optimal pre and post stretches for runners
- You will learn the importance of nutrition and hydration
- There will be Tempo, Fartlek and mileage runs
- Cross training exercises and various running games



*GLENPOOL XC SUMMER
CAMP 2019*

*WHERE: GLENPOOL WAC (JUST
NORTH OF THE TRACK)
COST: \$50 (INCLUDES CUSTOM
CAMP T-SHIRT)*

*MUST HAVES - PHYSICAL
(PRIOR TO THE START OF
CAMP)
RANK ONE FORMS COMPLETED*

*HOSTED BY:
COACH JARNAĞAN & COACH
CLARDY*

**ADD MORE GREAT
INFO HERE!**

FOLLOW THE TEAM:

Facebook: Glenpool XC

Be looking for new XC
apparel coming soon

Questions?

Email Coach Jarnagan @
jljarnagan@glenpoolps.org