

**NICOLET RECREATION DEPARTMENT**



# **SUMMER RUN CLUB**

The program is organized to promote cardio training over the summer break in preparation for fall sports or the achievement of personal running related goals. Participants will have the opportunity to train with others who have similar fitness levels in a group environment. Workouts include plyometrics, strength, speed, and endurance training to get you in top shape to reach your potential and meet your goals. This program is highly recommended for cross country athletes. *Grade as of Fall 2023.*

**Mondays, Tuesdays & Thursdays**

**June 19 - August 10 (skip 7/3, 7/4)**

**8:30 - 10:00am | \$85.00R/\$95.00NR**

**9th - 12th grade (323080-01) | 4th - 8th grade (323081-01)**

**Jeff Fishbach and the Cross Country Coaching Staff**

**REGISTER ONLINE AT:**

**[HTTPS://WEB2.VERMONTSYSTEMS.COM/NICOLET.HTML](https://web2.vermontsystems.com/nicolet.html)**

**(REGISTRATION BEGINS ON 4/3)**

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<https://www.nicolet.us/page/nicolet-recreation-department>



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